



Gateways to Now

Eckhart Tolle

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A Life-Changing New Audiobook From The Author Of *The New York Times* Bestseller, *The Power Of Now*.

In this original audiobook, bestselling author Eckhart Tolle continues to teach us how to let go of the past and future to live in the now. Tolle urges to shed our mind-based sense of self, enter the portals of the eternal present, and live vividly in the present moment.

He guides us through these gateways: The Gateway of the Inner Body; The gateway of Silence; and The Gateway of Accepting This Moment. By moving through these openings, we will let the power of now transform our lives and achieve spiritual and psychological enlightenment.

Gateways to Now includes a Musical Reflection CD which offers quiet contemplation time -- a chance to acquire a reflective anchor that intensifies the integration of the listening experience into our lives. This Musical Reflection CD features Resonance by Jorge Alfano's World Ensemble. Drawing from South America, Africa, Tibet, Japan and Spain this ensemble creates universal music that crosses all borders and musical styles.

Gateways to Now Details

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From Reader Review Gateways to Now for online ebook

Monica C. says

I really wanted to like this one but it was only okay. I liked his other work better.

Tim says

Not bad just short-lived.

Viktor Nilsson says

Provides a very practical approach to meditation, by entering the "now" through three methods. That's it! I have had no previous experience with meditation, but this I found very helpful. No mumbo-jumbo, Tolle is a master at explaining in a very short and natural way. Relaxing all the way.

I feel a bit wiser and now have found permanent ways to more easily find peace in the now. These two hours could be of great help to anyone.

Sweetdarlin' says

This is my first reading of Eckhart Tolle and as such I will be picking up more of his works. The content of this piece was eye opening in varying aspects. The actual "gateways to now", that are Tolle's beliefs, are amazingly simple, but are meant to be, as so many people, myself included, do not think this way majority of the time. I will be using the gateways as a part of my life now, and will refer back to this piece from time to time. However, as this is an audio, I find it annoying that out of a two hour recording, one full hour is dedicated to music. If I wanted an album I would of done that, I was looking for audiobook.

Mete Rodoper says

This was a short book - audio - that I had listened while commuting. The ideas in the book are very concise and anyone who had read his books earlier would see this as a reminder of his ideas. In general, this book is a guidance work to focus on to the current moment and he gives 3 way to achieve it. He calls these ways gateways to now.

If you like his teachings, I would recommend it to refresh your learnings. But if you are not familiar with his point of view, this book has little useful content. Therefore, I would not see this book as a very valuable literature.

Also, once more when he is trying to connect his ideology to Christianity, I feel like he is making very wide

stretches without proper support. This has been my criticism of him, where he is trying to combine different school of thoughts.

Dean says

I love this short recording by ET. It is concise and practical in its approach, with three 'doorways' into presence and living less in one's thought-filled habitual mind. The three doorways talked about are the body, silence, and acceptance of the present moment. This short recording really summarizes the essence of ET's teachings. I can't fault anything with this recording. The only thing to note is that a chapter of about 60 minutes with only music is included as well with the package (which seems a little odd).

Katrina Sark says

When the Now is the foundation and primary focus of your life, then your life unfolds with ease.

Dennis says

Think of unplugging from "The Matrix," minus all of the Hollywood drama and fantasy!

This if for those interested in the third or "new" wave of psychology (a mix of mindfulness and cognitive behavioral), this is an excellent practical guide to being present.

Accessible-3

Heidi The Hippie Reader says

Tolle's meditative exercises to enter the Now are so simple and easy to do. Love this guy. He suggests "becoming aware of the inner body." How to do this: focus on your hands, truly feeling your hands, now close your eyes and ask yourself, "How can I tell if my hands are still there?" Now, you are aware of your inner body.

Next, "become aware of the silence." Listen for silence before, during, and after sounds. On the audiobook, Tolle sounds a Tibetan bell and asks you to listen for the silence. I found a powerful practice (his suggestion) to be to listen to the meditative music included with this and to try to find the silence in the songs. It's a fascinating practice and it easily opens up your mind to your "natural sense of spaciousness" and "turns off the continual mind noise." It is very peaceful, really.

Last, Tolle says practice Non-resistance to what is. How? Say yes to the moment. Whatever it is, is as it is. Just saying an internal "yes" can bring this state about. Try it!

Excellent and very short book.

Max says

I think it is a good book. It is a summary of the ideas of Eckart Tolle about the Here and Now and his power. But How??? In this book he explains to us how. There in fact 3 gateways that lead us to the Now. The first is the Body...the second is the Silence and the third is Acceptance. Beginning to feel the Body, the Silence, and to practice Acceptance is the way to the Now. The only problem of this book is that it is too short...I would like a longer version to get more into the mood of Here and Now. That is why I give 4 stars instead of 5.

Terry says

I listen to this in my car all the time. It reminds me about the principles I like to live by. And the way I would like to live my life constantly by!

Jakk Makk says

If you only listen to one Eckhart product, make it this one. I feel it's the core application of the teachings as might be shared at retreat. Perhaps an easier entry than, "The Power of Now," or, "A New Earth." If all you want is peace, you will be at peace.

Eugenie says

I read this book 3 times. It's a short book of high value.

"Thoughts create problems"

"Success won't bring you fulfillment"

"Be present and be free, the sense of ease and aliveness is ALL already here NOW within me"

3 ways to enter the gateway of NOW:

- 1) Inner Body
- 2) Silence
- 3) Acceptance

I do see myself using these techniques to quickly obtain a sense of peace and to increase my alertness in my life.

I have to see how it goes, so far so good. I felt myself being present in the NOW as I followed the instructions.

More practice is needed.

I wish I had found and read this book sooner.

Kari Olfert says

If you like reading Eckhart, this is a nice snack size version of his teachings. Very good!

Bell says

not my favorite Tolle book, but still ok.

it was much shorter than I expected. It's a two CD set, but his discussion is only on one. The other is a music CD if you want to get all "Zen" and what-not.

The discussion CD is perfect if you're stuck in traffic or need something to listen to when you're working out. The music CD is best when relaxing or getting ready for bed.
