Eckhart Tolle Quotes – Author from the Power of Now

1. Acknowledging the good that you already have in your life is the foundation for all abundance.
2. Life will give you whatever experience is most helpful for the evolution of your consciousness.
3. Some changes look negative on the surface but you will soon realize that space is being created in your life for something new to emerge.
4. Sometimes letting things go is an act of far greater power than defending or hanging on.
5. The primary cause of unhappiness is never the situation but your thoughts about it.
6. Anything that you resent and strongly react to in another is also in you.
7. The power for creating a better future is contained in the present moment: You create a good future by creating a good present.
8. Realize deeply that the present moment is all you have. Make the ‘now’ the primary focus of your life.
9. You can only lose something that you have, but you cannot lose something that you are.
10. Whatever you fight, you strengthen, and what you resist, persists.