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# **Meditation: Practicing Presence In Every Moment Of Your Life**



## Synopsis

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.

## Book Information

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## Customer Reviews

Explore the many facets of meditation and how to touch its ultimate essence right now.

Eckhart Tolle is a world-renowned spiritual teacher and bestselling author in print and on audio. His published titles include the Oprah's Book Club selection *A New Earth* and *The Power of Now*, which has been translated into more than 30 languages and is now in its sixth printing, with more than 3 million copies sold. See [eckharttolle.com](http://eckharttolle.com).

I bought the audio book of this, and am not even sure if it is in book form. I highly recommend the audio version, though, and that is what I am rating. Eckhart Tolle has most definitely obtained a level of knowledge and understanding about "life" that all of humanity strives to know. In his normal patient, loving, all-knowing way, he gently explains why he does not define 'meditation' in the way most spiritual teachers do. And his logic is so simple and full of common sense that it's a little crazy to think of all the people who "try hard to meditate" and get frustrated in the process. While he pays great respect to various techniques that have been taught and practiced over thousands of years, and even guides you through the benefits of some of them, he then stays true to his message of just "living in the now" as being the only meditation anyone needs at all. He does an excellent job of explaining how to be the observer of your thoughts rather than letting your thoughts control you. I just love this CD/audio book. I listen to it about once a month and get something new out of it every time. What a beautiful, loving, blissful man.

The teachings on these CDs are great as are all Eckhart's teachings. The problem is that it is just 2 CD's taken from Eckhart's 10 CD set, "Creating a New Earth". There is no warning that this is recycled material, and since I already have "Creating a New Earth", I wasted my money ordering something I already have. I should also note that I ordered this item from the Book Depository in UK, and that it was not well packaged but mailed only in a thin, unpadded cardboard mailer. As a result, when the CDs arrived, the plastic jewel case was badly broken.

I was expecting more of an instructional cd on meditation, but this is more general information about different types of meditation. The one thing I did glean from the cd, was not to try so hard to meditate. Not to try to "get to someplace", but enjoy the stillness, and whatever happens is part of the meditation.

I liked these CD's. They are not "meditation" CD's, but they are lectures about different types and methods of meditation. They are very true to his teachings on Oprah and his books.

I got a few ideas from this CD, but it does not deliver what it promises. I didn't hear anything about "practicing meditation in every moment of your life".

Tolle continues to provide access to inner peace and a sense of wonder as well as a conviction that most of our travail is an illusion we contrive to distract ourselves.

I always had difficulty in meditation practices because my mind was so busy. I love that Eckhart's definition of meditation is about staying present in each moment as we go about our day. The stillness connection while moving through life.

The meditations were okay, but his voice is not soothing. I would prefer someone with a more melodious voice record it.

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