

# *Dr. Goldman's Book Reviews*

## **THE POWER OF NOW**

A Guide to Spiritual Enlightenment

By

**Eckhart Tolle**

Namaste Publishing, New World Library 1999

The front plate says:

**You are here to enable the divine purpose of the universe to unfold. That is how important you are!**

Eckhart Tolle takes us on a journey in the form of questions and answers. It is an introduction to enlightenment. To be helped by this book is to bring it into one's being. It is not sufficient to deal with it on an intellectual level. As humanity enters into the Age of Aquarius, we transition from a time when enlightenment was the province of a small group of priests, to a new era of the democratization of enlightenment. We are coming into the era of the fulfillment of the individual. Everyone has the ability and possibility of achieving enlightenment. Tolle wants to help you on that path.

The message Tolle is conveying is at the center of all the world's major religions. Unfortunately, virtually all religions, at various points in their history, get taken over by individuals seeking power. In ensuring their own power, the leadership obscures this core message to enhance their own security. Tolle makes a number of specific references to the prime message of Christ and how he feels this message was misinterpreted. He makes fewer references to the prime messages of Moses, Mohamed and Buddha, but the story is essentially the same. The prime message is all the same. It is the center. We need to refocus on that center.

By utilizing the power of the now, we can free ourselves from the hell we believe we are in and move into the heaven all around us.

Listening to Eckhart Tolle's voice is a meditation. The book is also available on CD and I highly recommend it.

Robert P. Goldman, M.D.