



## What About Now?: Reminders for Being in the Moment

*Gina Lake*

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## What About Now?: Reminders for Being in the Moment Gina Lake

The secret to happiness is moving out of the mind and learning to delight in each moment. In What About Now, you will find over 150 quotes from Gina Lake's books—Choosing, Embracing the Now, Radical Happiness, and others—that will inspire and enable you to be more present. These empowering quotes will wake you up out of your ordinary consciousness and help you live with more love, contentment, gratitude, and awe. Here is a sample: “Watch the mind as it tries, in every moment, to co-opt experience by translating it into a story. It tries to draw you away from experience into a mental world that simulates experience. It tries to draw you into an imagined story about the experience. If it succeeds, that story becomes your experience. If you agree to go to this mental world, feelings will also arise and add reality to this world, but it is still a mental world.” Gina Lake is a nondual spiritual teacher whose teachings are similar to Eckhart Tolle's. After having a spiritual awakening in 1999, she has been dedicated to helping others awaken.

## What About Now?: Reminders for Being in the Moment Details

Date : Published by Endless Satsang Foundation (first published April 19th 2009)

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## **From Reader Review What About Now?: Reminders for Being in the Moment for online ebook**

### **Seda says**

You know how easy it is to get sidetracked by the ego? This book was made to counteract that. Sometimes all you need is a little pointer to put you back on track to living from essence, as Eckhart Tolle calls our true nature, and this little gem is overflowing with them. Written in Gina's clear, lucid style, it's the gift that keeps on giving with wisdom culled from a wide assortment of her other published treasures. I find little reminders invaluable for my own spiritual practice and have benefited greatly from Adya's book of poetry, 'My Secret is Silence' as well as Stillness Speaks, by Tolle, both of which are written in a similar format. This is another classic to add to the list.

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### **Diana Shaffner says**

Little book - big subject. Are you ever actually present in the 'now'? Many of us are constantly lost in thought. Thought that is, that is neither important nor meaningful. This constant inner dialog is more some sort of destructive silent noise instigated by the ego. Letting go of the ego and being fully present in the moment (or at least trying to), is a highly spiritual practice. The book 'What about Now?' is a compilation of many very shorts texts on the subject, all of which serve as reminders on how important 'being present' is.

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### **Thomas Dunker says**

Gina Lake gets it! Clearly she does because she writes so lucidly about being in the moment. Importantly (to me), her clarity and insights have helped me "get it" too. She has probably helped many, many people in this way. So many people I know are coming around to living a life in the present but I am guessing a lot of people (like me not long ago) don't really understand what that means nor do they understand how to live it. Gina does. She has helped me enormously with her writing and for that I am very thankful. I think you too will move forward with your happiness by reading her book. I highly recommend it.

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### **Carole says**

Although simple, this book is perfect for a quick reminder to stay present. The book is divided into one page bits of wisdom, reminding us to stay in the moment. I have it on my kindle and pick it up to read a page in those moments when I've become stressed or have forgotten to stay in the now.

Examples of sections include: Enjoy the simple pleasures, Experience your true self in the moment, Love what is or suffer, Choose how to respond to life, Stress is a sign you are believing the mind, Give up the drama.

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### **Karuna says**

Wonderful, important reminders of who you really are. Any random page I go to speaks to me, and brings me back into Presence.

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### **Jerilyn says**

#### **I agree\i don't agree**

While parts of this book are informative, other parts I disagree with. I believe it's wise not to fill your mind and thoughts with negative chatter, but in the other hand is it wise to suggest one to ignore there thoughts? Thoughts resolve situations, lead to new inventions, or solve \ work through problems or best way to deal with them. Sure, Love in the present, but do it using your head. Not sure I like how this book was presented, but it could have potential for good informative guidance of some things were worded or put differently.

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### **Sheila Moore says**

Perfect 1/2 page to one-page daily meditations for finding joy and serenity exactly where you are. This book I will never "finish" reading. It is part of my spiritual practice.

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### **Chukwuka Amu says**

A very good read for me. And I will recommend for all who desire to make the most of their lives.

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### **Monica Akinyi Odhiambo says**

Reasons why I love this book, is because it has short concise explanations on how to live by the moment, and I always find myself referring to it every night. Its been good especially just to remind me of the importance of being free.

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### **Karolynn Cechowski says**

Good self-help book

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### **Nirmala Nirmala says**

These are insightful and inspirational reminders to help you be in the now. Fans of Eckhart Tolle will especially enjoy this book.

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Nirmala  
Free Spiritual Ebooks  
<http://endless-satsang.com>

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### **Susan Miller says**

In today's stressful life, it is hard to remember to take things slow and embrace what is happening at the very moment it happens. The book is a good reminder to not rush through each of life's encounters.

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### **Laura says**

If your reading time is scarce, do yourself a huge favor and invest in this little gem. It will repay the time you devote to it a million times over. If your heart's desire is to wake up and experience an unending supply of love and happiness, not in five, ten, or twenty years, but right now, the teachings in What about Now? will take you by the hand and show you the way.

Forget struggling to grasp unintelligible esoteric teachings! Gina Lake has crafted a remarkably easy read that distills the most profound wisdom into practical guidance. Written in easily digestible bits, one topic per paragraph, What about Now? offers a much needed roadmap on how to move out of the egoic mind and live from essence. Even the title prods us to make this shift by asking us to stop and question where we are putting our attention. The entire book is a priceless reminder that each moment is a gift, a blessed opportunity to move out of our heads and into our hearts. Simply reading it creates the experience of awakesness and will transform your life into a heaven on earth.

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### **MaryEllin says**

The best thing about this book is the reminder not to get caught up in worry about the past or future. Always a useful refresher.

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### **Tricia Hutson says**

#### **Good**

These are little nuggets useful for snagging in between books or before meditation or yoga or some other form of quiet time. You can also sit down and breeze through it in a sitting. I found it more useful to read a few pieces at a time and ponder on it before picking it up again, but that's just me. Thoughtful and useful reminders for being present in a world all too busy telling us to think of everything BUT the now. Really enjoyed and will be referencing now and again as a reminder/fresh perspective.

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