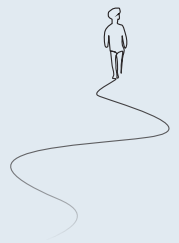


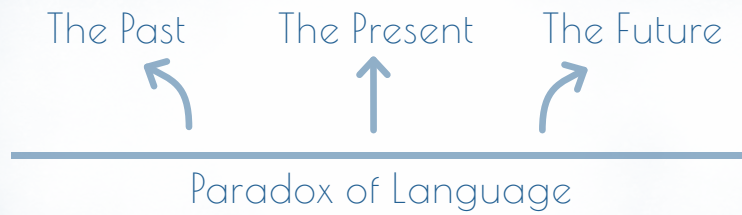
There is a relationship between your presence and the now because presence is the birth of consciousness.

How you can know if you're experiencing presence?

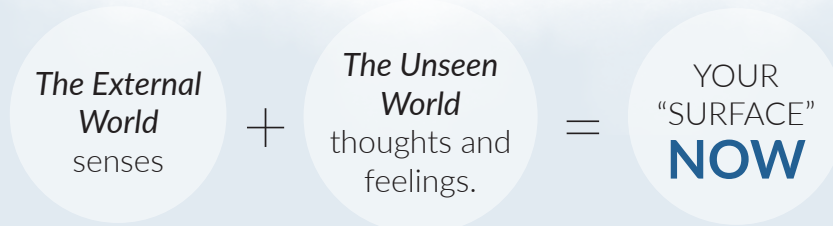


**The now is timeless consciousness.**

When you are conscious the 'person' subsides and a deeper dimension of you emerges.



The awareness of yourself as the perceiving consciousness = Your "Deeper" Now.



**Nothing can ever happen in the past or future.**  
When it happens it always happens in the now.

# The Power of Presence

with Eckhart Tolle



Presence has no form. It is not an object but a state of being.

Brief moments of thoughtlessness allow us to have a deep experience of the present moment.

The more you are able to catch these moments, the more alive you become.

People get trapped in conceptual reality that is relatively lifeless & miss out on the magnificent mystery and depth of life.

Do not try to suppress your thoughts. Let go of thoughts through intense presence.

Wine tasters experience thoughtlessness when tasting wine before forming thoughts and words to describe it. This is pure perception.



When dealing with a challenging person, challenge yourself to stay present!

## Is there a meaning to life?

Align your personal purpose with the universal purpose, which is to be conscious. Feel gratitude and honor little things in life.

**When you search for meaning, you reject the now.**

