



The Power of Now – Index

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It was such a joy to go through the book, *The Power of Now*, and create an index. The very act was delightful and led me to review and remember to apply myself to the teachings. Every new word or subject brought me at least a small contemplation. And it added up to a one large contemplative practice that often brought me squarely in front of the mirror of truth leaving me to further surrender myself. My hope is that this index might help those who appreciate the teachings of this book more easily locate and reference material that is needful to them. Others may organize their work—counseling or coaching perhaps—by utilizing this index. Nothing of this nature can be studied, certainly not memorized, like other subjects so the intent of this index is certainly not in that direction. Finally, I made choices as to what to include as important concepts and “pointers.” It is definitely not comprehensive, nor may it include everything you’d want. But I hope you find it helpful and a blessing. (**Note:** some subjects/words in parentheses are not found in the book but are conceptually similar and included as they may be helpful for those who attempt to search for such items.)

I dedicate this to truth, and in honor of Eckhart Tolle

Kurt T.

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