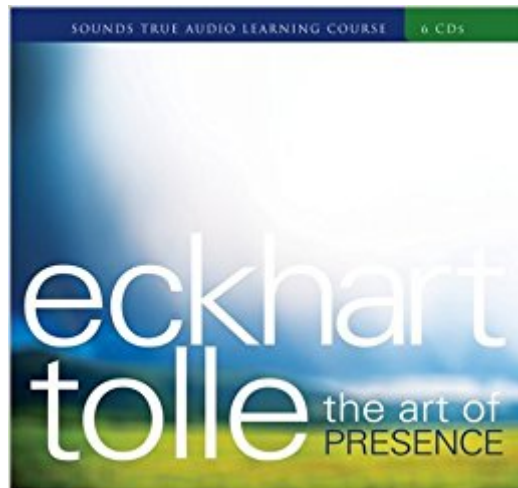




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# The Art Of Presence



## Synopsis

Is it possible that the simple act of being is not actually that simple? That to really be here now requires practice, like any other skill worth learning? On *The Art of Presence*, Eckhart Tolle invites you to a six-session audio retreat to teach you how to deepen the moment-to-moment realization of your essential nature—the unified consciousness that lives in all things. What Is Your Relationship to the Present Moment? When Eckhart Tolle wrote his international bestseller *The Power of Now*, he pointed us in the direction of something that's always been right under our noses: life in this very instant. Yet why do so many of us continue to feel like we're missing it? Attention, he teaches, is the answer: a quality of relaxed alertness that you can progressively sharpen and sustain. In so doing, you overcome the judgments and limitations of the mind-made sense of self with its endless stream of thoughts about past and future, and find an expanse of peace and renewed purpose in each and every moment.

**Course objectives:**

- Discuss different degrees of presence and different degrees of absence
- List some exercises you can do to help you achieve presence
- Describe the difference between quality and quantity
- Describe some of the feelings of presence
- Explain the difference between presence and absence
- Discuss different forms and different levels of the egoic mind
- Describe the pitfalls of the ego
- Identify thoughts of the growing ego

On *The Art of Presence*, Eckhart guides you through more than seven hours of transformational insights that allow presence to naturally arise in you. With his one-of-a-kind instruction, you will learn how to ground yourself in the vibrancy of your inner body while simultaneously breaking free from the illusion of separation from the outside world, how to connect to the perceiver of all your experiences to realize the wisdom of spiritual surrender, how to access the higher intelligence that empowers right action, and much more.

**Discovering the Extraordinary in the Ordinary** In every seemingly ordinary moment, explains Eckhart, a profound depth and beauty awaits your discovery. *The Art of Presence* is your opportunity to join him for a simple retreat from the chaos and uncertainty of the story of your life into the ever-expanding awareness of the fullness of life in the Now.

## Book Information

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## Customer Reviews

A few days after Thanksgiving, I found myself in the car having a David Foster Wallace moment. If you're not familiar with DFW's famous graduation speech to Kenyon College in '05, you can read a greatly abbreviated excerpt below\*\*. Suffice it to say, my mind was projecting in so many different directions (all of them dark and scary), it was in serious danger of exploding like a supernova leaving my head cocked over and my arms hanging limp and useless at my sides, sort of like the robot on Lost in Space every time he blew a fuse. D's gentle admonition of "Grasshopper, time to push reset button on monkey mind" wasn't exactly received with open arms (though I knew he was right). And when we're not capable of pushing the button on our own, it's time to call in the professionals, which is exactly what I did. Thank God for Eckhardt Tolle! Tolle's soothing, super slowed down manner of speech and "stay present" mantra (Tolle recommends you stick a post-it on the mirror with the words "What is my relationship to the present?"), pulled me back from the precipice of a colossal post-holiday meltdown. It's not like I don't have all of Tolle's books (and had them way before Oprah jumped on the bandwagon) and haven't read, re-read and listened to several of them on audio, it's just that I get so caught up in my role as center of the universe ("Ever heard of Copernicus?" D. once asked in all seriousness), I need reminding that there is a better way of hurtling through life that doesn't actually involve much hurtling.

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