



The Realization of Being (Power of Now Teaching Ser.)

Eckhart Tolle

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With his first international bestseller, *The Power of Now*, Eckhart Tolle introduced a simple and profound view of enlightenment, inviting seekers of every faith, age, and culture to enjoy the fullness of life through living in the present moment. Now this unique voice in contemporary spirituality explores our highest purpose in life and how meditation can help us attain it with *The Realization of Being*. Words are useful signposts, Eckhart begins, but our main spiritual teacher is stillness. This powerful energy field is always available to us through meditation. In simple language, he explains how to listen with your entire body while working with the body, mind, and attention in order to merge with this moment. As we go beyond the need for thought, he teaches, we achieve the meditative state of no mind or presence that is effortless, joyful, and natural. Through this timeless path we merge with the universal purpose, and become a divine presence. A revolution in human consciousness has already started, teaches Eckhart Tolle. We can advance this revolution now with the help of *The Realization of Being*.

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