

# The Power of Now

“The past has no power over the present moment. ~ Eckhart Tolle

This game was played on FICS, the Free Internet Chess Server,  
<http://www.freechess.org/>

In the position on the right it is **Black to move**.

Answer below.

Today I want to talk about some of the ideas of Eckhart Tolle.

I have mentioned Tolle before, with "The 2 Monks" story, which is one of my favorite metaphors.

Tolle is a spiritual teacher, whose books include "The Power of Now" and "A New Earth". Everytime I listen to him speak I see the world with a slightly different perspective. I would highly recommend reading his books or listening to his audio programs.

His ideas can be somewhat "deep", so it is not easy to convey them in an e-mail newsletter, but his idea of "The Power of Now" is one I think that can be applied to chess.

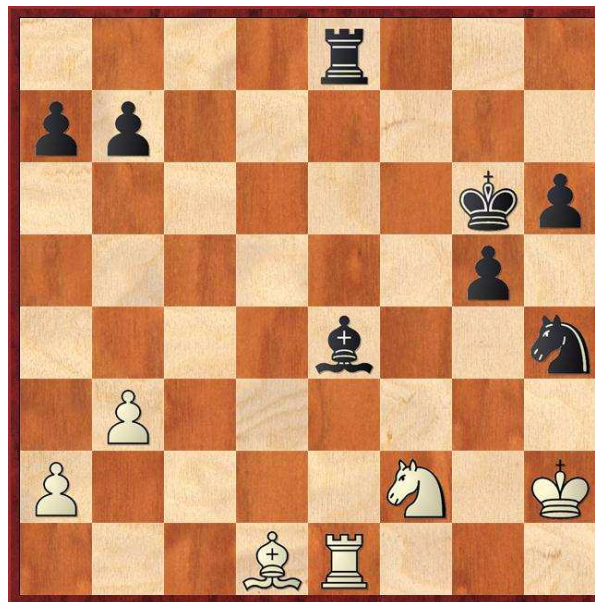
Tolle talks about how all we have is the present moment. We are always in the present moment. He says that things like the past and future, are really just concepts that we have created, but actually don't exist. It is always just a continuous "now".

I think this can help with chess if you look at each position as the "present moment" and "now".

Not get wrapped up with the moves that happened in the past.

Not get wrapped up with a 3 move combination in your head, then push the wrong piece which is the 2nd move of the combination (which I have done myself).

Not get so wrapped up with your "plan", or the position in your head, that you don't see your opponents threats, and what is actually on the board in front of you.



This idea can also help deal with the "Monkey Mind" that can affect your play. You are worried about remembering to pay the rent next week, or rehashing the obnoxious comment that your boss made at work, or something else that happened in the past, or will happen in the future.

Instead try to focus and be "present" in the current moment. Try to get in the "Flow" and "The Zone" of the game.

These are "advanced" ideas, and ones you might want to explore. Yoga and meditation can help as well if you have a "Monkey Mind", and your brain is scattered all over the place.

Here is the complete game:

[Event "FICS unrated blitz game"]  
[Site "FICS"]  
[Date "2011.12.06"]  
[Round "?"]  
[White "tolou"]  
[Black "barcelr"]  
[Result "0-1"]  
[ECO "A02"]  
[WhiteElo "1242"]  
[BlackElo "1293"]  
[PlyCount "90"]  
[EventDate "2011.??.?"]

1. f4 f5 2. e3 e6 3. Nf3 Nf6 4. b3 Be7 5. Bb2 O-O 6. Bd3 c5 7. Bxf6 Bxf6 8. c3 Nc6 9. e4 fxe4 10. Bxe4 Qe8 11. O-O Rb8 12. Ng5 Bxg5 13. fxe4 d5 14. Bc2 e5 15. Rxf8+ Qxf8 16. g6 h6 17. d4 cxd4 18. Qf3 Qxf3 19. gxf3 dxc3 20. Nxc3 Be6 21. Re1 Rf8 22. Kg2 Nd4 23. Bd1 Nc6 24. Re2 Bf5 25. Nxd5 Bxg6 26. Re1 Bf7 27. Ne3 Bg6 28. Ng4 Re8 29. Rg1 Kh7 30. Kg3 e4 31. fxe4 Bxe4 32. Re1 Nd4 33. Kf4 g5+ 34. Kg3 Kg6 35. h4 Nf5+ 36. Kh2 Nxh4 37. Nf2 Bc6 38. Rxe8 Bxe8 39. Ne4 Bc6 40. Nd6 Kf6 41. Bg4 Nf3+ 42. Bxf3 Bxf3 43. Kg3 Bc6 44. Nc4 h5 45. Na5 Bd5 0-1

You can play through this game here: [http://tacticstime.com/?page\\_id=2746](http://tacticstime.com/?page_id=2746).

### **Answer:**

I remember one time I was in college taking a "graph theory" math class. The teacher called on a friend of mine to go up to the board, and solve the problem. Instead of doing that, my friend got up and walked right out of the classroom!

Everyone was rather stunned. I later asked him why he did this. He quipped, "Sometimes it is better to retreat, and live to fight another day!"

**37...Bc6** is the only move for black here. The bishop retreats, and lives to fight another day.

This was possibly a little bit of a "trick" question, because you might be used to looking for offensive moves, such as a knight fork, such as Nf3+ but they don't work here.

White is double attacking the Bishop on e4, and that bishop is pinned to the undefended rook on e8.

The move Bc6 solves both problems at the same time - it moves the bishop out of harms way, and defends the rook on e8.

Happy Tactics!

Your Friend,



Tactics Time  
Tactics of Steel  
January 22, 2012

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