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# The Power of Now Summary PDF Cheatsheet —

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### ? 1. Watch Your Thoughts: Creating space from our nonstop mental chatter

A lot of unnecessary suffering is created by our thinking, when it is repetitive and useless. Most of us are not in control of that voice in our head which is always judging, labelling and commenting. Eckhart's first spiritual practice is to carefully watch your thoughts and see what happens.

### ? 2. Identify Your Pain-Body: Pain from our past lives on inside us

The pain-body is a mental and emotional pattern inside us that makes us react very strongly, especially when a situation resembles a past pain we suffered. Don't fight the pain-body, but simply watch it. Over time this lack of personal involvement deprives it of energy.

### ? 3. Be in the Now: Your past and future are mental simulations

The past cannot be changed, but ruminating over what happened adds to our suffering. The future is unpredictable, but imagining what may happen adds to our fear, worry and stress. So we must live in the present. Re-connect to your senses and notice the colors, textures and sounds of the physical real world around you.

### ? 4. Feel Your 'Inner Body': Our senses connect us to the present

Many powerful mindfulness techniques rely on body awareness. Pay attention to your breathing, pay attention to how various parts of your body feel inside, and eventually try to maintain this awareness all day long.

### ? 5. Accept What Is: Moving from resistance to ease

Resistance is feeling chronically discontent or not at ease with how things are. It includes thinking that is judgmental, resentful and complaining. To dissolve resistance, we must see how useless it is and then we must totally accept our current circumstances.

**This is just a sample!**

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