

# A NEW EARTH ONLINE CLASS

## CHAPTER 2 TRANSCRIPT

OPRAH WINFREY (HOST): Welcome to our second *New Earth* webcast.

It is one of my greatest joys to unite all of us around the world and share the possibilities of awakening together. Along with a multitude of North Americans, we also have students registered in this class from countries like Afghanistan, Argentina, Belgium, Brazil, Croatia, Denmark, Egypt, Ireland, South Africa and even a few of you from Zanzibar, I hear. Thank you. Since last week, 1,860,000 of you have streamed or downloaded our first class. I just want you to know it's always available if this pioneering effort again tonight should break up and we have webcast problems, you can go to Oprah.com tomorrow or iTunes and begin streaming afternoon. Well, for the next nine weeks, author and spiritual teacher Eckhart Tolle and I planned to be right here in our virtual classroom on Oprah.com Monday nights at 8 p.m. Central to discuss each chapter and talk with you about it. And you can type in your questions on the right side of your screen and send that to us instantly. And throughout this class, we're going to also talk directly to students via Skype—so cool—free software that allows you to make Internet and video phone calls all over the world. Welcome again, Eckhart Tolle.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Thank you. Thank you.

OPRAH WINFREY (HOST): Well, last week, you shared with us how there are tools that we can use to bring ourself into the present moment. And you were saying from that first chapter that—and throughout this book—that there is only the present moment. And you were saying that if we would allow ourselves to take ourselves out of our mind and just go to our breath that we could learn presence that way. That's how you begin to learn presence.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And I suggest that we all do that right now, which is to say we are taking our attention right now away from where it usually dwells, which is in the head and in the thinking mind, and we direct our attention to our breath. And the simple question that one could ask is -- or you could ask yourself is, "Am I still breathing? Let's just check if I'm still breathing." Now, how do you find out whether you're still breathing? You have to take your attention away from the thinking mind...

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...and sense yourself breathing right now.

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OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And as you are taking attention away from the thinking mind, which always works using past and future, it strains itself by always generating past and future thinking...

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...you also enter the present moment when you take attention away from thinking, direct attention to your breathing. You're always breathing, but usually you're not aware of it.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And now we are bringing awareness to it, which means we are taking attention away from thinking. So we are not losing consciousness. We are very conscious, but thinking much less or perhaps not at all. So let's do this now. This has never been done on television. It's unprecedented, but we can do it here.

OPRAH WINFREY (HOST): Yes. Yes. Silence is usually not good on TV.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No.

OPRAH WINFREY (HOST): But let's try it...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes

OPRAH WINFREY (HOST): ...for the next 10 seconds.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): 10 seconds. Just be aware of yourself breathing.

OPRAH WINFREY (HOST): Right. I'm still alive.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): I just checked in.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Yeah.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Perhaps even more alive when you're engaged in thinking. There is a deeper sense of aliveness there that you are just beginning to touch when you get in touch with that—these inner processes.

OPRAH WINFREY (HOST): Yeah. I think that's pretty cool that all around the world, and all of these different countries I just named, that all us come together in silence for a moment just to give our minds a break.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Yeah. Well, this is the most exciting chapter, until you get to the next chapter. I think Chapter 2 is the most exciting chapter. As we said last week, Chapter 1 is pretty conceptual, you would agree?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): You're the one who wrote it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Pretty conceptual. But in Chapter 2, titled, "Ego: The Current State of Humanity," we get into, I think, a way of understanding ourselves, that perhaps so many people were not aware of until beginning to read this. So I would just like to just get right into this chapter. When you say, "When you don't cover up the world with words and labels, a sense of the miraculous returns to your life that was lost a long time ago when humanity, instead of using thought, became possessed by thought." What do you mean by that?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Now, usually—and everybody can verify this in their own experience—we experience the phenomenal world, whatever we experience. We don't experience it directly. It is overlaid with self-talk, which are the mental processes. So as you go about your life, you encounter situations, you meet people, you do your work. And most of the time, there is a voice in the head, which is the, it can be called the self-talk, it can be called the inner voice.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But it is the conditioned thought processes, and they are commenting and interpreting and mentally labeling whatever it is you're perceiving or experiencing. So there's always a running commentary in people's heads.

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OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So they don't relate to the world directly and immediately, but through the veil of the self-talk.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So when—and this greatly decreases the sense of aliveness, the sense of how you relate to the...

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...to the outer world, and especially to human being. For example, if every time I meet another human being, I immediately have certain thoughts and judgments in my head that come up the moment I meet a person, I'm already thinking something about this person.

OPRAH WINFREY (HOST): That's right. You've already labeled.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I've already labeled, and so I'm no longer really in communication with that person. I'm in communication with my own labels.

OPRAH WINFREY (HOST): Yes. And what you said to us last week and you also say in this chapter, "Even a stone, and more easily a flower or a bird, could show you the way back to God, and the Source, to yourself. When you look at it or hold it and let it be without imposing a word or mental label." And what you were saying last week is that if you can learn to do that in nature first, stop labeling things, just feel the essence and presence of things, it allows you then to be able to gradually move into doing that with people.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's right.

OPRAH WINFREY (HOST): Because so often, we don't engage in presence with people. We've already labeled them and labeled the situation. And so we're reacting out of the situations and not out of what's actually happening.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): That's what you're saying.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. We've already put people into mental boxes.

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OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so we no longer experience them as in their full aliveness. We have desensitized ourselves through this continuous mental conceptualization. We have desensitized ourselves to the aliveness of other human beings. Because the moment I put a label on another human being, I've already desensitized myself to their life.

OPRAH WINFREY (HOST): So you say, "The quicker you are in attaching verbal or mental labels to things, people, or situations, the more"—I'm on page 26, everybody, at the bottom—"the more shallow and lifeless your reality becomes, and the more deadened you become to reality, the miracle of life that continuously unfolds within and around you."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. I go for a walk every day in a little forest at home and, often, I encounter people who are jogging or friends going for a walk. And most people are—some are listening to things in their headphones, whatever it is.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And they're talking to their friends.

OPRAH WINFREY (HOST): Uh-huh.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And very few people are actually truly present there as I walk through this beautiful forest.

OPRAH WINFREY (HOST): Uh-huh. Uh-huh.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And this is a spiritual practice, and I recommend that people, whenever they go out into nature, especially, practice being very alert...

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...so that they can perceive the trees, the flowers, the plants, the sky...

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...without too much mental interference.

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OPRAH WINFREY (HOST): That's so interesting because when I used to run all the time, I'd have all those people who would run with their headphones and they'd say, "What are you listening to?" And even now working out, I like just being and feeling the, you know, my feet on the pavement and, you know, taking it all in. I like just sort of being with myself. And I find that the headphones and all that is a distraction for me.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So that's a great practice.

OPRAH WINFREY (HOST): It's a good practice.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But you can, even without leaving your home, you can practice even if you have a potted plants at home in your room. Look at the plant just for a few seconds, 10 seconds, 20 seconds, and just bring your attention to the sense perception and truly look without eventually saying anything about it.

OPRAH WINFREY (HOST): Mm-hmm. Well, Heather from Vancouver Island, Canada, is on Skype. Hello, Heather.

HEATHER (AUDIENCE MEMBER): Hello, Oprah. I'm honored to be here speaking with you today.

OPRAH WINFREY (HOST): This is—I think this is fun. Okay. Okay, go right ahead.

HEATHER (AUDIENCE MEMBER): Mr. Tolle, I'd like to commend you on a spectacular book.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Oh.

HEATHER (AUDIENCE MEMBER): I found of it thought-provoking, and questions arose for me. For example, when we get free of the ego, where does that energy go?

OPRAH WINFREY (HOST): Ooh, good question.



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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Mm-hmm. Good question, yes, thank you. The energy that was used up by the ego. Now, what is the ego basically consists of compulsive conditioned thought processes, so that we are not aware of. So we identify so closely with our stream of thinking that we don't even know that we are thinking. So all this energy is used up in continuous, to a large extent, useless thinking. Even psychologists have found out that 90—even psychologists who were not interested in spiritual things—they looked at the nature of human thought, and they discovered that 98 percent or 99 percent of our thoughts are quite useless and repetitive.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): They're not really needed. So where does that energy go? That energy that then becomes freed from thinking, it become presence, which is a new dimension—well, not entirely new because almost everybody has had glimpses of presence, but it is a dimension of consciousness that most people still don't know exists.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And really, this is the essence of the whole teaching.

OPRAH WINFREY (HOST): And everybody's had glimpses of it. I'm sure you have too, Heather, and everybody whose listening to us. Everybody's had just that little moment where everything's okay, where you had just a moment of bliss, where there's nothing particularly going on that would cause you to feel that, but there is a sense of an awareness...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): ...that causes you to have, as you said, a glimpse of...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): ...something bigger than yourself.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. It can come accidentally.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Sometimes, it comes into people's lives accidentally, and, suddenly, you feel a deep sense of inner peace and aliveness.

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OPRAH WINFREY (HOST): And all rightness.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): And all rightness.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And not because something in particular has happened.

OPRAH WINFREY (HOST): Happened. Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So, it's—there's no external cause for it. It's causeless joy, one could say.

OPRAH WINFREY (HOST): That's happened to you, Heather? Has that happened to you?

HEATHER (AUDIENCE MEMBER): Occasionally.

OPRAH WINFREY (HOST): Yeah, occasionally, yeah. And then you wonder, "How did that happen, so I can make that happen again?"

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

HEATHER (AUDIENCE MEMBER): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It can also happen when you're engaged in very strenuous physical activity.

OPRAH WINFREY (HOST): Uh-huh.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so that requires all your attention, like climbing a mountain.

OPRAH WINFREY (HOST): Right. Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So you need to be—when you're climbing a wall, you need to be totally present every moment.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): If you lose presence and start thinking about what you're going to do when you get down from the mountain, you'll probably have an accident. So certain activities, very strenuous activities,



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require absolute presence. And some people become actually addicted to dangerous activities because they feel much more alive in those moments.

OPRAH WINFREY (HOST): Mm-hmm. Cause you need to be fully present.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. The reason why they feel it's so much more alive is because they're thinking almost nothing at all.

OPRAH WINFREY (HOST): Because you have to be present...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You're absolutely there.

OPRAH WINFREY (HOST): ...in order to climb a mountain or to do strenuous activities. Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Your attention is absolutely there.

OPRAH WINFREY (HOST): All right. All right, Heather, did that answer your question?

HEATHER (AUDIENCE MEMBER): Yes, it did. Thank you.

OPRAH WINFREY (HOST): Well, thank you so much from Vancouver Island, Canada, Heather. Well, Heather introduces this whole idea of the illusory self that you talk about on page 27. You say, "The word 'I' embodies the greatest error and the deepest truth, depending upon how it is used." What do you mean by that?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Usually, when people say "I," they're referring to what I call "me and my story..."

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...which is your personal history that you identify with as yourself. So everybody has a story, of course, because everybody has a past. Now, most people are completely identified with the story that is their successes, their failures...

OPRAH WINFREY (HOST): Right, right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...things that happened to them...

OPRAH WINFREY (HOST): Right.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...things that they acquired. They see themselves as a victim. They see themselves as successful, whatever it is.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): There is a certain story that develops.

OPRAH WINFREY (HOST): Because when you ask me who am I, that's what I'm going to tell you, my story...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's right.

OPRAH WINFREY (HOST): ...my successes, my failures, where I was born, what I did, what my mother did or didn't do.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): That's who we think we are.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's right. Now, what I'm saying is, and what all spiritual teachings point to is that that, that ultimately is not who you are in your essence. It is no more than a collection of memories, and, of course, memories are thoughts. It is no more than a bundle of thoughts that you identify with and that you believe to be who you are. So that becomes an entity almost, a mind-made entity, a self—a sense of self...

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...like a phantom entity that lives with you that you then refer to as "myself." So you have me and myself. For example, in Greek mythology, we have the interesting story of Narcissus.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Narcissus was a gentleman who lived—this how the story goes. Mythology, of course, always embodies some truths that goes beyond the personal.

OPRAH WINFREY (HOST): Mm-hmm.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Narcissus happened to be walking somewhere, and he saw—suddenly, he looked down, and he saw his own image in a pool of water. At a time, of course, when they didn't have mirrors at the time, so it was a surprise for him to see himself reflected in a pool of water. And the story goes that he fell in love with himself.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): My view is that—actually, a better translation is—of the story is that he became obsessed with himself.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And that, to me, signals the beginning of the human ego. It is to have a mental image in your head, ultimately, not out there, that's just the story. A mental image in your head of—that you regard as yourself. And that mental image is the mind-made me that consists of memories, things that happened to you, things—failures and successes. Opinions, all kinds of things, I describe them in the book, together make up this "I."

OPRAH WINFREY (HOST): Well, if I'm not the memories and I'm not the things that happened to me and I'm not my story, then who am I?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's the question. And, in fact, "who am I?" is actually a question that in some spiritual, eastern spiritual teachings is used as a kind of mantra or pointer that you repeat to yourself in a meditation setting. So you sit down, and you ask yourself, "Who am I?" And you're not supposed to answer that question. You leave the blank after the question. In that blank, in that empty space, if it works, if this practice works as it should, you suddenly get a sense of your own presence...

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...that has nothing to do with your thought processes. Your own sense of conscious presence, your being-ness, your presence, which part of which is actually also your physical presence, but it's a sense of aliveness.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Every cell of the body becomes part of that sense of presence and aliveness. So, as we state here, we can perhaps see if we can get a little glimpse of that. A glimpse of our own presence, which, again, is nothing to do with thinking. It is deeper than thinking.

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OPRAH WINFREY (HOST): How do we get a glimpse of it sitting here?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): We get a glimpse of it. I recommend that—see if you can feel the inner aliveness in your body as you sit here. Is there any sense in which you can feel that there is an aliveness in every cell of the body? Now, if people...

OPRAH WINFREY (HOST): But isn't my mind thinking that?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Your mind may be thinking, "Yes, of course, I'm alive."

OPRAH WINFREY (HOST): Like in the book you say, "feel the aliveness in your hands." Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): When I go to feel the aliveness in my hand, I can't feel the aliveness in my hand unless I had a mind in which to feel that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No. So if you close your eyes and you hold out your hand like this...

OPRAH WINFREY (HOST): Yes, yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...and then you—the question...

OPRAH WINFREY (HOST): You feel this—the vibrating sensation in your hand.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. You ask yourself—for example, I always have this exercise with people who have no idea what I'm talking about when I talk about inner body.

OPRAH WINFREY (HOST): Okay. Well, that would be a lot of people listening right now. Go ahead.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So you hold out your hand...

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...and close your eyes and then ask yourself, "How, without touching anything and without moving

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my hand, how can I know whether my hand is still here? How can I know that?" Now, your mind might say, "Of course, I know it because I remember seeing it a few seconds ago."

OPRAH WINFREY (HOST): Yeah. And I feel it right here.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That said, you need to—you feel the inside is alive. A subtle sense of warmth or tingling is a subtle sense of aliveness.

OPRAH WINFREY (HOST): Right, right. Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That is the beginning of getting in touch with your inner body, the energy field.

OPRAH WINFREY (HOST): But I need my brain to do that, though.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You need your conscious attention to do that...

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...but not thinking.

OPRAH WINFREY (HOST): Not thinking.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No. That's the difference. You need attention, which is consciousness.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, you need consciousness to feel it, but the consciousness then moves from where it usually is, just as it did when we started today with becoming aware of our breathing.

OPRAH WINFREY (HOST): Our breathing.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now, the consciousness moves into the hand. And if you can feel your hand, if you can feel one hand, you can also feel the other hand. If you can feel both hands at the same time, you can perhaps also feel your both arms.

OPRAH WINFREY (HOST): Right.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And if you can feel the arms, perhaps you can also feel your feet.

OPRAH WINFREY (HOST): Okay. And as I begin to feel that, and everybody who's with us around the world feels that, then what?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): This means, the inner body, we also could call this is, what we are doing is we are practicing embodiment.

OPRAH WINFREY (HOST): Mm-hmm. Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): This keeps you in the present moment. It keeps you present. It keeps you out of your thought processes.

OPRAH WINFREY (HOST): Out of your thought processes, thinking about what I need to do tomorrow.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And it takes you out of ego because the ego lives in your thought processes, consists of thought processes.

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So the moment you enter the inner aliveness of the body, you sense—there is a sense of self that is deeper than thinking. You are that aliveness that you feel. You are that alive presence. And so—and this applies whether your past or your personal history is a happy one or an unhappy one. For most people, it's a very mixed story.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But no personal history's entirely happy.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): With very few examples. And then you just have to wait a little while until it becomes unhappy again.

OPRAH WINFREY (HOST): Even the people who say, "I had a great childhood."

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yeah. No. Personal histories are all very problematic and it's not—and people think, "Oh, it's only me." It's everybody. Everybody's personal history...

OPRAH WINFREY (HOST): Cause that's what being a human is.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So to be able to step out and find a dimension that has nothing to do with your past and your history or whether you are a miserable failure in the eyes of the world or your thought processes or a greater—it has nothing to do with that.

OPRAH WINFREY (HOST): I love it when you say, "What you usually refer to when you say 'I'—I'm on page 28—is not who you are. A monstrous act of reductionism..."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): ...which is a great way of putting it. "The infinite depth of who you are is confused with a sound produced by the vocal chords of the thought of 'I' in your mind and whatever the 'I' has identified with. So what do the usual 'I' and the related 'me,' 'my,' or 'mine' refer to?" You talk about when a young child first learns to identify "my" toy.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. That's the beginning of the ego, when the child starts to identify with an external object. And you can see when the toy is taken away from a child after this identification has happened, after it was—the child thought of it as "my toy," there's an enormous amount of pain in the child. The child will start screaming and saying, "It's mine, it's mine." So the toy has been taken away. Why is it so painful for the child? Because it's the beginning of the ego. The ego has lost something that it had identified with.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's a misperception of who one is. And so it's very painful.

OPRAH WINFREY (HOST): The child thinks that the toy has something to do with them.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Who they are.

OPRAH WINFREY (HOST): It's who they are.



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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's the identification.

OPRAH WINFREY (HOST): And that's why kids go into spasms...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): ...over a toy, and you're going, "It's just a toy."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And two days later, they lose interest in it.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so that's the beginning of it. And then...

OPRAH WINFREY (HOST): And it's because they think the toy is them or it's a part of them...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): They think it's...

OPRAH WINFREY (HOST): ...it's a part of them?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It adds something to their sense of self...

OPRAH WINFREY (HOST): That's right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...of who they are.

OPRAH WINFREY (HOST): And when you take it away, they think it is.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Then they'd be—it's like losing a limb...

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...because it was became so much part of who they thought they were.

OPRAH WINFREY (HOST): Yeah. In the child's mind, "That's a part of me."

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): And then we grow up...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And, of course, the process continues.

OPRAH WINFREY (HOST): When we grow up, our toys just get bigger.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): They get bigger. And...

OPRAH WINFREY (HOST): We cry because I lost my...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Lost external possessions.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But, of course, possessions is an important part of all the things that people identify with that become part of their identity. But there are many other things apart from possessions.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): For example, social position, how others see you.

OPRAH WINFREY (HOST): Cause you say other things the "I" identifies with is "nationality, race, religion, profession ... mother, father, husband, wife, and so on."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Roles they play.

OPRAH WINFREY (HOST): Roles they play.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Opinions they hold. You can see, for example, when...

OPRAH WINFREY (HOST): But these are roles. They are actual roles, you know?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

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OPRAH WINFREY (HOST): People are mothers and fathers and...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): ...you know?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And now, it's important, of course, to fulfill the functions that you have in this world and your mother and father are important functions (unintelligible).

OPRAH WINFREY (HOST): Yeah. And your nationality and your race, your religion.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's—it's fine.

OPRAH WINFREY (HOST): You identify with those things.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's fine to honor all these things. But if that's all you have, then you are lost in a surface reality that you always turns into—becomes painful and turns into conflict.

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You can see, for example, when people are discussing, and if somebody questions somebody's opinion, very often, immediately they become defensive.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Sometimes even aggressive or start shouting.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And because opinions, again, is another thing that...

OPRAH WINFREY (HOST): Because "my" beliefs.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): "Mine." That they identify with a thought they hold. A mental position. And then anybody who questions that mental position, immediately becomes your enemy because you believe you're being attacked. You're not being attacked, but the image that you have of yourself, the opinion is part of that. The ego believes it's being attacked.

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OPRAH WINFREY (HOST): So you're saying that whenever you can see that that's what you're thinking, when you can see the illusion of that, the moment you can see the illusion of it: "These are thoughts in my head. This is something I've told myself I believe. This is something I've told myself that I identify with." That when you can see that, the seer or the observer is who you really are.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And the seer or observer is the presence of the awareness.

OPRAH WINFREY (HOST): So you're saying there's two of us at all times.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. There is the formless awareness and there is the form that a thought becomes—thought is an energy formation.

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so you've just mentioned the essence is to be there as the awareness when it happens.

OPRAH WINFREY (HOST): All right, I'm going to go to Victoria. Victoria lives in Maui, joins us via Skype. Victoria, hello.

VICTORIA (AUDIENCE MEMBER): Aloha.

OPRAH WINFREY (HOST): Aloha. Can't wait to get there.

VICTORIA (AUDIENCE MEMBER): Thank you, Oprah and Mr. Tolle, for this awesome opportunity. I was diagnosed over 10 years ago with systemic lupus and RA. And I've been really active person. But two years ago, I gave up my business. My health deteriorated. And I got an aha! moment in this book on page 51. I never realized that I had unconsciously clinged to my illness—and I'm taking this the out of the book cause I put it to myself—because it had actually become the most important part of who I perceived myself to be. How can I undo this identity? And how can I stay focused when I'm in excruciating pain from the illness to have the peace constantly and not just fleeing moments?

OPRAH WINFREY (HOST): That's real.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): That's real.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Now, the most important thing has already happened, which is you have become aware that up to now, you had been identified with the idea of "I am sufferer of such and such an illness." So the illness had become thought forms in your head, and you had identified with these thought forms and took them to be who you are. And now, the most important thing, your question is still valid, but realize that the most important thing has already happened, which is the awareness has arisen. So you have—there's a space now between yourself and your thought processes and the image of yourself as a sick person. Now, another thing, of course, in addition you can do is, for example, no longer talk about your illness to other people except when you visit your doctor. That doesn't—then otherwise, the more you talk about it to your friends, acquaintances, family members, the more you keep that process going.

OPRAH WINFREY (HOST): Empower it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): She empowers the disease.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's right.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So if you can't just can take the decision now that from now on, "I'm not going to talk about it. And if people ask me about my illness"—which they're going to do because they're used, perhaps used to talking about it—you say, "Well, it's—I'm doing all I can to find healing in this. And I'm making good progress." Go as far as that and don't encourage people to ask you questions and just say that's how it is. No more mentioning my illness. So you begin on the external level, not to talk about it anymore except when, of course, when you need to talk to doctors. And that will have also certain influence on your thought processes. And then you can gradually also refrain from thinking of yourself as a sick person, and perhaps give less thought to your illness and focus attention more on well-being. Now, you may ask, "Well, but if I don't feel good, if I feel it, how can I give attention to well-being?" You can still do that. One way is to see well-being around you in nature because nature is just an embodiment of well-being.

OPRAH WINFREY (HOST): And you have a lot of opportunity to do that in Maui.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Yeah.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You're in the best place. And also there's well-being even if certain parts of your body feel unwell or painful. And again, we are coming back to the—sensing the inner body. There are always parts of your body where you can still find well-being, in your hands, your arms, wherever. Take some attention into the body and see, "Where can I most strongly feel, get a sense of well-being in the body?" And then take your attention there. So you choose to direct attention to well-being rather than dwelling on the idea of illness.

OPRAH WINFREY (HOST): That does not mean the pain is going to go away, cause she said she has physical pain.

NEW EARTH"): The pain may still be there. That's—but not as far as the pain is concerned, pain unfortunately requires surrender. You need to see if the pain is there, so that you do not generate an additional level of psychological pain, which complains about being in physical pain. Because if the mind stops to complain about being in physical pain...

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You have two levels of pain. You have psychological pain and physical pain.

OPRAH WINFREY (HOST): Got it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Leave physical pain—with physical pain, you just—right now, this is how it is. It's there.

OPRAH WINFREY (HOST): Don't resist it?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Don't resist it. Do what you can as far as treatment goes, of course. But don't resist it, don't create psychological pain on top of the physical pain.

OPRAH WINFREY (HOST): Are you following that, Victoria?

VICTORIA (AUDIENCE MEMBER): Got it, yeah. Excellent.

OPRAH WINFREY (HOST): Got it. Got it. Makes sense to you?

VICTORIA (AUDIENCE MEMBER): You know, it really does. It does, yes.

OPRAH WINFREY (HOST): Yeah.

VICTORIA (AUDIENCE MEMBER): And I do have a little garden in the back that I go out to a lot.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, because there is well-being all around you and you can almost—one could say you absorb it from—if you don't—if you can—they contemplate all these plans and intense aliveness around you, contemplate that.

OPRAH WINFREY (HOST): Well, e-mail us in the weeks to come...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): ...and let us know how this works for you, Victoria.

VICTORIA (AUDIENCE MEMBER): I will. I will, Oprah.

OPRAH WINFREY (HOST): Thank you so much. Victoria from Maui.

VICTORIA (AUDIENCE MEMBER): Thank you.

OPRAH WINFREY (HOST): We have Ann from Ireland on the phone with a question. Ann, hello.

ANN (AUDIENCE MEMBER): Hi, Oprah. How are you?

OPRAH WINFREY (HOST): Hi. Middle of the night there?

ANN (AUDIENCE MEMBER): It's 1:30 in the morning.

OPRAH WINFREY (HOST): Okay, thank you.

ANN (AUDIENCE MEMBER): And hi, Eckhart.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Hello.

ANN (AUDIENCE MEMBER): This book has been so inspirational. I have three young children—5, 7 and 9 years old. And motherhood is one of the things that's motivated me to find ways to be happier with myself. Cause it's so evident that children are influenced by what they experience with you rather than what you actually tell them.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

ANN (AUDIENCE MEMBER): And I see that the stress of my life has even had an impact on their health. And I found the ideas in *A New Earth* helpful in this way because I'm practicing being present with them and really enjoying my time with them. Not thinking about work and thinking about the things I should be doing around the house, but just spending time with them and being with them. And I'm seeing that the individuals that they really are and who I am. Are there other ways to introduce these ideas to small children like that?



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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yeah, that's a very good question. Though you've already mentioned the most important thing is your own state of consciousness at home because the children absorb from you, your predominant state of consciousness. And if you can be present with children at home, present means to give them full attention. When you are present, you don't want anything from them. You just give them attention, which could be listening. It could be watching them as they play. Now, many parents don't do that. They give them attention, but it's always wanting something. They say, "Do this, don't do that. Now, this needs to get done." So that is—I call that form-based attention.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That has its place, of course. Of course, the children need to brush their teeth and need to tidy up their room. This is fine. It has its place. But more is needed. Your child wants to be acknowledged in his or her being. So it's vital to give the child conscious attention at home. Give the child space to be. Doesn't need to be long, just a few minutes every day. Be there, be present for the child. That's vital. Another thing that is important is come to a stage in a young child's life when they start asking, they want—the mind wants to absorb concept, so they start asking what things are called.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): "What's this, Mum? What's that, what's that?"

OPRAH WINFREY (HOST): Of course, yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so at that point, usually, of course, you have to tell them, "This is a tree or this is that and that's that."

OPRAH WINFREY (HOST): Yes. Rabbit.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Bird.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Yes.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And the important thing is so that the child does not at that stage immediately lose him or herself in concepts and then believe that the moment they know that this is a bird, the danger is the moment you know that it is a bird, you're no longer really looking at the bird. You have the concept of bird in your head and then you just briefly glance at a bird, and immediately the concept "bird" comes into your mind, and so you become deadened to the aliveness that is there in the bird.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And that is being the unfortunately the fate of all of us growing up. We became lost in a world of conceptualization.

OPRAH WINFREY (HOST): Correct.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so that—this doesn't happen to the young child. Of course, you have to tell the child what it is called.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But I would suggest, for example, not to say to the child, "This is an oak tree." Say, "This is called an oak tree" because it's not an oak tree. The "oak tree" is just a word. When we lose ourselves in concept, we mistake a word for the thing.

OPRAH WINFREY (HOST): For the thing, got it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): When I say, "This is an oak tree," it's not an oak tree. The "oak tree" is just a word. So I lose my relationship with the oak tree when I believe now I know what it is. And every time for the rest of my life...

OPRAH WINFREY (HOST): And when you believe you know what it is, it loses its magic, its essence.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It loses the—magic is a good word. The world loses its miraculous quality...

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...and its aliveness. So after you've given the child the concept, encourage the child to continue to

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experience the tree, encourage the child to touch the bark of the tree and to look at the leaves. See how the sunshine—how the sun shines through the leaves of the tree. Encourage the child to continuously still experience the reality of the tree rather than dismiss it for the concept.

OPRAH WINFREY (HOST): You got that, Ann? You got that?

ANN (AUDIENCE MEMBER): Yeah, I can see that'd be very helpful.

OPRAH WINFREY (HOST): Yeah, that would be helpful. Thank you very much. Let's move on to content and structure of the ego, on page 34, everyone, if you're following tonight's class as we move through Chapter 2. It's very exciting when you really get these concepts of the ego. You say that there's "the egoic mind is completely conditioned by the past. Its conditioning is twofold: It consists of content and structure." What do you mean by that?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Content is whatever it is that you identify with and then you take to be yourself. So that varies, depends on what culture you live in.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It depends on your up bringing. It depends on your personal circumstances.

OPRAH WINFREY (HOST): And content is different for everybody.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It differs for everybody, although there are certain similarities in the same cultural field like there are certain similarities in America or in France or whatever country you live in.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): There are certain similarities of things that pertain to their particular nationality that people identify with. Nevertheless, from person to person, yes, it differs. The content differs. One person may identify with very strongly held religious beliefs and believe that everybody else is evil who does not hold these religious beliefs.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And it's a very rigid ego.

OPRAH WINFREY (HOST): Mm-hmm.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Or another person identifies very strongly with the company they work for.

OPRAH WINFREY (HOST): Mm-hmm. Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so—and they feel—I've heard stories in Japan where people, when they are dismissed from their job, they committed suicide. They were so identified with their company that when they lost their job, which until recently was very rare apparently in Japan.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You would keep your job for the rest of your life, so it became part of who you thought you were. That led to—if they didn't commit suicide, they suffered dreadfully because their identity got taken away. All that, of course, is (unintelligible) identity, it's not who you truly are.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's part of the ego. And all that is content. The structure of the ego basically consists of identification. The ego seeks something or things to identify with. What it is doesn't really matter. For one person—one person identifies him or herself with a very positive-looking ego. Meaning, "I'm the greatest thing that ever lived."

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It might be a delusion, or is.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But it's—or another person might identify with a very negative ego image like, "I'm the most retched person that has ever lived. Life has treated me so unfairly, I've suffered so much more than you. Let me tell you about it."

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Many egos are like that, just as strong as egos who think they are the greatest. So the ego can be predominantly negative; it can be predominantly positive. But in either case, it's ego.

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OPRAH WINFREY (HOST): Capsulize for us what—you know, the whole chapter is about, the current state of humanity being the ego. But can you put in a capsule what it is, the ego?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The ego is the false sense of self based on mental concepts. So that's...

OPRAH WINFREY (HOST): And our identification with form.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Identification with form.

OPRAH WINFREY (HOST): Things.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): These are—yes.

OPRAH WINFREY (HOST): But why do we have it, though? Why do we have an ego? We're all human. We all have one, right?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): We all have one.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): You say yours—last week, you said yours died. Does that mean you don't have one?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): You said yours died in that moment where you wanted to kill yourself. "I am so miserable, I can live with myself no longer."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): You said in that moment, your ego died.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Never came back? It died forever?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. When we say that it simply means—it sounds like some great achievement, well, it's not.

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OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): All it means is I'm no longer identified with my thought processes.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I know when thoughts happen, I know they are just thought. I don't look for myself in some opinions that I hold of myself. Some mental concept, including the concept that I am free of ego, I don't think in those terms. Because if I have this mental concept, I am free of ego, that would be ego again.

OPRAH WINFREY (HOST): That would be ego again. Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And this can happen very easily.

OPRAH WINFREY (HOST): So ego is any identification with form.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Because what we really are is the awareness that we are identified with form.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): And the more you can become aware that you are identified with things, you create a space that separates you from the thing.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, because the question is, when you're aware that you identify it, who is it that is aware? What is—it's a new dimension of consciousness that comes from a deeper level of yourself.

OPRAH WINFREY (HOST): But how do we live in the world without things? We have to have things. We have to live in a house, have transportation.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Nothing wrong with things.

OPRAH WINFREY (HOST): Have clothes. We have to be clothed.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Nothing wrong with things, nothing wrong with thoughts.

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OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Nothing wrong with opinions.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But the moment you identify with opinions...

OPRAH WINFREY (HOST): Uh-huh.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...then you need to defend them. They become part of your pseudo image.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): There's nothing wrong with possessing things. But when you become identified, then, first of all, if you lose something, immediately you will suffer.

OPRAH WINFREY (HOST): I love when you say, "The people in the advertising industry know very well that in order to sell things, that people don't really need"—I'm on page 35, everybody—"they must convince them that those things will add something to how they see themselves or are seen by others; in other words, add something to their sense of self. They do this, for example, by telling you you will stand out from the crowd by using this product and so by implication be more fully yourself." You say, "In so many cases you are not buying a product but an 'identity enhancer.'"

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): I thought that was so fantastic. "Designer labels are primarily collective identities that you buy into. They are expensive and therefore 'exclusive.' If everybody could buy them, they would lose their psychological value and all you would be left with would be their material value, which likely amounts to a fraction of what you paid." Interesting, because I mean, I've been in situations—we even see it in the magazines now, especially for the Oscars or Emmy's or whatever, the women are lined in their gowns. There used to be a time when I first went on the red carpet to the Oscars, people were interested in the movie you were doing. Now, they want—everybody asks, the paparazzi shouts, "What are you wearing, who are you wearing? Who did your gown? Where are the jewels from? Where's...?" It's all about the designer label and who got to wear what. And so our whole society, to an extent, is based on this.



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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): What do you have?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): And is it exclusive?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. You can see—I suggest sometimes to look—go through a magazine...

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...or watch the TV commercials. From that point of view, to see how often you are actually...

OPRAH WINFREY (HOST): Identified.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...hold an identity rather than the emphasis on the identity rather than the product.

OPRAH WINFREY (HOST): The identity enhancers.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Okay. Let's see some of the questions you're sending us now on e-mail. I have Deborah in Mandeville, Louisiana—okay—who says, "I'm having difficulty transitioning from the beauty of my youth to living with a face and body that has aged. How do we let go of that kind of possession or obsession, especially as a woman in a society obsessed with youth and beauty?" Fantastic question, Deborah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, yes.

OPRAH WINFREY (HOST): Fantastic question. Same thing as being attached to the...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): ...identity enhancers of clothes and things and cars and having, having, having, having.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Yeah. That's a hard—that's harder though.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It is hard. It's particularly hard for people who are good-looking. That was never my problem, fortunately. But I had other problems. I had a huge mind that says, "I'm the greatest intellectual." That was my identification, and I suffered more and more, and finally I had to let go. But so you identify with whatever is the most obvious in your lives. If you have good looks, then you are most likely to identify with that, probably even more so for a woman than a man.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so—and therefore...

OPRAH WINFREY (HOST): Particularly in our society.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so for quite a few years, it works quite well, but then at some point, you realize that the body does get old.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And time, the monster time, does something to the body.

OPRAH WINFREY (HOST): Yeah, yeah. I always thought this too. I don't know, Deborah in Mandeville, but I always thought pretty women would have a really hard time because as you grow up and that is your identity and everybody says how beautiful you are and, "You're a pretty little girl, and you're great and beautiful, beautiful, beautiful, beautiful." When that starts to fade, then who are you?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And this is why it's important, even at an early age when you still feel very comfortable with your external appearance, to already see if you can bring a deeper dimension into your lives so that you don't live the rest of your life trapped in this surface dimension when you equate who you are with your external appearance, which is not going to last.

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OPRAH WINFREY (HOST): Well, she says I'm having difficulty transitioning...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): ..."from the beauty of my youth to living with a face and body that has aged."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So the question then perhaps is, so what to do now?

OPRAH WINFREY (HOST): Yes. How do we let go of that kind of obsession?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So first of all, again, the arising awareness is important, that you had been, and to some extent perhaps still are, identified with appearance.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And then comes in a little thing that we could call acceptance. Acceptance when you look in the mirror in the morning, you realize, yes, one can see wrinkles here and there. The skin is not quite as vibrant as it used to be. You can see it very clearly. And so some of these people who have been identified, they regard that as a personal problem. They see it as if life had dealt them some blow, that it's not personal. It's the destiny of every human being to grow old and to—unless they die prematurely—it's the destiny of every human being to experience the gradual decline of the physical form. So what you're experiencing is the destiny of all humans, all humans that have ever lived on the planet and ever will live on the planet. So I suggest first of all to practice a little bit of acceptance. They say that, "It's not my personal problem, it's the destiny of humanity, just my share." And also, that comes with any kind of acceptance, comes a little spaciousness because here, you have the condition that...

OPRAH WINFREY (HOST): Yeah, it leaves a space between resisting it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So...

OPRAH WINFREY (HOST): Wanting it to be different.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, so you have the condition, which means I'm getting old or the body is getting old. And then you

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accept that this is what's happening. With that acceptance comes a little bit of space around the condition, a little bit of peace around the condition.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And then a very helpful thing...

OPRAH WINFREY (HOST): That is instead of saying, "I hate my wrinkles..."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I hate—yes.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So it's—and you can—it's the same process when you look at a flower. You have a flower for a few days, and the same thing happening to your body happens to the flower after a few days. It wilts. Or put an apple there and see what the apple looks like three weeks later. It just happens more quickly, but it's the destiny of all form to eventually dissolve.

OPRAH WINFREY (HOST): So Deborah needs to come to some acceptance of that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Acceptance, and see that it's the destiny of all life forms to go through that process. In addition, also, especially for people who have been identified with the external body, because it's been—it was beautiful for many years, to take attention even when they're still young to what we've been doing here. Take attention into the inner body, the inner aliveness of the body. Because that actually does not grow old because he can feel the aliveness when you're 80 the same way you can feel the inner aliveness when you're 20.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So instead of always stopping with the external appearance, spend time sensing the inner body rather than always staying with the external.

OPRAH WINFREY (HOST): When you shared this story in the book, I forgot which page that was, the ring story—oh, the lost ring on page 38.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): And you told the story of the woman who had—was deteriorating and accused her maid of stealing the ring.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

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OPRAH WINFREY (HOST): And then you asked her the question...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. I asked, "Do you feel diminished in who you are now that you've lost the ring? Do you actually feel diminished in your sense of self?" And at first she said, "Yes, of course I do." And then she stopped for—and then she started going within. And I asked, "What—your sense of self, take your attention, what does it mean, your—to feel yourself?" And eventually, she was able to go deeper within and feel her sense of presence. It had nothing to do with the ring. In fact, she felt it more strongly because the identification with the external object had gone.

OPRAH WINFREY (HOST): Yes. And I brought that up, that story up because you say that as she—her body began to fade...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): ...that her inner light became more luminous. That she became...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, almost like light shining through. She became—I've experienced that several times with people that I have known who got close to death or that had an illness, they knew they were going to die. And they lived in a state of acceptance. They accepted every moment. And those people not only became very peaceful inside because they had relinquished all identification with the external form.

OPRAH WINFREY (HOST): All right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so—and then something else that was deeper than the form that all religions rarely point to that, that in every human being, there is a dimension that we could call the eternal or the sacred.

OPRAH WINFREY (HOST): The formless.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The formless.

OPRAH WINFREY (HOST): Let's go to our Chicago study groups watching our webcast at Borders on Michigan Avenue. Hi, everybody.

GROUP (AUDIENCE): Hi.

OPRAH WINFREY (HOST): I hear Sharon has a question. Sharon?

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SHARON (AUDIENCE MEMBER): Hi, Oprah. Hello, Mr. Tolle.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Hello.

SHARON (AUDIENCE MEMBER): I'm so excited to talk to you. I have a question. I have close relationships to people who suffer from depression. And in talking with them and trying to be useful to my friends when they talk to me about a bout of depression or what have you, I find that there's an inwardness and a strong identity that they have as people who suffer from depression. And I wonder, what role does the ego play in depression, and to what extent is it helpful to sort of point them toward this definition of the ego, the content identity and the structural identity? I mean, or is it unfair for me to feel that that should be useful, given that, you know, there seems to be a strong identification with themselves as people who suffer from depression.

OPRAH WINFREY (HOST): Depressed people?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. That, again, brings us back to an earlier question where the condition—whether the condition is a physical condition that one suffers from or whether it is a psychological condition that one suffers from. There is the tendency to identify oneself with the illness or with the—whatever it is.

OPRAH WINFREY (HOST): Right. "I'm a depressed person."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And then...

OPRAH WINFREY (HOST): "And I'm depressed because I'm identifying with my whole story."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): "And my story's sad."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): And that would make me depressed. Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): That's what people are saying. Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. If you're very strongly identified with my sad story, which for many people, yes, the story is sad. I had a sad story for many years until I let go of it.

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OPRAH WINFREY (HOST): And you were in depression. You were depressed.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I was depressed, yes. And until one night, I woke up, and I realized that this unhappy self is not who I am. I could sense the I am-ness that came from a much deeper level than me and my story and my unhappy self. And I describe that as the self that I could no longer live with. I asked myself, "What is that self? Who am I? Am I that self?" No, I am I. I am consciousness. I am presence.

OPRAH WINFREY (HOST): I am.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I am. So the question, of course, is what do you tell your friends? Because it's not easy to tell a person that you are identified with an ego image, and very likely, you will get resistance.

OPRAH WINFREY (HOST): Correct. They'll say, "What is wrong with you?"

SHARON (AUDIENCE MEMBER): Yup.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Yes. They'll go, "What is your problem?"

SHARON (AUDIENCE MEMBER): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You know, I would suggest doing it in a more subtle way, and that is, perhaps, point out the possibility of becoming aware of one's thought processes, of thoughts that arise instead of being totally identified with the thoughts. Perhaps you can tell your friend what you've been doing for yourself. You can tell that it's not threatening to the ego. If you tell something that you have been doing, you've been observing your own thoughts, that you are more detached now from your thoughts than you were before, and you realize that thoughts are only thoughts. They are not who you are. And if you can tell them about yourself, that could help.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): When they...

OPRAH WINFREY (HOST): But many times, if you are depressed, I think you're so attached to the story. The story works for you, you know, the idea of...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.



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OPRAH WINFREY (HOST): ...being a depressed person...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): ...works for you.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So it's good. Sometimes depression comes in waves for some people, so you go through periods. And then there are good time when you come out of it, and that is a good time because then you are more aware than when you're down in the depression.

OPRAH WINFREY (HOST): This brings us to something you were saying at the end of last week's session, though. As you're trying to share this information, everybody, with your friends, Eckhart said at the end of last week's class that the most you can do is ask yourself, are you ready to awaken? Are you ready to be more present, more alive for yourself? Because you really cannot bring other people along unless...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No.

OPRAH WINFREY (HOST): ...they are also ready.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. But sometimes you bring other people along simply because you embody a different state of consciousness even while you sit with them. They may be telling you their sad story, but you don't buy into the sad story nor do you question the sad story. You're just there as a spacious, conscious presence.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Not resistant, just conscious presence.

OPRAH WINFREY (HOST): All right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And sometimes, that transmits itself, and suddenly, the person wakes up for a moment. I had that experience. I believe I describe it—I don't remember whether it's in this book or in *The Power of Now*—there was a—I had a neighbor many years ago who always was close to a nervous breakdown. Whenever I met her, she would come with extremely complicated stories of what other people were doing to her and how she—and she always wanted something from me, to join her in her struggle against other people.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): One night, she was ringing my bell at 10:30 or 11:30 at night. And through the intercom I said—she said, "Can I come up there? I have something very important to talk about." So she came up in great distress and said something about she hadn't paid the service charge, the—and so on, and we had to fight them and so on. And I found myself going into a state of alert presence, allowing her to speak, no thinking, just allowing her to say what she had to say, feeling quite peaceful. And, suddenly, she stopped talking and she looked around. And she had brought all these papers to look at all over the floor.

OPRAH WINFREY (HOST): Yeah, to verify her position.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Her story.

OPRAH WINFREY (HOST): Yeah, yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so, suddenly, she looked around and said, "This isn't important at all, is it?" And I said, "No." She said, "Thank you," and she got her papers and walked out. And the next morning, I saw her, she came to me in the street. She said, "What did you do to me last night? Last night was the first night that I slept well in years and years." The first night after this happened...

OPRAH WINFREY (HOST): What did you do to her?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now the thing is, I did nothing. I was just there, present for her. So there was no doing.

OPRAH WINFREY (HOST): And not buying into the story.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Not buying into the story.

OPRAH WINFREY (HOST): Not empowering the story.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And not feeding her thought processes.

OPRAH WINFREY (HOST): Not even...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And not even—not resisting their thought processes either.

OPRAH WINFREY (HOST): Thank you, Sharon. Thanks, everybody at Borders.

SHARON (AUDIENCE MEMBER): Thank you.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Thank you.

OPRAH WINFREY (HOST): Thank you, Borders.

SHARON (AUDIENCE MEMBER): Thank you.

OPRAH WINFREY (HOST): We have Kathy from Beijing, China, on the phone with a question. Hello, Kathy from Beijing.

KATHY (AUDIENCE MEMBER): Hi, Oprah and Eckhart.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Hello.

KATHY (AUDIENCE MEMBER): I just want to say this is huge that we can have this one conversation around the world. I'm a girl from Duluth, Minnesota, living in Beijing, China, and talking to Oprah in Chicago and Eckhart.

OPRAH WINFREY (HOST): I think that's fun.

KATHY (AUDIENCE MEMBER): My question...

OPRAH WINFREY (HOST): Yeah, go ahead.

KATHY (AUDIENCE MEMBER): My question is, I lost 30 pounds in the last year and, for me, it has been spiritual work. It's not just on-the-surface weight loss. And now my friends are asking me about it and how I did it, and I'm wondering how to explain that it is this whole spiritual process. It's not just what you eat and how you exercise, but for me, it's been life-changing, and they look at me like I'm mentally ill when I try to explain all of that.

OPRAH WINFREY (HOST): A friend of mine and I were talking about this the other day, about allowing yourself to be fed from the energy that's already there inside your body. I know what you're talking about. Checking in.

KATHY (AUDIENCE MEMBER): I know you know.

OPRAH WINFREY (HOST): Uh-huh. Yeah.

KATHY (AUDIENCE MEMBER): I know you know.

OPRAH WINFREY (HOST): Yeah, checking in, being conscious, aware of what you are feeding yourself and aware of how you are in touch with your body to give your body just what your body needs, and so then it becomes, not about the diet and the food and the—how many reps you did, but about being aware.

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KATHY (AUDIENCE MEMBER): Right.

OPRAH WINFREY (HOST): Yeah.

KATHY (AUDIENCE MEMBER): But most of the world is focused on how it's just the surface, what you eat.

OPRAH WINFREY (HOST): Yeah, yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, it's being in touch with the body helps greatly because the body knows what it needs. Really, the overeating happens because it's part of the ego...

OPRAH WINFREY (HOST): Unconsciousness.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The unconsciousness...

OPRAH WINFREY (HOST): Unconsciousness, yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...which seeks a substitute for the sense of aliveness.

OPRAH WINFREY (HOST): Yeah, I can say that for sure. And you know that too, right, Kathy?

KATHY (AUDIENCE MEMBER): Yeah, now I know too.

OPRAH WINFREY (HOST): Yes. Yeah. Well, now you know how to explain it to all your friends.

KATHY (AUDIENCE MEMBER): Thank you.

OPRAH WINFREY (HOST): It's so cool talking to you from Beijing. What time is it there?

KATHY (AUDIENCE MEMBER): It's 9 in the morning, and I am able to watch it successfully this week. I was like others and didn't get it last week. But...

OPRAH WINFREY (HOST): Oh, we're still up and out. That's great. I know. I have all—listen, I have the Skype people and the Limelight people and the Move people and the Oprah.com people, and I just walked through the hall as we started this and I said to all of them, "May the force be with you." And his is my—this is what I'm doing. Hello! [Crosses fingers.]

KATHY (AUDIENCE MEMBER): You can make things happen.

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OPRAH WINFREY (HOST): Okay, thank you so much.

KATHY (AUDIENCE MEMBER): Thanks. Okay, bye.

OPRAH WINFREY (HOST): Thank you so much. I want to go back to the identification with things because that is an issue for so many people, "the unchecked striving for more, for endless growth," you say, "is a dysfunction and a disease," on page 37, like the cancer cell "whose only goal is to multiply itself, unaware that it's bringing about its own destruction by destroying the organism of which it is a part." I heard we had a shopaholic on Skype. I saw that earlier. Did we bring her back? Yeah, isn't that...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Okay, we have Joyce from Minnesota who is Skyping us. Joyce, what is your question? I thought this applied to you.

JOYCE (AUDIENCE MEMBER): Yeah, yeah, it does. And unfortunately, it applies to my son as well. Last week, he came home from kindergarten and I said, "I'm so happy to see you, and I'm in such a good mood." And he said, "Oh, good, does that mean we get to go shopping?" And I thought, "It's rubbing off on him!" So what my question is, is how do I reverse that process in him?

OPRAH WINFREY (HOST): Oh, well, first of all, let me ask you this: You're reading the book, correct?

JOYCE (AUDIENCE MEMBER): Yes.

OPRAH WINFREY (HOST): Right. So you've gotten through Chapter 2 already?

JOYCE (AUDIENCE MEMBER): Yes.

OPRAH WINFREY (HOST): Yeah, so when you read that, did you see yourself in the pages?

JOYCE (AUDIENCE MEMBER): I did. The one—the aha! for me was in seeing of who you are, not the—your real self merges through, something along those lines.

OPRAH WINFREY (HOST): My favorite quote in—one of my favorite quotes in this chapter is "when you can no longer feel the life that you are..."

JOYCE (AUDIENCE MEMBER): Yes.

OPRAH WINFREY (HOST): "...you are likely to try to fill up your life with things."

JOYCE (AUDIENCE MEMBER): With things, yes. Yes.

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OPRAH WINFREY (HOST): Would that be what you're trying to do?

JOYCE (AUDIENCE MEMBER): That was me. I've—since I started reading this book, I've gotten so much better. I'm not searching for that thing anymore. I think I was trying to find my identity in things, and since I have stopped that and I really don't have any interest in that anymore, I have discovered so much more about myself. I'm artistic, and I'm doing sculptures and just things I never did before, so it's working out great. I just want to know how to enforce that in my son as well since he's only 5.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Oh, well, now the most important change has already happened in you. So you've become aware of the old pattern. You've gone beyond it, and it's inevitable that now this will, even if you don't say anything, it will transmit itself to your son also when after a while, your son sees that—the importance that you give to acquiring things has diminished, then he also will reflect that. That is how it works with young children.

OPRAH WINFREY (HOST): It will take some time.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Because he since he's been a baby...

JOYCE (AUDIENCE MEMBER): Right.

OPRAH WINFREY (HOST): ...you've been a shopaholic, that's the way you described yourself to our producers.

JOYCE (AUDIENCE MEMBER): Yes.

OPRAH WINFREY (HOST): And so that's what he is seeing. That's what he's taken in. That's what he identifies...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): ...with as pleasure.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): And when you say, "I'm in a good mood and things are going well. ..." "Let's go shopping, Mommy."

JOYCE (AUDIENCE MEMBER): Right.

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OPRAH WINFREY (HOST): ...because that's what Mommy's always done.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Another thing that...

JOYCE (AUDIENCE MEMBER): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...perhaps you could do is point out things to him that are of intrinsic value that you cannot buy, so for example, the natural world to...

JOYCE (AUDIENCE MEMBER): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Whatever you see out in nature is of infinite intrinsic value and you can't buy it. Don't pick flowers, for example. Don't encourage him to pick because that's the acquisition instinct, the instinct to, "Oh, I want that for myself." Why not allow the flower to be there and enjoy it for a few seconds as you look at it? So point out things and engage in activities perhaps that involve nature and see that is of greater value than anything that you see in the shopping mall. And it doesn't mean that you don't buy anything anymore. Occasionally, you may come across something that looks truly beautiful, that speaks to you. And you may acquire it, but it's no longer compulsive.

OPRAH WINFREY (HOST): You say we need to "honor the world of things, not despise it." But we cannot honor things if we try to find ourselves through them.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): And how do we honor them?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You honor them by giving them attention. I sometimes—I have a few possessions that I love, and sometimes I just hold them, look at them, they're beautiful to look at. If they—if somebody stole them, it—that's fine. If somebody wants them more than I, it's fine, you let go. There's no identification, but there be enjoyment in things. You can enjoy a beautiful—you the might come across a beautiful picture, and you buy it. You might come across a beautiful fabric, whatever it may be, you see beauty there, and sometimes it'll be enough to acknowledge beauty in a shop window and say, "Oh, isn't that beautiful. Of course, I don't need it." And you walk on, and you can—and that's...

OPRAH WINFREY (HOST): That's a thought.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): There's a lot of...



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OPRAH WINFREY (HOST): That's a thought I never had.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): There's a lot of freedom in that.

OPRAH WINFREY (HOST): "That's beautiful, let's leave it there. I can just admire its beauty." What about that, Joyce? "It's beautiful. Let's leave it in the window."

JOYCE (AUDIENCE MEMBER): That works for me.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's the same as the flower. You don't need to pick it.

OPRAH WINFREY (HOST): That's a thought. Yeah.

JOYCE (AUDIENCE MEMBER): Yeah, that's a good one. I like that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Enjoying, you can walk around—occasionally, I don't do it anyone, but I sometimes would enjoy walking around a few stores. When I lived in London, I would sometimes walk down Regent Street, all these beautiful stores.

OPRAH WINFREY (HOST): Window shop.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Window shopping.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Look in, "Oh, how nice. Would I want to buy it? Even if I..."

OPRAH WINFREY (HOST): That's if you can just accept that it's beautiful and let it be.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's beautiful, and then let it.

OPRAH WINFREY (HOST): Thank you, Joyce. Thank you, Joyce, so much.

JOYCE (AUDIENCE MEMBER): Thank you.

OPRAH WINFREY (HOST): We have from India. I don't know the name of this country, Priyanka.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Sri Lanka.

OPRAH WINFREY (HOST): No. The person's name is Priyanka from Mumbai, India.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Oh.

OPRAH WINFREY (HOST): "When we try to change our bad habits for good, then aren't we trying to resist rather than accept ourselves? When we try to change our bad habits for good, aren't we trying to resist rather than accept ourselves?"

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. The—it's not that you change your bad habits, the bad habits drop away when you bring awareness to them. So it's not me trying to change something inside me, but when you bring awareness to old, conditioned forms of behavior or thinking, when you bring awareness to it, those old, conditioned forms of behavior or thinking, after a while, drop away by themselves. So it's not me trying to bring about a change, it's the arising awareness, and then change happens. The lady we just talked to, she read the chapter on shopping, and that immediately brought her to this point of awareness. And with the awareness, the compulsion immediately lessened.

OPRAH WINFREY (HOST): Eased, eased, eased.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Eased. Yes.

OPRAH WINFREY (HOST): You talk about the illusion of ownership on page 42. You say, "The ego tends to equate having with Being ... and lives through comparison." And you used a quote from the Bible that Jesus said. "'Blessed are the poor in spirit,' Jesus said, 'for theirs will be the kingdom of heaven.' What does poor in spirit mean? No inner baggage, no identifications." I never knew that's what "poor in spirit" means.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yeah, yeah.

OPRAH WINFREY (HOST): How did you come to that interpretation of what "poor in spirit" means?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): There was a time, after I went through this inner shift, this must be in three years later, I was visiting my mother and she had the New Testament on her shelf. I picked it up, and I started reading. I could suddenly see the truth that was hiding there, and that in many cases, the conventional interpretation was the superficial one of what Jesus had said. And that was one of the things that I immediately saw when you said "poor in spirit," I realized it had to do with not carrying stuff inside so that your spirit is very light, it has no burden.

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OPRAH WINFREY (HOST): Ah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so there are many things, at that time, I read and I suddenly saw, "Oh, he was talking about awakening and about living in that free state of consciousness." It's wonderful, suddenly to be able to read it and suddenly it all makes sense, which before hadn't made sense.

OPRAH WINFREY (HOST): You also talk about "renunciation of possessions ... will not automatically free you of the ego," that "there are people who have renounced all possessions but have bigger ego than some millionaires."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): So if you take away one kind of identification, the ego will quickly find another. For instance, I'm a more spiritual person than you are.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): You see this all the time.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So, it's identification...

OPRAH WINFREY (HOST): People use their religion to say "I'm better..."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's right.

OPRAH WINFREY (HOST): "...than you are..."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes...

OPRAH WINFREY (HOST): "...because I'm more religious."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Or even an image of myself as a spiritual person. I'm more spiritual than you.

OPRAH WINFREY (HOST): Yes.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): For example, there could be, theoretically, you could have a man driving a Rolls Royce and then on the same street, a man riding a bicycle, and it is quite possible—not necessarily of course, it could be the other way around. But it's quite possible that the man on the bicycle may have a bigger ego than the man in the Rolls Royce if he thinks of himself as spiritually superior to the man in the Rolls Royce. And so the ego compares itself always to others...

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...in order to find some superiority somewhere.

OPRAH WINFREY (HOST): Yes, because another favorite quote is, is that anytime you feel yourself superior or inferior to anybody, it is always your ego.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And that's very interesting. You can observe yourself in many situations because the ego always looks out when you come into a group of people or you meet new people. And it wants to position itself somewhere. "Am I better looking than this person, or am I more knowledgeable than this person, or do I—am I more wealthy than this person, or is this person more wealthy than me?" So it tries to position itself, and then that leads either to a sense of superiority...

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...or inferiority, and both are ego.

OPRAH WINFREY (HOST): Yes. Well, what made me also think about—one of the situations in our country in particular here in the United States is that people live lives in debt. They're indebted, credit card debt, overwhelmed by debt because of what you talk about on page 46, wanting, "the need for more." Wanting keeps the ego alive much more than having.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Let's talk about that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now that, again, a structure of the ego.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Because we've been talking about content and structure.

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OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And one of the main structures of the ego is it is never satisfied.

OPRAH WINFREY (HOST): Satisfied.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So, for example, when you have attained a goal or attained something that you wanted...

OPRAH WINFREY (HOST): I got a nice house.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Got a nice house.

OPRAH WINFREY (HOST): Nice things in the house.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): After a little while, it no longer satisfies you, and that's always a sign that that was the—this was an egoic problem.

OPRAH WINFREY (HOST): Because I now need nicer things.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): And I need more square footage.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So nothing satisfies the ego for long, and therefore, it needs to continue to look for more. And, of course, and this is to do also with the ego's need for future because it's only by attaching undue importance to the future because it's looking for more in the future moment. It seeks to complete itself at some point. It wants to attain something in addition to what you already have.

OPRAH WINFREY (HOST): So how do we stop that and begin to be satisfied where we are with what we have and who we are?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, first of all, to see the illusion of seeking fulfillment in the future, sometimes people need to have lived for a while to see that that's actually true.

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OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That no matter what you achieve or what you attain, you're not satisfied for long. So what do we do about this? We realize that the thing that is of prime importance in our lives we had always overlooked, and that's the ego in us that always overlooked that. And that thing that is of absolutely prime importance in our lives is the present moment. The present moment is actually the easiest exit point out of the ego state of consciousness because when you're absolutely present in this moment, the ego can't survive. There's only conscious presence. The ego lives through past and future. It identifies with the past, but it's not a very happy identity. And it looks to the future where it wants, this, that or the other to complete itself.

OPRAH WINFREY (HOST): Well, someone's asked me—one of the—during the week, someone asked me, "What about our past memories that are pleasant?" You have happy times...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, then it's good.

OPRAH WINFREY (HOST): ...pleasant memories, so.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Okay. And when you remember those memories, it's also the present moment. So no matter what you remember from the past, when those things happened, whether pleasant or unpleasant, did they happen in the past, that's what we say or could these things happen in the past.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But, of course, they happened in the now because nothing can happen in the past. There is only the now. And when you remember something from the past, when do you remember it?

OPRAH WINFREY (HOST): Now.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And when you think of something that may happen in the future, when do you think of that?

OPRAH WINFREY (HOST): Now.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now. And when that thing actually happens, when does that happen?

OPRAH WINFREY (HOST): Now.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now. So there is no life apart from now. And that is a very important realization for people to have because the ego continuously overlooks the now. It thinks past and future are more important. It gives much more importance to past and future, and the now is just almost as if it didn't exist.

OPRAH WINFREY (HOST): And what you're saying is that if we can learn to recondition ourselves to be present now...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now.

OPRAH WINFREY (HOST): ...then we can be more alive...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): ...to do whatever it is going to be in the future...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): ...because even when the future gets here, it will only be now.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. The now is the foundation for the rest of your life...

OPRAH WINFREY (HOST): Got it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...because the rest of your life will also be the now.

OPRAH WINFREY (HOST): Got it. Madilynn from Pennsylvania is 13 years old and is the phone with a question. Madeline?

MADILYNN (AUDIENCE MEMBER): Hi.

OPRAH WINFREY (HOST): Hi.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Hello.



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MADILYNN (AUDIENCE MEMBER): Hello. On page 47, at the end of the second paragraph, the sentence reads, "Intense wanting that has no specific object can often be found in the still-developing ego of teenagers, some of whom are in a permanent state of negativity and dissatisfaction."

OPRAH WINFREY (HOST): Yes.

MADILYNN (AUDIENCE MEMBER): By stating this, are you implying that teenagers cannot be awakened? That although I'm reading this book, I may have no chance in reaching consciousness merely because I'm only 13 and my ego is not fully developed?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Ah.

OPRAH WINFREY (HOST): Go, Madilynn. Go, Madilynn. I just think the fact that you could ask the question is pretty darn good.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Now the first thing, you are more advanced than I was at 13.

OPRAH WINFREY (HOST): Yeah. Than most of us, I'd say, yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I would not have been able to read or understand that book when I was 13. So...

OPRAH WINFREY (HOST): Are you reading the book, Madilynn?

MADILYNN (AUDIENCE MEMBER): Yeah.

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's quite amazing.

OPRAH WINFREY (HOST): That's quite amazing.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So it certainly does not mean that you cannot be awakened because you're already awakening because if you were not already awakening, the book would be completely meaningless to you.

MADILYNN: Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So there is a new generation growing up and there are more youngsters now than before who may not

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have to go through the extreme egoic delusion that we had to go through in our generation. And you may be one of them. It doesn't mean perhaps that your ego will not develop at all. Your ego will develop, but I don't believe that you will be as trapped in ego as I had to be. I can't speak for Oprah. I know Oprah is trying now.

OPRAH WINFREY (HOST): Oprah was trapped. I was very trapped, Madilynn. I was very trapped.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So your chances are excellent. You are already awakening. It's wonderful to see.

OPRAH WINFREY (HOST): Let me ask you this, though, Madilynn: When you just read us that passage at the bottom of page 47, "intense wanting that has no specific object can often be found in the still-developing ego of teenagers." So what you're saying there is that the ego of teenagers is still in the process of becoming.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Growing.

OPRAH WINFREY (HOST): And also, Madilynn, don't you see it in your friends...

MADILYNN (AUDIENCE MEMBER): Yes.

OPRAH WINFREY (HOST): ...this sort of intense wanting?

MADILYNN (AUDIENCE MEMBER): Yeah, all the time.

OPRAH WINFREY (HOST): Okay. So I think that's what he was talking about.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): He was talking about all of your friends, but not you, Madilynn.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now, Madilynn, do you detect intense wanting in yourself?

MADILYNN (AUDIENCE MEMBER): Yeah, occasionally.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Occasionally?

MADILYNN (AUDIENCE MEMBER): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But you're not totally identified because you know it's there. There is an awareness there, isn't there?

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MADILYNN (AUDIENCE MEMBER): Mm-hmm. Okay.

OPRAH WINFREY (HOST): Are you understanding the book, Madilynn?

MADILYNN (AUDIENCE MEMBER): Yeah, it makes a lot of sense actually.

OPRAH WINFREY (HOST): What grade are you in actually?

MADILYNN (AUDIENCE MEMBER): I'm in eighth grade.

OPRAH WINFREY (HOST): Eighth grade. Okay. Well, great to hear from you. Thank you so much.

MADILYNN (AUDIENCE MEMBER): Thank you.

OPRAH WINFREY (HOST): Where are you? In Canonsburg, Pennsylvania? That's what I hear.

MADILYNN (AUDIENCE MEMBER): Yup.

OPRAH WINFREY (HOST): Actually. Well, great.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Good.

OPRAH WINFREY (HOST): Thank you. Keep reading.

MADILYNN (AUDIENCE MEMBER): Yup, thank you.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Thank you.

OPRAH WINFREY (HOST): Okay, so we're going to check our live e-mails again. That's pretty cool, isn't it?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Wonderful.

OPRAH WINFREY (HOST): Thirteen. I couldn't have...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yeah.

OPRAH WINFREY (HOST): Listen, I was in so much trouble at 13, I didn't have...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Me too.

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OPRAH WINFREY (HOST): Yes. Okay, as we make our way into the world—this is from Japan, Toyohashi, Japan. "As we make our way in the world, being confident and assertive, our characteristics have helped us get a job, that big promotion. I realize now that these are traits that are associated with ego, and so the question then becomes how then does one move beyond the ego?" Great question. How does one move beyond the ego?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Become aware of the ego is the first step.

OPRAH WINFREY (HOST): But can't you still be the biggest jerk on earth and still just be aware of it and say, "Well, I'm a jerk? Boy, that sure is some big ego of mine." You know, we were talking earlier, I'm thinking, you know, you can be in the moment, still being one of those road raging people, road raging jerk in the moment...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well...

OPRAH WINFREY (HOST): ...and you're aware you're a road raging jerk in the moment.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's unlikely that at that moment you're actually aware.

OPRAH WINFREY (HOST): Really?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Because if you're aware, then you cannot be totally possessed...

OPRAH WINFREY (HOST): By?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...by the ego, by the form...

OPRAH WINFREY (HOST): By the ego.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...by the thought form or the...

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...emotional form.

OPRAH WINFREY (HOST): Okay.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): If that, as I mentioned...

OPRAH WINFREY (HOST): Usually that's the pain-body that's taking over.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. If the dimension of awareness is present, you are not totally in the grip of ego. And so—but the quickest way out of ego is to practice as much as possible living in the present moment, which means to give more attention to this moment than to the future or the past, to make this moment the primary factor in your life rather than future and pasts. Of course, you still use future and past for practical purposes. It helps to make an appointment...

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...to go from here to there. It's all fine. It works very well.

OPRAH WINFREY (HOST): But it means being present...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): As much as possible being open to whatever arises in the present moment. The word that I use—and I think it may be helpful for many people—is "make friends with the present moment" because the ego doesn't come to that. The ego always is antagonistic. It wants—at best, it uses the present moment as a stepping stone because it wants to get to the next moment, which promises greater fulfillment at best. But in many cases, the ego actually dislikes the present moment. It resists the present moment. So if you can make the present moment into the primary focal point of your life and live, then ego will very quickly diminish in you because it can not survive the present moment. So the ego...

OPRAH WINFREY (HOST): So that's how you do it, that's how...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): ...one moves beyond the ego.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. The ego...

OPRAH WINFREY (HOST): Just to be in present.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The ego lives as if—people who are possessed by the ego live as if the present moment were their enemy. They are stressed. They want to get somewhere else. Whenever you need to—they're

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doing something, but they really already want to be at the end of their doing. "Come on," they say...

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): They are—they don't want to be where they are. They'd rather be somewhere else. They don't want to be who they're with. They don't—it is always a striving away from now internally.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And that's, of course, the dysfunction of the people.

OPRAH WINFREY (HOST): Yeah, I just had a moment like that today because I was waiting on somebody to get something ready. And they said, "We're so sorry. We're in a hurry." I've been waiting and I go, "No"—I took the lesson from the book—"no, I'm just here being with myself."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): I'm not waiting on anything because if you're waiting, you're in anticipation...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): ...and you're wanting to be out of that moment.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's right.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Waiting means you don't like this moment.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You would rather have another moment. So whenever you are waiting, so to speak...

OPRAH WINFREY (HOST): Waiting, yes.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Why not practice being rather than waiting, which means completely inhabit this moment and feel your body, perhaps feel the energy. And that's very present to feel that you're alive.

OPRAH WINFREY (HOST): All right. We have one last phone call, a question from Michelle in Philadelphia. Hello.

MICHELLE (AUDIENCE MEMBER): Hi, Oprah. How are you?

OPRAH WINFREY (HOST): Fine. Good, good.

MICHELLE (AUDIENCE MEMBER): Yes. Hi, Eckhart.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Hello.

MICHELLE (AUDIENCE MEMBER): I'm just like a little bit so excited that you called me. My question was that I'm a little bit confused with Chapter 2. I understand the quote, "If someone takes your shirt, let them have your coat as well." But where do you draw the line without getting walked all over? I do not want to be an egotistical person, but at the same time, I don't want to get taken advantage of.

OPRAH WINFREY (HOST): Good question.

MICHELLE (AUDIENCE MEMBER): So I was having a little bit of confusion with that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Thank you. Yes.

OPRAH WINFREY (HOST): Okay. Good, good, good.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. All it takes is sometimes letting go. There's more power in letting go than in clinging or hanging on to something. So there are situations when you actually become empowered when you let go rather than when you cling. It does not mean that people walk all over you. In fact, I say there are situations when you have to say no very clearly to a situation or to a person.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But even that no can be, can be of two different kinds. Usually, the no is very negative. When you say no to a person, the person says, "I'll give you a ride home," and you see the person is drunk. Of course you wouldn't say yes just to be pleasant. You say no. Now, do you say no with negative energy and in a stage of resistance or do you say no that is positive? It simply



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means a clear and straightforward, "No, I won't do that." This is very different from the resistance no.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I call that "the no that is not negative, a high-quality no, truth."

OPRAH WINFREY (HOST): It's also looking at the reason why you would cling to the shirt. "You can have my shirt. I'll give you the shirt if the reason why you're holding to this shirt is cause you think this shirt is going to give you more value or more—or you're operating from your ego when you're holding on to it."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): So you're saying be able to be in the state of presence...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): ...and awareness so that you can surrender whatever needs to be surrendered.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): That does not mean...

MICHELLE (AUDIENCE MEMBER): Right.

OPRAH WINFREY (HOST): And surrender does not mean allowing yourself to be walked over, but to be fully present so that you can be conscious of what's always going on.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Yes.

MICHELLE (AUDIENCE MEMBER): Right.

OPRAH WINFREY (HOST): So it means in some cases, it's fine to say "Here, you want it, take it." In other cases it's not...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): ...depending upon what the situation is...

MICHELLE (AUDIENCE MEMBER): [Unintelligible]

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's right.

MICHELLE (AUDIENCE MEMBER): [Unintelligible]

OPRAH WINFREY (HOST): ...based upon the truth of who you are in any given moment.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

MICHELLE (AUDIENCE MEMBER): Okay.

OPRAH WINFREY (HOST): I got that, Michelle.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Good.

OPRAH WINFREY (HOST): I got that, Michelle.

MICHELLE (AUDIENCE MEMBER): Thank you so much.

OPRAH WINFREY (HOST): Thank you for the question. It helped me to get it.

MICHELLE (AUDIENCE MEMBER): Thank you.

OPRAH WINFREY (HOST): So let's close with the peace that passes all understanding that you talk about on page 56. What is that peace?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That peace comes when you live in internal alignment with the present moment which means what is, whatever is. When you no longer argue with what is, when you don't fight it internally, this present moment already always is as it is.

OPRAH WINFREY (HOST): Even if it's a situation that you don't want?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Even if you don't want it, it is.

OPRAH WINFREY (HOST): You must accept it first.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You accept first, and then you take action.

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OPRAH WINFREY (HOST): Cause that was the mud example you used last week.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, you get...

OPRAH WINFREY (HOST): Even if you're stuck in the mud...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): This is where I'm right now. I'm here, and then you take action. But that action no longer arises out of negativity, which is there when you don't like to be where you are, when you don't like this moment. Always friendly with the present moment, accepting the is-ness of the present moment, then move on from there. Then whatever action you take is actually empowered by life itself. When you are in a state of negativity or resistance, your action is not empowered by life. So it's not inspired and much less effective than action that comes out of a state of nonresistant.

OPRAH WINFREY (HOST): Right. It's like last week when we were having problems that neither you or I knew until we had finished the class.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): And I said—we were doing a toast to everybody afterwards for all of their efforts and I said, "I'm going to accept it. I'm going to accept that we had a break down on the Web. I'm going to accept it, and now let us correct it."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And it was everybody's lesson whose computer froze up. It was everybody's lesson to say, "Well, this is what is." And with that comes an inner peace that has nothing to do with what's happening or not happened.

OPRAH WINFREY (HOST): Not resisting it and banging up the computer.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): And, "Oh, my God," and...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Yeah.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And that's the peace that passes all understanding because the peace cannot be explained with reference to external events. It's there because you live in alignment with the present moment. That's the peace.

OPRAH WINFREY (HOST): That is the peace living in alignment. Before we say goodbye, I'd like to thank you for being with Eckhart and with me, and we'll be here again next Monday at 8 p.m. Central. Don't forget, if you want to experience this class again or tell a friend who missed it, our webcast is available on demand tomorrow for free here at Oprah.com. Is that noon, Dean, beginning at noon? Beginning at noon you can start to download. And if you want to download a podcast of this class, you can do that tomorrow at Oprah.com and iTunes. Your assignment for our next class is to update your workbook and spend this week rereading and thinking about Chapter 3. Chapter 3 is all about the core of ego. So do your homework, and we'll see you next Monday night. I thank you again, Eckhart.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Thank you.

OPRAH WINFREY (HOST): Isn't this the coolest?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.

OPRAH WINFREY (HOST): Thank you so much to all of you.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Thank you. Yeah.

OPRAH WINFREY (HOST): It's been wonderful. Thank you, everybody all over the world. Good night. Good day.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Good night.

OPRAH WINFREY (HOST): Good morning. Goodbye.