

# **The Essential Eckhart Tolle**

**A Comprehensive Summary  
Of The Great Spiritual Master's Teachings**



*Written And Compiled By [Alex Exarchos](#)*

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## A few words about the author of this booklet



[Alex Exarchos](#) was born in Athens, Greece in 1980, where he grew up and lived until his early 30s. Since 2012 he has been living in Frankfurt am Main, Germany.

Alex has written and published seven books, the most recent of which are [“102 Companions On Your Journey To The One And Only Truth”](#), for which one could say that it may be the most comprehensive spiritual companion book available today (2<sup>nd</sup> half of the 2020s), and [“Who Are You?”](#), in which he presents his proposed 18-step self-exploration process, based on ancient Greek philosophy and mythology. You can find more information on Alex’s other books and writings by visiting his [writer’s website](#).

As of relatively recently, Alex has also been active as a [niche threshold companion / coach](#), having developed an [array of relevant offerings](#). These are pieces of work that Alex can personally vouch for, and which are consistent with his three core values, featuring in his business’ logo: [Evolution, Freedom, Fun](#).

Alex is particularly interested in topics of self-awareness and spirituality. His [blog](#) features posts which are primarily devoted to these very subjects. This being said, Alex is not very fond of labels and strict categorisations. His life’s philosophy can be best summarized in the following phrase from his first book, [“MONO”](#):

*“There is no shortcut from dreams to reality;  
there are endless shortcuts from reality to dreams...”*

Alex decided to write this booklet and offer it **for free** to whomever subscribes to his regular spiritual companion newsletter list as a tribute to one of his life’s most important Teachers and biggest influences: Eckhart Tolle. The reader who is interested in the life and work of this great spiritual Master of our times is

encouraged to pace themselves in reading through the material included here, and frequently revisit it.

Should you wish to directly contact Alex on any topic (which you are always warmly encouraged to do), you may do so by following [this link](#).

## Introduction

In every generation, there emerge very few Beings who, for lack of a better term, act as genuine manifestations of the Soul of Humanity, and are therefore critical in propelling our Kind's spiritual awakening and evolution.

Such Beings usually do not become widely known. This is regardless of the fact that the impact of their actions and the footprint of their mere presence is unmistakably felt and makes a difference. Sooner or later. And in everyone's life.

It is thus a very special occasion when the existence and work of such a Human Being becomes known during the time in which they are alive.

Eckhart Tolle is undoubtedly one of these special Beings, who act as Guardians of our true nature as well as Spiritual Teachers whose wise words can transform a human being's life for good.

I personally have spent years reading all of his works and benefiting tremendously from his guidance. It would be no exaggeration to say that Eckhart Tolle has been one of the brightest lights that have illuminated my existence and has often dispelled the darkness that had fallen heavy upon me, during some of the most difficult times of my life. And I have, in fact, returned time and again to his work, rereading and relistening to his wise words, in order to receive a much needed, and always welcomed, comfort, consolation and lightness of heart.

Moreover, my acquaintance with the life and work of Eckhart Tolle has been one of the most pivotal factors that motivated me to embark on my very own journey of spiritual awakening and (true) self-awareness. Eckhart Tolle is also one of the major influences behind many of my writings (most of which you may find in my two websites, [here](#) and [here](#)) as well as in my latest book are [\*\*"102 Companions On Your Journey To The One And Only Truth"\*\*](#).

It is, thus, my duty and immense pleasure to present you this booklet, which includes a comprehensive summary of Eckhart Tolle's teachings.

Please note that while I have tried my level best to reflect here the gist of all of Eckhart Tolle's key teachings, I have - at maximum - achieved nothing more than merely scratching the surface of the work of this genuine spiritual Master.

One would have to devote much more time and effort and read and / or watch most, if not all, of his books, as well as his most important audio and video output, to truly get in communion with Eckhart Tolle's profound wisdom. In this regard, you will find links to all my personal recommendations on what I believe are Eckhart Tolle's most significant works in the [final part of this booklet](#) as well as in the [page of my website that is dedicated to Eckhart Tolle's most important works](#).

Having said this, it's also fair to highlight that, as of a certain point onwards, one's intellectual understanding of Eckhart Tolle's teachings is not enough. What is required for their true power to be manifested in one's life is for them to become the directly experienced undercurrent of one's everyday – every moment's, in fact - activity.

I believe Eckhart Tolle would surely agree with me on the following: all his life and work has been about turning our attention away from our mind's incessant and pointless chatter and placing it instead on the moment-by-moment dazzlingly blissful miracle of Living.

But before I proceed with my overview of Eckhart Tolle's life and work, let me first try to propose a definition of the concept which is at the core of his teachings, as well as at the core of the teachings of all the other Masters like him in the history of humankind: that of Spirituality.

## About Spirituality...

In trying to properly define spirituality, one is faced with the ancient philosophical problem: **how to define that which can never be adequately defined**. This refers to all fundamental concepts that have the ambition of (imperfectly) describing the quintessence of human experience; concepts that have generated questions such as:

What is Reality?

What is Life?

What is God?

And so on.

Usually, what helps in these cases is to state what such concepts are clearly **not**. Alas, in this booklet I don't have the necessary room to satisfactorily move along the lines of such approach.

I will instead attempt another one, which is perhaps less effective, but also more honest: to speak about Spirituality while acknowledging a priori that whatever I say is incomplete and, at best, only a pointer to the Truth found at the heart of the matter (usually) associated with this label.

A Truth which (let's stress this once again) a human being can never intellectually and fully comprehend, but only directly experience it.

Taking the aforementioned into account, I propose that **Spirituality refers to a human being's quest to understand and experience the true nature of the world and of himself**.

It is a journey that one can embark only on one's own and where, by definition, **the origin and the destination are one and the same**. In fact, the only thing that differentiates the former (origin) from the latter (destination) is that the truth of their coincidence can only be fully realised in retrospect, that is, once one arrives where one... had always been.

Confusing? Yes and no.

It's a paradox. One that while you can perhaps (albeit, not necessarily easily) intellectually understand and accept (and don't get me wrong, such understanding helps a lot), you may eventually resolve only when you fully experience the, literally unspeakable, Truth such paradox points to.

By the way, if you are serious about your spiritual journey, you should not be afraid of paradoxes. In fact, not only should you accept them, but you should also embrace and celebrate their emergence as a clear sign that you're on the correct path.

At least, from a... spiritual point of view.

You see, life uses paradoxes – that is, the simultaneous existence of two *seemingly* incompatible truths – to show us that, in reality, duality/multiplicity is but an illusion; to show us that, in fact, all is one.

Whoever begins their spiritual awakening journey enters a self-investigation, self-realisation and self-transformation process. At the same time, this process of discovering the nature of one's True Self mirrors the equivalent process of discovering the true nature of the universe surrounding one. Soon, the "spiritual traveller" realises that the two processes are merely two aspects of the same quest.

The spiritual awakening journey is not for the faint-hearted. At certain junctures it requires superhuman courage and perseverance. At the same time, effortlessness and letting things play out are key elements to it.

(Again, here, we observe the predominance of this kind of empowering and productive paradoxes).

At the end of the day, the spiritual quest is the most important endeavour that any human being can undertake in their life. Evidently, there can exist *nothing more basic and necessary* than discovering the true nature of oneself and the world in which one lives. At the same time, most human beings have not yet reached the stage whereby they can consciously accept (let alone, embrace...) such Truth. Hence, the prevalence of the kind of existential suffering that is especially accentuated in times of profound spiritual crises, like the one humanity is currently going through.

Enter Eckhart Tolle and the critical significance of his work and teachings.

Enlightened Beings like him have always been the exception (in terms of numbers, mind you; *not of influence*) in the history of humanity. However, given that:

- a) humanity is for the first time capable to completely annihilate itself, and
- b) Eckhart Tolle is still alive and active at the present, unprecedented historical crossroads,

it becomes extremely indispensable and pertinent (**here and now!**) to learn what he has to teach us and to follow his example in order to initiate, or continue, our spiritual awakening journey.

So, let's find out more about the man's life and, more importantly, work.

## A short biography of Eckhart Tolle

### *The first 30 years of his life*

Eckhart Tolle was born as Ulrich Tolle in a small town of post-World War II West Germany in 1948. His childhood was rather unhappy – particularly his early one. He constantly experienced feelings of fear, anxiety and alienation. This was mainly due to the general bleakness of life in his divided country at the time, a hostile school environment and the very tense relationship between his parents, who eventually separated while he was still quite young.

When he was 13 years old, Eckhart moved to Spain to live with his father, who granted him his wish of not attending high school. Thus, he spent a lot of time at home, studying literature, astronomy, and various languages.

At the age of 19, Eckhart moved to England and taught German and Spanish for three years at a London school for language studies. During these years, he continued to suffer from acute spells of depression, anxiety and fear.

In a search for answers to his persistent and deep questions about the nature of life as well as attempting to alleviate his perennial anxiety, Eckhart decided to study philosophy, psychology, and literature, and enrolled at the University of London. However, his studies failed to provide him with the inner peace he was yearning for. After graduating, he was offered a scholarship to do postgraduate research at Cambridge University, which he began to attend in 1977, but from which he dropped out soon after.

### *After his spiritual awakening experience*

In [one of the following chapters](#), I will elaborate more on the critical, “big bang”-like, moment of Eckhart Tolle’s transformation, in the very early hours of a day in 1977. What is crystal clear is that this was a turnaround point that rarely a human being experiences in their life. Personally, I’ve always been tempted to parallelise it with the “Road to Damascus” conversion of St. Paul into Christianity, as per the

respective story narrated in the New Testament. Not so much in terms of context, but rather with regard to the power, immediacy and irreversibility that both these events seem to share.

Eckhart emerged from that momentous event a transformed man. As of the very next day, an inner and undisturbed peace permeated everything in his life. He lost any interest in his studies and as already mentioned he eventually dropped out of them. In fact, Eckhart spent the better part of the next few years seated on benches in various London parks, simply observing the world go by. This was also the period during which he changed his first name from Ulrich to Eckhart<sup>1</sup>, prompted by a foreshadowing dream and the impromptu suggestion of a psychic friend of his.

The careful reader will have already observed by now that merely all pivotal moments in Eckhart Tolle's life were triggered by what most people would call "coincidences", "hunches" or "random events". This noteworthy pattern continued also later in the man's life.

Immediately after his initial spiritual awakening period, Eckhart started working as a counsellor and a spiritual teacher. Again, this transition was realised in a totally spontaneous manner. He claims that he began adopting this role when people started sitting next to him on the park benches where he spent most of his waking time back then and began asking him various questions of spiritual nature.

So, over the next years (until about the mid-90s), Eckhart remained in the UK where he taught small groups of people on spiritual matters.

Then, pushed by an irresistible urge stemming from deep within him, Eckhart moved to the West Coast of North America; in particular, Vancouver, Canada. He met there his future wife, Kim Eng. He resides in Vancouver to this day.

What eventually made Eckhart Tolle a household name was undoubtedly his first book, "[The Power of Now](#)", published in 1997. In a period of few years, and after receiving endorsements by some very influential people at the time (most

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<sup>1</sup> Linked to, and inspired by, the life and work of the late 13<sup>th</sup>/early 14<sup>th</sup> century German theologian, philosopher and mystic, [Meister Eckhart](#)

prominently, Oprah Winfrey), the book became a number one New York Times bestseller and was translated from English to 33 languages.

Eckhart Tolle has since then published two more books ([“Stillness Speaks”](#), in 2003; and [“A New Earth”](#), in 2005). Moreover, in 2009, he published [“Guardians of Being”](#), a picture book illustrated by Patrick McDonnell, the creator of the comic strip “Mutts”.

In the past 20 years, Eckhart has given numerous interviews and speeches (in English, German and Spanish) and has also organised several workshops, which have been attended by tens of thousands of people, or perhaps even more.

Eckhart Tolle remains one of the most important spiritual figures of our times. Today, in view of the unprecedented worldwide events still unfolding as I am writing these lines (late September 2023), his teachings are probably more valid and significant than they have ever been.

## The Essence Of The Spiritual Teachings Of Eckhart Tolle: A General Introduction

It quickly becomes evident to whomever chooses to carefully study the life and work of the handful of authentic spiritual masters who have provenly walked on the surface of this planet that they all essentially teach the same basic truths.

In this sense, the core of the teachings of Eckhart Tolle doesn't differ from the one delivered by spiritual figures as gigantic as Jesus Christ, Buddha, Ramana Maharshi and many more, known and unknown.

However, the ways and the means (i.e., concrete words, stories, parables, and, in general, methods) that each one of these masters has employed or advocated in order to “package” their messages and drive them across to their audience are, in each case, unique. That, of course, also holds true for Eckhart Tolle.

In this respect, what follows is a list summarising what are, in my opinion, the key spiritual messages that Eckhart has conveyed with his work during the past decades:

- Spiritual awakening or enlightenment is what each human being is truly yearning for (purposely or inadvertently). It is something that is available to everyone and is, in theory, simple to achieve; however, and paradoxically, that's also the reason why, in practice, it usually involves a very complex and arduous process to be realised. This is especially true for today's human being, who lacks a holistic view of her life and is constantly carried away by the fleeting impressions her mind generates, as well as by the ever-changing external circumstances and events she's dealing with;
- One should focus on [realising who one truly is](#). Experiencing and not just mentally understanding the true nature of oneself is the key to spiritual awakening. To achieve this, one should disidentify from any material or immaterial form or from anything that is not permanent (such as e.g., thoughts of the mind or images of the body);
- The true nature of oneself cannot be adequately described by language. The maximum one can achieve with words is to only point towards it and say that the true nature of the Self coincides with what is formless and eternal inside

us; the vibrantly alive and always aware Consciousness; the untransmutable Being, which seats deeply at the core of our existence;

- Identification with a set of entirely fictitious thoughts which produce a purely mind-made entity that human beings typically (and erroneously) identify as their self (“me and my story”, as Eckhart often refers to it) constitutes the genesis of the Ego within us, and is the fundamental reason behind any human suffering;
- There exists only the present moment. It is always “now o’clock”. Past and future are exclusively mind-made notions, which are also, and unavoidably, generated by our mind’s workings within the Eternal Now;
- Direct experience of the present moment is the only escape from our mind-made Egoic prison; from the suffering of identification with our thoughts. The underlying nature of the present moment is a “field of alert stillness”, which is exactly the same thing as the true nature of our Self. This is the point where the superficial illusion of duality/multiplicity collapses and the underlying unity of all that exists is revealed in its all-encompassing bliss and glory;
- There are three main “gateways” that can direct us straight to the present moment, and therefore away from the never-ending and frustratingly futile spider webs of complex thoughts that our mind weaves and is eager to entangle us into, if we allow it to:
  - **The Gateway of the Inner Body**, which requires moving our conscious attention onto our body (or, alternatively, our breath<sup>2</sup>). This should be done as effortlessly as possible (in other words, with as little strain as possible). When our full attention is placed on the whole body, or parts of it, we can sense an aliveness, which is the pillar underneath it. The latter is our true nature. Eckhart Tolle stresses that when we concentrate like that on our inner body energy or our breath cycle, we immediately disentangle ourselves from any thinking whatsoever;

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<sup>2</sup> Interestingly, Eckhart Tolle has referred to a supposed suggestion by Buddha, as per which whoever can keep their attention to their breath for one consecutive hour, and remain free of any thoughts during this time, will be enlightened. If even one thought enters during this time in the practitioner’s mind, the “one-hour enlightenment clock” must be reset

- **The Gateway of Silence**, which is perhaps the most nuanced one of all three gateways Eckhart proposes. It requires us to direct our conscious attention towards the layer of alert silence underneath all sounds, within and outside us, as well as in the intervals, regardless how brief, among them (sounds). Another version of the Gateway of Silence is to observe that everywhere around us, wherever we choose to look, empty space is the norm rather than the exception. But this empty space is not equivalent to a non-existent void. On the contrary, if we focus our awareness on it we may be able to sense the aliveness that characterises this emptiness, and we may also feel how this aliveness also stimulates the “animateness” of our inner body (the two of them being, basically, one and the same energy);
- **The Gateway of Acceptance of the Present Moment**. This sounds easy (and in principle it is), however Eckhart clarifies that it means full and unconditional acceptance of whatever is happening right now in our lives, no matter how our conditioned mind urges us to label it. This kind of full acceptance of the present moment paradoxically detaches us from what is occasionally happening (as we recognise its temporary and fleeting nature) and at the same time puts us in a position to: a) truly understand whether and what kind of action we need to take in relation to it; and b) proceed with taking it in the most objective, smooth and efficient way possible;
- Finally, it is very important to understand that the true role of the spiritual teacher is not to actively “awaken” her disciple/student. It is rather to help her remove all unnecessary, illusory elements that separate her from the unspeakable reality of her true nature, which is already (and always) available to her.

In the next sections of this booklet, I will present a high-level summary of the key messages from each one of the first three published books by Eckhart Tolle. Since, in my view, this summary reflects the whole body of his philosophical and practical guidance, I believe it can be of extremely high value to the reader, helping her decide where exactly to place her studying emphasis.

## The Power Of Now: A Guide To Spiritual Enlightenment

Eckhart Tolle's first book is arguably his masterpiece and the one that propelled him to fame. He himself has more than once said that if someone wants to get a satisfactory understanding of his teachings, reading "The Power Of Now" would be sufficient.

In a sense, the centrepiece (or cornerstone) of the book is Eckhart's description of the critical night in which his moment of enlightenment, or spiritual awakening, took place.

### *The moment of Eckhart Tolle's irreversible inner transformation*

One night in 1977, at the age of 29, Eckhart Tolle experienced an "inner transformation". That night he suddenly awakened from his sleep, suffering from feelings of depression that were almost unbearable. It was at this very instance when he experienced a life-changing epiphany. Recounting the experience, Eckhart says:

"I couldn't live with myself any longer. And in this realisation a question arose without an answer: who is the 'I' that cannot live with the self? What is the self? I felt drawn into a void! I didn't know at the time that what really happened was that the mind-made self that lives between the unsatisfying past and the fearful future collapsed, along with its heaviness and problems. But it did! It dissolved. The next morning, I woke up and everything was so peaceful. The peace was there because there was no self. Just a sense of presence or 'beingness'; just observing and watching<sup>3</sup>".

We have already covered what directly followed this experience in the section devoted to Eckhart Tolle's short biography, so there's no need I repeat myself here. I will, thus, now focus on providing a, as crisp and concise as possible, summary of the "Power Of Now".

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<sup>3</sup> <https://www.theage.com.au/world/why-now-is-bliss-20030929-gdwfir.html>

The key teachings of this not only noteworthy but arguably ground-breaking spiritual book are the following:

- Only the Present Moment exists; it's the only thing that is real. Its form may change, but its formless, foundational essence is unaltered and eternal;
- The root cause of all human problems and suffering is our identification with our mind and its products (thoughts). This false identification generates the Ego, which is a totally fictitious, mind-made, and cut off from reality entity;
- In the same vein, past and future are purely thought-created notions and it is therefore futile to worry or be anxious about them. Nonetheless, the overwhelming majority of people persist operating under the absurd assumption that not only past and future are real, but they are also more important than the present moment;
- Further, the belief that one can have control over one's life is an illusion and the cause for additional suffering, insofar as one defines one's life to be a mind-made story about who one is supposed to be;
- It is thus imperative for a human being to wake up from this illusory identification with one's mind and its products. The way to walk away from the Egoic trap is to realise and be fully conscious about it; this is how it's automatically dissolved. It's important to understand that fighting against the Ego is not the appropriate way to deal with it, as in this case not only does Ego perpetuate itself but, in fact, it becomes even stronger;
- The true nature of each being, human or other, is pure consciousness or alert awareness. Who you really are is the Observer of whatever is going on, both "within" and "outside" of you (ultimately, of course, this distinction, like any other distinction, is also an illusion);
- All power and creative potential within you are available only Now, in the Present Moment. Once you let go of the false identification with the mind-made sense of "who you are" and realise the meaningless and quixotic nature of both your (so called) "past" and "future", you become free to take full advantage of your true potential, as you were always meant to;
- In addition to the Three Gateways to the Present Moment that were referenced in the previous section of this booklet, other practical methods that

can attune us to the present moment are: avoidance of multi-tasking, spending time in nature, and objectively taking note of our emotions, as if we were but their detached and uninvolved spectator.

## Stillness Speaks

Eckhart Tolle's second book is far from a conventional specimen of what is nowadays usually labelled as a "spiritual book". Especially if what we are comparing it against is your average contemporary "new age" subgenre book.

In essence, "Stillness Speaks" is more representative of the nature of Eckhart's teachings and of his belief about the role of a true spiritual teacher than any of his other works. As he says in its introduction, the book's words are no more than "signposts... pointing to a dimension within [the reader] that is deeper and infinitely vaster than thought".

When it comes to the only function of a true spiritual teacher, Eckhart points out that this is "to help [the reader] remove that which separates [her] from the truth of who [she] already [is] and what [she] already knows at the depth of [her] being".

"Stillness speaks" consists of a collection of "sutra"-like spiritual teachings (that is, aphorisms or short sayings) which, as per Eckhart's suggestion, should not be read hastily or systematically, "from cover to cover", but should rather be digested slowly, irregularly, naturally; ultimately at the reader's own pace.

"Stillness speaks" consists of 10 chapters or, rather, loose collections of similar sayings. There is really no meaningful way to summarise them, so what I tried instead to do here is pick 3 sayings from each of these "chapters" that I personally find to be extremely powerful and share them with you.

It is, of course, very likely and natural that once you get to read the entire book, you will pinpoint that there are other sayings that are not mentioned here, but which "talk" to you in an even more empowering manner than the ones that follow.

After all, stillness may, essentially, always carry the same "message", but the ways it uses to convey it are as many as the number of human beings who become ready and willing to listen to it...

### *Chapter 1: Silence And Stillness*

- “Your innermost sense of self, who you are, is inseparable from stillness. This is the *I Am* that is deeper than name and form”.
- “When you become aware of silence, immediately there is that state of inner still alertness. You are present. You have stepped out of thousands of years of collective human conditioning”.
- “Stillness is the only thing in this world that has no form. But then, it is not really a thing, and it is not of this world”.

### *Chapter 2: Beyond The Thinking Mind*

- “The stream of thinking has enormous momentum that can easily drag you along with it. Every thought pretends that it matters so much. It wants to draw your attention in completely.  
Here is a new spiritual practice for you: don’t take your thoughts too seriously”
- “Whenever you are immersed in compulsive thinking, you are avoiding what is. You don’t want to be where you are: Here, Now”.
- “The realm of consciousness is much vaster than thought can grasp. When you no longer believe everything you think, you step out of thought and see clearly that the thinker is not who you are”.

### *Chapter 3: The Egoic Self*

- “The mind is incessantly looking not only for food for thought; it is looking for food for its identity; its sense of self. This is how the Ego comes into existence and continuously recreates itself”.
- “What will be left of all the fearing and wanting associated with your problematic life situation that every day takes up most of your attention? A dash – one or two inches long, between the date of birth and date of death on your gravestone.

To the Egoic self, this is a depressing thought. To you, it is liberating”.

- “‘No self, no problem’, said the Buddhist Master when asked to explain the deeper meaning of Buddhism”.

#### *Chapter 4: The Now*

- “When you make friends with the present moment, you feel at home no matter where you are. When you don’t feel at home in the Now, no matter where you go, you will carry unease with you”.
- “The present moment is as it is. Always. Can you let it be?”
- “A simple but radical spiritual practice is to accept whatever arises in the Now – within and without”.

#### *Chapter 5: Who You Truly Are*

- “The Now is inseparable from who you are at the deepest level”.
- “Reincarnation doesn’t help you if in your next incarnation you still don’t know who you are”.
- “When you know who you truly are, there is an abiding alive sense of peace. You could call it joy because that’s what joy is: vibrantly alive peace. It is the joy of knowing yourself as the very essence before life takes on form. This is the joy of Being – of being who you truly are”.

#### *Chapter 6: Acceptance And Surrender*

- “The habitual and reactive ‘no’ strengthens the Ego. ‘Yes’ weakens it. Your form identity, the Ego, cannot survive surrender”.
- “‘Doing one thing at a time’ is how one Zen Master defined the essence of Zen.

- Doing one thing at a time means to be total in what you do, to give it your complete attention. This is surrendered action – empowered action”.
- “Am I saying, ‘Enjoy this moment. Be happy’? No. Allow the ‘suchness’ of this moment. That’s enough”

### *Chapter 7: Nature*

- “Bring awareness to the many subtle sounds of nature – the rustling of leaves in the wind, raindrops falling, the humming of an insect, the first birdsong at dawn. Give yourself completely to the act of listening. Beyond the sounds there is something greater: a sacredness that cannot be understood through thought”.
- “You didn’t create your body, nor are you able to control the body’s functions. An intelligence greater than the human mind is at work. It is the same intelligence that sustains all of nature. You cannot get any closer to that intelligence than by being aware of your own inner energy field – by feeling the aliveness, the animating presence within the body”.
- “The playfulness and joy of a dog, its unconditional love and readiness to celebrate life at any moment contrast sharply with the inner state of the dog’s owner – depressed, anxious, burdened by problems, lost in thought, not present in the only place and only time there is: Here and Now. One wonders: living with this person, how does the dog manage to remain so sane, so joyous?”.

### *Chapter 8: Relationships*

- “When you receive whoever comes into this space of Now as a noble guest, when you allow each person to be as they are, they begin to change”.
- “Human interaction can be hell. Or it can be a great spiritual practice”.

- “When you look upon another human being and feel great love toward them, or when you contemplate beauty in nature and something within you responds deeply to it, close your eyes for a moment and feel the essence of the love or that beauty within you, inseparable from who you are, your true nature. The outer form is a temporary reflection of what you are within, in your essence. That is why love and beauty can never leave you, although all outer forms will”.

### *Chapter 9: Death & The Eternal*

- “Sages and poets throughout the ages have recognised the dreamlike quality of human existence – seemingly so solid and real and yet so fleeting that it could dissolve at any moment.

At the hour of your death, the story of your life may, indeed, appear to you like a dream that is coming to an end. Yet even in a dream there must be an essence that is real. There must be a consciousness in which the dream happens; otherwise, it would not be.

That consciousness, - does the body create it or does consciousness create the dream of body, the dream of some-body?

Why have most of those who went through a near-death experience lost their fear of death? Reflect upon this”.

- “Some people become deeply peaceful and almost luminous just before they die, as if something is shining through the dissolving form. Sometimes it happens that very ill or old people become almost transparent, so to speak, in the last few weeks, months, or even years of their lives. As they look at you, you may see a light shining through their eyes. There is no psychological suffering left. They have surrendered and so the person, the mind-made Egoic ‘me’, has already dissolved. They have ‘died before they died’ and found the deep inner peace that is the realisation of the deathless within themselves”.
- “To every accident and disaster there is a potentially redemptive dimension that we are usually unaware of.

The tremendous shock of totally unexpected, imminent death can have the effect of forcing your consciousness completely out of identification with form. In the last few moments before physical death, and as you die, you then experience yourself as consciousness free of form. Suddenly, there is no more fear, just peace and a knowing that “all is well” and that death is only a form dissolving. Death is then recognised as ultimately illusory – as illusory as the form you had identified with as yourself”.

### *Chapter 10: Suffering & The End Of Suffering*

- “True freedom and end of suffering is living in such a way as if you had completely chosen whatever you feel or experience at this moment. This inner alignment with Now is the end of suffering”
- “Is suffering really necessary? Yes and no.  
If you had not suffered as you have, there would be no depth to you as a human being, no humility, no compassion. You would not be reading this now. Suffering cracks open the shell of Ego, and then comes a point when it has served its purpose. Suffering is necessary until you realise it is unnecessary”.
- “When you are suffering, when you are unhappy, stay totally with what is Now. Unhappiness or problems cannot survive in the Now”.

## [“A New Earth: Awakening To Your Life’s Purpose”](#)

Many consider “A New Earth” to be a self-help, or self-improvement, book. Maybe it is so, in the sense that it builds upon the fundamental ideas that Eckhart Tolle introduced in “The Power Of Now”, and points to ways that could facilitate a shift or transformation in the reader’s consciousness. One that, according to the author, is required in order for humanity to escape from its civilization’s current self-destructive course and move onto its next level of evolution.

In a very essential way, and as per Eckhart’s own, explicit statement in the beginning of the book, “A New Earth” does not add anything new to “The Power Of Now”. In other words, if “The Power Of Now” did the “trick” for the reader (i.e., acted as a catalyst for her spiritual awakening), there is literally nothing more that “A New Earth” can offer to her.

This being clarified, the value of “A New Earth” is its portraying, in clear and easily understandable terms, why a spiritually awakened or enlightened way of living is pertinent in the present historical circumstances. Why it, almost desperately (and surely more than ever in known human history), needs to be realised by a critical mass of human beings.

The underlying message of “A New Earth” could be summarised as follows:  
 “Sensitive agents of humanity, wake up NOW before it’s too late for life – human and other - on this planet”.

Here are some additional key points that Eckhart Tolle flags in “A New Earth”:

- Each human being is, by default, ordinary. What is truly extraordinary is what comes through them and manifests in this world;
- Underneath the many surface differences among all of humanity’s ancient religions and spiritual traditions, there are two core insights that most of them agree on:
  - a. In the normal state of mind there is a strong and inherent element of dysfunction, delusion or even madness (called *Maya* in Hinduism,

*Dukkha* in Buddhism and *Original Sin*<sup>4</sup> in Christianity) that is the primary cause of all suffering in human history. So long as human beings identify with the contents of their mind, this leads to the latter's madness being manifested, basically through small to monstrously big unconscious actions generated by desire and fear;

- b. There is a possibility of radical transformation of human consciousness (referred to in terms such as "enlightenment", "salvation", "liberation" or "spiritual awakening"). This is achieved by acknowledging the inherent dysfunction of the human mind and transcending it through our realisation that our true nature as human beings is much deeper;
- Ego is an illusory sense of self, created from our identification with a mind-made, purely fictional story about who we (think we) are. It is inherently pathological, and its survival depends on separation from all that is and the ensuing, and never-ending, suffering;
  - The Egoic mind is totally conditioned by the past. It creates the illusion of ownership of things, the craving for evermore (that can never be satisfied) and the misleading identification with the body form;
  - Ego relies on certain strategies to survive; namely: complaining and resentment, reactivity and grievances, and striving to being always right by making others wrong. Eckhart stresses that the proliferation of Ego must necessarily rely on the ceaseless creation of external enemies, be they – usually - other human beings or situations. Ego becomes particularly harmful (scales of magnitude higher, in fact) when it adopts a collective form, as human history (especially the most recent one) proves;
  - Ego manifests in many different forms, which however typically fall under one of the following three categories: "villain", "victim" or "lover". It relies on pre-established roles, and, supposedly, "indisputable" conceptions and definitions. By its – distorted - nature, it has the tendency to reduce other human beings or situations into a set of labels, norms or, basically, thoughts;

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<sup>4</sup> In its literal Greek translation, which means "to miss the mark or the target". In this context, this should be interpreted to refer to missing the point of human existence

- The secret of happiness lies in realising that we are not our Ego, but we are *the pure, formless consciousness on the screen of which Ego arises*. The best way to achieve this is by making peace with the present moment, fully and wholeheartedly accepting and embracing its “suchness” and wholeness;
- A key realisation is that the separation between “you” and “your life” is totally absurd. You ARE Life;
- Eckhart also introduces the notion of “pain-body”. This is accumulated energy which is formed from the suffering an individual human being (or a group of human beings) has gone through in the past and remains “trapped” within her mental-body complex. As long as such a “pain-body” exists, it can manifest involuntarily, usually via certain thought or emotional triggers. In such cases, it is not far-fetched to say that the “pain-body” possesses its bearer (be they, again, a person or a group), and can execute unconscious, and possibly very detrimental, actions on their behalf;
- It is conscious Presence that breaks our identification with our “pain-bodies”;
- Finding who you truly are (which is not your Ego, but the vibrant awareness underneath it), and not just grasping your true nature intellectually, but viscerally experiencing it (or awakening to it), is your number one duty and purpose in life;
- It is of essence to distinguish between *knowing yourself and knowing about yourself* (i.e., the “content of your life”). The latter is like a dream you’re having; but you’re not it. You are the Dreamer who must become lucid and realise that They are dreaming;
- Non-resistance is the key to the greatest power in the universe. Through it, consciousness (spirit) is freed from its imprisonment in form, and absolute and timeless bliss and love arise;
- Awakened doing is the alignment of your outer purpose – what you do – with your inner purpose – awakening and staying awake. Through awakened doing, you become one with the outgoing purpose of the universe;
- Consciousness flows into you, guides and empowers you to do exactly what you were always meant to do, at each moment of your life;

- There are three modalities of awakened doing: acceptance, enjoyment and enthusiasm;
- A new Species is currently arising on the planet – and you are It!

## Epilogue: A complete list of the best products by Eckhart Tolle

The following is a list of what are the best products by Eckhart Tolle currently on offer.

They fall under two categories:

- Audio And Video
- Books

The list is valid at the time of the latest publication of the booklet (September 2023).

It is foreseen to be revisited and updated at regular intervals.

[You may also find the list in the relevant, dedicated page of my website.](#)

## A. Audio And Video



### Title

THE ESSENTIAL ECKHART TOLLE COLLECTION: Three Essential Works: The Art of Presence, Entering the Now, and The Realization of Being

### Description

This collection gives you three life-changing programs with Eckhart Tolle:

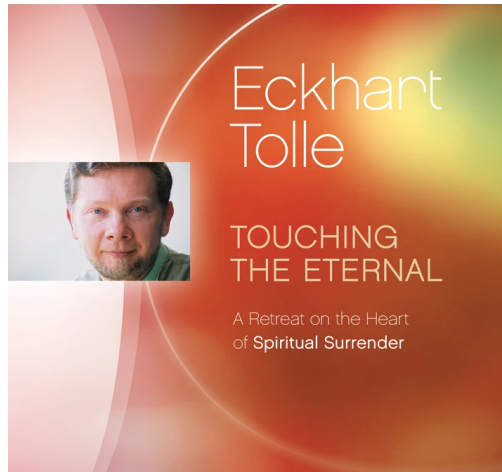
**The Art of Presence:** Is it possible that the simple act of being is not actually that simple? That to really be here and now requires practice, like anything else worth learning? On The Art of Presence, Eckhart Tolle invites you to a seven-hour audio retreat to help you deepen the moment-to-moment realization of your essential nature in the training ground of your daily life. Here's a rare opportunity to escape from the chaos and uncertainty of the "story of your life" into the ever-expanding awareness of the fullness of life in the Now.

**Entering the Now:** Within the demands of the hour, beyond your to-do lists and anxious thoughts about yesterday and tomorrow, lies a field of energy that is still, yet absolutely vibrant; peaceful, yet ripe with creativity; easy to overlook, but always available. This is the state of Being that Eckhart Tolle calls Presence, an elevated state of consciousness that arises when you completely embrace this very moment. On Entering the Now, Eckhart invites you to transcend the trappings of the thinking mind to access the deeper intelligence found in the timeless dimension of presence.

**The Realization of Being:** With his first international bestseller, *The Power of Now*, Eckhart Tolle introduced a simple and profound view of enlightenment, inviting seekers of every faith, age, and culture to enjoy the fullness of life through living in the present moment. Now, with *The Realization of Being*, this unique voice in contemporary spirituality explores our highest purpose in life, and how meditation can help us attain it.

### **Product Links**

## **[The Essential Eckhart Tolle Collection](#)**



### Title

TOUCHING THE ETERNAL: A Retreat on the Heart of Spiritual Surrender

### Description

#### **Honouring the Evolutionary Impulse to Realize Our Essential Nature**

Before there was darkness or light or the universe itself, there was stillness. Beyond time, space, and form - beyond birth and death - it continues. And this is who you are in your most essential nature. With Touching the Eternal, join Eckhart Tolle on retreat in India to rediscover the universal destination charted by the world's wisdom traditions: the possibility of awakening to the truths beyond words.

#### **Transcending Conventional Ideas of Time and Self**

Reminding us not to “mistake the map for the territory,” Eckhart Tolle shares here many of his hallmark pointers to presence. By surrendering to the present moment, we find that awakening is not something to be achieved in the future; it is within us right now.

Illuminating common struggles of the spiritual seeker, Eckhart helps us release compulsive thinking, resistance to the now, addiction to suffering, and limiting “spiritual” beliefs. In the awakened state of consciousness, he explains, we can relate to both time and timelessness. We don't need “more” of anything - including time - because we know that we are already complete.

### Highlights

- Practicing inner observation to work with egoic resistance
- The connection between surrender and compulsive thinking
- Meeting discomfort in a state of “yes”
- Stillness as the foundation of the phenomenal world
- Liberating insights on death and dying
- More than 15 hours of teachings for touching the timeless consciousness from which all things arise

#### **Product Links**

**[Touching The Eternal 1, By Eckhart Tolle](#)**

**[Touching The Eternal 2, By Eckhart Tolle](#)**



### Title

ECKHART TOLLE ON GREAT WESTERN CLASSICS: Reflections on the Writings of Ralph Waldo Emerson, Marcus Aurelius, Epictetus, Thomas á Kempis, and Plutarch

### Description

Eckhart Tolle Shares the Timeless Teachings and Practical Wisdom of Five Classic Works.

Why is that some books remain relevant hundreds of years after they were first written? “Powerful books are more than simply books,” teaches Eckhart Tolle. “They are living energy fields that correspond with and open us to the state of consciousness in which they were written.”

In “Eckhart Tolle on Great Western Classics”, Eckhart Tolle shares from his personal bookshelf five works he holds dear to his heart and continues to turn to, for guidance and inspiration. “Because they speak to the human condition — to each one of us — these writings have survived through the ages to offer practical wisdom about how to live sanely in the world,” he explains.

Join Eckhart Tolle, as he brings to life the words and teachings of those he considers some of the earliest “flowers” of the awakening new consciousness, in five entertaining and informative talks including:

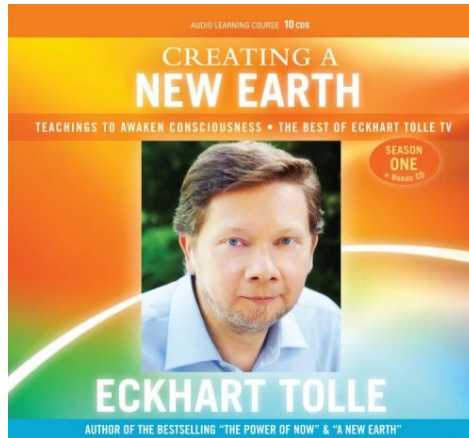
- “Eckhart on Emerson”: Eckhart reads and comments on passages from the collected essays of Ralph Waldo Emerson

- “Meditations” by Marcus Aurelius: discover the contemplations of the Roman Emperor with an extraordinary understanding of our shared human joys and sorrows
- “The Wisdom of Epictetus”: Eckhart explores the teachings of the former slave and Stoic philosopher who pointed to the contents of our thoughts as the source of suffering
- “The Imitation of Christ”: the path to spiritual awakening, as revealed by the 14th-century mystic Thomas à Kempis
- “On Contentment: An Essay by Plutarch”: a timeless teaching on unblocking the obstacles to the inner peace that is everyone’s birthright

Whether you’re familiar with these perennial gems or hearing about them for the first time, Eckhart Tolle on Great Western Classics is a uniquely engaging learning experience with the bestselling author and teacher.

#### **Product Links**

**[Eckhart Tolle On Great Western Classics](#)**



### Title

CREATING A NEW EARTH: Teachings to Awaken Consciousness, The Best of Eckhart Tolle TV - Season One

### Description

Creating a New Earth presents a series of practical teaching sessions designed to help us overcome the most common "obstacles to presence." Offered in response to what Eckhart Tolle describes as the evolutionary impulse to assist in humanity's collective spiritual awakening, this beautiful collector's edition invites us to explore with Eckhart Tolle such topics as:

- The Economy  
Pointing toward the hidden opportunities in seemingly "dreadful" financial times
- Spiritual Awakening in Daily Life  
Offering a liberating alternative to perceiving life solely from the point of view of the mind
- To Think or Not to Think  
Discovering the transformation that awaits when we learn to operate in presence rather than under the direction of our mental activity
- The Gift of Nature  
Explores the many ways in which nature can serve as a portal to presence
- Meditation

Discusses the many faces of meditation and its ultimate essence: realizing the precious spaciousness that is available in every moment

- Eckhart on Emerson

Commentary on the collected essays of Ralph Waldo Emerson; writings that Eckhart considers to be of rare depth and truth

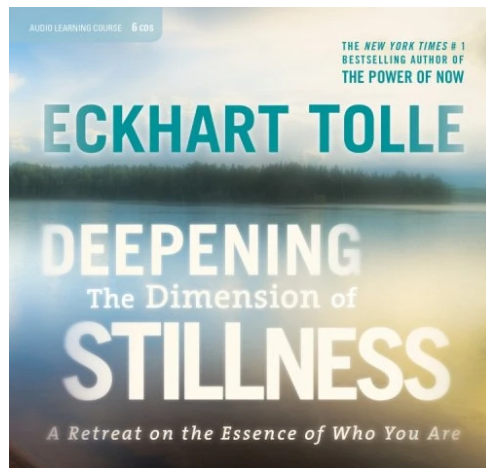
- Bonus Session

Life-changing questions with Eckhart and a short talk on relationships with his teaching partner Kim Eng

The best thing we can do to build a better future is to live, fully and right now, in alignment with the flow of nature and empowered by wisdom that transcends thought. The opportunity is ours with Creating a New Earth.

### **Product Links**

**[Creating A New Earth, By Eckhart Tolle](#)**



### Title

DEEPENING THE DIMENSION OF STILLNESS: A Retreat on the Essence of Who You Are **[LIMITED AVAILABILITY]**

### Description

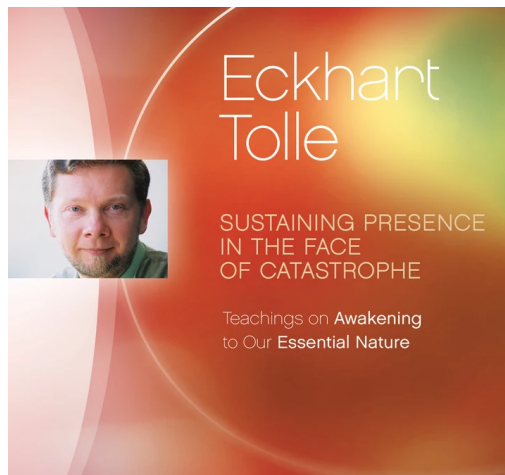
Where do great ideas come from? What is the source of true happiness and fulfilment? Where can we find peace? In a word: from stillness. “Deepening the Dimension of Stillness” invites us to take the next step from occasional glimpses of spiritual awakening that more and more of us have experienced into a new, empowered, and lasting way of being in the world. Join Eckhart Tolle for a transformational retreat dedicated to fulfilling what he considers our ultimate purpose in life, as we explore together:

- Form identity and essence identity  
How to appreciate the continuous unfolding of life through direct realization of our oneness with its timeless source
- Becoming a hybrid human  
How to transcend the mind-made sense of self and the suffering it creates and imbue all of our actions and interactions with the deepest truth of who we really are
- Simple yet direct practices  
Eckhart Tolle's signature portals for maintaining presence amidst life's challenges
- A complete guided meditation into the depths of the moment

Paradoxically, explains Eckhart, as we grow comfortable living in spacious awareness, the so-called problems and insecurities of our lives give way to spontaneous joy, authentic freedom, and creative intelligence. Discover this great awakening potential, with “Deepening the Dimension of Stillness”.

### **Product Links**

## **[Deepening The Dimension Of Stillness, By Eckhart Tolle](#)**



### Title

SUSTAINING PRESENCE IN THE FACE OF CATASTROPHE: Teachings on Awakening to Our Essential Nature

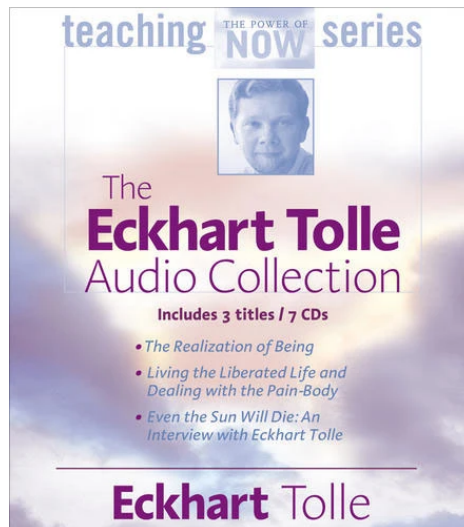
### Description

#### **Compassionate Guidance for Realizing Presence Amidst Suffering and Loss**

If the world around you seems to be falling apart, how do you stay connected to virtues like trust, hope, and love? When someone or something you hold dear is lost, where do you find solace? Sustaining Presence in the Face of Catastrophe shares Eckhart Tolle's compassionate perspective for those dealing with intense suffering or loss. Recorded within a week of 9/11 at the Omega Institute in New York, these moving sessions bring you Eckhart Tolle's guidance for responding in the face of tragedy, staying rooted in presence when the unexpected happens, and discovering the gifts hidden in apparent calamity.

### Product Links

**[Sustaining Presence In The Face Of Catastrophe, By Eckhart Tolle](#)**



### Title

THE ECKHART TOLLE AUDIO COLLECTION: Three of the most popular titles by Eckhart Tolle, offering a perfect introduction to his teachings.

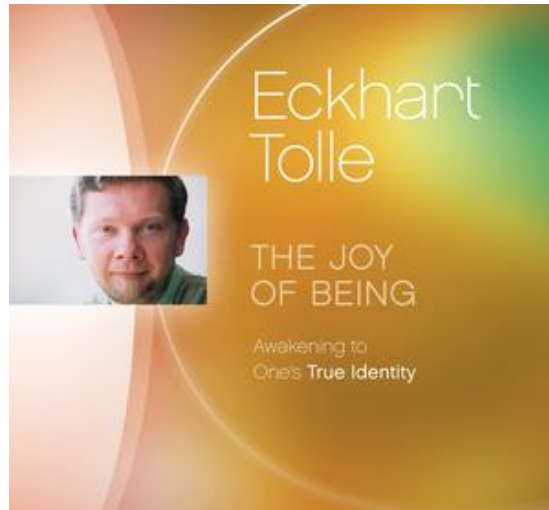
### Description

This special slip-cased edition includes three Eckhart Tolle audio bestsellers:

- **The Realization of Being** — How meditation opens the entry point to stillness, our greatest spiritual teacher, allowing us to merge with this moment in time
- **Living the Liberated Life and Dealing with the Pain-Body** — Points a way out of the conditioned mind that keeps us trapped and unhappy, to a deeper level of consciousness beyond thought
- **Even the Sun Will Die** — Historic interview recorded on September 11, 2001, which shows that even in the face of disaster, a miracle happens when we say "yes" to living in this moment and no other.

### Product Links

## [The Eckhart Tolle Audio Collection](#)



### **Title**

THE JOY OF BEING: Awakening to One's True Identity

### **Description**

#### **Fulfilment and Joy through the Realization of Our Essential Identity**

When challenges arise in your life, what happens inside of you? For many of us, the larger the “problem,” the more we resist, contract, and react unconsciously. On the other hand, explains Eckhart Tolle, in any given moment we have the chance to remain open to life, align with what is, and experience the natural sense of peace and aliveness that he calls “the joy of being.”

#### **What It Really Means to “Be Yourself”**

The Joy of Being is a nine-session program that explores the process of awakening to our identity beyond the limits of thought, and the impact this transformation can have in the world. Eckhart Tolle helps us release past conditioning to experience ourselves, our life circumstances and each other, with a renewed perspective and sense of delight.

### **Highlights**

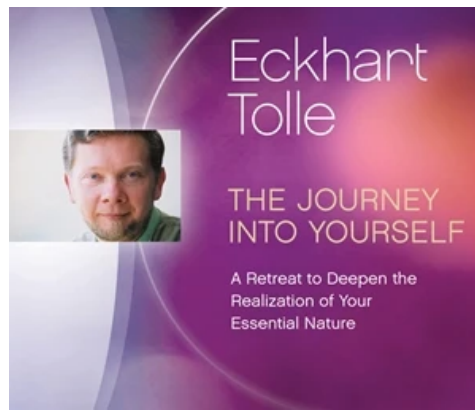
- Working with whatever arises as your guide for the continuing practice of presence
- Using the inner body and sense perception to enter the Now
- Freedom from suffering: the spiritual seeker’s best motive

- Redefining “self-realization” as not knowing yourself
- Awakening your deepest capacities for love
- The practice of “being the space” for situations and circumstances you find difficult

#### **Product Links**

**[The Joy Of Being 1, By Eckhart Tolle](#)**

**[The Joy Of Being 2, By Eckhart Tolle](#)**



### Title

THE JOURNEY INTO YOURSELF: A Retreat to Deepen the Realization of Your Essential Nature

### Description

Discover the Infinite Possibilities of the “Vertical Dimension” of Existence

Eckhart Tolle has long taught a curious truth: You’re not your possessions. You’re not your career. You’re not the events of your life. You’re not even the contents of your mind.

So, who are you?

With The Journey into Yourself, this beloved teacher invites you to join him on an odyssey beyond the “horizontal dimension” of thought and into an aspect of our lives that most of us overlook: the “vertical dimension” beyond the reach of the mind.

According to Eckhart, the vertical dimension might be better known as the present moment or the Now—all that ever really is. And that includes you—the real you.

Recorded before a live audience at the Omega Institute in Rhinebeck, New York, The Journey into Yourself presents a rarely heard talk, from the early stages of Eckhart’s teaching career. Here you will encounter more than eight hours of practical, provocative, and occasionally hilarious teachings for awakening to who we are beyond the physical.

### Highlights

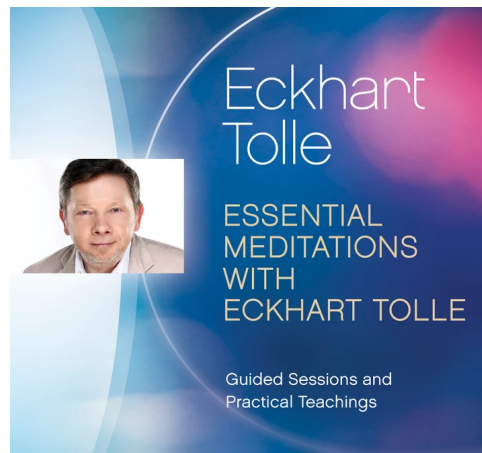
- Why the phrase “life is a dream” is more accurate than you might expect

- Piercing the veil of self-made suffering
- The gentle and fierce aspects of embodied Presence
- Why setbacks and discomfort are the most potent teachers
- Wisdom teachings from Buddhism, Christianity, and Hindu traditions that point to the embodiment of Presence
- Why right action can only arise from surrender to the moment

With “The Journey into Yourself”, Eckhart encourages you to step into the space between thoughts and discover the joyous treasures that lie within.

### **Product Links**

## **[The Journey Into Yourself, By Eckhart Tolle](#)**



### Title

ESSENTIAL MEDITATIONS WITH ECKHART TOLLE: Guided Sessions and Practical Teachings

### Description

**Discover the timeless Presence beyond thought in this collection of meditations from Eckhart Tolle**

We tend to think of meditation as a formal practice we block time out for each day. But what if every moment of your life was devoted to meditation?

For Eckhart Tolle, meditation shouldn't be approached as a chore or a means to an end. Rather, meditation is something that you live. "The aim of meditation," states Eckhart Tolle, "is that it eventually becomes your normal state of consciousness." Essential Meditations with Eckhart Tolle points the way toward this quiet, constant state of Presence - where practice gives way to the realization of your innermost identity.

This retrospective collection gathers rare talks and classic meditations from Eckhart's extensive teachings, many of which have only, thus far, been available to retreat participants. Over the course of eleven sessions, Eckhart Tolle leads you in meditations for breaking attachment to the stream of thought, easing suffering, discerning your "formless" self, and embodying Presence in every single moment.

In particular, Eckhart Tolle will guide you in discovering:

- The power of asking "Who am I?" as an inquiry practice

- Why Stillness is much more than quieting the unruly mind
- The true source of all creativity
- The evocative poetry of Steve Taylor
- Why awakening is a process of unlearning your assumptions and biases
- The infinite space hidden between your thoughts
- Recognizing yourself as embodied Presence, rather than an accumulation of narratives
- Understanding the movement of chi or prana in the body
- The joyous simplicity of present-moment mindfulness
- How to rise above the thinking mind, rather than sinking below it

In Essential Meditations with Eckhart Tolle, you will find not only teachings about transcending the thought-based self, but a direct experience of Stillness itself.

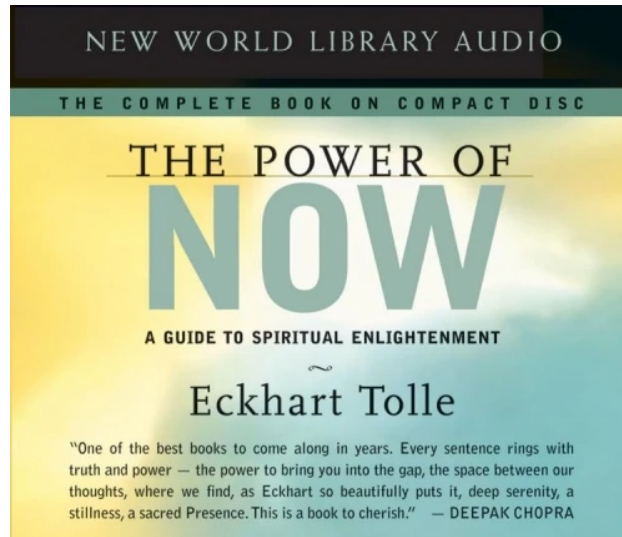
#### **Product Links**

### **[Essential Meditations with Eckhart Tolle](#)**

***Other Eckhart Tolle Audio And Video Recommendations***

- [Eckhart Tolle Learning Intensive](#)
- [Becoming A Teacher Of Presence](#)
- [The Art Of Presence](#)
- [The Secret Of Happiness](#)
- [At The Source Of Being](#)
- [Freedom From The World](#)
- [Practicing Presence](#)
- [Realizing The Power Of Now](#)

## B. Books



### Title

THE POWER OF NOW: A Guide to Spiritual Enlightenment

### Description

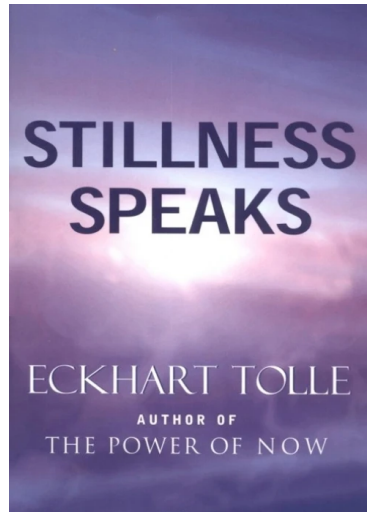
From the very first page of this extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, “The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death.” Although the journey is challenging, Eckhart Tolle uses simple language and an easy question-and-answer format to guide us.

A word-of-mouth phenomenon since its first publication, “The Power of Now” is one of those rare books with the power to create an experience in readers that can radically change their lives for the better.

### Product links

[\*\*The Power Of Now 1, By Eckhart Tolle\*\*](#)

[\*\*The Power of Now 2, By Eckhart Tolle\*\*](#)



### **Title**

STILLNESS SPEAKS

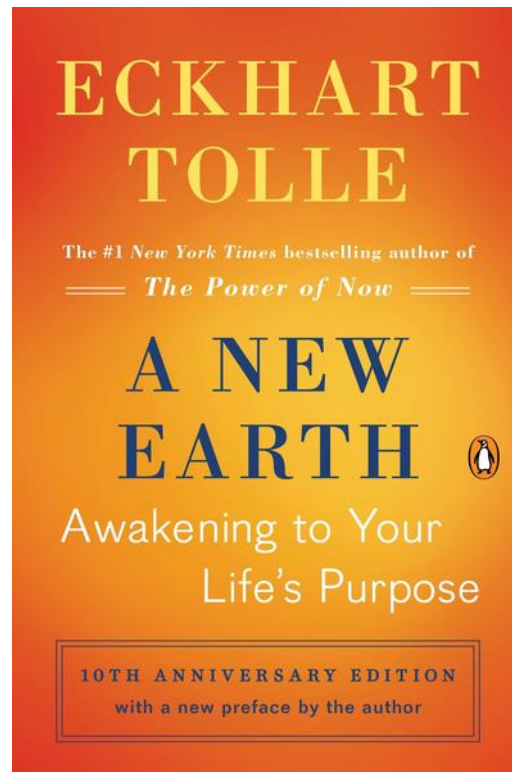
### **Description**

On-the-spot inspiration and guidance to keep you firmly anchored in the Now.

### **Product Links**

**[Stillness Speaks 1, By Eckhart Tolle](#)**

**[Stillness Speaks 2, By Eckhart Tolle](#)**



### Title

A NEW EARTH: Awakening to your life's purpose

### Description

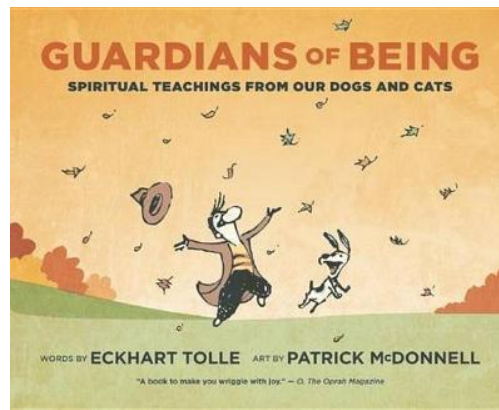
*“A wake-up call for the entire planet . . . [A New Earth] helps us to stop creating our own suffering and obsessing over the past and what the future might be, and to put ourselves in the now.” —Oprah Winfrey*

With his bestselling spiritual guide “The Power of Now”, Eckhart Tolle inspired millions of readers to discover the freedom and joy of a life lived “in the now.” In “A New Earth”, Eckhart Tolle expands on these powerful ideas to show how transcending our ego-based state of consciousness is not only essential to personal happiness, but also the key to ending conflict and suffering throughout the world. Eckhart Tolle describes how our attachment to the ego creates the dysfunction that leads to anger, jealousy, and unhappiness, and shows readers how to awaken to a new state of consciousness and follow the path to a truly fulfilling existence.

Illuminating, enlightening, and uplifting, “A New Earth” is a profoundly spiritual manifesto for a better way of life and building a better world.

**Product links**

**[A NEW EARTH, BY ECKHART TOLLE](#)**



### **Title**

GUARDIANS OF BEING: Spiritual teachings from our dogs and cats

### **Description**

This wonderfully unique collaboration brings together two masters of their fields, joining original words by spiritual teacher Eckhart Tolle with delightful illustrations by Patrick McDonnell, the creator of the acclaimed comic strip “MUTTS”.

Every heart-warming page provokes thought, insight, and smiling reverence for all beings and each moment.

More than a collection of witty and charming drawings, the marriage of Patrick McDonnell's art and Eckhart Tolle's words conveys a profound love of nature, of animals, of humans, of all life-forms. Guardians of Being celebrates and reminds us of not only the oneness of all life but also the wonder and joy to be found in the present moment, amidst the beauty we sometimes forget to notice all around us.

### **Product links**

**[GUARDIANS OF BEING, BY ECKHART TOLLE AND](#)**  
**[PATRICK MCDONNELL](#)**