

## Objective

By the end of this lesson, the student will have a deeper understanding of Eckhart Tolle's concepts in "The Power of Now," including mindfulness, presence, and the importance of living in the moment. The student will also engage in reflective activities to apply these concepts to their own life.

## Materials and Prep

- Notebook and pen for writing reflections and notes
- Quiet space for meditation and activities
- Timer or clock for timed activities
- Access to the book "The Power of Now" (if available) or printed excerpts

## Activities

- **Mindfulness Meditation (10 minutes)**

Begin the lesson with a short mindfulness meditation. Find a quiet space, sit comfortably, and focus on your breath. Set a timer for 10 minutes. This will help you become present and open to the concepts discussed in the lesson.

- **Key Concept Exploration (15 minutes)**

Choose a key concept from "The Power of Now," such as "being present" or "the ego." Write a short paragraph explaining what you think it means and how it applies to your life. Share your thoughts with the teacher (or yourself) after writing.

- **Creative Expression (20 minutes)**

Express your understanding of mindfulness and presence through art or creative writing. This could be a drawing, a poem, or a short story that illustrates living in the moment. Allow your creativity to flow without restrictions.

- **Reflection and Discussion (15 minutes)**

Reflect on your activities and thoughts. Write down three key takeaways from the lesson. Afterward, engage in a discussion with the teacher about how these takeaways can be applied in daily life.

## Talking Points

- "Eckhart Tolle emphasizes that the present moment is all we truly have. Why do you think it's easy to get lost in the past or future?"
- "The mind often distracts us from the now. Can you think of a time when you were so caught up in your thoughts that you missed something important happening around you?"
- "Tolle talks about the 'ego' and how it can distort our perception of reality. What do you think the ego is trying to protect us from?"
- "Mindfulness can help reduce stress and anxiety. How do you feel when you practice being present?"
- "Living in the moment can lead to greater happiness. Can you recall a moment where you felt

truly alive and present?"