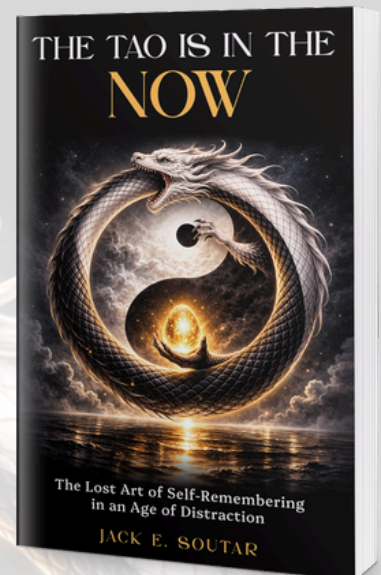


THE TAO IS IN THE NOW

The Lost Art of Self-Remembering in an Age of Distraction

Humans live in a state of "sleep" or mechanical consciousness, and through intentional work of self-remembering and self-observation, one can achieve higher states of awareness.



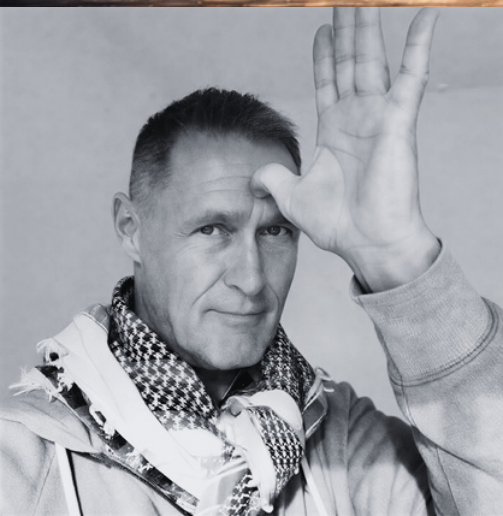
We live in an age of constant stimulation, yet many people feel inwardly distant from their own lives. Beneath the surface of routine, thought, and distraction lies a quiet intuition that something essential is being overlooked. *The Tao is in the Now* explores this intuition and points toward a simple but demanding possibility: awakening to the living reality of the present moment, discovered not elsewhere but within the texture of ordinary experience.

Drawing from contemplative traditions, esoteric psychology, and practical reflection, *The Tao is in the Now* examines psychological sleep and the patterns that keep attention bound to thought and reaction. Through insights on self-remembering, awareness, and inner observation, it gently encourages readers to pause and look within. Rather than offering quick solutions or dramatic promises, the book invites a gradual shift in perception, opening space for greater clarity, depth, and presence, and nurturing a more conscious relationship with everyday life and the unfolding moment.

Purchase through Amazon, other retailers, and bookstores globally.

Retailers may purchase through Ingram.

Paperback ISBN # 978-1-0676333-1-8 Electronic ISBN # 978-1-0676333-0-1



Jack E. Soutar

Jack is a writer exploring consciousness, presence, and inner awakening. Influenced by contemplative traditions, mystical philosophy, and self-observation, he approaches spirituality as lived inquiry rooted in direct experience. His work invites readers to question, remember themselves, and rediscover awareness in everyday life and in ordinary moments of presence.

JackESoutar@protonmail.com