**Excerpts from *Naked in the Now*:**

“Being naked in the now means dropping pretenses, thoughts, tensions, pressures, and desires. In our minds, we often rehash stories that happened in the past, or invent stories about what might happen in the future. These stories draw our attention away from the present. To get naked in the now, we must practice turning our attention away from what’s going on in our head and redirecting it to the present moment. One way is by tuning in to what I think of as the sensual now (our physical reality), noticing what we see, hear, sense, taste, and/or smell. I like to think of it as getting intimate with the moment. This one. Right now.

You won’t regret learning to “skinny dip” in the moment.”

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“Within these pages, you will discover a different perspective—a spiritual one—that reminds us of the juiciness of life available now. Here is your invitation to get naked without fear, and redefine what being “presentable” means, through a collection of techniques, tools, and playful practices—all of which support a different worldview, one that

* honors being present over constant action,
* rewards mindfulness rather than judgment, and
* sees nakedness as beautiful and celebrated rather than shameful or weak.

Being naked in the now is a powerful and seductive opening to something different, something more.”

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“To rest naked in the now, we will strip away that which keeps us from being present through easy practices you can do at home, or on a walk, alone or with a friend or partner. The process will not involve a struggle, but will come naturally…we are embarking on a journey of letting go. We are setting off to peel away layers of conditioning, not to gain new knowledge. The process is *not* about

* self-improvement (in the traditional senses),
* bettering your circumstances, • thinking your way out of something, or
* fixing your problems.

It is about what happens when you stop doing all that and rest in naked awareness. We are letting go of what we think so we can discover what is left: our own intrinsic purity; goodness through and through. That is what you’ll uncover. Everything else pales in comparison.”