

# A NEW EARTH ONLINE CLASS

## CHAPTER 1 TRANSCRIPT

OPRAH WINFREY (HOST): A worldwide Web event.

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OPRAH WINFREY (HOST): Welcome to our very first live worldwide interactive event. We are here tonight breaking new ground. Nothing like this has ever been attempted before. Right now, you all are online with me from every corner on our planet.

OPRAH WINFREY (HOST): Places like Albania, Bolivia, Cambodia, Ecuador, Finland, Hong Kong, China, India, Zimbabwe, Australia, Canada, the UK and the rest of Europe. Along with, of course, all 50 states here in our United States of America. Over 139 countries are represented in our class tonight. Welcome to you all.

OPRAH WINFREY (HOST): So I want to get started. This is the most exciting thing I've ever done. I've done a lot of things in my life, but I am most proud of the fact that all of you have joined us in this global community to talk about what I believe is one of the most important subjects and presented by one of the most important books of our time, "A New Earth: Awakening to Your Life's Purpose."

OPRAH WINFREY (HOST): I don't think there's anything more important than awakening and also knowing what your purpose is. And for the next 10 weeks, author and spiritual teacher Eckhart Tolle and I will be here in our virtual classroom here on Oprah.com every Monday, 8 p.m. Be on time for class—8 p.m. Central.

OPRAH WINFREY (HOST): We're going to be answering your e-mails. We're going to be having a conversation about each chapter and taking your calls from around the world and your e-mails from around the world, and seeing some of you around the world through our Skype phones. I'm sure you've already noticed that you can type in your questions on the right side of your screen and send that to us instantly.

OPRAH WINFREY (HOST): And we will, you know, we have a whole team of people here who are ready, waiting, standing by to take your calls and e-mails. And, of course, I'm honored to introduce the author of this great book, "A New Earth: Awakening to Your Life's Purpose," Eckhart Tolle.

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

OPRAH WINFREY (HOST): Yeah.

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

OPRAH WINFREY (HOST): How exciting this is.

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

OPRAH WINFREY (HOST): It's very good. Okay. So let's get class started. The way we're going to work the class is that we will have a conversation and take your calls and your questions whenever we feel appropriate. First of all, I wanted to just talk to you about how this book came to you. I was introduced to this book several months ago when I was interviewing Eckhart Tolle on XM Radio. I have a show on XM Radio.

OPRAH WINFREY (HOST): Not many people know about it, but it's called "The Soul Series." And on that show, I get to talk to anybody I choose, and I choose to speak to people who represent this kind of thinking, this genre of spirituality. And we talk about the soul. So I was interviewing Eckhart Tolle several months ago about his book *The Power of Now* because that's really all I knew about Eckhart Tolle was *The Power of Now*.

OPRAH WINFREY (HOST): I call you "the father of now," *The Power of Now*, which that book was a life-changing book for me. Given to me many years ago, about eight years ago by Meg Ryan, who was on the show. And the producer, Corny, came in and said, well, as I was preparing, she said, "here's this other book he's written called *A New Earth*."

OPRAH WINFREY (HOST): And I just had time to thumb through *A New Earth*, and not really give it its due because I was focused on reading *The Power of Now* and talking to you about that. And after our interview, started to read this book, and it was absolutely...I felt the shift that you talk about, that you say on page 7 that this will be meaningless to you or you will feel the shift. I started to feel the shift.

OPRAH WINFREY (HOST): And one of the things that really occurred to me as I was going through various chapters and having aha! aha! aha! moment after another, is what a clear—how clear this message is. What a clear channel it seemed to come through for you. It was like I'd never, you know, didn't know you or hadn't met you in person, even through the radio, we weren't sitting in the same studio.

OPRAH WINFREY (HOST): How did this come to be? How did this come through you—to you?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, it comes out of the space of stillness, and that's where all creative endeavor is born. So it's getting in touch with the stillness within, where there's no mental noise, and out of that stillness, when the time is right, sometimes an impulse comes. Something—a feeling, a strong sense that something wants to be born into this world.

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ECKHART TOLLE (A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE): I had the same strong sense before writing *The Power of Now*. That was 13 years ago when I started writing it. I had left England. I was living in England, and I had this strong impulse one morning, and I was in England still, knowing I had to move to the west coast of North America without knowing why.

OPRAH WINFREY (HOST): This was just a feeling you had?

ECKHART TOLLE (AUTHOR A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE): Yes, a strong knowing. So it's not through a decision-making process, just the realization, "I have to move there. I don't know why, but I have to go." It was such a total—no, absolutely no doubt about it. So I moved to Vancouver, and then I took a Greyhound bus to California, knew only one or two people, and I said, "Why am I here?"

ECKHART TOLLE (AUTHOR A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE): Three weeks passed, somebody put me up in a room near San Francisco, and suddenly this came. I bought a notepad, and suddenly the strong stream came through, and I wrote, "What is Enlightenment?" The beginning of *The Power of Now*. The moment I wrote that, I knew this is the book that wants to be born. So rather than me wanting to write a book, there was a book that wanted to be written. And I...

OPRAH WINFREY (HOST): It's like Michelangelo says the angel's in the marble and he just cuts away the marble.

ECKHART TOLLE (AUTHOR A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE): Yes. So and I find—I'll come back to that in a second—for most people that is the approach to "What is my purpose?" To look at what the greater purpose is, "What does the greater purpose want from me? What does life or God want from me?" Rather than, "What do I want from life?"

ECKHART TOLLE (AUTHOR A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE): So that's the starting point. I know that sometimes in New Age you have the question, "Well, what do you want?" It's fine to ask that question, but a more powerful question is, "What does life want from me? How do I fit into the—what is the totality? What is my place within the whole?"

ECKHART TOLLE (AUTHOR A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE): So this is how it started, as knowing that this is what life wants from me. The book wants to be born. And the same thing happened later with the *New Earth*, again, a similar sense of "Oh, there's another book that wants to come." I didn't know why because everybody told me, "Well, you've said it all in *The Power of Now*, why write another book?"

ECKHART TOLLE (AUTHOR A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE): And I, intellectually, I couldn't have answered, "Why am I writing another book?" And it happened.

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OPRAH WINFREY (HOST): And it happened. Were you asking life, universal energy? I don't know. What do you call that? As a word do you—I call it "God." What do you, what word do you use for that?

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

OPRAH WINFREY (HOST): Were you asking consciousness, were you saying, "What do you want from me?"

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. There was a time for quite a few years, I lived in England and I just did some spiritual teaching on a very small scale, sometimes little workshops and so on.

OPRAH WINFREY (HOST): I read in the paper today, in the USA Today where you said you started out with 10 or 12 people in people's homes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, for quite a while I would teach in people's living rooms, invited a group of friends, and this was the beginning of informal spiritual teaching. And as I said to the person who interviewed me, this is coming full circle now because now I'm back in people's living rooms—just more of them.

OPRAH WINFREY (HOST): Just more of them. I think we have more than 10 or 12 joining us this evening. And so the book, would you sit and, you know, passages would come to you? Would you, you know, actively get up at a certain time and say, "I'm going to write today?" Or know what you were going to write before it was written?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No, not knowing it beforehand, but every day there was a space for writing. Every morning and until 2 in the afternoon or so, the space was set aside for writing. That was the writing space. And there were days when the flow was not very strong, so maybe only a few lines got written or even none at all.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Nevertheless, I always honored that space of, "I'm ready for the writing to happen." I'm not saying that the writing happened automatically. My mind was involved. It wasn't a channeled book as such. It was inspired, but not channeled, so it involved my thinking processes too.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But the thinking process had to be inspired from something deeper. You can't rely on your thinking processes only to—and produce something that is powerful and original.

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OPRAH WINFREY (HOST): So already you've shared with us that in order to awaken to your life's purpose, one of the key things we must do is not try to tell life what our purpose is, not go around even, I don't know, trying to define for ourselves. Because a lot of people say many times—I've done, you know, seminars across the country—and they'll say, "I don't know what my purpose is." You're saying you must ask life, "What purpose does it have for you?"

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

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And the answer may not immediately come. Very important part of asking life so that you can be ready to receive the answer is to practice inviting moments of stillness into your life so that you're not continuously absorbed in the incessant mental noise that we call thinking; most of which is unnecessary and repetitive.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So to find spaces of stillness is vital if you want to get to the place where the answers are potentially. So for quite a few years when I lived in England and did spiritual teaching on a small scale, sometimes I would say, "Okay, they could do much more. There's much more that I could do," I said, to life. "I'm ready."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And but life just waited and waited, and the answer didn't come for several years until that morning when he said, "Move."

OPRAH WINFREY (HOST): Move. Move. Move to Vancouver.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, and why did I have to move to write it there? I didn't realize that, that every place, Vancouver and California, that's where *The Power of Now* was written, I was moving back and forth. I didn't have a home as such. I stayed with friends moving back and forth.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so only later I realized I had to move because the energy field on the west coast, this is what I needed for the book to be born. The energy field in England, although I love England, I have a deep inner connection with England. The energy I felt there was not right for—in my personal case—for this book to have come out.

OPRAH WINFREY (HOST): Wow.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So I only realized that after I had to go back to England. And then I stayed in a community because I

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didn't have a home of my own anymore, and I wanted to continue writing, but I couldn't do very much there because why can't I continue to—the stream stopped. I could only do editing and correction that was necessary too.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But only when I went back to the west coast, my visa had expired, I had to go to England. When I went back, immediately the flow came back. And I said, "Oh, now I know why I had to move." So it's often trusting life when a very strong impulse comes. But you may have to wait. It doesn't mean that you necessarily immediately obey every impulse. Because impulses can also come from more superficial levels within yourself, and...

OPRAH WINFREY (HOST): But you were wise enough to know the difference; you had discernment.

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

OPRAH WINFREY (HOST): Yes, to know the difference.

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

OPRAH WINFREY (HOST): Well, it's so interesting because you, in the beginning of *A New Earth*, start out talking about a flower. And I've heard many people who've—because I go on the message boards every day. I'm loving you on the message boards, everybody. And many people are saying that they look at flowers differently now.

OPRAH WINFREY (HOST): I can certainly say that I do. And one of the things that you said that struck me when you said that they are representatives of the spiritual realm, and that when you are still, allow yourself to be still with a flower, or a crystal, or a bird, or really anything of nature.

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

OPRAH WINFREY (HOST): But you used a flower specifically because...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Because a flower is—nature on the whole is a beautiful access point into inner stillness, if you can be there fully present. But a flower is even, everything...

OPRAH WINFREY (HOST): You say "messengers from another realm."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, like messengers. A flower is very much more fragile than a plant. It is more fleeting; ethereal, I think is the word, more ethereal. So it has less density to it than most other things. And because of the lack of density, it's almost as if spirit could flow through it more freely.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So when you contemplate a flower without too much interference of the thinking mind, to actually truly look. This is what Jesus said, by the way. I mean in churches you'll hear, will hear Jesus saying, "Look at the lilies of the field."

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so when he said that, he wasn't just saying, "Look at the lilies of the field." He said, "Look."

OPRAH WINFREY (HOST): "Aren't they pretty?" Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): He said, "Look, you really have to look because there is something that they embody, something that you also have. But because of all your anxiety about tomorrow and you're thinking..."—I'm translating very freely now, what Jesus said.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): "Why are you—these flowers are not anxious, they have no...they are not concerned about tomorrow, and see how beautiful they are? How God clothes them in such beauty? And you can live like that also." So he used this natural realm and flowers to get people in touch with the dimension of depth within men.

OPRAH WINFREY (HOST): Well, what's very interesting to me about all of this is that when I read that the first time, I thought it was, you know, a beautiful passage. And then I read it a second time and awakened a little bit more and started to look at nature differently. You know, I have, you know, live in a lovely space where I'm surrounded by flowers, not in Chicago.

OPRAH WINFREY (HOST): But in California, and you know, always just appreciated the garden. "Aren't they lovely in all the different colors, the rose and all that?" And then I decided to move into the garden without naming it. What if I were like a babe?

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

OPRAH WINFREY (HOST): What if I were a babe, you know, learning what a flower was for the first time? What if I went out under the oaks that I love so much, but I didn't know it was an oak, I didn't know what to call it? And I shared this at one of our after shows. That for the first time, and I've loved trees all of my life, and the sense of power and stillness they represent. But by not naming those things in nature, that I felt a magical presence. I felt a sense of majesty, and power, and strength, and connection that I'd never felt before.

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

OPRAH WINFREY (HOST): Because I didn't give it a name.

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

OPRAH WINFREY (HOST): Yes. I didn't give a name or have a reference for everything that a tree has meant in my life.

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

OPRAH WINFREY (HOST): Isn't it?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's right. So being present with the perception. And this theme runs, it's perhaps the main theme running through the whole book, is that that state where the compulsive naming of things...

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And you start with nature because that's easier to let go of the naming. Later, we'll be talking about that in some gestation...

OPRAH WINFREY (HOST): Yeah. Stop labeling people and situations.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, that's more difficult because people invite the labels because there's so much mind in everybody. And they label you and you label them. So, but with nature, this is the starting point to find a different relationship to nature. It doesn't mean that you need to forget what you have learned about trees or about flowers. When it's necessary, you can get that knowledge, and you'd use it.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But not to be totally in the grip of what you have learned of mental labels, of interpreting mentally, but being able to perceive. One could call it, "perceive the flower," see it through a background of just stillness.

OPRAH WINFREY (HOST): Just stillness.



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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Which is really consciousness.

OPRAH WINFREY (HOST): Well, I will tell you, it's an amazing, for all of those you've who tried this, and I know some of you have because you've e-mailed us and said so. But when you start to walk through a park and, or walk in your back yard or begin to—and you're right, it's easier with nature than with people.

OPRAH WINFREY (HOST): And pretend that you don't know or just let yourself be in the space without labeling the things, it's just, everything's vibrating, and it's like, you know, scintillating, and...

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

OPRAH WINFREY (HOST): Everything's exciting.

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

OPRAH WINFREY (HOST): Everything's exciting.

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

OPRAH WINFREY (HOST): A walk through the park...

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

OPRAH WINFREY (HOST): ...becomes exciting, and it's the same path you've always taken.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And before, when you were involved in your mind...

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Perhaps you didn't even see it.

OPRAH WINFREY (HOST): Never saw it, yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so many people are so trapped in this continuous mental noise that absorbs their whole

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attention all the time. Every thought absorbs the stream of thinking, absorbs their attention. They don't see that the world around them is vitally alive.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So you become gradually, as you—people then grow older, the world around them becomes more and more lifeless and dead.

OPRAH WINFREY (HOST): Right. Right.

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

OPRAH WINFREY (HOST): And why is that? Because?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's just because you are run by mental abstraction. All the concepts and the thoughts on that are abstractions, it's not alive.

OPRAH WINFREY (HOST): So you can't take in the information that's there to be received all around you because you're so—you're in your head.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You're in your head. You're not present.

OPRAH WINFREY (HOST): All right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So you're lost in thought. One could say that's the human condition, is being lost in thought. And people don't—because it's the famous, what we call, the voice in the head.

OPRAH WINFREY (HOST): A voice in the head.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That some people have been asking about.

OPRAH WINFREY (HOST): Which we'll be talking a lot about the voice in the head.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So some people say, "What voice in the head?" It's that one.

OPRAH WINFREY (HOST): It's that one. All right, so Kelly from Alton, Illinois, joins us via Skype. Kelly? Hi.

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KELLY (ILLINOIS): Hi Oprah. Hi Eckhart.

OPRAH WINFREY (HOST): Hi, what's your question?

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

KELLY (ILLINOIS): Thank you for having me.

OPRAH WINFREY (HOST): Well, good. Where are you? Home?

KELLY (ILLINOIS): I'm at home.

OPRAH WINFREY (HOST): Okay, good. This is the coolest thing. Isn't this cool?

KELLY (ILLINOIS): It is crazy.

OPRAH WINFREY (HOST): Oh, it's crazy. That's what I think. It's crazy that we're like out here, wherever this is, talking to each other. Okay, what's your question?

KELLY (ILLINOIS): Well, my question is regarding religion and spirituality.

OPRAH WINFREY (HOST): Big one.

KELLY (ILLINOIS): I had a Catholic upbringing, I married a Catholic, and we're raising our children this way. In reading books such as Tolle's, I've really, it's really opened my eyes up to a new way of thinking: a new form of spirituality that doesn't always align with the teachings of Christianity. So my question is to you, Oprah, how have you reconciled these spiritual teachings with your Christian beliefs?

OPRAH WINFREY (HOST): Oh, the question's to me. I was resting knowing it was going to about—I've reconciled it because I was able to open my mind about the absolute indescribable hugeness of that which we call "God." I took God out of the box because I grew up in the Baptist church and there were, you know, rules and, you know, belief systems in doctrine.

OPRAH WINFREY (HOST): And I happened to be sitting in church in my late 20s, and I was going to this church where you had to get there at 8 in the morning or you couldn't get a seat. And a very charismatic minister, and everybody was just, you know, into the sermon. And this great minister was preaching about how great God was and how omniscient and omnipresent, and God is everything.

OPRAH WINFREY (HOST): And then he said, "And the lord thy God is a jealous God." And I was, you know, caught up in the rapture of that moment until he said "jealous." And

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something struck me. And I was like, I think about 27 or 28. I was thinking, "God is all, God is omnipresent, God is—and God's also jealous? God is jealous of me?"

OPRAH WINFREY (HOST): And something about that didn't feel right in my spirit because I believe that God is love and that God is in all things. And so that's when the search for something more than doctrine started to stir within me. And I love this quote that Eckhart has, this is one of my favorite quotes in Chapter 1, where he says, "Man made 'God' in his own image. The eternal, the infinite, and unnamable was reduced to a mental idol that you had to believe in and worship as 'my god' or 'our god.'"

OPRAH WINFREY (HOST): Now I think that's very eloquently put by Eckhart Tolle in Chapter 1. But that is exactly what I was feeling when I was, you know, sitting in church that Sunday listening to the preacher. And you know, it's been a journey to get to the place where I understand, as I said on the preshow here, that what I believe is that Jesus came to show us Christ consciousness.

OPRAH WINFREY (HOST): That Jesus came to show us the way of the heart and that what Jesus was saying that to show us the higher consciousness that we're all talking about here. Jesus came to say, "Look I'm going to live in the body, in the human body, and I'm going to show you how it's done." These are some principles and some laws that you can use to live by to know that way. And when I started to recognize that, that Jesus didn't come—in my belief, even as a Christian, I don't believe that Jesus came to start Christianity.

OPRAH WINFREY (HOST): So that was also very helpful to me. And as I said earlier in the preshow here, there is a wonderful book called *Discover the Power Within You* by Eric Butterworth, which helped me reconcile the two. So that might be really good for those of you who are Christian and trying to balance the two. What would you say?

OPRAH WINFREY (HOST): Because one of the things that Eckhart says in the beginning of this book on page 6 is, "This book's main purpose is not to add new information or beliefs to your mind, or to try to convince you of anything, but to bring about a shift in consciousness, that is to say, to awaken." He says that on page 6. And one of the reasons why I appreciate him so much is because he truly isn't out to become your next guru. He doesn't want, you know, all of you who are online with us tonight and those millions who will now hear about this book, he's not interested in being your guru, correct?

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

OPRAH WINFREY (HOST): Yeah. How would you respond to that? That's one of the biggest questions that we have coming into our message boards about the same thing that Kelly is addressing here from Alton about spirituality and religion. This is not trying to tell you how to believe. And how do you advise people to reconcile this with their religious beliefs?

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, religion can be an open doorway into spirituality, and religion can be a closed door. It prevents you from going deeper. So that I love reading the New Testament, and I also read the Old Testament. Sometimes there's some incredible jewels in there. And when I went through this inner transformation, and for the first time accidentally I picked up a copy of the New Testament at my mother's place.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And I started reading, and I immediately recognized the deep truths that is there, and I realized the truth that is deeper, that is expressed in what Jesus said, is much deeper than what you, how the church interprets it. There's a depth to it. And it reflects your own depth when you read it. So there's no conflict between this teaching, which is purely spiritual, and any religion.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Because if you go deep enough in your religion, then you all get to the same place. It's a question of going deeper, so there's no conflict here. The important thing is that religion doesn't become an ideology—so, "I believe this." And the moment you say "only my belief" or "our belief" is true, and you deny other people's beliefs, then you've adopted an ideology. And then religion becomes a closed door. But, potentially, religion can also be an open door.

OPRAH WINFREY (HOST): Well, let me share this with you too, Kelly. There's another book by a woman named Elizabeth Lesser, it's called *The Seeker's Guide*, where she talks about the new spirituality versus the old. So I just wanted to—this is on page 51 and 52 of Elizabeth Lesser's book called *The Seeker's Guide*.

OPRAH WINFREY (HOST): And she talks about old spirituality versus the new spirituality, and she says the old was—the old way is—the hierarchy has the authority. Church authorities tell you how to worship in church and how to behave outside of church. The new spirituality is that you are your own best authority as you work to know and love yourself, you discover how to live a more spiritual life.

OPRAH WINFREY (HOST): The old is, "God and the path to worship him have already been defined, and all you need to do is follow the directions." The new is being able to listen within for your own definition of spirituality, your deeper longings are under search. And the old says exact here what Eckhart was saying. That there's only one path. It's the right way and all other ways are wrong. And the spirituality says that many paths lead to spiritual freedom and peace.

OPRAH WINFREY (HOST): You have a rich array of gems from which to draw illumination. The world's religious traditional, mythology, psychology, healing methods, scientific wisdom, your own experience and that you can begin to string a necklace all your own. Then she lists, you know, other old and new. And so it's really a question of what you were saying to us earlier that this material strikes a chord within you.

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OPRAH WINFREY (HOST): Something in you opens up and wants, you know, feels alive and is awakened to that. And yet there is the ideology that says what to you? What is the conflict for you?

KELLY (ILLINOIS): Just thoughts on the afterlife, things like that. You know, you—in a lot of books such as Tolle's, we get teachings from Buddhism or Hinduism, and those thoughts don't go along with, you know, what I was raised to believe as a Christian. So that's been the biggest thing that I've struggled with, I think, so...

OPRAH WINFREY (HOST): Well, I am a Christian who believes that there are certainly many more paths to God other than Christianity.

KELLY (ILLINOIS): Right.

OPRAH WINFREY (HOST): I'm a free-thinking Christian who believes that, who believes in my way, but I don't believe that it's the only way, with 6 billion people here on the planet.

KELLY (ILLINOIS): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Another also who uses, who might appeal to you, who uses Christian terminology but goes very, very deep, using Christian language and Christian teachings—Joel Goldsmith.

OPRAH WINFREY (HOST): Yes.

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

OPRAH WINFREY (HOST): Joel Goldstein?

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

OPRAH WINFREY (HOST): Oh, Goldsmith.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Joel Goldsmith. Any book by Joel Goldsmith that you would try that, and you can see how deep the Christian teaching can be.

OPRAH WINFREY (HOST): Okay?

KELLY (ILLINOIS): Well, thank you very much.

OPRAH WINFREY (HOST): Thanks, Kelly. You're our first Skyper.

KELLY (ILLINOIS): Great. I'm honored.

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OPRAH WINFREY (HOST): I didn't even know what Skype was until this. Now we're Skyping all over. We have a Chicago study group watching our webcast together at Borders. Hello. Borders flagship store right there on Michigan Avenue. Hi, everybody.

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

OPRAH WINFREY (HOST): I know. Listen, we just, listen, I know it's my ego, but I can't stop saying how cool this is. I hear that's Ryan, you're Ryan?

RYAN: Yes, I'm Ryan.

OPRAH WINFREY (HOST): Okay, Ryan.

RYAN: Hello, Oprah.

OPRAH WINFREY (HOST): Hi. Got a question?

RYAN: Hello, Mr. Tolle.

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

RYAN: I do, I have a question for, actually, either of you, and it relates to the spiritual awakening that you speak of in Chapter 1. It seems to me that if you look at human history in the past 100 years, and very poignantly in the past 10 years, that there has been this intensity and speed at which people are becoming more aware of this Christ consciousness. Why do you think that's happening now? Why is this happening now?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's happening now because we're reaching a crisis point. Very essential things don't happen until there's an absolute need for them to happen. So you can say in the past this awakening has been a luxury, and only a few individuals here and there through all the ages were able to be awakened. And they tried to teach others, but to a large extent their teachings became misinterpreted. So we are awakening now.

OPRAH WINFREY (HOST): That Jesus was a revolutionary who got misinterpreted a lot.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Yes. We are awakening now because we have to awaken if humanity is to make it to the evolutionary level. We need to awaken because the egoic consciousness will become so—it's already been, it already become very distractive—it's become more and more destructive. We will destroy ourselves and the planet if we do not step out of the egoic consciousness, the collective ego.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): If you look at the history of the 20th century that gives you a taste of what it will be if there is no major shift. I wrote in *The Power of Now* that 100 million human beings were killed by other humans during the 20th century through warfare and so on.

And I recently read in a history book by a Harvard professor that my figure was much too low. It's as much as 160 to 180 million human beings were murdered through warfare and concentration camps and prison camps and starvation, manufactured starvation because China, Russia and so on. It's unbelievable insanity when you look at that history. And so if there's no shift in consciousness, we will go downhill very quickly because we're already in the process of destroying the planet. But there will also be continuous conflict, collective conflict, and eventually then humanity would collapse.

OPRAH WINFREY (HOST): So you think we're at a crisis point now.

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

OPRAH WINFREY (HOST): Well, Ryan, don't you think so too? I mean when you're with your friends, you know, obviously you're gathered here at Borders tonight because you are interested in this kind of, this way of thinking. But we all talk about it in some form or another of how bad things are. How, you know, the media—everybody complains about the media and the movies. I mean, if you just look at the Academy Awards this year and the kinds of movies that were made this year, and it's all the reflection of who we are. And you say in the book how we're the species that will go and watch other people on film be maimed and killed and murdered for our entertainment.

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

RYAN: And it's noise. It's the mind; it's all of that. And my friends and I talk about it, and it's things where we want to push that out and say, "Well, we choose not to look at those things. We choose not to surround ourselves with that type of energy."

OPRAH WINFREY (HOST): But I just got it. I just had an epiphany, an aha!, as Eckhart was talking here. I mean, and I'd read this several times in the book too: the number of people murdered, maimed, destroyed by other human beings during the 20th century. But the aha! for me was, yes, look at what we did in the 20th century. Look at the surge that we've had in our technological abilities. Look at you right now. We're Skyping each other. The advancement in our abilities to create new bombs, new ways of killing each other so that in the 21st century, if there isn't a shift, if you had 100, over 100 million people killed in the 20th century, God only knows. And I do mean God only knows what will happen to us unless we start to change this.



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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Yes, because technology amplifies the egoic dysfunction in human beings. So, before, the dysfunction was the same 2,000 years ago, but we couldn't do much harm because the technology wasn't there. The very same dysfunction still operates and becomes magnified through science and technology.

OPRAH WINFREY (HOST): Does that answer your question, Ryan?

RYAN: It does, and I just—it just makes me think of what could we do if we just focused that same energy on the positive and helping other people. And I feel that that's where we're going.

OPRAH WINFREY (HOST): It's also not just the positive. One of the things I think we all learn from reading *A New Earth*: that it's not just about being positive, it's about putting our own egos in check. Because as we begin to move forward in our studies the next 10 weeks, you'll see that first you have to see, you know, see the voice in your head, see how you're contributing to it because I think, you know, for years we've all heard that we're all, if you're not a part of the problem, you're a part of the solution. I think most of us don't understand—and I did understand to an extent, but got it even more clearly ever reading *A New Earth*—understand how we're contributing to the problem. And the way we're all contributing to the problem is? Eckhart?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, you need to look at your own mind. So it's everybody's responsibility to become aware of their conditioned mental processes: how you react in everyday situations, what kind of thoughts go through your head. It's good to not amplify the negativity that you see around you in the world by reacting to it. You have to be very much aware, of course, of what your mind is doing. So observe your own mind. Be there as the witness of your mind so that the witnessing dimension, which is awareness or presence, grows. You are not your thought processes. The thought processes are conditioned through thousands and thousands of years of conditioning. And there is dysfunction built into the very structure of our thought processes. This is how the ego arises. We'll talk about that in more detail.

OPRAH WINFREY (HOST): That's right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But to recognize in oneself, there is—you may not contribute to the murder and so on out there in the world. But it's everybody's responsibility to discover their dysfunction within them.

OPRAH WINFREY (HOST): Yeah, so you get that right, Ryan? What he's saying is is that there is a collective consciousness that he talks about, pages 11 and 12. "The dysfunction of the egoic human mind has created the situation in the world today," he says in *A New Earth*. And what I hear you saying, Eckhart, is that our individual fears, doubts, angers, jealousies, resentments all contribute to the collective.

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

OPRAH WINFREY (HOST): And so in order to begin to change the collective, each one of us has a responsibility to sort of mind that within ourselves.

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

OPRAH WINFREY (HOST): Cause that's how we're contributing to the collective.

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

OPRAH WINFREY (HOST): Yeah, and it's not just the road ragers, it's however you're holding resentment and anger and jealousy and fear in your own life. That's what you're saying.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Yes. What is it that you're putting out into the world? Is there negativity? Mental, emotional?

OPRAH WINFREY (HOST): In you.

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

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Cause that contributes to the collective energy fields. So you can only go—so it's up to the individual to go, to step out of the egoic consciousness.

OPRAH WINFREY (HOST): Yeah. You got that, right, Ryan?

RYAN: That makes a lot of sense.

OPRAH WINFREY (HOST): Yeah, it does make a lot of sense. Thank you.

RYAN: Thank you.

OPRAH WINFREY (HOST): Well, thank you. Thank you Borders.

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

OPRAH WINFREY (HOST): We've got Erica who lives on a U.S. military base in Landstuhl, Germany.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Oh, you are in the middle of the night.

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OPRAH WINFREY (HOST): In the middle of the night.

ERICA: Yes. Yes.

OPRAH WINFREY (HOST): Hi.

ERICA: Morning.

OPRAH WINFREY (HOST): Morning.

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

OPRAH WINFREY (HOST): Hi Erica.

ERICA: Hi Oprah. Thank you so much. This has been crazy as you said.

OPRAH WINFREY (HOST): Crazy fun.

ERICA: Yes.

OPRAH WINFREY (HOST): Landstuhl, Germany. Never heard of it, but glad to have you from there. Hello.

ERICA: Thank you. Glad, thank God for Skype.

OPRAH WINFREY (HOST): Thank God for Skype. Okay, what is your question or comment to us?

ERICA: Well, my question is for Mr. Tolle. I too grew up in the Baptist church just like Oprah and so many others. And you talk about the voice in my head, and I had a situation where I no longer attend that church because the behavior didn't line up with the teaching. But on Sundays when I'm at home with my family and we're enjoying a nice day and we decided not to go to church, that voice in my head says things like, "You didn't go to church today—that's not how you were raised. When your mom calls, what are you going to say?" Can you help me with that on explaining why we have the voice in the head that says things like that?

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

OPRAH WINFREY (HOST): Yes, he can help you, Erica.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now the voice, of course, is the conditioned thinking. The voice, what the voice says is conditioned by

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your past, by your childhood, by your upbringing, by the surrounding culture. All those things condition your thought processes. And when you—sometimes it happens when you awaken, maybe not completely, but when the awakening process begins, a lot of the old voices in the head, the old thoughts still come up. They still come up, and the essential thing is to recognize them as conditioned thought processes. And to see, because the fact that you're asking the question means there's already an awareness there that these are the voices in your head, so you're not totally identified. Because if you were total identified with the voice, you would say, "I feel so terrible. I really think I should be doing this." But you realize it's the voice in the head that's doing it. And then you can't allow it and say, "Okay, there's an old thought," and allow it to be there and be the awareness behind the thought. And anybody, this is not just in this particular, your particular case. There are many other instances where people have the movement of thought, telling them this or that, interpreting events or people according to the old conditioning. When you meet people, telling you immediately, judging somebody according to your old conditioning, with prejudices, with all the old conditioning. So it's—the only way you can gradually go beyond the conditioned thought processes is simply to be there as the witness. You don't need to act on it or say, "Go away, I don't want to be thinking this." That doesn't work.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It would only give it more energy.

OPRAH WINFREY (HOST): That's right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So again, a vital thing, and this will be going throughout the book and the teaching is, as much as possible, be aware of what your mind is saying and realize that only a small part of the consciousness, the totality of consciousness that you are, many people don't know that yet. They're totally one with the voice. They are the voice. They are so identified with every thought that comes, there's no space between them and the thought. So the essential thing is there's—realize there's thought processes, and here I am at this space for the thought. It's the awareness or the space for the thought.

OPRAH WINFREY (HOST): And that the thought is only a part of...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...a small part, it's the conditioned part of who you are. A more time-bound, it's conditioned by the past. There's a more essential part of who you are, and that is the awareness that knows that there's a...

OPRAH WINFREY (HOST): The awareness of the thought.

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

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OPRAH WINFREY (HOST): Which we're going to get into in further detail. But also, Erica, let me share this with you. Part of what you and I, our first caller from Alton, Illinois, was also talking about, is trying to reconcile the two. The reason why the voice keeps repeating is because, of course, of what Eckhart is saying; it's conditioned thinking. But also the guilt is you haven't made a decision for yourself about what is real or true for you. So you're still being led by the conditioned thinking and haven't made a decision. And, for me, that came when I was able to do exactly what Eckhart said earlier. I didn't phrase it the way he did. I asked God to use me. That has been my prayer for many years, you know. Eckhart says, "Ask life what is its purpose for you?" But I would pray on my knees to God and ask to be used and to be a servant and to allow his spirit to work through me and to not to just be on television but to be able to use television for a purpose that was greater than my own personality and to collect shoes in my closet. It didn't mean I wanted to give up the shoes, but I would if I had to. So when I started to ask that question of God, "How can I be used? God, how do you want me to live? How would you have me be?" I let go of the guilt of, "Did I make it to church or didn't I make it to church?" Because the majesty and power and omniscience of this force that we call "God" cannot be contained in a church.

ERICA: You're right.

OPRAH WINFREY (HOST): Cannot be contained in a church. And does not just want to be served in a church. But if church allows you to feel like you are being of service, then use it that way. But the bigness is what Eckhart was saying in that quote in the book, "Man made 'God' in his image. The eternal, the infinite, and unnamable force" that is God, that is all consciousness, that is universal energy—I don't believe—wishes to be just served on Sunday at 11 o'clock service. So that's what you're trying to reconcile with yourself. The voice in your head versus what you really should be doing.

ERICA: That's it.

OPRAH WINFREY (HOST): Yeah.

ERICA: Thank you, that's it.

OPRAH WINFREY (HOST): You need to make that decision for yourself.

ERICA: Thank you.

OPRAH WINFREY (HOST): And start asking that question of God.

ERICA: Okay.

OPRAH WINFREY (HOST): All right?

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ERICA: I will do that. Thank you.

OPRAH WINFREY (HOST): Thank you, Erica, from Landstuhl; Landstuhl, Germany. We have Adam from Redmond, Washington on the phone with a question.

ADAM: Yes, hello?

OPRAH WINFREY (HOST): Oh, on the phone phone. Hi.

ADAM: Hi there.

OPRAH WINFREY (HOST): Hi Adam.

ADAM: Hi, thank you so much, both of you.

OPRAH WINFREY (HOST): I feel a little like Larry King. Is the caller there? A little like Larry King, okay. Go ahead.

ADAM: Oh gosh, yeah, well, I used your online study group to create a couple groups out here, which I've called "Embracing Silence." Sort of the purpose of joining together for meditation and study and discussion and to create a field of presence and share with others in that. And I'm curious, what role do you see community or joining with others with the intention of sharing this consciousness, playing in the flowering of human consciousness?

OPRAH WINFREY (HOST): Good. Good question.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. It's very important, and, of course, what's happening here tonight is part of that also because it is a joining on a level that we haven't seen before. It's the arising presence. You can access it much more easily as part of a larger community or group of people. So to have a, in your home, to have a group of people who practice being present, perhaps listen to a spiritual talk or have a little reading, enter stillness, be present is extremely helpful because an energy field is generated when people come together and enter the state of presence together. So, and this is happening here also, although people are not physically together, and yet there is a energy field now that is generated all over the planet of presence; a different level of consciousness being generated. So it's helpful to join with others. Also, it needs to be said, not to become dependent on any group. It is still your responsibility to bring this new consciousness into everyday life and where you go about your business and your family.

OPRAH WINFREY (HOST): Once you become dependent upon the group, then you've now...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Then you always need to go back to the group, and you cannot live presence in your daily life. So the

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important thing, yes, go to the group to generate more presence, and then your responsibility is to live it in your everyday life where most of the time, perhaps, you will not yet be surrounded by people who are present. You will be surrounded by the old egoic consciousness. So there, that is, and this is the challenge for everybody now who is awakening that, yes, more and more people are beginning to awaken, and yet there are still vast numbers of people on the planet who are not.

OPRAH WINFREY (HOST): Who are not. But I was going to say that when Ryan from Borders was speaking to us and was saying, you know, the need to be more positive when there's all this energy in the world. Look, we have 700 and some thousand of us all gathered here this evening, which is a huge positive force.

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

OPRAH WINFREY (HOST): In creating the shift.

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

OPRAH WINFREY (HOST): And it's a different kind of community.

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

OPRAH WINFREY (HOST): Like we've never seen or experienced before.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's right. Yes. And then of course the other—another kind of community is generated through the Internet now and all these things that I don't know much about, but it's happening. So how people communicate with each other. Again, there's a, people are being linked in different ways with each other.

OPRAH WINFREY (HOST): This is a rising of a new consciousness that he speaks about, Adam.

ADAM: Well, it certainly is, and it's, you know, it's very pleasurable to spend time with others in sharing this consciousness, you know, like you said. When you're under the tree and you felt the, you felt that oneness and that majesty. Well, imagine if you had someone sitting there next to you to share that experience with. I think it makes it even that much more sacred.

OPRAH WINFREY (HOST): I did have my two dogs, Luke and Layla were there.

ADAM: Ah, wonderful. Wonderful.

OPRAH WINFREY (HOST): Thanks, Adam.

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ADAM: Little secret moment. Yes, thank you.

OPRAH WINFREY (HOST): Thank you, Adam. That's Adam from Redmond, Washington. Let's see some of the questions that you're sending us now, oh, this is cool, on e-mail. Okay, we're going to check the computer screen here. Caught up. Questions are, nothing's there. Nothing's there. So I'll keep talking. One of the things that really struck us so was so many people responded to this; page 13. "You don't become good by trying to be good." "You don't become good by trying to be good."

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

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): There's more to that sentence.

OPRAH WINFREY (HOST): Yes there is. Let's go to page 13 to find it. "You don't become good by trying to be good, but by finding the goodness that's already within you, and allowing that goodness to emerge. But it can only emerge if something fundamental changes in your state of consciousness."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So what that means, if nothing changes in your state of consciousness, the ego has many ideas. It says, "I want to be a spiritual person. I want to be recognized as a spiritual person. I want to be more spiritual than all these people. And I'm definitely more spiritual than you." So the ego has all kinds of ideas of what it wants to be. It might even say, "Yes, I want to be good." Because it wants to have a better image of itself. But on that level, the essential dysfunction of the ego is still operating. So this is why we have the phrase, "the road to hell is paved with good intentions." Because no matter how good your intentions are, when you're still trapped in the ego, it will always take you into conflict eventually. So there are people...

OPRAH WINFREY (HOST): That's why I was saying to Ryan, you can't just think positively.

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

OPRAH WINFREY (HOST): If there's such thing.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's not enough. You have to go deeper.

OPRAH WINFREY (HOST): I mean you can think positively, but it is not enough because eventually something negative will come along to challenge the positive.

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



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OPRAH WINFREY (HOST): Right.

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

OPRAH WINFREY (HOST): So you must...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's the realm of opposites.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So you have to go deeper beyond the realm of opposites where there's good and bad. And for each a place within yourself that is unconditioned, that is what I sometimes call the formless consciousness, spirit expressed beautifully in the Old Testament in the little saying, "Be still and know that I am God." That is, and that's in the Old Testament. It contains the entire wisdom of religion in those few words. "Be still," meaning go to that place where the mind is no longer operating. You are just conscious without thinking. And that is the level where the eternal resides. So the eternal, the formless, the spirit, is the essence of every human being. No matter how insane or conflict-ridden it may seem to appear on the surface, within every human being, that remains untouched. There's nothing that anybody could have done to you or nothing that you could have done to others to destroy that.

OPRAH WINFREY (HOST): It's always there.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's always there, and that is the grace of being here, and no matter how much madness there has been in your life, that remains untouched. So it's getting in touch with that deepest place within. And you can only do that by becoming still.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now becoming still does not mean you go to sleep. It means you're actually more alert than when you are thinking. You have to invite the stillness into your life as much as possible.

OPRAH WINFREY (HOST): That's why I loved your book *Stillness Speaks*. It's only that small [gestures], but every page is a gem.

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

OPRAH WINFREY (HOST): And also, it's what I was saying earlier, that in order to feel, that the way you feel that—for everybody who is listening to us now—the way to begin to feel that is

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to look at nature. If you were to go out and just be with a tree, and I don't mean hug a tree, we're not talking about now you got to go hug a tree and eat granola, but if you were just to be with anything in nature. I like trees because they're so majestic, they're so powerful and visual. And if you're with it for a time, you start to sense the presence of it, the stillness of it, and begin to recognize that stillness within yourself.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So what you sense in the tree is also in you.

OPRAH WINFREY (HOST): And it's always in the tree.

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

OPRAH WINFREY (HOST): Even when the wind is blowing and there's a storm.

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. And that's, that is also a sacredness that is there in the tree. And now our world doesn't know much that's sacred. It has become an abstract concept, nobody seems to know what sacredness is until you can feel it.

OPRAH WINFREY (HOST): Until you can feel it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): When you feel, then you don't need a definition. People ask, "Please define what sacred is." You don't need a definition of what sacred is because sacred is the essence of who you are. So it's sensing that and you can sense it when you're still enough. You sense it in the tree.

OPRAH WINFREY (HOST): Now, isn't it interesting that you first came to recognize this when you were about to kill yourself?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Yes. Sometimes you have to reach a limit. Humans have to reach a limit. Human species as a whole is reaching that limit, but also, on a personal level, sometimes people have to be pushed to the limit. My ego was so obstinate, and my pain-body was so strong, I had to be pushed to the limit before it cracked open.

OPRAH WINFREY (HOST): Well, before we go into any further, share that moment that you talk about in the beginning of *The Power of Now* where you're about to kill yourself.

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

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OPRAH WINFREY (HOST): Feeling so much pain.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Dreadful suffering at night. I would often wake up in extreme feeling of dread and fear; consumed by dread and fear. The whole world seemed alien. I saw the thought one night, I woke up again and the thought came, "I can't live with myself any longer. I just can't live with myself any longer; it's so painful." And that thought repeated itself a few times. And then suddenly, something happened inside me, and I looked at the thought. That was of course awareness. I didn't know at that time what it was. I became aware of the thought and I said, "I cannot live with myself. That's strange, so there must be I and there must be myself. Am I one or two? I seem to be two. Because if I can't live with myself, there must be two of me here."

OPRAH WINFREY (HOST): Well, and everybody has felt that. Not to kill themselves, but everybody has felt or heard you say to yourself, "I said to myself."

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

OPRAH WINFREY (HOST): "I said to myself."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And, of course, the entire, what we call the voice in the head, we could also call it "self-talk." Where you talk to yourself. And most people address themselves as "you." So the voice is, "You shouldn't have done that." Or "You should..."

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So there's—constantly there's a separation inside human beings which is the essence of ego.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That there's a, here's an image of who I think I am and then there's a me. They get mixed up together.

OPRAH WINFREY (HOST): Okay. I'm sorry I interrupted you, that thought, though. You're getting ready to kill yourself, said, "I can't live with myself any longer."

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

OPRAH WINFREY (HOST): Said that several times in your mind.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And then I, I became aware of the structure of the sentence. And said, "If that's the case, then who is the self that I cannot live with? And who am I?"

OPRAH WINFREY (HOST): Wow.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And that moment, a separation happened completely between the essential "I," which is the essential consciousness that I am, beyond past and future; the eternal stillness.

OPRAH WINFREY (HOST): Stillness. Stillness.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But awake stillness. And all my thought processes, which were ego would be—all my thought process, well, that created the dreadful suffering. The mind-created entity, the unhappy me, was continuously fed by my thinking. It consisted of thinking, a stream of thinking.

OPRAH WINFREY (HOST): So did you just decide that night? "I guess I'll wait to see if I will kill myself?"

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No. The, kind of, it was a kind of spiritual suicide, so the ego died instead of me having to jump off a bridge, fortunately, the ego died. The ego dissolved as the unobserved mind dissolved.

OPRAH WINFREY (HOST): The ego.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The full self, the me, the unhappy story.

OPRAH WINFREY (HOST): Oh, got it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Me as the unhappy, my identity as me and my unhappy story...

OPRAH WINFREY (HOST): Died. Died, dissolved. Because the "I" behind it suddenly woke up and said, "Who is that self that I can't live with?" And when you fully look at that self, it actually dissolves because it cannot survive in the light of intense consciousness.

OPRAH WINFREY (HOST): Wow.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so the next morning I woke up, and I didn't know what day it was. It was strange, what happened.

OPRAH WINFREY (HOST): Eckhart, were you drinking?

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

OPRAH WINFREY (HOST): Did you have a couple sips of something?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Nothing. It just happened, and I felt like being drawn into a kind of vortex, and then I went to sleep. And the last thing I felt, there was still some fear. The voice said "Don't resist, or resist nothing. Don't resist, resist nothing." And so I must have gone to sleep then.

OPRAH WINFREY (HOST): You had your first good nights sleep in God knows when.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And the next morning I woke up and looked around and looked, everything looked so fresh. All the old furniture, the pencil. Everything looked fresh and alive. As I caught a bird song outside as if I'd never heard it before. Because the mind had become still, and there was simply the beautiful perception of everything. The sunlight coming through the curtains. Incredible. I've never seen that before.

OPRAH WINFREY (HOST): Sounds like a drug trip.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, later on, people tell me, they ask me, "Is that like acid?" Because some people take acid and they say, "Oh, we experienced that when we took acid," they told me many times. Until finally, I'll tell you in confidence, finally I tried acid just for once.

OPRAH WINFREY (HOST): You're telling me in confidence here?

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

OPRAH WINFREY (HOST): Okay, good.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I tried it just once just to see...

OPRAH WINFREY (HOST): If it was the same thing?

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

OPRAH WINFREY (HOST): Yeah?

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's not quite the same thing because what I experienced was much more subtle and beautiful. The acid I experienced has almost a violent thing where violently the perceptions, sense perceptions become so magnified that there was no room for thinking anymore. But I could see why people say, for some people it's a glimpse of what it means to perceive the world without this continuous interference of mental noise.

OPRAH WINFREY (HOST): Yeah, but your trip without acid was better.

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

OPRAH WINFREY (HOST): Yeah. Well, I, part of what you're describing is what I came close to that when I decided to go outside without naming things or labeling things is what I was describing earlier. Walking through the park, walking around, you know, my house, which is like a park. Everything was like vibrating, and it was the colors and everything. The sense perception was very different because I wasn't in my mind thinking about it. I was just there to experience it.

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

OPRAH WINFREY (HOST): That's how you get to that place.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's right. So when you are no longer there when you walk through your garden or wherever.

OPRAH WINFREY (HOST): And you're not naming every flower.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You're not naming, and also you're not carrying the burden of a heavy "me," a personality, a person with its problems, with its past, with its future.

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

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

OPRAH WINFREY (HOST): About anything.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So you are, basically you'll become a conscious presence perceiving the beauty around you.

OPRAH WINFREY (HOST): Yeah, it's fascinating. Well, okay, we do have an e-mail now from Kathy, Delta, Colorado. Is that where you're well, no, she can't talk, it's e-mail. "How do I shed

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the years, or rather, decades of conditioning and distractions, sickness, relationships, work, in order to hear and feel the moments of stillness? Which is what we were just talking about.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. The good thing is you don't need years and years to undo years and years of conditioning because...

OPRAH WINFREY (HOST): Good in an instant.

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

OPRAH WINFREY (HOST): Only now.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So it's the access point is the present moment. The present moment is the point of power to enter the state of consciousness. So we need to learn how to find in our daily life, as often as possible, this point of power of the present moment. Because if we don't, we get continuously dragged along by the old conditioning of the mind, all the old thought processes, all the old reactions and so on. So there are many little things you can do to access the power of the present moment. For example, very simple thing. Ask yourself, "Am I still breathing?" Now what does that mean? To find out if you're still breathing, your attention needs to move from the thinking into here [gestures to mouth]. And you suddenly feel the air flowing into your body and out of your body. Mm-hmm, yes, I'm breathing. And at that moment, you've entered the stage of presence. Even if it's only five seconds, you've entered that. You've become present.

OPRAH WINFREY (HOST): In the moment.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): In that moment. Another thing I suggest is when you do habitual everyday motions—like washing your hands or walking across the room or walking down the stairs or the slightest thing, taking a cup out of the cupboard—do it consciously, do it being present of every, the feel, for example, when you wash your hands, feel the water, smell the soap.

OPRAH WINFREY (HOST): We have this in one of the workbook exercises online.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Sense perceptions, becoming acutely conscious of sense perceptions—which means looking, hearing, touching—brings you to the present moment.

OPRAH WINFREY (HOST): How is that going to help me because I started doing that going up the stairs. I was going, "One foot on the stairs. There's another foot on the stairs. There's another foot. Okay, I'm at the top of the stairs now." I was present walking up the stairs. What does that do for me, Eckhart?

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

OPRAH WINFREY (HOST): I think I was. "There's a foot, there's a foot, there's a foot on the stairs." I'm just there, the movement. The feeling, feeling the motion of my body and how many parts of the feeling, feeling the motion of my body and how many parts of my body have to move to get me up the stairs? "I used my thigh muscle there. I used the back of the leg or my ankle..."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Nature's presence. I wasn't sure upon the way you say it, I thought you were repeating mentally, "Here's one step, and here's another step," but you were not.

OPRAH WINFREY (HOST): No I was not. I was feeling every part of what it took to get me up the stairs.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So now the mind says, "What's the point in that?"

OPRAH WINFREY (HOST): The mind then said, "Okay, now you were present getting up the stairs. Now what?"

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And at the body says, "I've got more important things to think about."

OPRAH WINFREY (HOST): Yes it did. Mine said, "Now what did that do you?"

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now, to the mind, that kind of thing's completely meaningless because you're inviting a different state of consciousness into your life which the mind cannot understand. But this is how you bring in awareness. This is the end of the old conditioning.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And you bring in a consciousness that is totally fresh and new that comes out of the present moment. And the more you bring those moments of presence into your life, the more your old conditioning becomes eroded gradually.

OPRAH WINFREY (HOST): I see. So learning to do it with washing your hands. I just got this.



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

OPRAH WINFREY (HOST): This is good. This class is good for me. I don't know about the rest of you all, but I got it now. Just learning to do the simple things begins to retrain your mind.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And another thing is, most simple things that you do which actually fill up most person's everyday life because the whole day consists of simple things that you have to do.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): They're all relatively simple.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And the way most people live is that everything you do is a means to an end. And the end is where you want to get to, the next moment.

OPRAH WINFREY (HOST): Right. So you're never thinking about the moment.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No, because you want to get to the next one. You're washing your hand in order to already do that. Or you're making—while you're making a cup of coffee, you really want to be drinking it.

OPRAH WINFREY (HOST): Jon Kabat-Zinn says in his book *Coming to Our Senses* that most people every morning, people take a shower, or they bathe or something, but most people are in the shower, but they never actually get to experience a shower because they're thinking they're already in the office.

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

OPRAH WINFREY (HOST): They're already in the office.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And then everything you do is a means to the end. The end is always the next moment in the future, which never arrives because all you ever have in life is the present moment.

OPRAH WINFREY (HOST): Present moment. So you're constantly frustrated, creating anxiety for yourself and stress.

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

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OPRAH WINFREY (HOST): Because you can't just be present now.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Present now. And the power can only flow into your life when you are present completely, totally, with what you're doing now. And this is why most people's lives do not have this power because they're always living for the next thing, so they devalue the present moment.

OPRAH WINFREY (HOST): Got it. That's why walking up the stairs, being with the stairs, teaches you how to be present with other things.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And then gradually you can be present with when you are with other human beings. You can be totally present in whatever work you do so that the work is not a means to an end, but you are totally there with what you do. Your attention.

OPRAH WINFREY (HOST): Well, I see Cinda from Oregon has been waiting to talk to us. Cinda, hi, from Oregon. What is your question?

CINDA: Hello Oprah, hello Eckhart.

OPRAH WINFREY (HOST): Hi.

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

CINDA: Hi, hey I am so grateful for this opportunity to have Eckhart answer my question. Thank you for having me participate in this. And Eckhart, I need you to know that I am grateful that when you tried acid, that you preferred enlightenment more than that because my children are upstairs listening in on this.

OPRAH WINFREY (HOST): Cause he was going to say, and interrupted him, you were saying, "I don't recommend it."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No, I don't.

(AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No I don't.

OPRAH WINFREY (HOST): Why?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Because it's, you will always fall back. It's not, you always fall back to the old state of consciousness, and it's almost, I experienced as almost a violent thing being done to me.

OPRAH WINFREY (HOST): Okay, good. I wanted to say that for the children upstairs, Cinda.

CINDA: Yeah, thank you Oprah.

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OPRAH WINFREY (HOST): Thank you, your question.

CINDA: Well, my question is this. And, you know, first of all, I also want to tell Eckhart that his words in his book have moved me to my core. And I am a new person because of it. And not only because of my internal changes, but the way that I am in the world that I live. And I am so grateful for that. Thank you, Eckhart. I want to ask a question, it's something that we've already talked about a little bit tonight, but I feel it's important enough to bring up again. And I believe that the way that Eckhart answers this question might just be the catalyst to change that we need in order to save our planet and ourselves. On pages 20 and 21 in the book, you talk about, in an ever-changing world or an ever-changing environment, a species needs to either adapt or they will die out. And then you go on to say, and I quote, "that humanity is now faced with a stark choice: Evolve or die." My question to you is this: When you say "evolve or die," do you mean that literally, and it sounds like you might, or do you mean that metaphorically, which I hope?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): "Evolve or die" refers to humanity as a whole, whether humanity survives as a species. Even if humanity did not survive as a species, no gain in consciousness is ever lost within the totality of consciousness. So the fact that we are here, and consciousness, which is really all that exists, we are only forms that come out of consciousness. And consciousness is the evolutionary process of the universe.

And we are here together as part of this evolution of consciousness, which comes through the human form. Consciousness can use and does use millions and billions of other forms and evolves through that out of the unmanifested. In the unmanifested, consciousness is already perfect, or God, you could say. Timeless perfect, eternal, no change. And then you have this so-called manifested dimension, which some ancient teachers have described as a kind of dream, which is what it is. But for some reason consciousness wants to come into this world of form. And in this world of form, it evolves. So one could say that gradually, more and more God—which is another world for consciousness—God comes into this world and a form gradually emerges. God comes there you, God comes through me, God comes through you. Gradually, more and more. The density of form lessens. And this is what's happening. So even if humanity didn't make it, consciousness, the gain in consciousness that has already been achieved by those human beings that have become conscious, may conscious—express itself much more easily—at least in some other form because, ultimately, we are not the form, we are not the body that we see. You are not the form that is sitting there. In essence, you beyond, you are the formulas, consciousness itself.

OPRAH WINFREY (HOST): You're the stillness.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Temporarily assuming this particular form. And, of course, the form eventually is going to dissolve anyway because then consciousness moves on. Consciousness is continuous evolution. Continuous metamorphosis, it's a wonderful process. So there's nothing to be

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scared of because, ultimately, when I say "evolve or die," I'm only speaking humanity as a species. But, ultimately, nothing dies. It's only a transformation of consciousness, a transformation of form.

OPRAH WINFREY (HOST): A transformation of form, yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Of form, so there is no death ultimately.

OPRAH WINFREY (HOST): But you do mean the end of our human species as we know it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, that is a possibility. But the fact that we are here tonight should give us hope and confidence that humanity is going to make it because this is growing, and not just this teaching, the other spiritual alive spiritual teachings. There is an enormous awakening happening on the planet. So nobody knows, nobody knows, I don't know the answer whether humanity is going to make it. But I do feel confident now, more so perhaps than before, that we are going to make it.

OPRAH WINFREY (HOST): Well, yes because that's one of my favorite quotes, too, Cinda, that we are, "A significant portion of the earth's population will soon recognize, if they haven't already done so, that humanity is now faced with the stark choice: Evolve or die." Thank you for raising that question in such a beautiful way, Cinda.

CINDA: Thank you Oprah, thank you Eckhart.

OPRAH WINFREY (HOST): Thanks for joining us. Casey in Asheville, North Carolina, is on Skype and has a question also for Eckhart about *The Secret*. Casey?

CASEY: Hi, Oprah. Hi, Mr. Tolle. I was debating about whether to read this book because it looked very deep to me, to be honest, and I have a 1-year-old and I hang out with her all day, and I didn't know if I was ready for it. But Oprah, when I saw your show on *The Secret* and the bubble man and all that good stuff, I thought, "I have got to read that book" because you talked about it—in that show. So my question is this: When I put out into the universe, when I ask God for things, for hopes and dreams and material things, and a lot of times I get them. Those material things, I think they may be coming from the ego, and I just wonder, Mr. Tolle, is that wrong?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Okay, well, it's not wrong. You can always easily recognize that something is coming from ego because when you get it, it doesn't satisfy you. That's always a sign that it's coming from ego. It may satisfy you for a little while and then, "Oh, I need more. I need something else." So that's a good learning process. You can manifest things, and if you see "Oh, these not satisfying," it must have been the ego. So there's nothing wrong with manifesting things. The only illusion would be to expect things to provide some ultimate satisfaction in your life. Things can't do

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that. The world of form can't ultimately satisfy you. You can enjoy the world of form, but the true satisfaction doesn't come from there. The world can't do that. The world can't make you happy. Things cannot give you happiness.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Because happiness comes from a deeper place within you that you can only access in the present moment. So it's fine. We live in the world of things. Why not manifest things as part of the game of, in this life, the game of form? But if you expect some kind of satisfaction, then you will always be frustrated.

OPRAH WINFREY (HOST): Which is going to be, I think we get into that a lot in Chapter 3, Chapter 2 and Chapter 3. Not allowing yourself.

CASEY: Oh, I loved Chapter 2.

OPRAH WINFREY (HOST): Loved Chapter 2.

CASEY: So good.

OPRAH WINFREY (HOST): Not allowing yourself to be defined by the things. To be in the world and not of it is how I describe it. To have things. I have lots of beautiful things, and I love beautiful things. And later on, in one of the chapters, he talks about when you say that you're not defined by things, what happens to you if you were to lose any of those things. The depth of your, you know, grieving or sorrow or, you know, so-called suffering determines how attached you were to those things.

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

OPRAH WINFREY (HOST): You can say, "It doesn't matter to me," until somebody steals your car.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's right. For many people, that's a very important lesson when suddenly they do lose something. It can be a wonderful spiritual lesson. And then you, perhaps you'd suffer, and then your attachment gets broken, and suddenly you go beyond the attachment. So there have been people who've lost everything and suddenly become free of the ego because the ego had nothing left to identify with. So this can happen. And another important thing to mention with regard to manifestation is the basis for your life is the present moment. You need to first of all, the very basis for everything is to come to an acceptance of this moment as it is. Gratitude is part of that. Of course, we'll be talking about that in more detail. So that there is neediness when you manifest. It's the neediness that's dissatisfaction, for example,

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in your life. If there's dissatisfaction, that is not a good place, not a good starting point for changing your life. The ego may tell you that but it isn't. You need to find a place of acceptance. Not...

OPRAH WINFREY (HOST): Wow, that's powerful.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No matter where you are, come to terms and become friendly with the present moment. Because if you do not become friendly with the present moment, you're not friendly with life because life is only now. If you're not friendly with life, life cannot support you.

OPRAH WINFREY (HOST): But did you just say that being in a place of dissatisfaction—being dissatisfied is not a good time or place to change?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's first—you can see the totality of the situation. Let's say, I use the example in *The Power of Now*, you are stuck in the mud. You're walking somewhere and suddenly you get deep in the mud up to your knees. You wouldn't say, "Okay, I'm satisfied with this situation." You can't be satisfied with this situation, and you know that you need to get out. But you say, "Okay. Here I am stuck in the mud, and I need to get out." There's no—

OPRAH WINFREY (HOST): Cursing the mud.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Negative reaction, cursing.

OPRAH WINFREY (HOST): Damn this mud.

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*): Or a struggle against. Because if you struggle against, you get in deeper.

OPRAH WINFREY (HOST): You're going to get more mud on you.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So very important, perhaps one of the key things here in this, or in any spiritual teaching, is the question that you need to ask yourself as much as possible. You can even put it on your bathroom mirror or some other places where you often look. And that question is, "What is my relationship with the present moment?" And to become very conscious of that, and then you find out you become alert. "Okay, what's my relationship with this moment? Is there negativity, in which case I'm fighting, I'm making the present moment into an enemy."

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OPRAH WINFREY (HOST): Yeah. What you say is, "What you resist persists."

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

OPRAH WINFREY (HOST): So you must make peace with the moment.

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

OPRAH WINFREY (HOST): Doesn't mean you have to approve the situation.

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

OPRAH WINFREY (HOST): But you must make peace with the moment in order to get yourself out of it.

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

OPRAH WINFREY (HOST): Cause resisting is only going to cause more of it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And that's absolutely vital. So ease with what is. The "isness" of this moment is already as it already is as it is. The ego doesn't understand that, but you can't really argue with what is because it already is.

OPRAH WINFREY (HOST): So you must accept whatever it is first before you begin to change it, that's what you're saying.

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

OPRAH WINFREY (HOST): There must be acceptance.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Acceptance of what is first. Then action comes out of the acceptance. It no longer comes out of resistance.

OPRAH WINFREY (HOST): Got it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Which is a totally different energy flows into what you do when it comes out of an acceptance of this is what is and then action happens that is actually empowered by life itself.

OPRAH WINFREY (HOST): I think that explained it, Casey.

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CASEY I think so too. Thank you so much, that was amazing.

OPRAH WINFREY (HOST): Thank you so much. I just wanted to go back to spirituality and religion for a few moments in the few moments we have remaining because I know that's still such a major issue with so many of you. And you say on page 17 that "the more you make your thoughts or beliefs into your identity, the more cut off you are from the spiritual dimension from yourself." You also say on page 18: "How 'spiritual' you are has nothing to do with what you believe..."

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

OPRAH WINFREY (HOST): "...but everything to do with your state of consciousness."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. How spiritual you are reads, "How present are you at this moment? Are you in your thoughts, or are you there as the awareness behind your thoughts?"

OPRAH WINFREY (HOST): Which is your spirit.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Stillness. So the, often in the newspapers and the media, they always ask, "What do you believe in?" That is not an important question, what I believe in. It's the important question is, "Are you present at this moment?" Not what your belief structures are.

OPRAH WINFREY (HOST): I think people want to know what you believe so they can label it and decide whether they are going to like you accept you or not.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And they want to know, "Do you believe the same thing that I believe because if you don't, you're my enemy."

OPRAH WINFREY (HOST): Yeah. You're laughing at that, okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, it's mad, it's better to laugh at madness.

OPRAH WINFREY (HOST): Yes, yes. I just wanted to mention this person, Maria from Doha, Qatar. Just want to say Doha, Qatar.

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

OPRAH WINFREY (HOST): Qatar.



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

OPRAH WINFREY (HOST): She says, "Do you think that people are willing and ready to set aside a time required in each day? Is this possible in a global sense? Would anyone who thinks their life is fine be willing to waste time just sitting in order to raise their consciousness level?"

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, better I would change the question a little bit to make it more vital and more relevant just ask, "Am I ready?" The only question you really need to answer is, "Am I ready to do this?" You don't need to know whether other people are ready to do it. Only you can have the answer, "Am I ready to be still?"

OPRAH WINFREY (HOST): Very good, Mr. Qatar.  
Am I ready?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): See, that's the vital question and only you can answer that. I can't answer that. I can't answer that. Are you ready? Or are you so fascinated by the things of this world and your mind that perhaps you need to pursue those things for a few more years until you suffer a bit more, and then you're ready.

OPRAH WINFREY (HOST): Well, yes. When we were doing rehearsal for this yesterday, we were up on Skype and someone said, "I'm 28 years old, and I don't think need to be awakened. So what can I get from this book?" I go, don't waste your time. Go read another book.

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

OPRAH WINFREY (HOST): Yeah. If you don't think you need to be awakened then—

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

OPRAH WINFREY (HOST): Yeah. If you don't think you need to be awakened, then....

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No, that's right. So the time is not yet there for everybody, and that's fine too.

OPRAH WINFREY (HOST): What about the people who are struggling, particularly in this first chapter with the book?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The first chapter is a little bit more conceptual than the other chapters and less practical. I wanted to give a general context for where the book fits into the general context of spirituality on the

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planet or transformation of consciousness on the planet. So just read through. There are already very important pointers in the first chapter if you can see them. We'll run through the whole book, presence and so on. Just carry on, not only the first chapter, anywhere in the book. Don't expect to immediately understand everything. That's not necessary. And besides, understanding the book is not the essential thing, it's secondary. The first thing is to experience the truth of it rather than conceptual understanding, the essence of what's in the book but, in any case, cannot be understood conceptually. For example, presence. People say, "Can you explain to me what presence is?" I've already given a few pointers—to go beyond that and give further definitions. You can only know what presence is by being present. You must have at least a glimpse of presence which—and this is why it's not understanding that's the essence. So when you don't understand, just read on. It's a process; reading this book is a process.

OPRAH WINFREY (HOST): Yes. And this book, as you say, again, as I said in the beginning, this isn't about creating more information for you to believe in.

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

OPRAH WINFREY (HOST): And you don't want to be anybody's guru.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No, no. So it's only, it's not through your mind really that you can get it. Anybody who finds this book meaningful, and this is the important thing, is already awakening. If you're not awakening already, this book will be completely meaningless or any other truly alive spiritual book will be meaningless. You won't understand it all. You'll say, "There's not much there. I don't know, it doesn't make sense to me." If it does make sense, especially if you feel something from within responding and just say, "Wow, yeah."

OPRAH WINFREY (HOST): Well, I think also too for all of you who've joined us, there are a lot of people who are expressing, they're getting it, they're awakening, they're feeling more alive and excited. And then you want to go share it with somebody else who perhaps hasn't read the book, doesn't feel the same as you, and then they feel frustrated.

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

OPRAH WINFREY (HOST): And I guess you would say the same thing you say to the woman in Qatar—just worry about yourself.

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

OPRAH WINFREY (HOST): Concern yourself with yourself.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's right. And if friends or relatives say, "Doesn't make sense to me," that's fine. Perhaps in a few years time they will be ready, we don't know. So it's to accept that it's not yet for everybody.

OPRAH WINFREY (HOST): Accept it first.

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

OPRAH WINFREY (HOST): Accept.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Accept. Don't demand or don't make it into an ideology and then try to convince people that they must be present.

OPRAH WINFREY (HOST): Right. I got it. Before we say goodbye, I want to thank you for being with me, all of you out there. This is just the most exciting thing I have ever done, being able to talk with you all and share this kind of information that allows all of us to get closer to who we really are so that we can do or honor our life's purpose and calling here while we're on earth. We'll be here next Monday again at 8 p.m. Central. If you want to experience this first class again or tell a friend who missed it, our webcast will be available on demand tomorrow for free here at Oprah.com. You will also be able to update your workbook and get started on Chapter 2. And if you want to download the podcast of this class, you can do that too at Oprah.com and at iTunes. Next week, woo! Moving out of the conceptual Chapter 1 into the good stuff.

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

OPRAH WINFREY (HOST): Moving on. The next week we'll be talking about the ego. Wow. We'll see you next Monday night. Thank you, Eckhart.

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

OPRAH WINFREY (HOST): And thank you so much to all of you around the world. Goodnight.