

## PRACTICING THE POWER OF NOW DOWNLOAD%0A

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(1) WATCHING THE THINKER - START LISTENING TO THE VOICE IN ...

2. FOCUS YOUR ATTENTION INTO THE NOW - you can also create a gap in the mind stream simply by directing the focus of your attention into the Now. Just become intensely conscious of the present moment. There is one certain criterion by which you can measure your success in this practice: And that is the degree of peace that you feel within. 3.

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HammanThe Practicing the Power of Now app makes an excellent companion-guide: rich in exercises and meditations to help readers get out of the traps of their minds so they can live more peacefully

**ABOUT | PRACTICING THE POWER OF NOW**

I am full of energy now, happy, and have the power to share my enthusiasm with other people. I started this site to share what I've learned especially in in the area of practicing The Power of Now. I want to motivate as many people as possible and in this way improve their lives.

*Practicing the Power of Now Quotes by Eckhart Tolle*  
The moment that judgement stops through acceptance of what it is, you are free of the mind. You have made room for love, for joy, for peace. Eckhart Tolle, *Practicing the Power of Now: Essential Teachings, Meditations, and Exercises from the Power of Now*