



Meditation: Practicing Presence in Every Moment of Your Life

Eckhart Tolle

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Is it possible for meditation to be utterly effortless? To experience the depths of being in any given moment of our lives-not just while we practice? Not only is it possible, explains Eckhart Tolle, but it is the very way we come to touch the essence of meditation. With Meditation, we join this treasured teacher as he discusses the many methods of meditation and their shared purpose: accessing the richness and power of pure presence.

This illuminating program explores:

- The role of meditation in everyday life
- How to discover "inner space" as a portal to presence
- The traditional art of meditating on an object, including the breath
- "Just sitting" and living in alignment with what is
- The true meaning of acceptance-meditation's central goal

In its deepest sense, meditation is never a means to an end. It is about fully being and honoring the entire range of our experience-what Eckhart calls "saying yes." Whether you're just starting a practice or looking to go deeper than ever before, Meditation offers vital insights for anyone eager to taste the fruits of this revered discipline.

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From reader reviews:

John Honeycutt:

Spent a free time for you to be fun activity to accomplish! A lot of people spent their down time with their family, or all their friends. Usually they carrying out activity like watching television, likely to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your free time/ holiday? May be reading a book can be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the reserve untitled Meditation: Practicing Presence in Every Moment of Your Life can be very good book to read. May be it may be best activity to you.

Terry Carr:

This Meditation: Practicing Presence in Every Moment of Your Life is great publication for you because the content which is full of information for you who have always deal with world and have to make decision every minute. This particular book reveal it info accurately using great manage word or we can say no rambling sentences included. So if you are read the idea hurriedly you can have whole facts in it. Doesn't mean it only gives you straight forward sentences but tough core information with attractive delivering sentences. Having Meditation: Practicing Presence in Every Moment of Your Life in your hand like keeping the world in your arm, information in it is not ridiculous one. We can say that no book that offer you world in ten or fifteen second right but this reserve already do that. So , this really is good reading book. Hey Mr. and Mrs. busy do you still doubt this?

Melissa Parra:

Is it you actually who having spare time and then spend it whole day by watching television programs or just lying down on the bed? Do you need something new? This Meditation: Practicing Presence in Every Moment of Your Life can be the solution, oh how comes? A book you know. You are and so out of date, spending your time by reading in this brand-new era is common not a nerd activity. So what these textbooks have than the others?

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