

Join Us Second Sundays Monthly for

# TEA TIME DAIS

NEW  
HOT TOPICS  
MONTHLY

CALL (310)547-2154  
for information

The format of today's program is based on an informal interpretation and loose adaptation by Eva Marie Vargo of portions of Eckhart Tolle's teachings in "The Power of Now" and "Practicing The Power of Now."

SUNDAY • SEPTEMBER 14

## TEA TIME DAIS

SHARE YOUR THOUGHTS  
AND A CUP OF TEA AT OUR FRIENDLY FORUM

Today's Hot Topic:

### THE POWER OF **NOW**

Escape in our beautiful garden. Shut the world out.  
Experience the "Power of Now."

"One day you may catch yourself smiling at the voice in your head, as you would smile at the antics of a child. This means that you no longer take the content of your mind all that seriously, as your sense of self does not depend on it."

Excerpt from- THE POWER OF NOW  
by Eckhart Tolle

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## Introduction

In this fast-paced world, we find it almost impossible to turn our minds off and enjoy what is immediately in front of us and around us. Our daily activities and actions are influenced by the past and the anticipations and anxieties for the future. We are almost, as if, on automatic pilot. We find that no matter what activity we are performing, our thoughts are displaced and rushing to another place. We think of what was past, we think about what we will be doing next or something in the future, and in doing so absolutely ignore the present. The present- the only moment you can be.

Have you ever driven your car immersed so deeply in thought, that you couldn't remember how you got to your destination. It's a freaky feeling. You know that the next time you drive you can't afford to go off into another world. You are wanted in the present, fully conscious.

But how do we become fully present? How do we discover the "Power of Now?" Through his book, Eckhart Tolle gives us insights on how to "accept the moment fully."



## Try This

Today we'd like you to relax in our garden setting, sip a cup of tea with an old or new friend, and be present. Stop thinking. Pay attention to all your senses. Don't allow "mind-chatter" to distract you from the luxury of being present. Observe your feelings and emotions as you:

1. Sip a cup of delightful tea.
2. Indulge in a savory pastry.

3. Partake in conversation.
4. Wander through the garden and drink in the beauty of a flower, a leaf, an insect, the rustling wind, the view of the Pacific and Catalina Island.



## Reflection

Now that you have completed one or more of the recommended exercises consider the following:

1. What have you observed about your ability to be present.
2. What senses did the cup of tea or pastry awake.
3. Were you a good listener, as well as talker, in your conversation.
4. Did the tranquility of our garden intensify your experience?
5. What did you observe about yourself in general?
6. How hard or easy was it for your to be "present?"
7. Is there any activity in your day-to-day life when you feel undistracted by "mind chatter" and are absolutely present? If so, how can you start feeling "absolute presence" in other facets of your life?



## Share Your Thoughts

Please feel free to share your thoughts and experiences during the "open mike" periods.