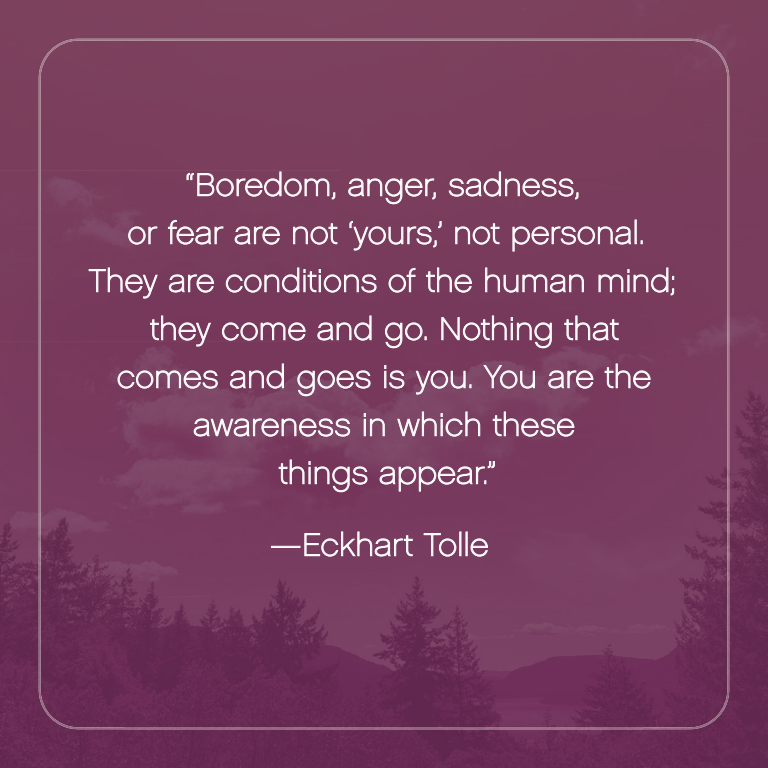


“Ask yourself,
‘Is there negativity in me
at this moment?’ Then become
alert and attentive to your thoughts
as well as your emotions. Negativity
dissolves in the light of Presence.”

—Eckhart Tolle





“Boredom, anger, sadness,
or fear are not ‘yours,’ not personal.
They are conditions of the human mind;
they come and go. Nothing that
comes and goes is you. You are the
awareness in which these
things appear.”

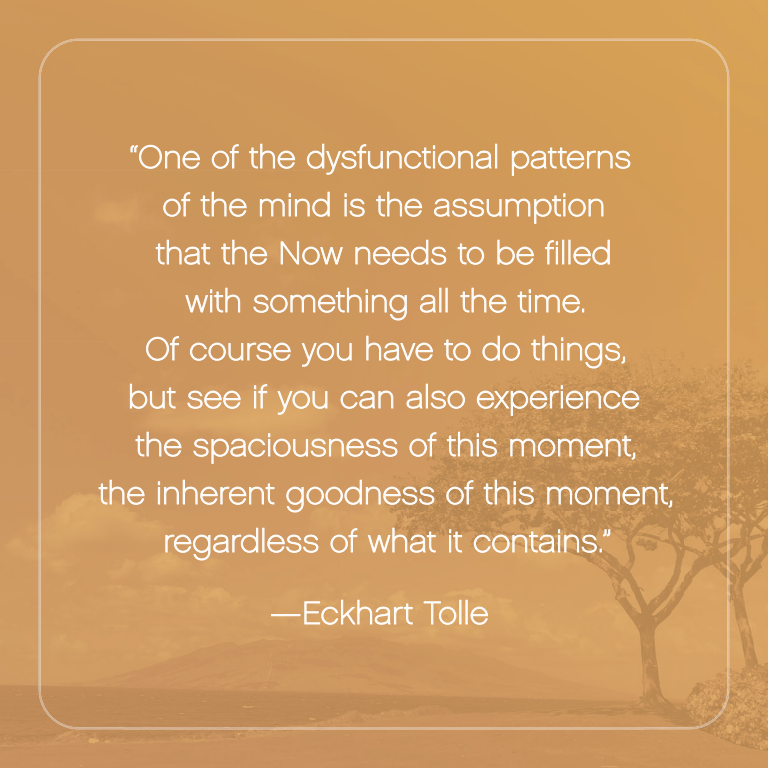
—Eckhart Tolle



“Most humans are almost never fully present because unconsciously they believe that some future moment must be more important than this one. If you live like that, you miss your whole life, which is never not Now. Practice returning your attention to the present moment, again and again.”

—Eckhart Tolle

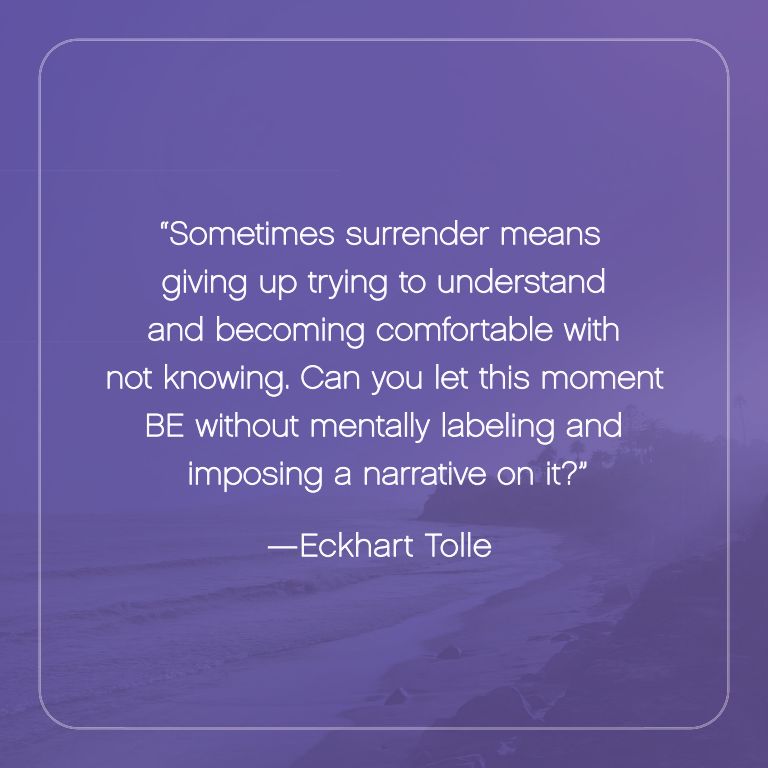




“One of the dysfunctional patterns
of the mind is the assumption
that the Now needs to be filled
with something all the time.
Of course you have to do things,
but see if you can also experience
the spaciousness of this moment,
the inherent goodness of this moment,
regardless of what it contains.”

—Eckhart Tolle

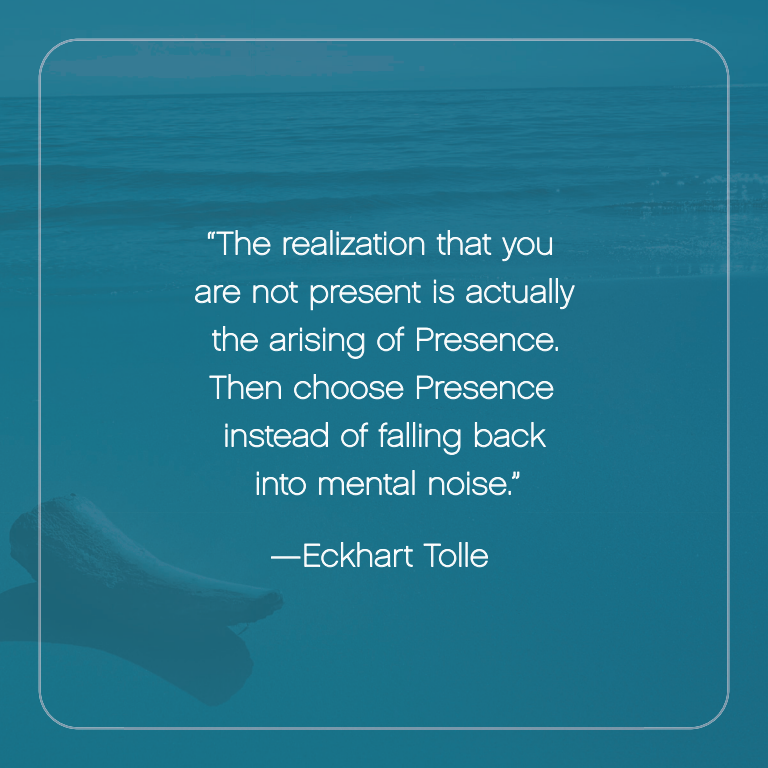




"Sometimes surrender means
giving up trying to understand
and becoming comfortable with
not knowing. Can you let this moment
BE without mentally labeling and
imposing a narrative on it?"

—Eckhart Tolle





“The realization that you
are not present is actually
the arising of Presence.
Then choose Presence
instead of falling back
into mental noise.”

—Eckhart Tolle