



**Living in "The Now" in Easy Steps:  
Understanding The Masters of Enlightenment,  
Eckhart Tolle, Dalai Lama, Krishnamurti and  
more! (The Secret of Now Series) (Volume 1)**

*A.J. Parr*

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# Living in "The Now" in Easy Steps: Understanding The Masters of Enlightenment, Eckhart Tolle, Dalai Lama, Krishnamurti and more! (The Secret of Now Series) (Volume 1)

A.J. Parr

## Living in "The Now" in Easy Steps: Understanding The Masters of Enlightenment, Eckhart Tolle, Dalai Lama, Krishnamurti and more! (The Secret of Now Series) (Volume 1) A.J. Parr

New Edition! 7 LESSONS 7 EXERCISES TO STOP YOUR CHATTERING MIND AND ENJOY LIVING IN THE NOW (Beginner's Workbook) THIS WORKBOOK FOR BEGINNERS (formerly known as "Understanding Eckhart Tolle Workbook") contains 7 basic lessons and 7 exercises you can apply NOW to begin to slow down and stop your "chattering mind" and begin to enjoy living in "The Now", an experience that will grant you inner peace and freedom from illusion starting TODAY. It presents the basic concepts, principles and methods behind the spiritual teachings of Eckhart Tolle, Dalai Lama, Krishnamurti and Meister Eckhart, among others, based on the premise that "In essence there is and always has been only one spiritual teaching, although it comes in many forms". This is truly a beginning workbook recommended for searchers of the Truth wanting to escape from illusion and experience the joyful inner peace that only brings Living in "The Now". The seven spiritual lessons and exercises you will find in this workbook are based on the following ancient premises: \*Human suffering and unhappiness are produced by our "chattering mind", which unceasingly produces an inner dialogue or chatter, preventing us from experiencing the Now. \*There is a way to slow down and stop our chattering mind. Once you learn how to do this, you too will be able to slow down and stop it when needed (especially when you sincerely need to stop it and end your distress and self-inflicted suffering. \*You cannot stop your thoughts completely, nor is it desirable. Even enlightened beings need to live and interact with society, like all humans. \*By actually slowing down your chattering mind, you can make them lose their power. Simply recognize them as "illusions", that is, products of a psychological phenomenon common among humans and allegedly known in India since prehistoric times: the phenomenon of mental illusion caused by what for thousands of years has been known as "the veil of Maya". \*Only by breaking yourself free from this mental veil you can gradually awaken and free yourself from the psychological illusion that causes human suffering and unhappiness, opening the doors of your inner peace and discovering the joy of Living in the Now! CLICK ON "LOOK INSIDE" TO READ THE FIRST PAGES! AND CHECK OUT THE REST OF THE SERIES!

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