

## HOW TO STAY IN THE NOW!

Eckhart Tolle is a very well known personage in the human potential movement because of his best seller, “The power of now”. A common expression among ‘new agers’ is, “Being in the now!” A yoga teacher will say, “This posture will keep you in the now!”

The interest in the phenomenon of “NOW” indicates that the expression invokes a widespread nostalgia and a yearning to experience it, as demonstrated, apart from anything else, by the intense interest in Tolle’s writings. This is because the state of ‘now’ is your natural state, the state that you have lost.

Despite its magnetic appeal, all the descriptions of the state, all the flowery prose, all the examples, such as given by Tolle, will never ever allow anyone to recover “that which has been lost”, the elusive sense of now. This is because “Knowing about!” will never ever compare with “Knowing”.

The unbelievably good news is that Causism, has adapted an observation by a brilliant, but little known Polish mathematician, Count Alfred Korzibski to allow individuals to recover permanently that elusive but longed for state.

Here are a few comments by happy clients.

Empowering! You just go on and on!

I am aware of just being – just being me – nothing else – I am awareness!

I am stuck for words! I just can’t find words to explain how I feel.

This is incredible. Everybody should know this.

You say that life is simple, well now I know what you mean.

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