



The Tao of Now: Daily Wisdom from Mystics, Sages, Poets, and Saints

Josh Baran

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If you think enlightenment requires decades of spiritual practice and is reserved only for the chosen few, think again. Josh Baran shows readers that nirvana is staring them in the face. Baran has collected the quintessential teachings, both ancient and modern, from such notables as Rumi; Ram Das; Buddha; Jack Kornfield; Byron Katie; Pema Chodron, and Eckhart Tolle.

The Tao of Now draws wisdom from history's greatest mystical thinkers to provide direction for the spiritual journey. In addition to the wisdom of these teachers, Baran, a former Zen monk and contributor to *Tricycle: The Buddhist Review*, offers his own inspirational commentary on experiencing nirvana.

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Tami says

The Tao of Now is filled with inspirational poetry, quotes, thoughts, and prose by a hundreds of different authors. The majority are well known spiritualist and historical figures.

All have something to say about awareness, living in the moment, and resonating with your true personhood. A variety of belief systems are represented presenting a forum for spirituality and self understanding rather than adherence to any one religion.

There are several ways to use this book. You can start each day with a little inspiration or pick a favorite when you need them the most. With so many entries to choose from, you'll find numerous new favorites that resonate with your personhood and inspire you in your daily life.

On many of the pages, the author has included her own little notes or comments. I like this aspect. I think it gives the anthology a personal touch while encourages contemplation about the pieces and thought presented.

Betsy says

keep this by your book shelf bed to re read wisdom good for experiencing life.

Todd Mayville says

A pretty decent read. My full review is here: <http://www.elephantjournal.com/2009/0...>

Linda Truong says

Inspirational, motivational, well put together.
