

# A NEW EARTH ONLINE CLASS

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## CHAPTER 8 TRANSCRIPT

OPRAH WINFREY (HOST): Hi everybody, welcome to class number 8 of our *New Earth* Web series with author Eckhart Tolle. Eight means we only have two more to go. Tell all your friends. I'm going to miss it.

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

OPRAH WINFREY (HOST): Yeah, I'm going to miss it. As we head into these final chapters, it's really gratifying to hear from so many of you who feel that your commitment to this work is making a difference in your lives. I know I feel that way, and I would like to, again, thank all of the students from around the world who are watching, who are willing to awaken to the deeper meaning of your lives. Last week, one of the things that Eckhart said that really struck me; you said that the opposite of death is not life. The opposite of death is birth. Life has no opposite. So I think that's a good place to begin our moment of silence. Can we go into silence? Life has no opposite.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Life has no opposite, and perhaps as we go into the silence, to feel yourself to be life rather than a person. A person is here only for a few years. But you are basically life experiencing itself temporarily as this person.

OPRAH WINFREY (HOST): As this person, this personality, this ego.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. But underlying it, you are life that is eternal. And so when you go into stillness, it's easy to sense that underneath the personality there is an aliveness, there is a presence, there's a consciousness that is timeless. And that's the life beyond the form of life that you are.

OPRAH WINFREY (HOST): And that's why it has no opposite.

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

OPRAH WINFREY (HOST): Because it's forever.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And the opposites only exist in the world of form.

OPRAH WINFREY (HOST): In the world of form, I get that.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So as we go into the silence, into the stillness, let's see if we can just feel that in the background you are alive, or rather I should say, I am life.

OPRAH WINFREY (HOST): I am life.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Eternal timeless. So we go into the stillness now and get in touch with that eternal life.

OPRAH WINFREY (HOST): How wonderful. How wonderful to be able to get into touch with that. That's the inner space that you're talking about in Chapter 8.

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

OPRAH WINFREY (HOST): Which is all about the discovery of inner space. That's what we're discussing tonight. Let's start with an overview of what this chapter is about. What is inner space, what you just described?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I don't remember when this term first came to me; it must have been during a talk. I don't believe I used the term in *The Power of Now*. I realize that most people, most people's mind is full of stuff, full of one thought after another, full of continuously arising thoughts, emotions. And the external life is full of things that need doing, one thing after another, one thing after another. So I observe that in many people's lives, there seems to be no space. There's only one thing after another, one thought after another, one thing to do after another, one thing to be worried about after another. So I noticed this absence of space in human beings, and, really, that inner space or spaciousness is what we could also call the stillness. But I use different terms because any one term limits it when we talk about stillness, yes, it is stillness, but it's much vaster than just stillness.

OPRAH WINFREY (HOST): Right. And vaster than being still.

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

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So it's realizing that within you there's not only objects in your consciousness that continuously arise in your consciousness as sense perceptions; you experience things. Sense perceptions arise continuously, and each sense perception becomes an object in your consciousness. And then, thoughts arise continuously, and every thought becomes also an object that arises in your consciousness. Now, and this is what most people's lives consist of: continuously, objects arising in consciousness, and I call that "object

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consciousness." And that is what most people know, and they also know themselves as an object in their conscience. They have an image of who they are. They have certain opinions about who they are. And so you become an object to yourself, and that is the ego. So most—a mental object; you make yourself into a mental object and then you have the relationship with yourself as a mental object. It's a little bit insane.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But it's normal. So now, the incredible realization, this is where the spiritual dimension starts. There is no spiritual dimension in object consciousness. You can have all kinds of interesting-sounding or even religious-sounding doctrines. If there's no space in you, spaciousness, where suddenly a gap arises in between thoughts—if there's no spaciousness, then you haven't touched yet the spiritual dimension. And this book, I believe, is helping many people to find that space within.

OPRAH WINFREY (HOST): You say on page 227, "Object consciousness needs to be balanced by space consciousness for sanity to return to our planet and for humanity to fulfill its destiny. The arising of space consciousness is the next stage in the evolution of humanity. Space consciousness means that in addition to being conscious of things—which always comes down to sense perceptions, thoughts, and emotions—there's an undercurrent of awareness. Awareness implies that you are not only conscious of things, but you are also conscious of being conscious."

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

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

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And that's an amazing thing, at first, if you just listen to being conscious, the mind says, "What does that mean?" You can only—you have to experience what that is to know what it means. So to be conscious of being conscious, for example, you can do it by looking at something—just if people who haven't had a taste of this yet.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): For example, you look at a flower and you—you're conscious of the image, what you see, the sense perception. Now, the question is, "Can you also be conscious of yourself as the perceiving presence, without which there would be no perception?"

OPRAH WINFREY (HOST): Correct.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so—and that is the consciousness, so while you look at a flower, I'm saying flower because natural things can get you in touch with that dimension more easily—while you look at a flower, can you sense yourself as the presence that is looking, that is making the perception possible? And then you have two dimensions. You're conscious of being conscious, and you are conscious of what you're looking at. You live in two worlds at the same time, and that brings—that means in the background of your life, there's suddenly a vast, but intensely alive, peace. You're very—because being conscious of being conscious is very peaceful. That's where the true inner peace arises. So...

OPRAH WINFREY (HOST): And that if you don't have that in your life, if you're not able to find that space between the thinking and the perception, perception, perception, you're not, then...

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

OPRAH WINFREY (HOST): In things.

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

OPRAH WINFREY (HOST): And in the world.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You lose yourself in the world, and you lose yourself in your own mind. You continuously get drawn into every thought that arises.

OPRAH WINFREY (HOST): Yeah. Well, one of things—I know you met Dr. Jill Bolte Taylor today.

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

OPRAH WINFREY (HOST): And I interviewed her on my radio show, the Soul Series on XM Radio, and for those of you who have been enjoying our webcast with Eckhart Tolle, the Monday following our final webcast, I will have an interview with her on the Web. Dr. Jill Bolte Taylor is a brain scientist who had had a stroke several years ago, and during the process of having the stroke, in the middle of having the stroke, she lost her left, the left hemisphere of the brain, which was language and the ego and all of that. But the right hemisphere remained conscious, and she was aware that she had lost the ego, and this sense of losing your mind, that you have been talking to us about, happened to her, was thrust upon her through the stroke.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So I believe what happened to her was what we are talking about. She became conscious of consciousness itself.

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OPRAH WINFREY (HOST): She became conscious of consciousness.

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

OPRAH WINFREY (HOST): Through the stroke.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And really, that's—when we say that, when we express it in language and language always brings in a kind of duality, when I say, "I become—I'm conscious of consciousness," it sounds as if I were separate from consciousness.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): This is because of the structure of language. In reality, what's happening is that consciousness is which is what I am, everyone is conscious of the essence.

OPRAH WINFREY (HOST): That's right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Consciousness is becoming conscious of itself.

OPRAH WINFREY (HOST): And you don't know that until—and that's why that tape is going around the web of Dr. Jill Bolte Taylor—you don't know that until you can quiet the mind enough to know that you are not all of these thoughts that you have in your head. You are not your thoughts. But you are life itself.

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

OPRAH WINFREY (HOST): That is what she also says in her book and in her lectures.

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*): That's a wonderful realization, just when it comes to a person for the first time, it's just, whoa. And that frees you from a lot of things that before were so heavy, such a—the world can become such a burden to people, and your own mind can become such a burden. It creates so much suffering in people's lives. If people had to live with somebody who inflicts all that negativity on them that they inflict on

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themselves through their own mind, they would have left that person a long time ago. But you can't leave your mind; you can only go beyond it.

OPRAH WINFREY (HOST): And so being able to be conscious of your consciousness or aware of yourself as a perceiving entity or perceiving presence is really what the true awakening is about.

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*): Yes, yes. That's the awakening to who you are beyond the external appearance.

OPRAH WINFREY (HOST): And that is what we're doing when we're angry and you see your ego flare up, and all of that is to be able to step back and perceive yourself as the consciousness observing yourself as the angry person.

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. In the background...

OPRAH WINFREY (HOST): The space in between that.

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

OPRAH WINFREY (HOST): And so the inner space you're talking about is the space between, "I am angry; I'm saying all of these things," and then there is the other self that is observing that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And now, if you're angry and if—the presence can be there in the background...

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That means there's already—you're already very present because it's not easy to remain present when there's anger. Because anger has an enormous power.



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OPRAH WINFREY (HOST): Right. But if you're observing it, then you can say, "I'm out of control," you know.

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

OPRAH WINFREY (HOST): People have done that.

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

OPRAH WINFREY (HOST): You can say to yourself, "I'm out of control. I need to calm down."

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*): But if you know that you're out of control, you're not completely out of control.

OPRAH WINFREY (HOST): That's right. That's right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so, and if so, if you know that you are—have been taken over by anger, you haven't been completely taken over because there's a knowing in the background.

OPRAH WINFREY (HOST): Yeah. And I think a lot of parents have experienced this, you know, when your kids do something and it's so upsetting to you, and you know in that moment, "I should not try to discipline them because I'm too angry to discipline them."

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

OPRAH WINFREY (HOST): That part of you that knows that you're too angry to discipline them is the space that you're talking about.

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

OPRAH WINFREY (HOST): Yeah. Got that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so, and that's—if you don't have that space, then you're completely controlled by the anger.

OPRAH WINFREY (HOST): That's right.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You become the anger.

OPRAH WINFREY (HOST): That's right. That thing that allows you to step back is what you're talking about. I got it. I got it. I got it. That part of you that says, "I can step back and see I'm acting a fool."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And so if you know that you are acting a fool then it's not—there is a sanity there that's observing the insanity. And if you know that you are...

OPRAH WINFREY (HOST): But sometimes people know they're acting a fool, and they just keep on acting a fool.

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

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): For a while it can happen that the—certain old behavior patterns still...

OPRAH WINFREY (HOST): But, generally, if you know, you can pull yourself back.

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

OPRAH WINFREY (HOST): And that which knows is the inner space that you're talking about.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. There was a film *A Beautiful Mind* some years ago about the scientist.

OPRAH WINFREY (HOST): Yes, yes, yes. With Russell Crowe.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And so here he became delusional, this scientist; completely absorbed by his mind and had all kinds of delusions. And, at some point in the middle of the film, he suddenly realizes that these are delusions and he realized that he's insane. And also the viewer at that moment realized it. It's so well done because until that point even the viewer doesn't know.

OPRAH WINFREY (HOST): Is not quite sure, yes.



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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And at that moment the healing begins because with the realization that "I am insane, sanity has arisen." The observing presence is there.

OPRAH WINFREY (HOST): The observing presence.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And after that he could function again.

OPRAH WINFREY (HOST): Is observing presence and inner space the same thing?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. But observing should not be confused with judging.

OPRAH WINFREY (HOST): I got it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So there's no judgment. It's a clear—it's like a mirror.

OPRAH WINFREY (HOST): That's right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's like a mirror showing you what's there.

OPRAH WINFREY (HOST): So there are literally two dimensions. There is the personality acting out of, you know, form and perceptions and all of that, and then there is the observer of that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And the observer is not judging what is being observed.

OPRAH WINFREY (HOST): It just is.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): If the observer begins to judge, then it's the mind that has come back in.

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It just is. And the observer is timeless. And whatever the observer is observing—the behavior, the thinking—is conditioned by the past. So you are bringing the timeless dimension into this world of time.

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OPRAH WINFREY (HOST): Yes. And those of you who are reading Dr. Jill Bolte Taylor's book *Stroke of Insight*, what she said to me today—cause she's been following our classes—and she was saying, you know, "What Eckhart calls consciousness, I call right brain."

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

OPRAH WINFREY (HOST): Yeah. Right brain versus left brain.

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

OPRAH WINFREY (HOST): Left brain is gone; the right brain is the higher consciousness.

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

OPRAH WINFREY (HOST): So, as I've said before, I love the message boards on Oprah.com, and I saw a posting that I wanted to share with everyone. It's from someone who calls themselves "Student 99." It said, "I've seen many, many posts by concerned Christians." Is Student 99 here? I thought we had him, I heard he was on Skype. Well, I don't mean here here, Dean, I know he's not in the building. Bring out Student 99. So, Student 99, is that you?

Student 99: Yeah.

OPRAH WINFREY (HOST): Hi, on Skype. I love this e-mail. I love the fact that you have a face and a body and everything because you just were an entity on the web to me. Posted by Student 99. It says, "I have seen many posts by concerned Christians wondering whether this book is a threat to their faith." And you said, as a Christian, you don't think it is, and here is why. You want to tell us why? Because I thought this was such a beautiful e-mail and you know I've gotten some flack from some Christians. I've even been called the Antichrist, which I'm kind of amused by that for introducing this book to the world. So I was interested in hearing what you had to say. Student 99, whose name is really Alan from Eugene, Oregon. Hi, Alan.

ALAN: Hi, Oprah. Hi, Eckhart.

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

OPRAH WINFREY (HOST): You said...

ALAN: Well, you know...

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OPRAH WINFREY (HOST): Go ahead.

ALAN: Go ahead.

OPRAH WINFREY (HOST): Okay, you go ahead. So I'm going to let you tell me what you said in the e-mail.

ALAN: Well, basically, you know I observed some people that were posting that were in a lot of distress, and because they felt that the book was an attack on their faith. Many of them had not read the book.

OPRAH WINFREY (HOST): Yeah, I love that.

ALAN: And so I wanted to just provide a little bit of perspective on that. From my perspective, I felt like Eckhart's book allowed me to do more than just quote what Jesus said, and to actually understand the depth of what he was teaching and be able to practice what he taught rather than just quote what he taught.

OPRAH WINFREY (HOST): Well, let me read what you said specifically because I thought you said it so beautifully here. "Most Christians understand the concepts from the Bible of surrendering their lives to God and living a loving life and living in the peace that passes understanding. Christians can quote Jesus's sayings, such as 'Be perfect as your Father in heaven is perfect,' or 'Judge not that you be not judged,' or 'You must die to live' or 'Deny yourself, take up your cross and follow me.' Unfortunately, not all Christians have succeeded in following up the talk with the walk. This is because these quotes point to an internal transformation, which some Christians have not yet fully experienced. That is why I strongly recommend this book," you said, Alan. "It provides for very powerful tools for being able to successfully follow Jesus's teachings rather than just quoting them. The book doesn't ask anyone to change their religion of choice, but does help tremendously and successfully applying faith. In a nutshell," you say, Alan, "the book shows how to apply forgiveness to every person and every situation. It shows how to shine the light of awareness on our unconscious hatred of this moment and thereby overcome the cares of this world. If you want to go deeper than knowing about God at the level of thoughts, and experience God at the level of knowing, I welcome you to join us in reading *A New Earth*. Blessings from Student 99." Isn't that well said, Eckhart?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, oh yes, wonderful. Thank you for saying that.

OPRAH WINFREY (HOST): Alan, thank you for that.

ALAN: Sure. And you know, I had left the church, and I ended up being able to return to church because of understanding how to apply the concepts in this book.

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OPRAH WINFREY (HOST): Really? Well, that's good. Well, thank you so much. Thank you so much. I don't read all the negative stuff though because it doesn't help me. So I'm only, you know, I'm only interested in speaking to people who want to hear what we have to say, and if you don't agree with what I'm saying, that's really okay. I bless everybody and their path, whatever that is. Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And I've had letters from some priests who've found—and nuns and Buddhist monks—and they all, they found the book very helpful. They went more deeply into their own tradition. Because when you go deep enough into your own tradition, eventually—all traditions eventually you end up in the same place, the same realization. On the surface, the traditions are different.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): There's only one God at the center.

OPRAH WINFREY (HOST): Right. There is only one God. I believe that. The source of all things; all creation. So Peter is Skyping us from his dining room in Phoenix, Arizona. I love to see where people are. Is that a green dining—is that green?

PETER: Yes it is.

OPRAH WINFREY (HOST): That's my favorite color. My gosh, that's such a lovely color. Peter is Skyping us from his dining room in Phoenix, where he and a group of friends gather every Monday night to watch our live webcast. I think that's so great. I hear you adopted a dog and named it Oprah, is that true?

PETER: Come on, Oprah, come on.

OPRAH WINFREY (HOST): Let me see her.

PETER: She came to us the first night of the webcast. The system went down, so it crashed, and we had all the people gathered, and she came into my life that night.

OPRAH WINFREY (HOST): Wow. Oh, what a cutie-pie. She's holding up her name.

PETER: Oh, she's a (inaudible).

OPRAH WINFREY (HOST): That's so great; that's really great. You say you were addicted to smoking for 30 years but quit 11 weeks ago after reading *A New Earth*? This ties into your question, correct?

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PETER: Exactly. We started our group four weeks before the actual Web class, and we were reading the chapter, number 8. So I applied the techniques to quitting smoking, and with about five minutes' work and about three hours' time, I had completely stopped. No urges, no more cravings, nothing. No will power or anything like that. It was so easy it was amazing.

OPRAH WINFREY (HOST): What is it that you applied?

PETER: Becoming conscious of the feelings. I had run out of cigarettes, and I thought I had to go to the store, but when the craving came, I said, "Okay, let's be with the craving, let's feel it. What does it feel like?" Usually we react. And I actually sat there and closed my eyes and felt it, and it started to dissolve, and it went away. And about two or three hours later, another craving came, and I did the same thing. This time, the feeling went away even faster. And then, finally, when it came back a third time, I put my mind to it, it just completely disappeared.

OPRAH WINFREY (HOST): Wow.

PETER: Gone, never came back.

OPRAH WINFREY (HOST): So were you also doing, I think Eckhart suggested in the addiction section, taking deep breaths sometimes when you feel like you need the craving for whether it's cigarettes or food or whatever, to take the three deep breaths and see what happens if the feeling dissipates, did you do that?

PETER: Yes I did. I took the breaths to basically create stillness, become calm. So I took long deep breaths and just sort of calmed down and then just started to feel the feelings and watch the thoughts. You know, I've tried to quit, you know, hundreds of times and sometimes a couple months successfully, but there was always willpower involved, and there's always a craving still there that's always, you know, if I just had one. It was always still in the back of my mind. That's no longer there. I can go out with my friends on Friday night, and they can all be smoking, and I won't even—I don't even want to look at one.

OPRAH WINFREY (HOST): What in the world happened to you?

PETER: It was miraculous.

OPRAH WINFREY (HOST): Yes, that's great.

PETER: Yeah.

OPRAH WINFREY (HOST): And have you been able to apply the teachings from the book in other areas of your life? I mean, for myself, I've just found that being able to go back to my breath in the

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middle of the day when things get crazier. I mean, something Eckhart said, I think on one of the beginning classes about one complete full breath is a meditation.

PETER: Well, that's where the question comes because I do have other issues.

OPRAH WINFREY (HOST): One conscious breath. One conscious breath is a meditation.

PETER: Earlier in the book, in the chapter he talks about going below a thought.

OPRAH WINFREY (HOST): Yes.

PETER: And he described my situation exactly like he's here. You talk about, you know, alcohol, using food and TV to go below thoughts or to numb the senses, numb your thoughts, and just sort of go into a trance, if you will. And I do that a lot, and I've been trying to break away from that by using the techniques, and I have not had the same success. And you also say, "Don't make it problem," but I think I've made it a problem. I want to kind of break from that.

OPRAH WINFREY (HOST): So are you asking a question about how to use this more forcefully or whatever?

PETER: Yeah.

OPRAH WINFREY (HOST): For alcohol?

PETER: Yeah, with alcohol especially and food. You know, I tend to overeat when I'm tired and I just want to relax. Food, alcohol, TV tend to be the things I use. And that brings you below a thought when you're trying to be above thought.

OPRAH WINFREY (HOST): Right.

PETER: And I try and do that, except I'm not as successful. I get very frustrated.

OPRAH WINFREY (HOST): Okay, what do you want to say, Eckhart?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, it's—your wonderful success story as far as the smoking is concerned and bringing—experiencing how awareness can dissolve old patterns. In some cases instantly, and in other cases it takes more time for awareness to dissolve the old pattern. And awareness has to be brought to the pattern when it arises repeatedly. And it does not mean that every time awareness meets the pattern, that awareness is going to win. Win may not be the right word because awareness, of course, is not—never fighting anything. Awareness is just there as the conscious presence. But so bringing conscious presence, for example, into the urge to have a drink—not that one or two drinks are a problem, but if drinking drags you



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down, drags you down to below thinking, then of course it is helpful to bring presence into the urge when it arises in the same way that you did when you felt the urge come upon you to smoke. So have you practiced that? Have you been able to feel the urge to drink and then bring awareness to that and what happened?

PETER: Yes I have. And it's—it kind of postpones it. Eventually, I kind of break down.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. I believe I mention in the book that bring awareness to it, and it may well happen that the desire, the urge is still there after 10 minutes of awareness. I believe I mentioned that. It does not mean that you have lost; it means that the desire is very strong. And at that point, perhaps you will have a drink. And when it happens again, you bring awareness to it again. Eventually, something will happen to the pattern. It's very rare to have instant success as you did with smoking. It does happen in some cases. But bring awareness to old patterns, whatever it is, addictive patterns, behavior patterns, bring awareness, and, eventually, they cannot coexist for that long. So it's a continuing practice. But don't expect perfection; don't expect you to be the perfect human being who never touches a drink again or whatever. As I said to Oprah, I enjoy a drink occasionally.

OPRAH WINFREY (HOST): And I said, "Woo-hoo!" So what he's saying, also, and you said this in the beginning, Peter, don't judge it. And as you begin to practice, what I hear you saying is this miracle that you experienced with cigarettes is just that because it rarely happens that you start this one time and it works immediately. What you're saying is, the more you apply the practice of bringing consciousness to this desire or craving—to this craving, that it will gradually lessen.

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

OPRAH WINFREY (HOST): It will weaken. It will weaken.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, yes. You can also apply it to other things, like many people are addicted to television. One day without watching TV would be dreadful for them.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So you could—as a practice, like a spiritual practice—you could say, "One day a week, I'll see what happens if I don't watch television." Don't do it when *The Oprah Show* is on.

OPRAH WINFREY (HOST): Thank you for that, Eckhart. Thank you for that.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): "One day a week I'll practice," and then observe inside yourself what it feels like, the need to switch on, the need to be entertained, the need to be stimulated, to absorb what's on the screen.

OPRAH WINFREY (HOST): So, one day, practice—thank you so much, Peter. Those are friends behind you?

PETER: Yes, they're my reading group.

CROWD: Hi.

OPRAH WINFREY (HOST): Hi. Peter, move out of the way so we can see them, so we can say hi to everybody. Hi, everybody.

CROWD: Hi Oprah, Eckhart.

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

OPRAH WINFREY (HOST): Hi to Peter's group. That's so great there in Phoenix. Yay, guys. Thank you for watching.

CROWD: Bye.

OPRAH WINFREY (HOST): Thank you. Thank you, thanks Peter.

PETER: Thank you so much.

OPRAH WINFREY (HOST): Thank you so much. And all the best to Oprah, you know.

PETER: ...in good hands.

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Oprah is very cute.

OPRAH WINFREY (HOST): Oprah's very cute. Oh, we're talking about the dog. Okay, we've got Eric on the line calling from Copenhagen, Denmark. Eric, what's your question?

ERIK: Hi, Oprah. Hi, Eckhart.

OPRAH WINFREY (HOST): Hi.

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

ERIK: Hi. My question is in reference to page 224 when Eckhart writes the phrase, "This too shall pass."

OPRAH WINFREY (HOST): Oh yeah, I love that.

ERIK: Yeah, and I feel it's a real powerful phrase that brings a person into the present moment. And it's also used as a slogan in 12-step recovery programs. And when someone's been living very much in the ego and form surrenders and enters a 12-step program, which I did over five years ago, and I currently act as a sponsor for newcomers, am I acting too much in the ego because I'm constantly working these 12 steps and sharing them and your concepts with others? And also, if this is the case, how can I live in consciousness and work a 12-step program with the meetings and sponsorship without the ego being so much at the forefront?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, that's a good question. The criterion is whether you, yourself, are still living it on a daily basis. If you are living the truth of it, "this too shall pass" is only a pointer toward a particular state of consciousness that is a state of detachment. Not that you don't care, but it's a state of that you still care deeply, but there's not—there is a detachment from what's happening; an inner sense of freedom in the background. So when you use these tools, for example, a phrase or a pointer, sometimes people who teach these things professionally, after a while they stop practicing themselves. They just use them as a formal thing, and then the ego can come back in.

OPRAH WINFREY (HOST): Because you think you know everything.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, yes. And then you are not living it, you're teaching it, but you are not yourself living it anymore, and that is the question that only you can answer whether you are still living the reality that's beyond this pointer that what the pointer points to. And if you are living it, the ego has not taken over, and you're doing wonderful, very helpful work. I know that the 12-step program has been extremely helpful for many people. I've had many people who have come to spirituality through that. So I'm sure you're doing wonderful work, and continue to be alert and awake so that there's certain amount of self-observation, just to make sure that you are still there yourself—that you come from that place—so that the mind doesn't take over.

OPRAH WINFREY (HOST): Okay, Erik?

ERIK: Yeah, that sounds great, thank you very much.

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OPRAH WINFREY (HOST): Thank you, Erik. So let's begin, because I think that's one of—a huge part of Chapter 8 and the discovery of inner space. The story that you began with the ancient Sufi story from the Middle East about a king who's continuously torn between happiness and depression. On page 223 you write, "The slightest thing would cause him great upset or provoke an intense reaction, and his happiness would quickly turn into disappointment and despair. A time came when the king got tired of himself and of life, and he began to seek a way out. He sent for a wise man who lived in his kingdom and was reputed to be enlightened. When the wise man came, the king said to him, 'I want to be like you. Can you give me something that will bring balance, serenity, and wisdom into my life? I will pay any price you ask.'" What is that price the king had to pay? What is the price all of us have to pay?"

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, first of all, of course, the price—the king asked, "Well, how much does it cost? How much is it going to cost?" And the wise man said to him, "It is of such value that even your whole kingdom could not pay for it." Now, what that means is that the primary thing in your life is nothing external. What is primary in your life is your inner state of consciousness.

OPRAH WINFREY (HOST): I got that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And compared to that, you could have the greatest riches—if you are in a state of anxiety or fear, negativity, nothing is worth that.

OPRAH WINFREY (HOST): You know, in the Bible and in the church, I don't know if it's in the Bible, but I know in the church we sing this song called, "It Is Well with My Soul."

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

OPRAH WINFREY (HOST): So unless it is well with your soul, it does not matter what your outward state is, where you're living, how many square feet you have, how many cars, whatever acclaim you have received in the world, unless it is well with your soul or your inner state of being.

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

OPRAH WINFREY (HOST): Your inner space. Then you're not well.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And so that's the—always to bear that in mind.

OPRAH WINFREY (HOST): Yes.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): "What is—am I at one with life at this moment? What is my inner state that this moment?" Your primary concern in any situation needs to be your inner state. Your secondary concern is the outer situation. Because only when you're in an inner state of rightness, of presence, can you adequately deal with outer situations. So what is the price? There is no price in terms of monetary value.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Anything like that. We could say that the price to pay is that you let go of the false self. That is the price you pay. The false mind-made self. The price to pay is identification with that false—even, the false I, the false me. And so that's a relatively easy price to pay because it's wonderful to let go of that.

OPRAH WINFREY (HOST): But the wise man gives the king a ring.

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

OPRAH WINFREY (HOST): And inside the ring, the inscription is?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): "This too shall pass. This too shall pass." And he says, "Whatever situation arises in your life, before you call it good or bad, before you react, before you judge it, touch this ring and remember the inscription that you—and 'this too shall pass.'"

OPRAH WINFREY (HOST): Now I find that to be very helpful, as a matter of fact, when I was going through last year this crisis at my school. That was one of the things I said to myself every day is, "Live in this moment. Let's handle this moment as it comes, and this moment as it comes, and then what comes next I'll handle that moment, and I always knew, 'This too shall pass.'" Works for me very well, and I'm sure a lot of other people. If you're in a difficult stage in your life, you're going through, you know, trauma or divorce or whatever, to know that this too shall pass. But when I'm feeling happy and feeling joyful, I don't want to think, "This too shall pass."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That can actually also be very peaceful. If you know that it is transient, I know that...

OPRAH WINFREY (HOST): But you're having such a good time and then you're thinking, "This too shall pass, so don't get too happy."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): If you don't know that this too shall pass then what can happen? You will cling to the situation internally.

OPRAH WINFREY (HOST): I got it. I got that.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And if you cling to the situation and then it passes, as it will...

OPRAH WINFREY (HOST): As it will.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Or even if it doesn't pass yet, it might last for a little while, even while you are—the clinging itself means already some fear is coming in.

OPRAH WINFREY (HOST): Oh, I see that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Through the holding on, you don't want this situation to leave you or you don't want to leave the situation, the clinging means—brings already up some fear and that means you can't enjoy it as much really.

OPRAH WINFREY (HOST): I just had a great epiphany, not even for myself, but for all the people that I know that are—keyword here is "clinging." So many people do this in relationships. They're holding on to a relationship that has already shown itself to be transient. It's moving on to the next level. And what so many people do, they want to hold on and let it be as it always was.

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

OPRAH WINFREY (HOST): And it's in the process of passing.

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

OPRAH WINFREY (HOST): And you should let it pass.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Allowing change to happen and becoming comfortable with change. This is part of "this too shall pass" because we live in this world where things continuously pass away. The Buddhists call it "impermanence." It's one of the deepest truth of the Buddha.

OPRAH WINFREY (HOST): And the problem lies when you expect it to be the same as it always was, and that's where so many people get in trouble with their relationships especially.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And it's an inability to let go, inability to let go of situations, of people. And that eventually brings suffering.



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OPRAH WINFREY (HOST): Yeah, just recently a friend of mine was telling me about her husband had said to her he wasn't sure he wanted to remain in the relationship. He wasn't sure. And there's, you know, seeking counseling about that. And he's now, you know, sleeping in a different bedroom and all that stuff, and she's trying to hold on and want things to be the way they were and wants to have a baby and all of that. And you would say, "Put that ring on."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Especially don't cling. If you don't cling, so it means there's no fear in the situation. The fear comes through the clinging, through not wanting the change. And so if you approach the situation without fear, then one of two things can happen in a situation like this. There may become a deepening in the relationship. When the relationship hits a crisis, it may be time for the relationship to dissolve, or it may be time for a deepening.

OPRAH WINFREY (HOST): How do you know the difference?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): When there's no fear, then you will know either it will deepen or it will end.

OPRAH WINFREY (HOST): Wow. Or it will pass on.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The fear keeps you stuck where you are.

OPRAH WINFREY (HOST): Got it. I got it. So let's see some of the e-mail questions you've been spending during our class. Linda in Tokyo, Japan. "How do I tell the difference between an ego decision or a conscious decision? I'm in a sexless marriage and want to leave. I'm scared. I've been living in the moment for the past eight weeks. My answer is not coming to me." That's what Linda wants to know.

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

OPRAH WINFREY (HOST): "How do I tell the difference between an ego decision and a conscious decision?"

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

OPRAH WINFREY (HOST): "I'm in a sexless marriage and I wanted to leave, but I'm scared." You just said it. You just said it there.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And an additional thing here, the—sometimes something comes to you—"This is what I'm going to do,

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your mind says, okay, now I know what I have to do." The question is, where does that realization of what you have to do come from? Does it come from the ego, or does it come from the deeper level of your being? How can I tell the difference? Is a qualitative difference a difference in, one could say, vibrational frequency?

OPRAH WINFREY (HOST): Correct.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): If it comes from the deeper level of yourself out of the stillness, it's always associated with peace. Peace—it's a peaceful realization.

OPRAH WINFREY (HOST): Absolutely. Absolutely.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): If it's agitated or if it's fearful and says, "Now I know what I have to do," or it is angry, agitated, fearful, it comes from the upper levels...

OPRAH WINFREY (HOST): And another thing I would say to Linda in Tokyo, Japan, you're absolutely correct. Another thing, it comes from—if it's coming from inner space that we're talking about in Chapter 8, if it's coming from consciousness or inner space and not your ego, not only will you feel peace, but you won't have to ask 15 people, "Is it the right thing?"

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

OPRAH WINFREY (HOST): You will know it's the right thing.

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

OPRAH WINFREY (HOST): You will know it's the right thing. And I have found that if you are operating from consciousness, your higher consciousness or as we're calling it in this chapter, "inner space," that whether it's buying a pair of shoes or making a life decision, if it comes from the place of inner space, you know the answer. When it's outside yourself, if it's in your ego mind, you have to ask the store clerk, you have to ask your friends, you have to ask everybody, "What do you think, what do you think, what do you think of these shoes, what do you think, what do you think," you know? But when you are—when it's well with your soul, the answer's clear. That's how you know.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Quiet, peaceful certainty.

OPRAH WINFREY (HOST): Yes.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Powerful, quiet, peaceful. You know what you have to do. You know what's right for you.

OPRAH WINFREY (HOST): It's like the other day I had to cancel an engagement, and I was saying I never cancel things, but after I canceled, I felt such a calm, and I knew that that was the right decision.

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

OPRAH WINFREY (HOST): Although it might be upsetting to other people, I felt such a calmness about it, and that is true for anybody who is making a decision. When you make the right decision, you feel a calmness and a peace about it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And that also relationships, leaving a relationship, if it comes from the right place, you leave, but you're peaceful.

OPRAH WINFREY (HOST): Right.

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

OPRAH WINFREY (HOST): You're not afraid.

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

OPRAH WINFREY (HOST): You're not afraid. You still could be sad about it though.

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

OPRAH WINFREY (HOST): You can be sad about it and disappointed about it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The interesting thing about sadness is—or sadness, of course, also arises when somebody passes away, close to you.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): There can be sadness, and if there's acceptance, then—because death is one of the prime examples of everything passing away.

OPRAH WINFREY (HOST): Right.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Before life form passes away, everybody—if you live with a partner, either your partner will leave you or you will leave sooner or later through death. So that's the allowing change to happen.

OPRAH WINFREY (HOST): Allowing change to happen. And you say the key to understanding "this too will pass," at the top of page 225, is knowing that "nonresistance, not resisting, nonjudgment, and nonattachment are the three aspects of true freedom and enlightened living." Hard to be nonresistant, nonjudgmental and nonattached when it's your husband who says, "I no longer want to be in this relationship."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, yes. And there's—if you share a great deal of past with another person—it could also be family member or parent—then sometimes harder to be present when there's a huge amount of past in the relationship.

OPRAH WINFREY (HOST): I got that. But, "Once you see and accept the transience of all things," page 225, "and the inevitability of change, you can enjoy the pleasures of the world while they last without fear of loss or anxiety about the future."

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

OPRAH WINFREY (HOST): I thought that was so brilliant the way you did that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's the beautiful thing about being able to enjoy the things of this world knowing that nothing is going to last.

OPRAH WINFREY (HOST): Nothing's going to last.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And you can actually enjoy it more deeply now without the fear that it might finish.

OPRAH WINFREY (HOST): Because it is going to finish.

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

OPRAH WINFREY (HOST): It is going to finish.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And then something else will take its place. It's continuous coming and going.

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OPRAH WINFREY (HOST): I got that. Tonight we're Skyping again with a study group in Los Angeles who've gathered at the Bodhi Tree bookstore. It's a landmark in West Hollywood. Hi, everybody at the Bodhi Tree.

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

CROWD: Hi.

OPRAH WINFREY (HOST): Oh gosh, there's our Bodhi followers. Nick has a question about finding his purpose, and I know it's something that's been on the minds of quite a few of our students. Hello, Nick, let's hear it.

NICK: Hey, Oprah, what's up?

OPRAH WINFREY (HOST): Hey, everything's up.

NICK: My question is basically, well, you have to worry about a lot of stuff in life, you have to go to work, you have to pay your bill. Your cell phone bill works in the now, but if you don't work today, it's not going to work a month from today. So how do you live in the now and still worry about your IRAs, investing in your future, what you're going to do as far as, you know, money paying your bills, doing what you have to do, you know, in this ego-centered world, especially in Los Angeles.

OPRAH WINFREY (HOST): So what you're saying is...

NICK: I guess this is my question.

OPRAH WINFREY (HOST): How does becoming who we are truly—what if becoming who we were truly meant to be really isn't financially practical, is what you're asking, right?

NICK: Yeah, what if I wanted to go on a mountain somewhere, just become who I was. I eventually would, I guess, starve or freeze. But, I mean, you know, how do you integrate this in your everyday life? Sort of being in the now, being the essence of who you are without suffering in the long run? Without, you know, the squirrel would suffer—the squirrel would die if it didn't put away nuts for the future, so...

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

OPRAH WINFREY (HOST): Yeah, I had seen a question that you had sent earlier, Nick, where you said, "It's all fine and dandy to read about becoming who you truly are and being who you were meant to be, but how do we do that and still pay all of our bills?"

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NICK: Right, right.

OPRAH WINFREY (HOST): Yeah, okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Okay, thank you, thank you, good question. However, the question—the first few words of your question already contained an error. And it's easy, if an error keeps into a question, then it's hard to answer it truly. The error was, you said, "We have to worry about paying our bills and all kinds of things." Is that true? No. You have to pay your bills, but you don't have to worry about paying your bills. And the squirrel has to put away the nuts, but the squirrel is not worried about the nuts. Only humans are worried about their nuts.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You can—being present with what you do does not mean that you neglect your daily affairs, and so on. It means you deal with them in a different and, in fact, more powerful and more effective way. You give up the worrying part—you still pay your bills—but you let go of the worrying about paying your bills. In that way you learn from the squirrel how to live.

OPRAH WINFREY (HOST): Because worrying is your choice. You see that, don't you, Nick? Worrying is your choice.

NICK: You know what? At times—at times when I don't worry—I've had moments in my life where I didn't—where I just kind of let the waves of the world roll over me, and I kind of did nothing about situations and hoped that they would work out themselves. And they didn't. I mean, worrying did help me in the past actually get things together and get my life on track. I guess to be—for me in my life—to be in the essence, to be with my spiritual self, it's not enough. I have to really be actively worried about the actual day-to-day-business of surviving.

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

NICK: You know, which most people have to do, you know.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I would still argue with that. It is true that you need to take action. It is not true that you need to worry in order to be able to take action. So you can actually experiment with, in your daily life, start with little situations. Let's say there's a pile of bills that you have to pay, how do you approach these bills? Are you going to worry the night before or on the day? "Am I going to be able to pay?" You just take one bill after another, you look at it, you phrase it, "Okay, do I have the money in my bank account or not? If you don't have the money in my bank account, I have to do something to make more money. What



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can I do now?" Put that aside. "Look, this action I can take: pick up the phone, make a phone call." Present, effective, powerful, but no worry. If you—then you will see all—your whole life will become not only more effective and more powerful but also much easier. It flows with greater ease. Nothing in nature is worried. All the animals do what they have to do, but they don't have to worry about it. They are active. Everything is active in nature: The trees are active, the grass, the flowers; everything is active and putting out energy. It's only the humans that worry about it and think they need worry in order to survive in this world. You don't need worry; you need action, but not worry.

OPRAH WINFREY (HOST): Yeah, that's an interesting point if you've ever been on safari or seen animals on a hunt or actually seen a kill, you know, they go out in search of, and we—everybody, I'm sure, watched the *Planet*—you watched the *Planet Earth* series, right, Nick? Where you see the animals?

NICK: No.

OPRAH WINFREY (HOST): Oh, Nick, you got to get *Planet Earth*.

NICK: No, but you know what? That what he was saying—I'm sorry. What he was saying reminds me of...

OPRAH WINFREY (HOST): Nick, you got to get the *Planet Earth*. And you get to see all these animals hunting other animals and I just—it just made me think of what you're saying, as the animal's hunting the other animal, it's just doing it, it's not worrying, "I hope I find a rabbit today. I hope I find a rabbit today." Yeah.

NICK: Right.

OPRAH WINFREY (HOST): Go ahead, Nick, go ahead. You want to continue, yeah.

NICK: I was going to say that—that reminds me of the Lily of the Valley that just doesn't worry about closing itself in the Bible, it just does. It just exists. It worries—the sparrow or the crow doesn't worry how it's going to get its next meal, it just does.

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

NICK: And that reminds of that right there.

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

NICK: But I'm thinking—I guess I'm thinking of those hippies in India that still haven't come back. They're just broke and they took all their idealism there.

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OPRAH WINFREY (HOST): Nick is saying that's—Nick is saying, "Well, that's really good for that Bible stuff and for the Lilies of the Valley, but listen, I'm living in L.A. and I got to worry about this." Is there anybody else there at the Bodhi Tree behind you that—is there anybody that disagrees with Nick, that has, you know, similar issues and you're not worried about it, you've been able to apply. Come up to the microphone here. Let's get—come on up there. Hi.

JESSICA: Hi, how are you?

OPRAH WINFREY (HOST): Hi, you are? Hi, who are you?

JESSICA: I'm Jessica.

OPRAH WINFREY (HOST): Oh, hi, Jessica.

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

OPRAH WINFREY (HOST): So what do you want to say about what we've been talking about?

JESSICA: You know, there's—it's on page 238 and it's about becoming one with the situation. And that the solution arises out of that. And I've always kind of been more of a take-action person first and then deal with the inner peace and all that later. But I was wondering, how do you deal with things like that in relationships and things like weight management and all of those issues? Do you just become still and just hope for an answer to come or do you still actively seek one out?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So what you're referring to is on this page, it says, you don't react. What I'm saying there is you don't react against a situation when a situation arises that...

OPRAH WINFREY (HOST): You merge with it.

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

OPRAH WINFREY (HOST): And the solution arises out of the situation.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Now, this should not be confused with becoming inactive or just sitting there and looking and not doing anything. What it means is there's no inner resistance to that arising situation. Sometimes things happen when you have a project, you have some work to do and something happens to—some obstacle arises in what you want to do, a person, a situation arises. And so, for many people, as soon as an obstacle arises, they become resistant, and they go into a negative state and try to fight the obstacle.

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They are fighting the obstacle rather than accepting the moment as it is internally and say, "Oh, the situation has changed."

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): We talked about change.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Situations change continuously, and the world does not necessarily do what it wants you to do, what you want it to do. So you face a situation, and any change that happens is immediately accepted inside, and through the acceptance, you respond to the situation. So you're not accusing, you're not making wrong, you're not complaining about the situation to yourself and others. So many people burn up a huge amount of energy, uselessly, that they could use to deal with the situation, but they burn up a huge amount of energy complaining in their heads and to others about what has happened.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Instead of looking at what has happened and saying, "Oh, this is how it is, what can I do now?" A moment of stillness and then action happens. No complaining, no resisting, no fighting against, not making a person or situation into an enemy that, again, burns up a lot of useless energy and brings up a lot of energy that is going to sabotage what you want to do.

OPRAH WINFREY (HOST): So, again, you say, "When instead of reacting against the situation, you merge with it; the solution arises out of the situation itself. Actually, it's not you, the person, who is looking and listening, but the alert stillness itself" or the inner space.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): When I say the solution arises out of the situation, it does not mean that you don't do anything. In some cases it is you who is going to take the action, but it will come out of a powerful place of being one with the situation.

OPRAH WINFREY (HOST): I think, too, Jessica, ask Nick to come back to the microphone. Thanks, Jessica. Nick, come back up here, we're not through with you. I think, too, I think you really represent a whole lot of people—particularly young people—who have said to me personally or have e-mailed and think that being in alignment with who you are truly meant to be and awakening to your purpose is some kind of—is—represents passivity that you're just sort of sitting around just, you know, waiting on a woo-woo moment and not really doing anything. The real purpose of this entire book and the work of spirituality is to get you, to get us, to align our personalities with our soul or higher

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consciousness so that the work that you do in the world comes from the place of the higher consciousness, and you use your ego or personality to serve that. You allow your personality to serve the calling of consciousness that has put you here on the earth in the first place. And when you do that, everything has a flow to it. You're in the right job; it gives you the right amount of money for you at any given time because you are in alignment, so you're not worrying about things because you're not living beyond your means. You're not stressing about things because you're not allowing your ego to determine and define who you are in the world. So you're not acting out of an external self, but acting out of place of inner space or consciousness, so everything is in alignment. And that's not passive, that's not woo-woo-woo. I can't pay my bills until—let me find myself later. That is aligning your personality with the higher consciousness so that you're higher consciousness, you operate from a place of being and the inner space is directing and guiding your life and not the outer space. You get it?

NICK: Yeah, I do. Sorry if I made you mad, Oprah. But I do, that's wonderful. Thank you so much. It's a pleasure to be here.

OPRAH WINFREY (HOST): No, I'm not mad, but I just—I hear this—I hear this a lot. I mean, earlier today my stylist was saying, "Well, what about my passion? What about my passion? Do you want me to just give up my passion?" No, this isn't about giving up your passion; it's about feeling your passion more deeply.

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

OPRAH WINFREY (HOST): And being in alignment with that.

NICK: How do you know what you want, or your passion is, isn't just ego-driven? What if I just wanted to be like, I don't know, a rock star and that's completely ego-driven and that didn't help the world in any way, but if I kept on working toward it, it would just—it would just not be serving anyone but myself, what if my passion is wrong, you know?

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

NICK: Sorry, too many questions.

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

OPRAH WINFREY (HOST): No, go ahead, go ahead. Eckhart, answer that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Sometimes, you may know until you have achieved what you wanted to achieve, whether it was ego or

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not. When you get what you wanted to achieve and very soon you find it does not satisfy you, then it was the ego. So you can—it's a learning process. Nobody's saying you shouldn't try to achieve this or that. If the impulse is there to have this or that, do it, and see what happens. If it doesn't satisfy you, it's the ego.

OPRAH WINFREY (HOST): And the greatest rock stars are those who are rock stars because they sing or they perform because they had to. And whether they were performing to, you know, grand crowds or in their garage space to just their family members, they sing because they have to. The greatest dancers are those who dance because they have to and they become rock stars or dancing stars because that is coming from such a pure place of passion. And that's what the world feels because those are the people who last.

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

OPRAH WINFREY (HOST): The people who are operating from the passionate true space.

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

OPRAH WINFREY (HOST): And not just doing it because they want to make the money or because of the ego self.

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

OPRAH WINFREY (HOST): That's what I think.

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

OPRAH WINFREY (HOST): But it was nice talking to you, Nick.

NICK: Thank you. Sorry it took so long, but it was a pleasure to be here.

OPRAH WINFREY (HOST): Thanks, everybody at the Bodhi Tree.

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

OPRAH WINFREY (HOST): Jessica, Nick and all our Bodhi buddies there. Okay, now we have an e-mail from Sumaya in Bethlehem who wanted to say, "I live under military occupation. I've witnessed the demolishing of my home, and I do not know to apply your theories when the outside is so out of my control. How can I be at peace when there are soldiers outside my door?" There's a question for you.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That is, of course, the experience of many people in this world. If you look what's happening in this world, people are confronted with violence all the time, with loss. They lose their homes; they lose family members. Is it possible here to enter a state of surrender? Is it possible to accept the seemingly unacceptable? And, for some people, it has been possible. I know it is possible to accept what seems unacceptable. And if you accept the unacceptable, you will go very deep very quickly. And what otherwise would take many years of realization to realize, it will take you to a very deep point if you accept something—a great loss in your life. In prison. I continuously get letters from people in prison now. This is unacceptable, some prisons are dreadful places. And some people there live in agony and suffering and anger and resentment. And some, a minority, a few have realized that they can live in a state of inner surrender, which is not negative. It's a complete acceptance that this is as it is right now.

OPRAH WINFREY (HOST): Because they are in nonresistance, nonjudgment and nonattachment?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Because—and you accept it because why should you accept it? Because it is at this moment. It is. So no matter what it is, accepting the is-ness of this moment brings you to a place of inner freedom and also a place of power. You have to go, in order to accept the unacceptable, you have to go really very deep and say—bring a very deep yes to this moment. An uncompromising yes.

OPRAH WINFREY (HOST): I think that a lot of people have trouble with the word "accepting it" because "accepting" says to people, "I must then also condone it."

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

OPRAH WINFREY (HOST): What you're saying is stop—by your term "accept" you mean don't deny that it's happening.

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

OPRAH WINFREY (HOST): As you resist it, if you continue to resist it, the example you used earlier in our classes is you're in the mud, you're stuck in the mud, the wheels are in the mud, you must first accept that "I'm stuck in the mud" before you get yourself out of the mud.

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

OPRAH WINFREY (HOST): You can't seep saying, "I'm not in the mud."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No, or you – and you don't say, "I shouldn't be, why does this happen to me?"



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OPRAH WINFREY (HOST): "I can't believe I'm in the..."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And then all the energy goes into complaining and into the resistance.

OPRAH WINFREY (HOST): Correct. Got it, got it. Kristina lives in Toronto, Canada, and Skyping us from her family room. Kristina, your question? Hello.

KRISTINA: Hi, Oprah. Hi, Eckhart.

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

OPRAH WINFREY (HOST): Hi.

KRISTINA: I have been afraid to drive for 16 years now. I was in a serious car accident, and it has stopped me from, you know, being responsible in my family life. My husband has so much burden. He has to take our kids to their activities and so forth, take time off of work to take them to doctor's appointments. So my question—but just recently from reading *A New Earth*, I've started to drive, so yay. But my question is, how do I remain in the inner spaciousness that you speak about on page 238 so that I can stay behind the wheel—I mean things are going well right now, but if that fear comes creeping back, how do I handle it?

OPRAH WINFREY (HOST): I don't know if I want you behind the wheel if I'm on the road and you're trying to do that.

KRISTINA: Oh, but don't say that.

OPRAH WINFREY (HOST): No, okay. Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No, the—first you're now able to drive, that's wonderful. The old fear is gone but now a new fear has arisen, and that fear is about whether the fear's going to come back or not. And so that is often the case—people develop a fear about a fear. "Am I going to be in fear again?" The mind tends to do that kind of thing because it projects itself into the future and says, "Am I going to remain fearless, or is the fear going to come back?" So realize that that is your mind trying to figure something out and thereby creating a new level of fear on top of the original fear that has already dissolved. So trust that it's not going to come back, but something you can do to help it is to actually consciously enjoy the driving, and enjoy sitting in the car, enjoy sitting at the traffic light, enjoy the driving itself. I enjoy driving. It's a very peaceful thing to do for me. So, and be comfortable with being in the car. What I used to do often and don't do it so much anymore, I would get into my car and drive out to some lonely place and sit in the car and meditate or write. I liked being in the car. So use the enjoyment. The more you find

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the enjoyment, the less likely the fear's going to come back. So seek the enjoyment of—it has to do with enjoying the present moment, the driving itself, the movement and so on. And don't go into your mind, don't follow up that thought when it says, "Is it going to last? Is this state of being without fear going to last?"

OPRAH WINFREY (HOST): Just stay in the moment.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Stay in the moment. The more you're in the moment; the less likely fear is going to come back. It can't really come back when you are in the now. It's only when you leave the now, then it will come back. Either you go into the past and you remember something that happened in the past. You've left the now, or you go into the future and say, "Am I going to have fear again at some point?" So the more you stay in the now, the more you're keeping out fear. Fear comes through past or future.

OPRAH WINFREY (HOST): Thank you.

KRISTINA: Thank you.

OPRAH WINFREY (HOST): Thank you so much.

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

OPRAH WINFREY (HOST): Okay, Yvonne. Okay, hi.

YVONNE: Yes.

OPRAH WINFREY (HOST): What's your question? I like this question.

YVONNE: It's about "this too shall pass." And the quote about it, and I forget the quote (inaudible). How do you be a voice for change in the planet where things are going wrong and still will be present in the stillness and create the action without being taken down by all the horrendous things that are happening? It seems to me like a paradox; to be present and then to work for change in the future.

OPRAH WINFREY (HOST): Yeah. You said, "How can I be a voice for planetary change and really say I don't mind what happens because there's so much..."

YVONNE: (inaudible) crazy stuff.

OPRAH WINFREY (HOST): So much crazy stuff is going on in the world, how can you just say...

YVONNE: How can you not mind animal abuse?

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OPRAH WINFREY (HOST): Right, not mind animal abuse, not mind all the violence going on in the world and just saying, "This too shall pass."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): First, of course, the English language has two expressions that are related and yet very different. Sometimes, "I don't mind" is interpreted by people as meaning "I don't care." "I don't care" and "I don't mind" are very different. "I don't mind" does not mean that you don't care. It means there is a space of freedom inside you, and that is a peaceful place. And unless you are rooted in that peaceful place within, you cannot ultimately be an agent for true positive change in this world. Your state of consciousness is what transmits itself through whatever you do. Your state of consciousness is primary. And only if your state of consciousness is at peace, can whatever you do reflect that. And you can be a bringer of peace into this violent and insane world, and you can then, through whatever you do externally, can bring sanity into this logic-insane world.

OPRAH WINFREY (HOST): Whether it's about that particular thing you're concerned about or not, because if you are in a state of consciousness where you are at peace, everything that you do in the world will bring peace to the world.

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

OPRAH WINFREY (HOST): And that's how you change the world.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And everything you will do—you do will be much more empowered, it will be empowered by that consciousness rather than coming from antagonism, coming from thinking, "I have to fight these people, making situations of people into enemies." That's all the old consciousness. You cannot change this world through the old consciousness or applying the structures and the ways of the old consciousness.

OPRAH WINFREY (HOST): Yeah, one of the things you shared with us earlier, what he was saying, Yvonne, in one of the early classes is that you cannot make change by fighting against anything. And a surefire way of knowing that something is going to fail is when you say, "It's the war against..."

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

OPRAH WINFREY (HOST): "The war against" anything cannot win.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So you cannot fight it, it does not mean that you cannot take action. You can take powerful action, but it comes out of that basic place of inner peace. People don't realize—many people don't realize yet that

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very powerful action comes out of the place of inner peace. They believe they need to be agitated to bring about change.

YVONNE: Coming from inner peace, motivate other people to sort of mind what's going on so that they might do things differently in their lives that impact the planet as a whole, that's the thing that kind of worries me. That the concept can give people apathy and, like, "Oh, I'm going to throw my cigarette on the ground and it's going to go into the ocean, and I don't mind what happens."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No, that's not it. You see the consequences of any action, if you're present, then you will not do unconscious things that actually produce suffering. It's only when you are not present that you will produce suffering in one form or another.

OPRAH WINFREY (HOST): Got that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): When you're present, you do not generate suffering for yourself or others. It's the only place from where you don't generate suffering. And then already, you are already at the beginning of the change of the world. And then it doesn't matter what you do, you may just disseminate information, but the information about—to make people aware of certain things, some people have very important things to do. And the way in which you disseminate the information will also be empowered by your state of consciousness. It will not make others wrong—other people wrong—and thereby produce a reaction and then you're trapped in the same old thing.

OPRAH WINFREY (HOST): You've experienced that, right, Yvonne? You've been on the street and somebody's trying to hand out something. And if it's a person who is really agitated or you can feel or sense their anger and agitation, you don't want to take the pamphlet. But if the person hands it to you or whatever it is with a sense of calm or peace, then you're more inclined to want to even engage with them.

YVONNE: I've experienced that as myself, like, 15 years ago being the staunch environmentalist and telling people what to do, and, of course, watching them do the opposite.

OPRAH WINFREY (HOST): Yeah.

YVONNE: And inspiring the exact opposite that I wanted. So I've worked the last 10 years since *The Power of Now* to be present, but in order to do that I had to, like, stop looking at the atrocities of the world. And now I'm ready to come back and I want to keep the spiritual side, but at the same time, not let the world get me down but be able to do something and be a part of positive change.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, that's your challenge now.

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YVONNE: I appreciate this (inaudible).

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Your challenge now and your spiritual practice now is to balance the two so that you can be active and bring about change in the world without losing your rootedness in being and your presence. So that's a balancing, a balancing act.

OPRAH WINFREY (HOST): Yeah. Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And that's what you have to do now.

YVONNE: Thank you for sharing how to do it

OPRAH WINFREY (HOST): Thank you.

YVONNE: I'm learning slowly what you just said about accepting the acceptance, the deep acceptance of the world as it is, that hit me, finally. I'm starting to understand it in depth. And not the accept of it's okay.

OPRAH WINFREY (HOST): Right.

YVONNE: Just that it—this is happening.

OPRAH WINFREY (HOST): That it is happening.

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

OPRAH WINFREY (HOST): Yes, and that the angrier, more upset you get about it, it's still happening.

YVONNE: Oh yeah, yeah. That doesn't serve anything. I get that, but then how do you keep going? But—I'm—slow process. There's two more weeks, two more chapters.

OPRAH WINFREY (HOST): Thanks, yeah. Inner purpose is going to help that a lot.

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

OPRAH WINFREY (HOST): Thank you. Tell Nick to be sure to show up for inner purpose, I've got a few things to say to him. Thanks, everybody. Natalie lives in Australia but is on holiday with her family and is Skyping us from her friend's kitchen in England. Hi, Natalie.

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NATALIE: Hi, Oprah. Hi, Eckhart. How are you?

OPRAH WINFREY (HOST): We're both well, thank you.

NATALIE: This is so exciting for me. On page 239 in your book, you say that some people feel more alive when they travel and visit unfamiliar places or foreign countries because those times sense perception, experiencing, takes up more of the consciousness than thinking. Since the class on the third chapter, I've been sharing an amazing holiday with my family and our friends through Europe. I've been able to enjoy my holiday so much more by practicing the teachings that I've read about in the book and the things I've learned from the class. But my life back home is not like my holiday, it's really busy. I've got a job and three children, and my husband has his own business. And on reflection, I think I've filled up any free time I've had so that I wasn't aligned with that constant noise in my head. I feel really great at the moment, and I want to feel the same when I go home. So my question is, how do I transition between this wonderful holiday and go back to my normal life at home?

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

OPRAH WINFREY (HOST): That's a good question.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, yes, thank you. Yes, it's a good question. The everyday-ness of many people's lives can really pull you into a place of unconsciousness because of the repetitiveness of one's life. So it's up to you when you get home to bring, to invite a different state of consciousness as much as possible into your daily life. Into the daily routine of your life, invite a state of presence. When you are engaged in things that you do every day repetitively, things that usually are a means to an end, driving the kids to school, going, doing the shopping, doing—you can see how many things are a means to an end in one's daily existence. And that's not a very powerful way to live when almost everything you do in your daily existence is a means to some end because you have to do this and you have to do that. So bring in presence where, instead of treating whatever you do as a means to an end, as much as possible, make it into an end in itself. For example, when you are driving from here to there, be absolutely present every moment. Look around. Be alert as if you were seeing things for the first time, the trees, the people, the traffic.

OPRAH WINFREY (HOST): And you do that by not labeling things.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Not labeling mentally what you are experiencing. Be there as a conscious presence when you're doing shopping at the supermarket.

OPRAH WINFREY (HOST): Perceiving without naming is what it's called.



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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Perceiving without naming. Be there with every step, look at the things around you, "What do I need to get?" To be conscious of every movement, of everything around you, so that it's not an everyday thing. It's that everything that you do is happening just now. It's not a repetition.

OPRAH WINFREY (HOST): And I promise you, if you start to do this in your everyday life, what he says on page 252, "As much as possible in everyday life, use awareness of the inner body to create space. When waiting, when listening to someone, when pausing to look at the sky," all on page 252, "a tree, a flower your partner, or child, feel the aliveness within at the same time. This means part of your attention or consciousness remains formless, and the rest is available for the outer world of form. Whenever you "inhabit" your body in this way it serves as an anchor for staying present in the Now. It prevents you from losing yourself in thinking, in emotions, or external situations." When you really get that, what he's saying on page 252, Natalie, everything around you takes on a magical quality. I can really testify to that, that just doing routine things becomes almost like you have wow moments doing the smallest things, you know. Washing the...

NATALIE: I've been feeling that—I've been feeling that at the moment because we've been seeing so many amazing things and meeting so many different people and being in places where they speak different languages. But I know at home, what I do—when I'm doing something, I'm thinking about the next thing that I'm going to be doing.

OPRAH WINFREY (HOST): The next thing.

NATALIE: So I really need to—I can really take that on. Thank you so much.

OPRAH WINFREY (HOST): What I would like to say to you and everybody else, when you start to put this into practice, and I've been doing it myself during the past eight weeks. When you start to actually put it into practice, everything is amazing.

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

OPRAH WINFREY (HOST): Everything starts to be amazing. The fact that you're breathing in and out of your lungs starts to be amazing. That's what the now does. It brings you to a level of consciousness and presence so just being is amazing. And you don't have to leave home to experience that. Isn't that the key, isn't it?

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

OPRAH WINFREY (HOST): What is on the back board? I thought I saw my name there when there was a wide shot there. Does that say "Oprah?"

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NATALIE: Thanks from my daughter. That's from my Georgie. She's asleep because it's about 3 a.m. She wanted to say hi, so that's her "Hi, Oprah."

OPRAH WINFREY (HOST): Hi, Georgie. Thank you. Thank you very much, Natalie.

NATALIE: Bye, thank you.

OPRAH WINFREY (HOST): Thank you. What Natalie was talking about is the whole point of awakening to your life's purpose, and next week we're going to be talking about inner purpose, which is what I was trying to say to Nick, maybe too stridently. Those happened a couple times where I'm, like, saying to Gayle, Gayle will say, "I don't understand," and I will go, "Well, the reason is..."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, Nick represents about 50 million other people who are the same.

OPRAH WINFREY (HOST): That's right, who are feeling that, "Well, listen, I got to make money. I got to make money." But what we're going to be talking about next week, Nick, is when you align the inner purpose and let the inner purpose determine what your outer actions are, then you're not worried.

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

OPRAH WINFREY (HOST): You never worry.

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

OPRAH WINFREY (HOST): No matter how much money you're making, you're not worried because you're on purpose with your life. You're on purpose with your life. Yeah, well, you know, I think a lot of people feel like this is all kind of—sometimes they feel like this is ooey-goey stuff, and yes, and "I'll get spiritual, but let me make some money first. I want to be spiritual and all that, but I got to make some money first."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yeah, that's actually in the New Testament where he says, "Let me first do this"—they're invited into the kingdom of heaven.

OPRAH WINFREY (HOST): That's right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And say, "Oh, let me first do this." There's another, wait, has another excuse, "Let me first do this first. I have to do this."

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OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): "Then I'll be ready." Of course, it never happens. The then never comes.

OPRAH WINFREY (HOST): So there is Barbara in Shanghai, China, who writes, "I find it really difficult to be the observer of a challenging work environment, especially when I'm frustrated with employees and have to discipline my staff. What are some of the practical steps I can take to overcome the situation?"

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, there you use whatever the practical things that are described in the book. Conscious—one or two conscious breaths as often as possible. Getting in touch with the feeling of the inner body, the aliveness of the inner body while you are listening to people especially. Then already a different energy is there. You are listening from a different state of consciousness when you are in touch with the inner body while you listen.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And a lot of things—the person who is running an office or whatever our questioner does, they probably have to deal with many people every day, which involves listening to people in addition to, of course, speaking to people. So be there as the—feel the aliveness within as you listen. As much as possible, take conscious breaths while you are engaged in things.

OPRAH WINFREY (HOST): That's right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Bringing spaces, little spaces into your daily existence.

OPRAH WINFREY (HOST): Gaps.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Little gaps. That is more important than doing. It's wonderful to do a meditation at the end of the day. But bringing little gaps into your everyday activities is even more important.

OPRAH WINFREY (HOST): I love where you talk about on page 232 and 233. You tell people to "avoid watching television programs and commercials that assault you with a rapid succession of images that change every two or three seconds. ... Rather than watching at random, choose the programs you want to see. Whenever you remember to do so, feel the aliveness also inside your body as you watch. Alternatively, be aware of your breathing from time to time. Look away from the screen at regular intervals so it doesn't completely take possession of your visual sense." We just did a show

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the other day and this mom—it was a show about giving up what you could be willing to live without. This family was going to give up their computers, or they did give up their computers and their television for a week. And their little 5-year-old boy was crying because he had to give up the computer. His mom walked in the room, stood behind him, was behind him, called his name, and he still couldn't, he couldn't hear her because he was so mesmerized by the video game he was playing. What are we doing to ourselves and more importantly, to our children through the video games, the television? Which is a form of like hypnosis almost.

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

OPRAH WINFREY (HOST): For people.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, yes. And it pulls your attention out of the body. It's like leaking, an energy leakage, especially for young children. The energy gets drawn out very easily. So it's continuous energy leakage, and they cannot focus because of the rapidly changing images on TV screen in many programs, the ability to have a prolonged focus on something is greatly diminished.

OPRAH WINFREY (HOST): Well, I thought that. That's why we have so many children with ADD because they've grown up in a world where there's 30 seconds, 30 seconds and 30 seconds.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. That means the quality of your life is also diminished because the quality of your life very much depends on the degree of your attention. Attention is quality. So if you cannot give attention to anything for very long, that diminishes the quality of your life and what you can do. So parents need to be careful with their children. I'm not saying remove all these things immediately from your children because they are addictive, but very gently don't—reduce the amount of time they spend with video games, and reduce gently the amount of time spent watching television.

OPRAH WINFREY (HOST): Because they cause you, as you say, "So when watching television, the tendency is for you to fall below thought, not rise above it. Television has this in common with alcohol and certain other drugs. While it provides some relief from your mind, you again pay a high price: loss of consciousness."

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

OPRAH WINFREY (HOST): That's what it's designed to do, isn't it, for the most part?

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

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OPRAH WINFREY (HOST): Our show, though, is designed to make you more conscious, I will have to say that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I know that. When I wrote, there somewhere there are some television shows that have been helpful to many people and have raised people's consciousness, it says that somewhere in the book.

OPRAH WINFREY (HOST): It does.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I saw you in my mental – in my mind.

OPRAH WINFREY (HOST): Really?

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

OPRAH WINFREY (HOST): Thank you. You could have just said, "*The Oprah Show*." I saw you wrote that there are some television shows—you could have just put in parenthesis, "*The Oprah Show*, for example. Yes. Yeah, but for the most part, television is designed to numb us out.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And here we have the interesting concept of arising above thinking and falling below thinking. So what we are engaged in here—now, most people are at the thinking level. They are controlled by their mind; they are identified with their mind. This work that we are doing here, if you can call it work, it's not work really, is rising above thinking. Being present means you've risen above thinking. You are fully conscious, but there's little or no thought activity.

OPRAH WINFREY (HOST): Can you tell me why you say on page 233, "Make sure you don't go to sleep immediately after switching off the set or, even worse, fall asleep with the set still on." I know my friend Gayle sometimes is watching TV, and she goes, "I don't know if I was watching or my feet were watching" because she goes asleep with the TV on.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So then the, all the turmoil that you've just been watching and you've just spent a significant amount of time below thought in a state of unawareness and unconsciousness, and if you go from—that will affect the quality of your sleep. And you will notice also when you wake up in the morning you won't be as refreshed. It's vital to go into sleep from a place of consciousness rather than unconsciousness. Then the quality of your sleep will be much better, and you will wake up feeling renewed.

OPRAH WINFREY (HOST): I notice that. See, I don't watch television before going to bed, I hardly watch television at all, but I notice that if I meditate before going to sleep, I have a better sleep.



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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And what I recommend to people is as they lie in bed ready to go to sleep, lie on your back, flat on your back, and bring attention, scan your body with your attention from your feet to your head, your hands, your arms. And then feel the internal aliveness of the body as you lie there. You lie in the energy field of your body. That means there's also very little or no thinking going on because the attention moves into the body. And there, from there, you go to sleep. Hold that for five, 10 minutes, it's a very pleasant way of saying goodbye to that day and of going into sleep. It feels very much alive. It's joyful actually, to lie there in that energy field.

OPRAH WINFREY (HOST): And that energy field that you're talking about is exactly what this whole chapter is about, is the energy field of inner space.

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

OPRAH WINFREY (HOST): Go inside the body and allow yourself to be the observer of the body.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And then you connect with the energy. You merge with the energy field. And, of course, the body is mostly empty space. 99.999 percent empty space. Physicists tell us the space between the molecules, the atoms that make up the body, the spaces in between the atom is so vast that your body is 99.999 percent empty space.

OPRAH WINFREY (HOST): That's a lot for my brain to take in right now. But I do want to thank you for joining us. This eighth class will be available on demand tomorrow for free here at Oprah.com. And if you want to download or watch any of our classes, you can do that tomorrow also at Oprah.com and iTunes. It's free because of the generous support of Nature Made Softgel Vitamins. This week, you can update your workbook, get ready for our next class, Chapter 9. We're coming to the end. Your inner purpose. Your inner purpose for all of you who read this book, looking for your inner purpose, this is what it's all about, people. Thank you.

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

OPRAH WINFREY (HOST): For bringing us into inner space. Next week is inner purpose. And as I saying to Nick earlier, inner purpose, when it defines what you do in the world, puts you in alignment, and all things come.

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

OPRAH WINFREY (HOST): As they should.



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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And then comes the alignment of inner purpose and outer purpose.

OPRAH WINFREY (HOST): Oh that's it. Thanks everybody, goodnight.

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

OPRAH WINFREY (HOST): Let's do our high five. We almost didn't do it last week, and people complained. Bye, everybody.

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