

THE POWER OF
NOW
journal

Eckhart Tolle



YogiImpressions®



When you are on a journey, it is certainly helpful to know
where you are going...but don't forget: the only thing that
is ultimately real about your journey is
the step that you are taking at this moment.





Your inner journey only has one step:
the step you are taking right now.



A photograph of a two-story stone building with a chimney, situated in a grassy field. The sky is filled with a vibrant rainbow, transitioning from purple and blue on the left to yellow and orange on the right. The building has several windows, some of which are boarded up or missing panes. A large, gnarled tree is visible on the left side of the frame. The overall scene is peaceful and evocative.

Stay present, stay conscious.

Be the ever-alert guardian
of your inner space.



The good news is that you *can* free yourself from your mind.

This is the only true liberation.

You can take the first step right now.



Only the present can free you of the past.

More time cannot free you of time.

Access the power of Now. That is the key.

Is fear preventing you from taking action?

Acknowledge the fear, watch it,

take your attention into it, be fully present with it.

Doing so cuts the link between the fear and your thinking.

I speak of a profound transformation of human
consciousness — not as a distant future possibility,
but available now — no matter who or where you are.

