

ECKHART TOLLE: Being and the Sacred... from Practicing the Power of Now

There is an eternal, ever-present One Life beyond the myriad forms of life that are subject to birth and death... I often call it Being.

Being is your very essence, and it is immediately accessible to you as the feeling of your own presence. So it is only a small step from the word Being to the experience of Being.

Being is not only beyond but also deep within every form as its innermost invisible and indestructible essence. This means that it is accessible to you now as your own deepest self, your true nature. But don't seek to grasp it with your mind. ...

It is a state of connectedness with something immeasurable, indestructible, something that, almost paradoxically, is essentially you and yet is much greater than you. It is finding your true nature beyond name and form.

There is a sense of the sacred presence within and without

It is a presence that is vast, and you are an inseparable part of it. ... it is a state of consciousness.

The sense of the sacred presence frees you from the mind-made sense of self.

It shines through the life forms, but also found in the formless stillness.

The acknowledgment of the sacredness of the present moment, one could call gratitude....appreciation of the beauty and sacredness of life. --*Eckhart Tolle*

Take a few moments to appreciate everything that happens as an expression of the Divine ... When life looks through your eyes it sees Life... only That.