

One of things I sometimes do when working with others through the 12 Steps out of the Big Book is to also have them work with Eckhart Tolle's "Practicing the Power of Now", which is a book of conscious contact exercises. I sometimes suggest a Sponsee work with these exercises toward the end of taking them through the Steps, but I have also suggested to some Sponsees that they work with these exercises at the beginning of the Step process, especially if they've worked the Steps before & want to have a deeper experience with them. The logic here is that if the final goal is consistent conscious contact with "the One that has all Power," why not start dosing our Step work right from the beginning with experiences of conscious contact.

Most people by now have heard of Eckhart Tolle because he is perhaps the most popular spiritual teacher in the world today. In 2008, during a 10-week internet workshop that he did with interviewer Oprah Winfrey, 35 million viewers from around the world participated. You probably have heard of his first book "The Power of Now" but what most people don't know is that there is a concentrated experiential hardcover book that spun off of "The Power of Now" that contains the essential teachings & a collection of all the meditations & exercises mentioned in that book. Below is the format that I ask people to work with to have a powerful, intimate experience with this transformative book "Practicing the Power of Now" that takes about six months. You do not have to read "The Power of Now" to get the most out of this experience. Are you willing to go to any lengths? - Barefoot Bill

"Practicing the Power of Now" by Eckhart Tolle

Essential Teachings, Meditations & Exercises from "The Power of Now"

Work with each of these exercises for three days, three times each day (one session upon awakening, one session in the middle of the day, & one session toward the end of the day). During each session, read fully the part of the book you are working with that day & then spend five minutes or more having an experience with the exercise & what the section is describing.

- 1) Start – page 15, end - page 19 ("...has come in."), exercise - end of page 18 ("Start listening...")
- 2) Start – bottom of page 19 ("As you listen..."), end – top of page 21 ("...greater than you."), exercise - bottom of page 19 ("As you listen...")
- 3) Start – first full paragraph page 21 ("Instead of..."), end – middle of page 21 ("...essence of meditation."), exercise - first full paragraph page 21 ("Instead of...")
- 4) Start – 2/3 of the way down page 21 ("In your everyday..."), end – middle of page 24, exercise - 2/3 of the way down page 21 ("In your everyday...")
- 5) Start – second half of page 24, end – end of page 26, exercise 1 of 2 – 1/3 of the way down page 25 ("If you have difficulty...") & exercise 2 of 2 – middle of page 26 ("Make it a...")
- 6) Start – page 27, end – toward the end of page 29 ("...able to you now."), exercise – middle of page 29
- 7) Start – bottom of page 29 ("The mind always..."), end – end of page 32, exercise – middle of page 30
- 8) Start – page 33, end – 1/3 of the way down page 36 ("...psychological time."), exercise - bottom of page 33 ("Break the old...")
- 9) Start – Section that starts in the middle of page 36, end – before the section starts on page 39 ("...only be free now."), exercise – middle of page 36 ("Learn to use time in the practical aspects of your life – we may call this 'clock time' – but immediately return to present-moment awareness when those practical matters have been dealt with.")
- 10) Start – Section that starts 1/3 of the way down page 39, end – middle of page 40 ("...your life situation."), exercise - bottom of page 39 ("Forget about your...")
- 11) Start – middle of page 40 ("Use your senses..."), end – before section starts on page 41, exercise - middle of page 40 ("Use your senses...")
- 12) Start – Section that starts in the middle of page 41, end – top of page 42 ("...can do now."), exercise - middle of page 41 ("Focus your attention...")
- 13) Start – top of page 42 ("When you create..."), end – very bottom of page 42, exercise - top of page 42 ("When you create...")
- 14) Start – top of page 43, end – very end of page 43, exercise – second line of page 43 ("Ask yourself...")
- 15) Start – top of page 44, end – end of page 46, exercise – top of page 44
- 16) Start – middle of page 47, end – toward the end of page 48 ("...because it is so normal."), exercise – middle of page 48 ("Observe the many...")
- 17) Start – bottom of page 48 ("Make it a..."), end – very bottom of page 49, exercise 1 of 2 - bottom of page 48 ("Make it a...") & exercise 2 of 2 – 1/3 of the way down page 49 ("But don't answer...")

- 18) Start – very top of page 50, end – 1/3 of the way down page 50 (“...the present moment.”), exercise – bottom of page 50 (“Die to the past...”)
- 19) Start – 1/3 of the way down page 50 (“Become aware of...”), end – toward the end of page 51 (“...not before, not after.”), exercise – 1/3 of the way down page 50 (“Become aware of...”)
- 20) Start – bottom of page 51 (“Are you a...”), end – end of page 56, exercise – middle of page 53 (“Give up waiting...”)
- 21) Start – top of page 57, end – middle of page 58 (“Find out for yourself.”), exercise – top of page 58
- 22) Start – middle of page 58, middle of page 60 (“...the physical body.”), exercise – very top of page 59
- 23) Start – section that starts in the middle of page 60, end – middle of page 61 (“...penetrating more deeply.”), exercise – bottom of page 60 (“Direct your attention...”)
- 24) Start – section that starts in the middle of page 61, end – 2/3 of the way down page 63 (“...your very essence.”), exercise – bottom of page 61 (“Make sure first...”)
- 25) Start – 2/3 of the way down page 63 (“When your consciousness...”), end – bottom of page 64 (“...we call enlightenment.”), exercise – top of page 64 (“As you go about...”)
- 26) Start – section that starts at the bottom of page 64, end – middle of page 66 (“...to the test.”), exercise – middle of page 65 (“Please examine where...”)
- 27) Start – section that starts at the bottom of page 66, end – top of page 68 (“...the inner body.”), exercise – top of page 67 (“When you are...”)
- 28) Start – section that starts at the top of page 68, end – very bottom of page 68, exercise – middle of page 68 (“Whenever an answer...”)
- 29) Start – very top of page 69, end – very bottom of page 69, exercise – 1/3 of the way down page 69 (“Follow the breath...”)
- 30) Start – very top of page 73, end – middle of page 77 (“...in someone else.”), exercise – middle of page 76 (“The pain-body...”)
- 31) Start – middle of page 77 (“Watch out for...”), end – 1/3 of the way down of page 79 (“...of your presence.”), exercise – middle of page 77 (“Watch out for...”)
- 32) Start – 1/3 of the way down of page 79 (“When you become.”), end – section that ends in the middle of page 80, exercise – 1/3 of the way down of page 79 (“When you become.”)
- 33) Start – section that starts at the bottom of page 80, end – section that ends in the middle of page 81, exercise – top of page 81 (“Focus attention on...”)
- 34) Start – section that starts at the bottom of page 81, end – very bottom of page 83, exercise – bottom of page 82 (“Observe the resistance...”)
- 35) Start – very top of page 84, end – bottom of page 85, exercise – very top of page 84 (“To suddenly see...”)
- 36) Start – very top of page 87, end – very bottom of page 90, exercise – middle of page 90 (“Whether you are...”)
- 37) Start – very top of page 91, end – bottom of page 91 (“...accuser and accused.”), exercise – middle of page 91 (“First you stop...”)
- 38) Start – bottom of page 91 (“This is also...”), end – bottom of page 92 (“...destructive of love.”), exercise – 1/3 of the way down page 92 (“In the stillness...”)
- 39) Start – section that starts at the bottom of page 92, end – top of page 94 (“...opportunity for salvation.”), exercise – middle of page 93 (“When you know...”)
- 40) Start – top of page 94 (“Every moment, hold...”), end – middle of page 95 (“...confusion, and madness.”), exercise – top of page 94 (“Every moment, hold...”)
- 41) Start – middle of page 95 (“How many people...”), end – middle of page 98 (“...not being met.”), exercise – top of page 41 (“Learn to give...”)
- 42) Start – section that starts at the bottom of page 98, end – bottom of page 100, exercise – bottom of page 99 (“All you really...”)
- 43) Start – top of page 103, end – bottom of page 106 (“...be at peace.”), exercise – bottom of page 105 (“To offer no...”)
- 44) Start – section that starts at the bottom of page 106, end – top of page 108 (“...into a problem.”), exercise – bottom of page 107 (“Watch any plant...”)
- 45) Start – 1/3 of the way down page 108 (“Recurring negative emotions...”), end – 1/3 of the way down page 109 (“...into the feeling.”), exercise – bottom of page 108 (“Whenever you feel...”)
- 46) Start – 1/3 of the way down page 109 (“As an alternative...”), end – top of page 111 (“...is the same, exercise 1 of 2 – 1/3 of the way down page 109 (“As an alternative...”) & exercise 2 of 2 – top of page 110 (“Feel yourself becoming...”)

- 47) Start – top of page 111 (“You are still...”), end – bottom of page 111 (“...That is enlightenment.”), exercise – 1/3 of the way down page 111 (“Don’t look for...”)
- 48) Start – section that starts at the bottom of page 111, end – 1/3 of the way down page 113 (“...they are ready.”), exercise - bottom of page 111 (“Having gone beyond...”)
- 49) Start – 1/3 of the way down page 113 (“Compassion is the...”), end – very bottom of page 114, exercise - bottom of page 113 (“One of the...”)
- 50) Start – very top of page 115, end – 1/3 of the way down page 116 (“...is the mind.”), exercise – middle of page 115 (“Surrender is the...”)
- 51) Start – middle of page 116 (“Surrender is a...”), end – 2/3 of the way down page 118 (“...not been dissolved.”), exercise - bottom of page 116 (“You don’t need...”)
- 52) Start – 2/3 of the way down page 118 (“There is something...”), end – very bottom of page 118, exercise - bottom of page 118 (“If you find...”)
- 53) Start – very top of page 119, end – bottom of page 119 (“...toil nor spin.”), exercise – middle of page 119 (“In the state...”)
- 54) Start – bottom of page 119 (“If your overall...”), end – middle of page 121 (“...an unacknowledged emotion.”), exercise 1 of 2 - bottom of page 119 (“If your overall...”) & exercise 2 of 2 – bottom of page 120 (“If there is...”)
- 55) Start – section that starts at the bottom of page 121, end – bottom of page 122 (“...be without it.”), exercise - bottom of page 121 (“Start by acknowledging...”)
- 56) Start – bottom of page 122 (“Until you practice...”), end – bottom of page 123 (“...become unconscious yourself.”), exercise - top of page 123 (“Not until you...”)
- 57) Start – bottom of page 123 (“But surrender doesn’t...”), end – 2/3 of the way down page 124 (“...place inside you.”), exercise – top of page 124 (“When you say...”)
- 58) Start – 2/3 of the way down page 124 (“If you cannot...”), end – middle of page 125 (“...of ego gratification.”), exercise - 2/3 of the way down page 124 (“If you cannot...”)
- 59) Start – middle of page 125 (“Let me illustrate...”), end – 2/3 of the way down page 126 (“...from your mind.”), exercise – middle of page 125 (“When you become...”)
- 60) Start – bottom of page 126 (“If you suddenly...”), end – end of page 128, exercise - bottom of page 126 (“If you suddenly...”)
- 61) Start – very top of page 129, end – 2/3 of the way down page 130 (“...it foe enlightenment.”), exercise - 1/3 of the way down page 130 (“By focusing on...”)
- 62) Start – bottom of page 130 (“Surrender does not...”), end – 2/3 of the way down page 132 (“...some secondary source.”), exercise – very top of page 131
- 63) Start – section that starts at the bottom of page 132, end – middle of page 133 (“...free of struggle.”), exercise - bottom of page 132 (“Your first chance...”)
- 64) Start – middle of page 133 (“Whenever you are...”), end – 1/3 of the way down page 134 (“...resurrection and ascension.”), exercise - bottom of page 133 (“Now here is...”)
- 65) Start – 1/3 of the way down page 134 (“When your pain...”), end – bottom of page 136 (“...the ego dies.”), exercise 1 of 2 - top of page 135 (“When there is...”) & exercise 2 of 2 – middle of page 136 (“The acceptance of...”)
- 66) Start – bottom of page 136 (“Imagine a ray...”), end – top of page 137 (“...of as “you.”), exercise – very top of page 127
- 67) Start – section that starts at the top of page 137, end – middle of page 138 (“...pain are inseparable.”), exercise - bottom of page 137 (“Enlightenment consciously chosen...”)
- 68) Start – section that starts in the middle of page 138, end – very end of page 140, exercise – very top of page 140