



Calvert Peace Project

Broadview Church | Peace Through Action

PEACEFUL READERS INFORMATION SHEET

Version 02052022

Book Title	The Power of Now
Book Author	Eckhart Tolle
Book Publication Date	1997 (First Edition); January 1, 2004 (Republished)
Book Publisher	Namaste Publishing (First Edition); Hodder & Stoughton
Print Length	236 pages

Book Club Event Information

Event Dates	February 7, 2022 & March 7, 2022
Event Registration Link	Here
Event Webpage	Here

Where to Borrow or Buy Your Copy

Borrow

- Check your public library, or a college library if you have access. If they do not have copies in circulation, they *may* be able to acquire a copy through interlibrary loan.

Buy

- Visit or contact an independent bookseller in your area and check whether they have the book in stock or can procure a copy for you.
- Amazon and Barnes & Noble are two larger booksellers with online and in-store purchasing options.

Book Description

“Much more than simple principles and platitudes, *The Power of Now* takes readers on an inspiring spiritual journey to find their true and deepest self and reach the ultimate in personal growth and spirituality: the discovery of truth and light. In the first chapter, Tolle introduces readers to enlightenment and its natural enemy, the mind. He awakens readers to their role as a creator of pain and shows them how to have a pain-free identity by living fully in the present. The journey is thrilling, and along the way, the author shows how to connect to the indestructible essence of our Being, “the eternal, ever-present One Life beyond the myriad forms of life that are subject to birth and death.” Only after regaining awareness of Being, liberated from Mind and intensely in the Now, is there Enlightenment.”

Book reviews available, including from [audible](#) and [goodreads](#).

Reflection Questions

- What is my biggest takeaway from “The Power of Now?”
- What is my current relationship to the present moment? Is it hard for me to focus or calm my mind?
- When have I experienced the fullness of the present moment? (ex. physical exercise, new experiences, meditation, conversation, etc.)
- How can I make connecting to the present moment a priority?
- What are my biggest takeaways from the section on “Enlightened Relationships?”

- In what ways can I bring more presence and spiritual intention in my relationships?
- In what areas of my life do I need to practice the art of acceptance and surrender?
- In what ways can I choose to be more empowered in my life?
- How will I feel when I deepen my relationship and presence to the *now*?

Learning Resources

- ["The Power of Now" Full Audiobook](#) (7:37:57)
- ["The Power of Now" Animated Book Summary](#) (16:48)
- ["Decoding The Power of Now" Eckhart Tolle Video](#) (17:52)
- ["The Power of Now" Animated Book Summary](#) (5:55)
- ["Eckhart Tolle 'Surrender' Excerpt from "The Power of Now" Video](#) (23:23)
- ["The Time is Always Now – Eckhart Tolle Teachings" Video](#) (13:23)
- ["Eckhart Tolle and Oprah Winfrey: First Talk! \(Full Version 2007\) Video](#) (1:26:27)
- ["Eckhart Tolle's Advice that Oprah says 'Eliminated All Stress in Her Life' Video](#) (2:21)
- ["Oprah & Eckhart Tolle – Living in the Present Moment" Video](#) (5:25)

Take Action

- Commit to a daily presence practice (ex. Meditation, yoga, or another peaceful practice)
- Cultivate awareness in daily activities (aka get out of “autopilot” mode)
- When emotionally triggered, practice Jon Kabat-Zinn’s mindfulness skill “[STOP](#) acronym”
 - S = Stop whatever you are doing, just pause momentarily.
 - T = Take a breath. Re-connect with your breath. The breath is an anchor to the present moment.
 - O = Observe. Notice what is happening inside you and outside of you. Where has your mind gone? What do you feel? What are you doing?
 - P = Proceed. Continue doing what you were doing. Or don’t. Use the information gained during this check-in to change course. Whatever you do, do it mindfully.”
- Watch the videos found in Learning Resources above and continue to engage with this material.
- Discuss what you learned from the book with friends and/or family.

Help Promote the Peaceful Readers Book Club

Suggested “Formal” Message for Facebook and Instagram

@calvertpeaceproject just finished reading and discussing Karen Armstrong’s “Twelve Steps to a Compassionate Life.” We discussed the importance of empathy, mindfulness, and having compassion for ourselves and others. I highly recommend joining us for the next book “The Power of Now” by Eckhart Tolle. We will begin in FEB. 22! <https://peacethroughaction.org/bookclub>.

Suggested “Formal” Message for Twitter

@calvertpeace book club meets February 7th! We will discuss “The Power of Now” by Eckhart Tolle. #CalvertPeaceProject #PeaceBeginsInCalvert #PeacefulReaders Join us: <https://peacethroughaction.org/bookclub>

Suggested “Personal” Social Media Messages

I just heard about this Peaceful Readers Book Club by @CalvertPeaceProject and I’m going to take part. Want to join me? Learn more and sign up at <https://peacethroughaction.org/bookclub>. Let

me know if you join it. #CalvertPeaceProject #PeaceBeginsInCalvert #PeaceThroughAction #PeaceBeginsWithWe #PeacefulReaders

I know some of my people like to read books about social issues. Just found out about the Peaceful Readers Book Club by @CalvertPeaceProject. I'm going to join it. Check it out at <https://peacethroughaction.org/bookclub>. #CalvertPeaceProject #PeaceBeginsInCalvert #PeaceThroughAction #PeaceBeginsWithWe #PeacefulReaders.

Some of us have been talking about reading social justice books together. I found a Peaceful Readers Book Club by @CalvertPeaceProject. How cool is that! Check out <https://peacethroughaction.org/bookclub> and then let's talk. #CalvertPeaceProject #PeaceBeginsInCalvert #PeaceThroughAction #PeaceBeginsWithWe #PeacefulReaders