

To make the journey into *The Power of Now* we will need to leave our analytical mind and its false created self, the ego, behind. From the beginning of the first chapter we move rapidly into a significantly higher altitude where one breathes a lighter air, the air of the spiritual. Although the journey is challenging, we have simple language and a question and answer format to guide us. The words themselves are the signposts.

For many of us there are new discoveries to be made along the way: we are *not* our mind; we *can* find our way out of psychological pain; authentic human power is found by surrendering to the Now. We also find out that the body is actually one of the keys to entry into a state of inner peace, as are the silence and space all around us. Indeed, access is everywhere available. These access points, or portals, can all be used to bring us into the Now, the present moment, where problems do not exist. It is here we find our joy and are able to embrace our true selves. It is here we discover that we are already complete and perfect.

Many of us will find that our biggest obstacle to this realization is our relationships, especially our intimate relationships. But again, we are in "new territory" and all is not what it had seemed before. We come to see that our relationships are yet another doorway into spiritual enlightenment if we use them wisely, meaning if we use them to become more conscious and therefore more loving human beings. The result? *Real* communion between self and others.

If we are able to be fully present and take each step in the Now; if we are able to feel the reality of such things as the "inner-body," "surrender," "forgiveness," and the "Unmanifested," we will be opening ourselves to the transforming experience of *The Power of Now*.

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