

A NEW EARTH ONLINE CLASS

CHAPTER 3 TRANSCRIPT

OPRAH WINFREY (HOST): Hello again, everyone. Welcome to week number three of our *New Earth* Web class. And again, I, um, thank you. Eckhart Tolle thanks you for joining us as we bring students and seekers together to discuss our latest Book Club selection, Eckhart Tolle's *A New Earth*. I'm happy once again to see that we've been connecting with readers around the world. We've gotten questions and comments just this week from as far away as Rotterdam, Rio, Beirut, Casablanca, Greece, Seoul and even, even Tasmania. Hello, Tasmania. Thank you for all of your really so, so thoughtful, your e-mails have been, and I can tell you we love hearing from you wherever you are. There've been either 2 million of you who watched our classes live or on streams or downloads. No matter how you're watching, I welcome you to the awakening, the shift in consciousness that's happening really all over the planet. So I want to get started on Chapter 3. As you see on your screen, you can type in your questions and send them to us instantly throughout the class. We're going to be speaking with students via Skype. You know, Skype is that free software that allows you to make Internet and video phone calls from all over the world. Welcome, again.

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

OPRAH WINFREY (HOST): Did you have a good week?

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

OPRAH WINFREY (HOST): Very good. So, if we were to summarize, last week we were talking about how the current state of humanity is that we are humans here living on the planet Earth, have an ego and learning to manage that ego is what this book is all about.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And going beyond ego at the same time means going beyond what the Buddha described as the normal human condition, which is one of suffering.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Cause ultimately the ego sooner or later, usually sooner, always produces some form of suffering. So it's really transcending the ego. Going beyond the ego, at the same time, means going beyond this unconscious urge to generate more and more suffering both into people's personal lives as well as collectively.

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OPRAH WINFREY (HOST): Well, we did something last week that was unprecedented. You said it's never been done before on television where you just sit there in silence. And I thought a lot of people responded to the sense of connection from that. So do you want to do that again?

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

OPRAH WINFREY (HOST): Let's do that again.

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

OPRAH WINFREY (HOST): Okay. So you're going to lead us in silence?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Okay. I'll just maybe one or two little hints about what to do with your mind when you go into silence because not speaking isn't complete silence yet because usually, even though you're not speaking, the mind is still active and producing noise. So how to stop the mind from producing noise or how to reduce the amount of noise that the mind produces is quite easy. You take your attention away from the mind, from thinking. And we did that already last week, and simply become aware that you are breathing. The air flows in and out and you feel yourself breathing. Air flows in and out the body. And so as we go into silence now for a few seconds, just direct your attention and feel your own breath.

OPRAH WINFREY (HOST): That was nice.

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

OPRAH WINFREY (HOST): Today's lesson, Chapter 3 beginning on page 59. I love the idea that we're all literally on the same page. Everybody, page 59. "The Core of the Ego." "Most people are so completely identified with the voice in the head—the incessant stream of involuntary and compulsive thinking and the emotions that accompany it—that we may describe them as being possessed by their mind." My question to you, if we are not that constant stream of thinking, then who are we?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now, that question usually would be answered by the mind by giving some kind of concept of who we are. Now...

OPRAH WINFREY (HOST): Yes, I am female...

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

OPRAH WINFREY (HOST): I'm African-American.

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

OPRAH WINFREY (HOST): I work on TV.

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

OPRAH WINFREY (HOST): My mother was, my mother is...

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

OPRAH WINFREY (HOST): I live at, my job is...

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

OPRAH WINFREY (HOST): Yes. That's how most people, if you say, "Who are you?"

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. But beyond that because concepts refer to who we are temporarily in the world of form. Your mother, your father, you have a certain profession, a certain, belong to a certain race. You're a man or a woman, nationality, all these things. Now, when you ask, "Who are we beyond that?" there is no conceptual answer to that that would, no conceptual answer would be absolutely correct. We can give little hints. We can say, "We are the formless consciousness behind all that."

OPRAH WINFREY (HOST): Hm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): We are that which cannot be defined through concepts or words. So knowing who you are is not, does not mean that suddenly you have some new idea in your head, you say "Oh, now, let me tell you who I am. I've discovered who I am."

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You get closer to knowing you and who you are. You come to a stage where you have that feeling, and I mention it in the book somewhere, you, when people tell me, "I don't know who I am anymore" because they have realized who they are not.

OPRAH WINFREY (HOST): Mm-hmm.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): They are ultimately not their profession, they are not whatever function they fulfill. They are not their nationality. So they're not, they're beginning to realize, "That's not really who I am." But then they enter the unknown and say well, "If I'm not that, no, I'm no longer sure who I am." And I always congratulate people when they say, "I'm not sure who I am anymore." That's a...

OPRAH WINFREY (HOST): Well, that usually connotes confusion.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Confusion if you still want to know who you are. But if you can become comfortable with not knowing who you are, with not defining yourself to yourself or to others, mainly to yourself because the ego is constantly a self-definition to remind yourself who you are. You remember your story, your past and so on. You have opinions about yourself and so you, this is the self-definition.

OPRAH WINFREY (HOST): But don't we obviously need the ego, Eckhart? Don't we obviously need it? Otherwise, why would we have it? Why wouldn't we have evolved past it?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's, we're doing that now.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So it's been a stage in the evolution of consciousness, a necessary stage in the evolution.

OPRAH WINFREY (HOST): For survival?

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

OPRAH WINFREY (HOST): Because?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The ego arose because we started to think. So the ability in humans, suddenly humans developed the ability to differentiate and to think. To me, the beginning of the Old Testament really describes the beginning of the ability to think because what it says in the Old Testament is, "they ate of the fruit of the knowledge of good and evil," the ability to say this is good, this is bad, to differentiate, starting to think.

OPRAH WINFREY (HOST): Mm-hmm.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So the ability to think arose in our species, which was a wonderful thing on the one hand, but over many, many millennia, hundreds of thousands of years, more and more, our original sense of connectedness with life and with being, which natural ones still has, animals still have that. They, they live in a state of natural...

OPRAH WINFREY (HOST): And some cultures did.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Some of ancient cultures.

OPRAH WINFREY (HOST): The Native Americans.

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

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): They still have that, the sense of being rooted, being comfortable in your own skin, being rooted deeply within and feel that sense of oneness with the totality of life. Oneness with life itself.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so we, we had, humanity had that once and, as you say, some ancient cultures perhaps there are still remnants of ancient cultures, they still have that, and, but humans as they went into more and more thinking and differentiation, they gradually, their sense of self gradually moved from, from the center of their being, which I would describe as their heart or the solar plexus, into their mind.

OPRAH WINFREY (HOST): Into their mind.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And the more and more they began to identify with the movement of thought, and, gradually, out of this continuous identification with the movement of thought, a thought-made entity was produced, which is the ego.

OPRAH WINFREY (HOST): Yeah. Which is what you're saying is being possessed by our minds?

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

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OPRAH WINFREY (HOST): Okay. By being possessed by our minds. Okay. You say, "This is the egoic mind. And we call it ego because there's a sense of self, of I, in every thought, every memory, every interpretation, opinion" and so forth. And this is unconsciousness, spiritually speaking?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Because you identify with thought rather than being identifying with the, your inner essence, which is what we lost, which is the state of Eden or paradise as is described in...

OPRAH WINFREY (HOST): In the Bible.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The Bible. We lost that, and it's not only in the Bible. There are many ancient cultures where they speak of the Golden Age that we lost, in many different cultures.

OPRAH WINFREY (HOST): And you say egos are all the same on the surface, they only, they differ only on the surface. Deep down they're all the same?

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

OPRAH WINFREY (HOST): Okay. Now, Chapter 3 is all about the core of the ego, what makes it thrive.

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

OPRAH WINFREY (HOST): And you say that, that what we, what we react to in another we strengthen in ourselves. Can you give us an example of that? One of the things the ego needs to survive is reacting against other people. "What you react to in another you strengthen in yourself, you say.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. That's usually what we react to most strongly in others, and what we most strongly condemn in others is usually something that we also have, a trait that we also have but that we are unconscious of in ourselves. So when we, for example, become upset if we encounter somebody who is very greedy, or we could become upset about somebody who is dishonest, no matter who, the, what, the, the force of your reaction usually tells you that something in you that you need to look at.

OPRAH WINFREY (HOST): Really? All the time? All the time?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, it's for you to find out or any, anybody to find out in their own lives. When you react strongly have it then become alert and have a look inside.

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OPRAH WINFREY (HOST): Okay. You say, "Complaining is one of the ego's favorite strategies for strengthening itself. Every complaint is a little story the mind makes up that you completely believe in."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Now, that's a very common thing and perhaps until people begin to become more aware...

OPRAH WINFREY (HOST): And some egos survive on complaining.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Some egos who haven't got much else to identify with, they can survive on complaining alone. So the continuously you are condemning other people, you're continuously criticizing, condemning or judging negatively situations that you're in, your surroundings, other people.

OPRAH WINFREY (HOST): So the ego is the identification with those thoughts?

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

OPRAH WINFREY (HOST): It's not necessarily the thoughts?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No. It's the, it's the, it's the thing that you become, you become those thoughts.

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You're, there's no space between you and the thought.

OPRAH WINFREY (HOST): Got that. Okay. All right. So name-calling is also a form that the ego, you know...

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

OPRAH WINFREY (HOST): ...defines itself.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And that, of course, one could say, "Well, it's relatively harmless." On one level it's relatively harmless to call a person this or that, to attach a label to a person. But if you follow this up to see, again, you can actually see how dreadful it is to label another human being or another group of human beings. Because once you have labeled, you've attached a mental label to another human being, you can, you have desensitized yourself to the aliveness and the humanity of that other human being because you're relating now to a label. So if you say, "He's a...", whatever they be. "He's a Communist. He's this, he's

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that..." Any, any label it immediately instead of sensing the aliveness of that human being and have some empathy with that, you have cut yourself off and you have a label.

OPRAH WINFREY (HOST): In Chapter 4 you talk about that, that role-playing, how we do it in temporary ways. I'm the, you know, I'm the person who's going into the store.

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

OPRAH WINFREY (HOST): I'm the customer. And there's the clerk.

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

OPRAH WINFREY (HOST): The person who labels himself the clerk, and I'm the customer, there's a certain defined behavior that we have.

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*): And then when it's done collectively the labeling, when an entire nation labels another nation in a certain way...

OPRAH WINFREY (HOST): Yes. Yeah. Or I'm the boss and you're the janitor.

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

OPRAH WINFREY (HOST): Or you're my subordinate.

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*): All these are forms of mental labeling so they, any kind of mental label that you are completely identified with desensitizes you to the humanity of the, and then of the human being.

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And then all kinds of things are possible. Even violence becomes possible.

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OPRAH WINFREY (HOST): Okay. I got it. Everybody, I just got this. You got this. Remember two weeks ago we were talking about walking under the trees, feeling nature, not labeling the flowers, being able to experience the essence of the flowers, what you're saying here is you're labeling people as, "He's a jerk, or he's a whatever." Once you start doing that, you become desensitized to who they really are in the same way that you were when you were labeling things in nature.

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

OPRAH WINFREY (HOST): Okay.

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

OPRAH WINFREY (HOST): Okay. We have Bill. Hello, Bill. Talked to you earlier today.

BILL (AUDIENCE MEMBER): Oprah, how are you?

OPRAH WINFREY (HOST): Hi. Bill's in Connecticut on Skype. Bill and I Skyped on *The Oprah Show* earlier today. What's your question to us now?

BILL (AUDIENCE MEMBER): Yeah, well, first of all, Eckhart, I'd like to say that this book is indicative to the quintessential essence of life. This is incredible reading. I have a very simple question. Would, do you compare the egoic mind to the subconscious?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I don't use those terms, but because they are a completely different frame of reference. There is, of course...

BILL (AUDIENCE MEMBER): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...a lot of subconscious activity in the egoic mind also. All we can do...

BILL (AUDIENCE MEMBER): All right, but do they run in conjunction with each other, or are they separate?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Essentially the ego is, the ego, or the ego to survive or the ego to thrive, you need to be unconscious of it. So the way I say it, I'll describe the entire egoic functioning as a part of the unconsciousness. And it's only...

BILL (AUDIENCE MEMBER): Right.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...it's only when you become aware of those patterns that operate in your own mind that you are stepping out of the unconsciousness, and this is why we call it awakening. And when you suddenly become aware even of, initially perhaps of just this tiny pattern in your, in your mind. For example, we talked about complaining. If you could become aware that often during the day you complain uselessly because it serves no purpose, about other people or situations, and so I'm going to say, "Oh, there's the complaining voice in my head." Not only do you say this, the complaining voice, there is a deeper dimension of consciousness that has suddenly come forth from where you can be aware of that voice.

OPRAH WINFREY (HOST): And what you're saying is you, we, are the awareness?

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

OPRAH WINFREY (HOST): We are the awareness.

BILL (AUDIENCE MEMBER): Wow.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): This is essentially who you are. You are not all those things that the awareness can be conscious of the order, the labels or whatever. You are the consciousness or the awareness itself.

OPRAH WINFREY (HOST): You are the awareness.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And as long as you don't know that...

OPRAH WINFREY (HOST): Didn't that blow your mind, Bill?

BILL (AUDIENCE MEMBER): I'm, like, I'm, I'm just, I'm washed away here.

OPRAH WINFREY (HOST): What is so fascinating, I was sharing this with Eckhart as we were preparing for tonight's lesson, that I received an e-mail from you through our message boards where you were talking about how your life was sort of spiraling downhill. You were not communicating with your wife. You were sort of...

BILL (AUDIENCE MEMBER): I was a, Oprah, I wasn't communicating with anybody. I was just, I was stagnating. And I needed a wake-up call, and I was, I was, I was on the search. And when I heard you mention this book, it was the name that stuck, *A New Earth*. You know, that's really cool. "I really have to check that out." And it took me five weeks to buy the book but, you know, it's my manual for life. It's, it's just, it's an incredible composition. It truly is.

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OPRAH WINFREY (HOST): So, you were saying on *The Oprah Show* earlier today, many people are joining us this evening who weren't a part of *The Oprah Show*. But you were saying on *The Oprah Show* earlier today when we were Skyping. That, you sat down, you were going to give it a couple hours and then...

BILL (AUDIENCE MEMBER): Yeah, yeah. I figured, you know, I'll knock off two or three chapters. I got so consumed in this, in this, this whole wave of, of, of writing. It was like, "Wow, I can't put it down." And it, you know, 12 hours later, I closed the cover and I went, "Whew, wow, what an incredible ride."

OPRAH WINFREY (HOST): Okay. And what was the biggest realization...

BILL (AUDIENCE MEMBER): You know, (unintelligent)

OPRAH WINFREY (HOST): Hey, Bill. What was the biggest realization for you?

BILL (AUDIENCE MEMBER): The biggest realization, you know, the whole book itself was a realization. I didn't have any one chapter or any one paragraph. I went through...it really started on Chapter 3 for me. From Chapter 3 it went to the next chapter. The chapter after that, how we're brought up, how we live in a dysfunctional life. And Oprah, let me tell you something. I grew up in one of the most dysfunctional families you'd ever want to know. And this is something that we carry with us...

OPRAH WINFREY (HOST): Your pain-body.

BILL (AUDIENCE MEMBER): And I've, I've said that, you know, this is a manual for life. We're, we're thrown out there, we're not given, you know, we get a manual for our cars, our...

OPRAH WINFREY (HOST): Yeah.

BILL (AUDIENCE MEMBER): ...our appliances, our electronics. But we're thrown out there and, you know, as young adults it's like, "Go do your thing." But while we're doing our thing we're consumed in all of the negativity that is in society, the negativity that's in our families and it's, you know, we can take our self so far, but this book can take us a whole lot farther.

OPRAH WINFREY (HOST): Well, thank you, Bill. Bill, thank you.

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

OPRAH WINFREY (HOST): I'm glad you were around when I was talking about the report.

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BILL (AUDIENCE MEMBER): Hey, Eckhart, Eckhart, I got to tell you something. You are, you, I, I don't know where you came from, and I did read in the book that you were studying a, you, you never, you know, said what kind of career you were on in the book, you just said that you were studying for a lucrative career and you, you got off the beaten path and went into the spiritual realm. I've got to tell you something, my friend. We need more people like you.

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

OPRAH WINFREY (HOST): Bill, I thank you very much for that.

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

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

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

OPRAH WINFREY (HOST): Where were you? What were you doing? That's a good point that Bill brings up. What were you doing before? The last week you said that your thing was you never thought you were so cute...

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

OPRAH WINFREY (HOST): ...but that you had, that you thought, you thought that you had such a great intellectual mind.

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

OPRAH WINFREY (HOST): So what were you doing?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...an intellectual. I got into university fairly late because I left school at 13 or 14. And then later, when I was 18, I went to live in England, and then I took, suddenly became interested in intellectual things. I was searching, becoming already more and more unhappy.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And I thought all the answers would be found on the intellectual level.

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OPRAH WINFREY (HOST): So what were you planning on doing? Not being a spiritual teacher, obviously.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No, becoming a professor and then have all the answers too life, and then, after a while, I realized that they don't have the answers.

OPRAH WINFREY (HOST): Wow.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And I became more and more depressed and unhappy, and then, suddenly, something snapped inside and this dis-identification from my mind happened.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Which happened to our friend...

OPRAH WINFREY (HOST): Bill.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...Bill while he was reading the book because when somebody reads the book and has such a powerful response to it, that means the, the reading of the book coincides with his own awakening.

OPRAH WINFREY (HOST): Uh-huh.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): As he reads. But this happens because he was so ready for it.

OPRAH WINFREY (HOST): Cause he was ready.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You know, ready for it.

OPRAH WINFREY (HOST): Hm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's wonderful to see when that happens.

OPRAH WINFREY (HOST): When that happens. But, okay, we were talking earlier about the, the ego loves complaining. First of all, loves to believe what, loves to identify with the thoughts in the head

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and believe those thoughts and loves to complain. But aren't there some things legitimately worth complaining about? You know, you know, anybody who's ever gone into house construction at some point or another is told a story by the construction workers, unless you have the most amazing, you know, that this is going to be finished at a certain time or it's going to be a certain price and then it doesn't, often doesn't turn out to be what you expected. That's a complaint a lot of people have. Isn't that legitimate?

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

OPRAH WINFREY (HOST): Like you talk in the book about, "My soup is cold."

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

OPRAH WINFREY (HOST): And they're, yeah, in a restaurant. "My soup is cold." Sometimes your soup is cold.

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

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So if that's all the complaining that we are talking about, mainly hear the egoic complaining, most of that fulfills no real purpose because it's not meant to bring about change in any situation.

OPRAH WINFREY (HOST): Yes. Okay, that's complaining in resentment complaining.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. It can, and a lot of it for many people happens only in the head.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Sometimes they verbalize it also. But a lot of the complaining happens in the head alone. But no matter whether they verbalize it or whether the complaining happens in the head alone, in probably 90 percent of the cases it has no real purpose because it's not meant to bring about change, it's meant to strengthen the ego.

OPRAH WINFREY (HOST): I see that.

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

OPRAH WINFREY (HOST): Yeah, I see it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...as there are situations, of course, where something needs to be said in order to bring about change in the situation, and that's a completely different kind of complaining where you say something so that change can happen. For example, the cold soup in the restaurant. You say...

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ..."the soup is cold. Please bring me a hot soup."

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's fine. You could call that also complaining, and there are also two ways of, as far as this kind of complaining is concerned, that it's connected to a real situation and is meant to bring about change.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): There's one way of complaining with, with ego in that situation also, and that is when you, the ego is attempting to make somebody wrong. The personal element comes into it, and it's a negativity that flows into it.

OPRAH WINFREY (HOST): To make somebody wrong because my soup is cold...

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

OPRAH WINFREY (HOST): Dammit.

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

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You're personalizing it and so you're making another person almost one would say into an enemy...

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OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...when you're complaining that way. So whether it's somebody who's a builder who is working on your home, then, and so you, there is a way of complaining. I wouldn't even perhaps call it complaining or simply stating what the situation is.

OPRAH WINFREY (HOST): Stating the facts.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Without the negativity that flows into it when the ego does it.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so that can be practiced. And the, whatever you are stating in order to bring about change is actually going to be much more effective if it's done without the negativity. Because if it comes with negativity, it provokes a negative reaction in the other, and so the whole situation then becomes a conflict situation.

OPRAH WINFREY (HOST): As you say, "See if you can catch, that is to say, notice, the voice in the head, perhaps"—I'm on page 64 everybody, second paragraph. "Perhaps in the very moment it complains about something, recognize it for what it is: the voice of the ego." And then later you say, "The moment you became aware of the ego in you"—this is midparagraph—"it's strictly speaking no longer the ego, but just an old, conditioned mind-pattern."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Because ego means you're not aware of it. So ego means unconsciousness. So a good thing that people can ask themselves when they become aware of this complaining voice in the head or the verbalized complaining voice: "Is this meant to bring about change in the situation?" And if they look at it clearly, often they will say no.

OPRAH WINFREY (HOST): No. It's just hearing myself complain.

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

OPRAH WINFREY (HOST): Because it keeps fueling my sense of righteousness.

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

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OPRAH WINFREY (HOST): And rightness.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And what the complaining voice also loves is to get confirmation from somebody else that, "Yes, you are, you're right to complain." So then two people join.

OPRAH WINFREY (HOST): Oh, yeah. And then you just fuel it on and on and on and on.

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

OPRAH WINFREY (HOST): And love it.

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

OPRAH WINFREY (HOST): Doris is Skyping us from outside of London, England. Doris, what's your question? Hello?

DORIS (AUDIENCE MEMBER): Hi, Oprah. Hi, Eckhart.

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

DORIS (AUDIENCE MEMBER): What an amazing day or evening. Um, the book resonated very deeply within me, I must say, and reading the, on, on page 62, the first paragraph, "resentment is the emotion that goes with complaining," it started the question within me, and I thought like, but where do hurt feelings belong to? Is this something that my ego tells me to feel or where do they come from, Eckhart?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Can you give a situation, an actual, it's always easier to talk about this when you can look at an actual situation where, for example, you experience...

DORIS (AUDIENCE MEMBER): Well, hurt feelings, you know, can have most of the time is some outside, either way, somebody is telling you something that hurts you personally.

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

DORIS (AUDIENCE MEMBER): But what about sadness? You know, you lose a person or, you know, hurt feelings come from many different sources. Where do they come from?

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

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DORIS (AUDIENCE MEMBER): How do they relate to the ego?

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

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So, often it happens that, let's say, somebody criticizes you and you feel hurt.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Because perhaps you had, were attached to what you were doing and...

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...you hurt. Now, what is it in you that feels hurt? And yes, it is the ego that feels hurt.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so when that happens all you do is, first of all, you, you can't say, "Oh, I shouldn't be feeling hurt, and I shouldn't have an ego." It doesn't work. You simply accept that this is what...

DORIS (AUDIENCE MEMBER): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...you are feeling right now and you recognize what it is in you that is producing the feeling.

DORIS (AUDIENCE MEMBER): Ah, okay. Just take it in?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It, it's a mental image of yourself that has become hurt. Because most people think of themselves as, as good people or, and if somebody says, "you are no good," immediately something feels hurt. And many people get extremely angry. They're not only hurt. For many people that immediately turns into anger. And so the ego wants to immediately defend itself. Even driving in traffic...

OPRAH WINFREY (HOST): Right.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...often let's say you're driving and another driver suddenly calls you "idiot." That hurts. On one level, it hurts. It hurts the ego, and, usually immediately, the ego goes into self-repair mode as I call it...

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...and will shout something back in order to repair itself. But...

OPRAH WINFREY (HOST): I'm laughing at you because I mean I'm thinking, you know, if somebody calls me an idiot, once, somebody gave me the finger once, and I was like, "Gee, that's, he gave me the finger." But I don't think, I don't remember being hurt about it. I was so stunned by it. But, but, but yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But other, many people would be hurt.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But you were not because you were...

OPRAH WINFREY (HOST): I thought, "What a bad day he's having."

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

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...in touch with a deeper level of yourself where nothing is hurt.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Where it, you can't be hurt on that level.

OPRAH WINFREY (HOST): Or, or when I used to take taxis all the time, when I'd have a taxi driver in a really bad mood, the worst he, if he was in a horrible mood, I would tip him double extra so that he'd be nicer for the next person. Really.

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

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OPRAH WINFREY (HOST): Yeah.

DORIS (AUDIENCE MEMBER): That's a good one.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, even, there's a, a story about a, an official in Japan, a high government official went to see his Zen master, and he asked the Zen master, "Can you explain to me what the self is?" Self really means ego because really just talk about the self in Buddhism. "Can you explain to me what the self is?" And the Zen master said, "What a stupid question is that? Why you ask me such stupid questions?" And immediately the, the government official said, "How dare you talk to me like that. Don't you know who I am?" And the master said, "That's the ego."

OPRAH WINFREY (HOST): That's the ego.

DORIS (AUDIENCE MEMBER): Yeah.

OPRAH WINFREY (HOST): All right. Got it. Got it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now this, this person got hurt but in him he, immediately the hurt turned into anger.

OPRAH WINFREY (HOST): So any time you have hurt feelings, that is your ego?

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

DORIS (AUDIENCE MEMBER): Yes.

OPRAH WINFREY (HOST): Okay.

DORIS (AUDIENCE MEMBER): Mm-hmm.

OPRAH WINFREY (HOST): Now you say here, also, Doris, on page 65 he says, "A long-standing resentment is called a grievance. To carry a grievance is to be in a permanent state of 'against,' and that is why grievances constitute a significant part of many people's ego. Collective grievances can survive for centuries in a psyche of a nation."

DORIS (AUDIENCE MEMBER): Yeah.

OPRAH WINFREY (HOST): We know that.

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

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OPRAH WINFREY (HOST): "Or a tribe and fuel a never ending cycle of violence." And so I guess...

DORIS (AUDIENCE MEMBER): Yeah, but isn't...

OPRAH WINFREY (HOST): ...all of us need to ask what are the grievances...

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

OPRAH WINFREY (HOST): ...that we allow ourselves to carry? Yeah. Family grievances.

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

OPRAH WINFREY (HOST): ...that carry on and you don't even, you forget why you're carrying the grievance.

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*): Personal grievances, family grievances, grievances between tribes, religious groups, nations and so on. Dreadful.

OPRAH WINFREY (HOST): And so are you saying no grievance has a justification at all? All grievances are based in the, as the core of the ego?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's an essential part of the ego to hold grievances. The ego keeps itself alive. It's one of the ways in which the ego keeps itself alive.

OPRAH WINFREY (HOST): You also say on page 66 here, Doris, "Don't try to let go of the grievance. Trying to let go, to forgive, does not work. Forgiveness happens naturally when you see that it has no purpose other than to strengthen a false sense of yourself." Forgiveness happens...

DORIS (AUDIENCE MEMBER): Yes.

OPRAH WINFREY (HOST): ...when you realize that being resentful is only to build up your ego. But that resentment is only helping you carry around this false sense of who you are. I got that. I got that. You got that, Doris?

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

DORIS (AUDIENCE MEMBER): Yes, I got it too. Yes, thank you very much.

OPRAH WINFREY (HOST): You got it too. Good. All the way in London. Thank you very much.

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

OPRAH WINFREY (HOST): Thank you.

DORIS (AUDIENCE MEMBER): All the way. Oh, yeah, thank you.

OPRAH WINFREY (HOST): We have Tim, a retired Air Force officer who lives in Sicily on the line. Hi, Tim. Your question?

TIM (AUDIENCE MEMBER): Hello, Oprah. How are you doing?

OPRAH WINFREY (HOST): Good. Good to talk to you.

TIM (AUDIENCE MEMBER): Hey, good to talk to you. Thank you for this opportunity. It's a, it's a real honor to be talking to you and Eckhart.

OPRAH WINFREY (HOST): Okay. Your question?

TIM (AUDIENCE MEMBER): I'm, I want to put this in context first. I'm jumping ahead to page 74, where Eckhart mentions that sometimes you, you need to protect yourself against the deeply unconscious. So in that context, my question is, in the case of war, if I protect myself and others via violence, I seem to be part of the insanity that he talks about. But, but to surrender our lives to, you know, any unconscious mass of people seems to push us closer to, to extinction. And I guess my question is, are my defensive actions bringing humankind closer to or further away from a collective enlightenment? And then as a follow-up I would just ask, you know, is it possible personally, can I fight a war and stay in the present? You know, keep that space between my ego and, and my true self?

OPRAH WINFREY (HOST): Whew, that's a, those are brilliant questions. Thoughtful.

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

OPRAH WINFREY (HOST): Thank you so much.

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

OPRAH WINFREY (HOST): Thanks, Tim, for asking.

TIM (AUDIENCE MEMBER): No, no, thank you.

OPRAH WINFREY (HOST): Thank you.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I have personally known people and read accounts of people who've actually experienced an awakening in the midst of the turmoil of a war situation. When death was imminent, could happen at any second, and something within them suddenly disidentified. The ego broke down in the midst of the suffering generated by that situation. The ego collapsed as it also has happened to people in the concentration camps and prison camps.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I regularly get letters from people in prison who tell me that they have suddenly become free. They are still in prison, but they consider themselves free.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So we are, we are talking perhaps here not only about war but any kind of situation that usually would be described as extremely negative and unconscious, and is it possible to awaken there? Yes, it happens. I'd say that every human being has a spiritual teacher. For most humans, their spiritual teacher is their suffering. And a war situation is an extreme form of suffering. And, ultimately, whatever happens here will lead us to awakening, even something that looks on the surface very negative, like a war situation. Eventually, even that will lead us into an awakening. And it's already happening. So, yes, it is possible in the midst of war to suddenly awaken. What will happen then, I cannot foretell. It depends on whatever the situation is. It is also true to say that once you have awakened, it is very unlikely that you would still become part of violence. I'm not saying it could not happen. Nothing can be said categorically.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But you no longer resonate with violence. Now, so that if war will no longer happen when a certain number of people have, I don't know what the critical mass is.

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OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): A certain number of people have entered the awakened state, so they no longer generate the unconsciousness, the negativity that produces war. That's perhaps...

OPRAH WINFREY (HOST): That's where we're evolving to.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): We are evolving to that.

OPRAH WINFREY (HOST): We haven't done so good in the 20th century nor 21st.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No. The 20th century...

OPRAH WINFREY (HOST): Thus far.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...was dreadful, the most dreadful. It, almost as if the ego had reached a climax there, the madness of it.

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

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And we can see a lot of that still flowing now into the 21st century also, but at the same time something is happening in this century that is quite unprecedented. Well, it started in the later part of the last century. This awakening is quite unprecedented. Well, if you look, for example, in previous war situations there was very little...

OPRAH WINFREY (HOST): Challenges to it.

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

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It was never challenged by the people.

OPRAH WINFREY (HOST): That's right.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And now this is very different.

OPRAH WINFREY (HOST): Right. You actually say in Chapter 4 you talk about how the hippie movement...

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

OPRAH WINFREY (HOST): ...in the United States brought about a shift in consciousness. The movement itself started to fall apart, but the hippies actually brought a challenge to the status quo as we knew it. The hippies said...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. They also, it was a disidentification from the collective image.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The collective, which until that point people had very strongly identified with the collective.

OPRAH WINFREY (HOST): Behaved a certain way.

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

OPRAH WINFREY (HOST): Did things as they were told. Obeyed the status quo. Yes. All right. You say, "Ego takes everything personally." Back to what Doris was saying earlier. "Ego takes everything personally. Emotion arises, defensiveness, perhaps even aggression. Are you defending the truth? No, the truth, in any case, needs no defense." Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So when people argue, usually an argument, often arguments turn into violence if people are very unconscious, and many of you still are. Arguments turn into violence. So, so when people argue about something, usually what happens is they are so identified with their opinion about...

OPRAH WINFREY (HOST): Of being right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Being right. Their mental position.

OPRAH WINFREY (HOST): Uh-huh.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That any questioning of their mental position of their opinion or their viewpoint is regarded as attack on them.

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

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And this is how the ego gets confused with who you are.

OPRAH WINFREY (HOST): You know, I will tell you a funny story that I was reading this book, and Stedman and I were at dinner, just the two of us, talking about what are the most important questions in life? And said, I said one, I said, "I believe one of the most important questions in life is to, to know whether or not, is just to, to know, to believe whether the universe is compassionate or not compassionate." And he said, "Well, I disagree with you. I think the most important thing is whether or not you know how to work on your strengths." I go, "Well, that's ridiculous 'cause the most important thing is, do you believe that, whether the universe is compassionate or not?" And so we're arguing about whether or not the universe is compassionate or not compassionate. And he didn't agree with my, my view and I said "Well, you know, I know I'm right." I ended up clearing the table, leaving the table and going upstairs. Because I don't want to have the conversation anymore. And, you know, half an hour passes. He comes up and he says, "Okay, you're right. You're right." I go, "Never mind, I don't need to be right. I, I don't need to be right." And then I realized that yes, that is exactly what happened.

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

OPRAH WINFREY (HOST): My ego is arguing because it is defending its right to be right.

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*): Identification with a mental position, with a concept in the head...

OPRAH WINFREY (HOST): Yes.

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

OPRAH WINFREY (HOST): Right. And we're talking about compassionate issues.

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

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OPRAH WINFREY (HOST): Or non compassionate issues.

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*): Right.

OPRAH WINFREY (HOST): Well, my friend Kidada Jones, who I was at her father's 75th birthday party the other night. Quincy Jones turned 75, everybody. And Kidada was there, his daughter. And we started talking about *A New Earth*, and she had so many questions that I said, "Kidada, why don't you just Skype us on Monday?" And here you are. Hello, Kidada.

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

OPRAH WINFREY (HOST): Fine. And your question?

KIDADA (AUDIENCE MEMBER): Okay, my question is, this book hits me really, really deep in my heart, and I know it to be the truth. But I have such resistance, and I feel like if everything in form is an illusion, it feels really disenchanting. And I'm in a point in my life where I have goals. I'm excited about my career. I want to have kids. I want to meet a great partner. And if it's all illusion, where's the fun?

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

KIDADA (AUDIENCE MEMBER): That the ego?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You're not meant to believe that all is illusion. That, that you're at a stage in your life where you can simply enjoy the play of form. Eventually, you will come to a point, as every human does where the, the forms in your life are no longer completely satisfying. They leave a certain emptiness and even frustration. But you haven't reached that point yet. That's fine. In the meantime, you enjoy your life. Be as present as you can, which means don't project yourself continuously into some future moment that promises more and greater fulfillment. But if, if that happens, and if you can't help it, that's fine too.

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But why not enjoy this moment as it is? Really, that's all you can do. This is not to take the joy out of life, it's to really deepen the way in which you live rather than living on the surface of things and expecting fulfillment through relatively superficial things.

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OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Going deeper to a place where true joy resides.

OPRAH WINFREY (HOST): I know. I think that's a good question though that you, you raise, Kidada, especially I've heard this from a lot of people your age who say, "So now where is ambition? Ambition, is ambition my ego?" Good question.

KIDADA (AUDIENCE MEMBER): Right. You want to hit career strides, you want to see things happen. You're excited to meet somebody. You're going to have a baby that you're going to be madly in love with and then I hear Eckhart's voice, and I have to remember my ego, remember that it's form and it just kind of makes me feel a little unexcited. But I guess it's not being in the moment so...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No, there comes a point when you can see the truth of this very clearly in your own life.

OPRAH WINFREY (HOST): Uh-huh.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Until you can see the truth of it very clearly in your own life, in your own life, the, the book remains on the conceptual level, and so I wouldn't say that there's anything in the book that you should believe in. If the book works for you, the truth of it is immediately recognized like in Bill, who we talked to earlier. The truth of it is immediately recognized, and there's a sense of, "Ah, yes." But at 20 I would not have understood the truth in this book. I had ambitions. I wanted to become a great professor. I wanted to be seen as, to be successful. I wanted to show to the world that I can make it. So I was working hard. If at that point I had read this book, I would have said the same as you, "I don't want this right now. I don't need this."

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The book really, as long as you feel it you don't really need it, it's fine. You should carry on with what you're doing.

OPRAH WINFREY (HOST): I don't even hear her saying she doesn't need it. I think...

KIDADA (AUDIENCE MEMBER): Oh, I, I totally need it. I totally know that this book is real and true, and I'm actually turning 34 in a week. So it's really, really, really important for me to figure out how to integrate consciousness into this next chapter. I want to approach it in a very conscious way. But there's still probably a little part of me, a lot of part of me, that's gripping onto the form. I live in

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Los Angeles. I'm in a business where form is at the forefront. It's kind of a hard balance. I'm just wondering how do you reap the fruits and not identify to the form.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, forms. You can enjoy the forms, and you can really only truly enjoy the forms if you are not completely identified with the forms.

OPRAH WINFREY (HOST): Good.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Because if you are completely identified with the forms, there's always an element of fear that the form might leave you.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): A situation that you have, whatever. The form might leave you or it will suddenly the form will no longer be satisfying. So it's, the attachment to the form doesn't really mean that you enjoy it. The attachment to the form produces negativity and produces fear around it, around your life situation.

OPRAH WINFREY (HOST): It's doing, Kidada, what I said, I think, on an earlier class. It's like especially in Los Angeles. You know, great, fun, fun city, City of the Angels there. It's like being able to be in the world but not of it.

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

OPRAH WINFREY (HOST): To be in the world but not of it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And a lot of that, the attachment, um, is less likely to be there. The more present you are with any life experience, the more present you are in the moment, then you are not, you're not attached. The attachment needs future, needs more, looks to the future. Either it's a thread or hope. So be as present as you can in every situation in your life, in every moment in your life.

OPRAH WINFREY (HOST): Yeah. And what you were talking about, I think, in one of the future chapters about being able to be present with your children instead of just going through the motions with your children.

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

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OPRAH WINFREY (HOST): Being present with your children. Hey Kidada, great to see you on Skype.

KIDADA (AUDIENCE MEMBER): Thank you for having me.

OPRAH WINFREY (HOST): Okay.

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

KIDADA (AUDIENCE MEMBER): Bye.

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

GROUP (AUDIENCE MEMBERS): Hi.

OPRAH WINFREY (HOST): I hear Jamie is there and has a question.

JAMIE (AUDIENCE MEMBER): Yes. Hi, Oprah. Hi, Eckhart.

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

OPRAH WINFREY (HOST): Hi.

JAMIE (AUDIENCE MEMBER): My name is Jamie. My question is, on page 83, you mention how fame especially is such a downfall for the ego. And I'm just wondering, Oprah, how you manage to keep everything so grounded.

OPRAH WINFREY (HOST): Hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I've been meaning to ask you that too.

OPRAH WINFREY (HOST): Really? Oh, thanks for bringing that up, Jamie. How do I manage to keep everything so grounded? I can, I think—I believe that I'm not attached to the fame. I don't know that to be true since I have been "famous" for most of my adult life. But I believe that I really am—that what I do comes from such a, you know, I consider myself blessed. And I get—I'm blessed because I have acquired fame and attention and money by being myself.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's it. You don't play roles.

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OPRAH WINFREY (HOST): Yeah. It's not—I don't have to be anybody other than myself, and so...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And that's very rare. On television, almost everybody's playing a role. And your success is due to the fact that you are yourself.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You're the same person outside television as you are here in the studio.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So, and really that can apply to anybody. The more you're truly yourself and not playing roles, the more powerful you are. The ego tells you you need to play some role.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But your true power lies in not playing a role.

OPRAH WINFREY (HOST): I will say this. When I first started television, I was a news reporter and never was satisfied. I've always felt that I was exploiting people. My whole day was based around finding the worst story possible to report. And also, I was an anchorwoman. And something would happen, Jamie, when the light would come on. Like on this camera there's a little, red light on. And all of a sudden I'd be, like, talking like I am now, and the light would come on and I would suddenly go into my newswoman anchor voice and play the role of the newswoman anchorperson that I thought I was supposed to be. And one night I was reading some copy that I hadn't preread. And I was naming a lot of countries, and Canada was on the list. And I called Canada, "Canahhda." And I started cracking myself up that I said, "Did just call Canada Canahhda?" And that was the breakthrough moment for me on television. That was the breakthrough moment...

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

OPRAH WINFREY (HOST): Where I was able for just a, you know, few seconds break through the wall of my façade as an anchorwoman who knows all of the different countries and in Canahhda. And that moment was such a funny moment for me I couldn't stop laughing and started the process of me being able to be myself on the air, that first little glimpse of it. So, did you have a question for Eckhart?

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JAMIE (AUDIENCE MEMBER): With all, you know, this webcast and being on Oprah, obviously you've come into incredible fame, and I didn't ask you the question cause this has been what you've been preaching since, you know, since you wrote *The Power of Now*. But do you anticipate, are you just completely self-actualized you don't expect this to be a problem or... how do you expect fame to come into play for you at all now?

OPRAH WINFREY (HOST): Yeah. Now this is so funny. Amy Gross who's the editor of *O Magazine*, who's also a pretty centered person, we were talking about Eckhart did an article for us from a conversation that we had earlier in *O Magazine* in our May issue. And so we were talking about Eckhart coming for the first session a couple weeks ago. She says, "Won't we all be surprised if Eckhart comes in a fur hat and three pounds of bling, wearing sunglasses with an entourage." If Eckhart walks in and go, "Yo, wassup?" No, I don't think it's affected him, because this is so funny. When I first called Eckhart months ago—months and months—I don't even know how long ago it was, to tell Eckhart that I was going to be choosing *A New Earth* as our Book Club selection. I think it's our 61st selection or whatever. He was very—he was so calm about it. Later, one of the producers says, "Well did you call him? Did you call him?" And I said, "Yeah, I called him." And he said, "Well was he excited?" And I said, "I think for him that was excitement." As I said, "I'm choosing the book." He goes, "Yes. Very good." So anyway, I don't think it's gone to his head yet. And listen, so far no bling.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): When it—when it happens, then you'll know the ego has come back.

OPRAH WINFREY (HOST): I'll be—

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

OPRAH WINFREY (HOST): I will.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Cause I won't know it if it comes back.

OPRAH WINFREY (HOST): When Eckhart comes in wearing two earrings, I'll let you know. Okay. Let's see. Thank you so much, Jamie. And all the group from Borders, thank you for being there every week. Yay Borders. Michigan Avenue. Let's see some of the e-mail questions you've been sending during our class on our computer screen here. This is Melissa from Crab Orchard, West Virginia. She says she's being awakened with worry. "My sister's addicted to drugs. She's been through rehab to no avail. Every day we worry about her. We fear she may die if she continues. My question is this, how can we live awakened with this major, major distraction in our lives?" That's good.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well the first thing, you need to take responsibility for your own life and your own stage of consciousness.

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OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Rather than thinking your primary responsibility is your sister's life and your sister's state of consciousness, that's not the case. You have to start with yourself. Change can only begin with yourself.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So are you taking responsibility for your own state of consciousness rather than believing unconsciously that, of course, you're worried and there's nothing else you can do. You have to look at what you call the worry in yourself. The continuous mind activity that dwells on negativity. See if you can enter that state of acceptance of presence and just be with yourself. I recommend to get out of the mind, go into the body several times a day and connect with the feeling of aliveness within.

OPRAH WINFREY (HOST): For yourself.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So that the worry—the worry pretends. The worry is part of the ego. It's the compulsion to think.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Incessantly. And it serves no purpose, because it doesn't get you anywhere. It's similar to the complaining. It has no useful purpose. It doesn't bring about change in any situation. No matter how much you worry, it's never the worry that brings about any change in the situation. The mind may tell you you need to worry because it has some purpose. It doesn't. So the essential thing is that you get out of that unconscious habit of continuous worrying. So find a little bit of peace in yourself first to start with. And it may be more than a little bit of peace. Start with a little. Is there any peace in you underneath this continuous mental noise that we call worry?

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Is there anything else in you? And you have to find that you can only be of true service to your sister, you can only be of—truly, truly be an agent for change in this world if something has changed in your state of consciousness. Otherwise, you contribute to the turmoil. So, find through meditating, through bringing awareness to the present moment as much as possible, through bringing awareness into the inner body, as much as possible. Get out of the mind, and enter presence, and realize the mind may tell

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you this is—you're not helping your sister, this is the beginning where you may be able to truly be of help to somebody else.

OPRAH WINFREY (HOST): Because the only thing you can do is really help yourself.

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

OPRAH WINFREY (HOST): That's right.

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

OPRAH WINFREY (HOST): But the mind tells you, "I have to save my sister."

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

OPRAH WINFREY (HOST): And what you're saying is that is not necessarily true.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No. Ultimately, your sister is also responsible. It doesn't mean that one human being can not help another. But what is essential when we asked whether you can be of help or not to another human being, is there something in you that can bring about change in the consciousness of another human being?

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Unless some change has happened inside you, it can't happen. And though this may talk more generally about worry, is this is a problem for many, many people. They wake up in the middle of the night worrying. During the day, they go about worrying about this or that. What does it mean to worry? What does it mean? It means there is unconscious mind movement projecting itself, usually...

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Into future. And you see how dreadful the future is going to be, what's going to happen. You see outcomes that are negative. Many things, of course, are never going to happen, but worry pretends to be necessary. You have to see very clearly—

OPRAH WINFREY (HOST): Worry pretends to be necessary.

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

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

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You have to see that it serves no useful purpose.

OPRAH WINFREY (HOST): Yeah. Worry pretends to be necessary, but serves no useful purpose.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so once you see that it serves no useful purpose, you can sometimes may be able to step out of that and see, "Oh." And then become present.

OPRAH WINFREY (HOST): Yeah. You can become present. If you can step out of the worry for a moment, you can become present enough to say, "What can I do now? How can I be now in this moment."

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

OPRAH WINFREY (HOST): For myself, for my sister or for whatever it is you need.

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

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And the greatest gift you can give to somebody, especially somebody who is suffering like a sister, when you are with them what is your state of consciousness? Are you able to bring presence when you connect with your sister or any other human being that you want to help? Can you be present with them? Can you give them space to be? That's the healing. Healing. You can be an agent for healing of another. Not in the sense that, "I am going to heal you."

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Not believing—that would be ego again, "I'm going to heal you." No, simply be there as a conscious space of presence not wanting to do anything. Just being there as a conscious presence with another person.

OPRAH WINFREY (HOST): It's very hard for people.

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

OPRAH WINFREY (HOST): I understand it's very hard for people.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And that's why we call it the—it's a shift.

OPRAH WINFREY (HOST): It's a shift.

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

OPRAH WINFREY (HOST): Yeah, and I recognize how hard it is. I'm reading this book now from a guest who's coming on the show called *Beautiful Boy*. You might have heard of it. It's the story of the father. The father and the son both wrote a book together. It's going to be on the Oprah show later. His son was an addict for many years, and very difficult for parents especially. And as in this case, Melissa, a sister to a drug addict, to stand by and watch somebody daily attempt to kill themselves through drugs.

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, yes.

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So, and acceptance is also an important part of that.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's at the moment you need to accept...

OPRAH WINFREY (HOST): Stop resisting it.

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

OPRAH WINFREY (HOST): Stop resisting.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Not bringing the resistance always into the relationship.

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OPRAH WINFREY (HOST): Because "whatever you fight, you strengthen, and what you resist, persists."

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

OPRAH WINFREY (HOST): That's at the top of page 75.

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

OPRAH WINFREY (HOST): "Whatever you fight, you strengthen, and what you resist, persists." Why is that?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Because that's how the—by opposing, you bring—this world works in terms of polarities. So if you strengthen one polarity, you immediately strengthen the other. That's—

OPRAH WINFREY (HOST): Physics.

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

OPRAH WINFREY (HOST): Mm-hmm.

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

OPRAH WINFREY (HOST): It's physics. Okay. You say, "These days, you frequently hear the expression 'the war against' this or that, and whenever you hear that, you know that it's condemned to failure. There is a war against drugs, against crime, the war against terrorism, against cancer, against poverty, and so on." And despite the war against all of these things, every one of those things is bigger than ever.

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

OPRAH WINFREY (HOST): That's right. Because what "you fight, you strengthen, and what you resist, persists."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And then the implication, of course, is there is another way of dealing with things, with situations.

OPRAH WINFREY (HOST): And that is to make peace with it.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Make peace with it. And then action—take action. The action then comes out of a different state of consciousness.

OPRAH WINFREY (HOST): The action comes out of presence.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Presence. It's no longer reaction.

OPRAH WINFREY (HOST): Yeah. It comes out of presence and not out of you being defensive about it.

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

OPRAH WINFREY (HOST): I got it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And the action is much more powerful and effective when it's not defensive and not negative.

OPRAH WINFREY (HOST): We have Dana from Monrovia, Liberia.

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

OPRAH WINFREY (HOST): On the phone. Hello.

DANA (AUDIENCE MEMBER): Hello, Oprah. Hello, Eckhart. It's Dana.

OPRAH WINFREY (HOST): Hi. It's Dana. Hi, Dana.

DANA (AUDIENCE MEMBER): How are you?

OPRAH WINFREY (HOST): Oh, we're happy to talk to Monrovia.

DANA (AUDIENCE MEMBER): Good evening.

OPRAH WINFREY (HOST): Hello.

DANA (AUDIENCE MEMBER): Oh, thank you.

OPRAH WINFREY (HOST): Your question?

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DANA (AUDIENCE MEMBER): Shall I go ahead?

OPRAH WINFREY (HOST): Yeah, go ahead.

DANA (AUDIENCE MEMBER): My ques—thank you. My question has to do with nonreaction in relationships. Would it be the same to say that the opposite of love is not hate, but rather indifference? Considering if one makes that situation not a personal one.

OPRAH WINFREY (HOST): Okay. That's your question.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. I don't fully understand the question.

DANA (AUDIENCE MEMBER): Thank you. Would it be—

OPRAH WINFREY (HOST): Don't leave, Dana. Go ahead.

DANA (AUDIENCE MEMBER): Concerning nonreaction.

OPRAH WINFREY (HOST): Uh-huh.

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

DANA (AUDIENCE MEMBER): Would it be the same to say that the opposite of love is not hate, but rather indifference?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now, do you mean that nonreaction is indifference?

DANA (AUDIENCE MEMBER): Correct. That's what I'm asking.

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

DANA (AUDIENCE MEMBER): Particularly if one doesn't take it in a negative context.

OPRAH WINFREY (HOST): Okay. I'm not sure what either one of y'all...

DANA (AUDIENCE MEMBER): You mean not letting negative consume one's person.

OPRAH WINFREY (HOST): Okay.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, nonreaction means that you recognize when another human being displays some sort of ego behavior, wants to be right or wants you to be wrong or accuses you of this or that. Many times the ego manifests in many different ways. You recognize that that is ego. And you don't react to it, which means you don't confuse this behavior with who that human being is. It means you allow the ego to be there without fighting that behavior. For example, I had... Happened some years ago was an interesting example. I had a plumber come in to do some repair at my place. He was extremely aggressive and rude.

OPRAH WINFREY (HOST): Mm-hmm. The plumber?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The plumber. And I treated him as if he were a noble guest, very polite and explained what needed to be done, because I recognized that perhaps he had been trapped in this pattern for years. Maybe it started with childhood when everybody around him was rude to him. So there was a deep-seated pattern of rudeness and unpleasant behavior and of regarding other people as enemies.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And I didn't react, because I recognized that as a dysfunction in him.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It wasn't him at all. So I simply accepted his behavior and pointed out this needs to be done and this. After 20 minutes, he was trained completely. He was suddenly, "Thank you." For the first time, perhaps.

OPRAH WINFREY (HOST): Somebody was nice to him.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Somebody was nice because everybody else reacted to him in the same way that he acted.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): He got the reaction.

OPRAH WINFREY (HOST): Mm-hmm.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And this is how most human beings encounter their daily reality.

OPRAH WINFREY (HOST): It's the cab driver situation.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And for most people their daily reality isn't really a reflection of their own inner predominant inner state.

OPRAH WINFREY (HOST): And so the enlightened part of ourselves, after having reading this book being awakened, we realize what you're saying here in Chapter 3, "Core of the Ego." You should be able to recognize the ego not only in yourself, but see it in other people.

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

OPRAH WINFREY (HOST): So when you see that kind of reaction from someone.

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

OPRAH WINFREY (HOST): You realize it's their ego. It's not them.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's right. So it's...one could almost say it's like an illness. Like a mental—

OPRAH WINFREY (HOST): So the presence in you then gets to respond to...

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

OPRAH WINFREY (HOST): Relate to the presence in them.

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

OPRAH WINFREY (HOST): Oh, you got to be really highly evolved to do that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's not indifference, by the way. This is not indifference.

OPRAH WINFREY (HOST): No, that's just—

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And you're not indifferent.

OPRAH WINFREY (HOST): That's compassionate.

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

OPRAH WINFREY (HOST): Yeah.

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

DANA (AUDIENCE MEMBER): Understood, understood.

OPRAH WINFREY (HOST): Understood.

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

DANA (AUDIENCE MEMBER): Yes. Thank you for that clarity.

OPRAH WINFREY (HOST): Thank you.

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

OPRAH WINFREY (HOST): Thank you. Thank you, Dana.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now the question is, you say you need to be highly evolved. Well...

OPRAH WINFREY (HOST): Yes. Cause most people just react.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It is true to say.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That at first the reaction is so automatic when somebody behaves unconsciously to react in the same ways very automatic.

OPRAH WINFREY (HOST): Mm-hmm.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now as people begin to become more aware of their egos, usually after it's happened, they become aware that they reacted in the old ego way. After it's...after the event. Then, after a while, in the middle of reacting to somebody's ego, you suddenly become aware that that's what you're doing.

OPRAH WINFREY (HOST): Somebody just told me this last night. And this happens a lot, you know, with the airlines, where my goodness. If you can get from one—from point A to point B on commercial airlines these days without losing your luggage or flights being canceled or sitting on the tarmac or whatever, and they were reading the book. And in the midst of, you know, schedule for the flight. I'm sure this has happened to many of you. Schedule for the flight, everything's fine, you get there, and there's no seat. There's no seat. And people, other people didn't have their seats. And people around them were just imploding. And this person said that they decided to remain calm. This is my godson, as a matter of fact. And people all around him were going nuts. And suddenly out of nowhere after about a half an hour, not out of nowhere, about a half an hour, the person behind the counter called the names. And of all the names they called, they called his who had been sitting their calm. Now they didn't know him from anybody else, but you know, it eventually worked out. Not saying that it always works out, but he realized after reading the book that it makes no sense to get crazy.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Not only that, but also it's true that things are much more likely to work out when you are in a harmonious state of consciousness and not in resistance.

OPRAH WINFREY (HOST): Which brings us to page 77. "Do you want peace or drama?" You say we all want peace. "There's no one who doesn't want peace. Yet there's something else in you that wants the drama, wants the conflict." And whenever you're moving in the drama, you can, as we all can, I think now, a little bit anyway, detach from the thought, see yourself having the thought, recognize that you. The you, the I of "I am," is the awareness that you're having the thought. When you can see all the drama, just detach a little bit, you've done what?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's the vital thing. To see it in the midst of it. To suddenly become aware that this is an old pattern in you.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): An ego pattern in you. It may not even stop immediately, but at least suddenly there is a witnessing presence in the background.

OPRAH WINFREY (HOST): Yeah. But the ego wants to complain. The ego wants to be resentful. The ego wants drama.

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

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And to see that in oneself.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): One could call it almost, there is in humans something that we could call the addiction to unhappiness.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): When you are unhappy for whatever reason, once you are trapped in that energy of unhappiness, you don't want to get out.

OPRAH WINFREY (HOST): That's right. Because your ego loves it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So there is an addiction to—actually, on some level you enjoy your unhappiness. And when you can become aware of that.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Then suddenly, you're stepping out.

OPRAH WINFREY (HOST): So let's talk about the power of awareness you talk about on page 78. "A power comes into your life that is far greater than the ego, greater than the mind. All that is required to become free of the ego is to be aware of it, since awareness and ego are incompatible." This is page 78, first paragraph. "Awareness is the power that is concealed within the present moment. This is why we may also call it Presence. And the ultimate purpose of human existence, which is to say your purpose, is to bring that power or that presence into this world."

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

OPRAH WINFREY (HOST): That is why we're here.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. That is the universal, the impulse, the universal impulse, the evolution of consciousness. That is the

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impulse behind the universe. The universe is moving toward the evolution of consciousness. And we are one manifestation of the evolution of consciousness into this world.

OPRAH WINFREY (HOST): We're one.

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

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Even a plant is a manifestation.

OPRAH WINFREY (HOST): Right, right.

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

OPRAH WINFREY (HOST): But our ultimate purpose of human existence is to bring that presence, that awareness, into the world, and to become more aware in our daily lives, so that, regardless of what you're doing in your form world, in your form life, that you recognize, as you say on page 79, "Can I sense my essential Beingness, the I Am, in the background of my life at all times?"

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

OPRAH WINFREY (HOST): "To be more accurate, can I sense the I Am that I Am at this moment?"

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And an easy step towards that is the inner acceptance of this moment as it is.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Without wanting it to be different or rejecting it or resisting it. If you can accept, if you can see that the primary thing in your life is the present moment because there's never anything else.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's always now. So you must see if you can have a good relationship with the now because if you don't have a good relationship with the now, you don't have a good relationship with life. Because life is now.

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OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So accepting this moment as it is can connect you with that dimension of depth in yourself.

OPRAH WINFREY (HOST): And that is how we begin to quieten or quiet the go.

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

OPRAH WINFREY (HOST): Is by being more fully present now.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's the exit out of the ego, the now.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The now is the hidden exit because the ego doesn't want you to know that. That there is an exit, and it's called, "now."

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Exit is the door out of the ego. The now is the door.

OPRAH WINFREY (HOST): Is the exit.

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

OPRAH WINFREY (HOST): The now is the exit door.

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

OPRAH WINFREY (HOST): Okay. And so whenever you find yourself complaining, whenever you find yourself, as we said last week, the need to feel sup—you feel superior or inferior to someone else, you know that it's your ego. Whenever you recognize that this is my ego and can bring yourself to the present moment of what is going on now and can see yourself doing it.

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

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OPRAH WINFREY (HOST): Yeah. That is awakening.

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

OPRAH WINFREY (HOST): Okay. Ginger is a singer/songwriter living in Berlin and is calling us via Skype. Hello.

GINGER (AUDIENCE MEMBER): Hi.

OPRAH WINFREY (HOST): Berlin, Germany, hello.

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

GINGER (AUDIENCE MEMBER): Hi Eckhart. Hallo. Schöne Grüße aus Berlin.

OPRAH WINFREY (HOST): I guess that meant hello.

GINGER (AUDIENCE MEMBER): Yeah, exactly.

OPRAH WINFREY (HOST): Okay.

GINGER (AUDIENCE MEMBER): Well, I feel like I am aware of the things that I do that are destructive, and I can't seem to stop them anyway. I feel like I label things that are bad for me, and then I resist them. Like eating fried food or drinking too much or relationships. I resist them, and I feel like it causes a source of anxiety. And sometimes the huge decisions in my life come easily, but these little things, little decisions every day, they pile up and become a source of anxiety. So my question is, how can we get to this inspired action and effortless doing, not only when it comes to the big decisions, but when it comes to making healthy choices in our everyday lives?

OPRAH WINFREY (HOST): Amen. Good question. Thank you, Ginger.

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

OPRAH WINFREY (HOST): How do—yeah, cause...yeah, I was saying this to...

GINGER (AUDIENCE MEMBER): I know I'm doing it. I just do it anyway.

OPRAH WINFREY (HOST): Yeah. Yeah. Why does it have to be a struggle just to do the right thing in terms of, you know. For me it's food always. It's always about food. How can it become effortless? Isn't that your question, Ginger?

GINGER (AUDIENCE MEMBER): Yeah.

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OPRAH WINFREY (HOST): And are you talking about—for me this would be about potato chips. What is this about for you?

GINGER (AUDIENCE MEMBER): For me, it's red wine, french fries.

OPRAH WINFREY (HOST): Okay. A little red wine every now and then.

GINGER (AUDIENCE MEMBER): And a few other things, of course, too.

OPRAH WINFREY (HOST): Yeah. Okay. Go ahead.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So, you mean when you eat french fries.

OPRAH WINFREY (HOST): And she knows that they're not so good for her.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And then there's a voice in the head that says you shouldn't be eating them.

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

GINGER (AUDIENCE MEMBER): Yeah.

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

OPRAH WINFREY (HOST): Mm-hmm.

GINGER (AUDIENCE MEMBER): A tennis match is more like it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): A lot of eating, overeating, has a lot to do with the ego also. Because the ego lives in a constant state of not enough. It always seeks something else to fill itself. And usually it's experiences, to identify with this or that.

OPRAH WINFREY (HOST): Things.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Things. But it's also the need for more, as I call it, that is built into the ego.

OPRAH WINFREY (HOST): Mm-hmm.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Sometimes can get transferred to the body, and then you experience it as the desire to eat much more than the body really wants. It's to take in more. So really to eat consciously, really, is the way out of it. For example, I would suggest that when you eat your french fries.

OPRAH WINFREY (HOST): French fries.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): To make a meditation out of it and eat them consciously without having a secondary entity in your head that says you shouldn't be eating them. Eat them fully and consciously, and at the same time feel how your body feels while you eat them and after you've eaten them. Then you bring some presence into it, and you may realize in some cases that the body doesn't actually want to eat them. It was the mind that wanted to eat the potato.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But so, eat consciously. If you eat a sandwich, if you feel, if you go to the fridge. Sometimes people get up in the middle of the night.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): They open the door, and you reach in, and there's need for, "I need to get..."

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The body doesn't need it.

OPRAH WINFREY (HOST): You're trying to feed something.

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

GINGER (AUDIENCE MEMBER): For me, it's also the anxiety that the resistance, not just for food, but things that I label as bad for me seem to cause a lot of anxiety...

OPRAH WINFREY (HOST): What he's saying is stop resisting. Actually after reading this book, I've been trying this lately. Exactly what you said. And this is what you'll find if you stop resisting it. Because the french fries are not bad. It's the thought in your head that has told you that the French fries

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are bad. And if you do what he is recommending, if you sit and you consciously make it a meditation, what you will find is you won't eat, you know, two bags of french fries unconsciously. That you will enjoy every single french fry, and in the enjoyment and the pleasure, if you stop when it's no longer pleasurable, you know. It's no longer pleasurable after three or four or five. By the time you've eaten a whole bag of them, you don't even taste it anymore. So he's saying make it a meditation, be with it, feel it, sense it, allow your whole body to be with it, feel it, sense it. And when you're done with the pleasure of it, let it go.

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

OPRAH WINFREY (HOST): That is what you're saying, correct?

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

OPRAH WINFREY (HOST): Thank you.

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

OPRAH WINFREY (HOST): And that's with the red wine too.

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

GINGER (AUDIENCE MEMBER): And other things as well, I suspect.

OPRAH WINFREY (HOST): And other things as well.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): When I was in my—

OPRAH WINFREY (HOST): Yes. Be with it. Be with it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. When I was in my 20s, as young people do, I would often get drunk. Nowadays, I still enjoy a glass of wine.

OPRAH WINFREY (HOST): Right. You do.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I enjoy it very much.

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OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And I know after I've had one glass of wine, sometimes ask, "Does my body want another glass of wine?" And usually I cannot drink more than one glass.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's very rare that I would drink two glasses of wine, because that's exactly...the body says, "No more." You can sense your body. It will often tell you whether it's right or not to eat or drink something.

OPRAH WINFREY (HOST): Well, that's a very good point that you just made. I just had an epiphany. Cause you don't become overweight or even drunk or intoxicated as long as you are acting consciously. It's when you become unconscious that you eat too much, unconscious that you drink too much. Unconscious is when you become obsessively indulgent.

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

OPRAH WINFREY (HOST): With things.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. All these addictions are unconscious.

OPRAH WINFREY (HOST): Are unconscious. Ginger from Berlin. Love that green you're wearing, girl. That's fantastic.

GINGER (AUDIENCE MEMBER): Thank you.

OPRAH WINFREY (HOST): Thank you. Thanks for joining us.

GINGER (AUDIENCE MEMBER): Happy Saint Patrick's Day.

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

OPRAH WINFREY (HOST): Enjoy. Yeah. Have a glass of wine. Consciously. Page 78, everybody, bottom paragraph. "What is spiritual realization? The belief that you are spirit?" You say no. That is a thought. "A little closer to the truth than the thought that believes you are who your birth certificate says you are, but still a thought." So, we're not spirit? I thought we were spirit. What is that saying? "That we are spiritual beings having a human experience?"

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

OPRAH WINFREY (HOST): Yes, but we're not spirit.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No. That when we say we are "spiritual beings having a human experience," it is not yet the realization that we are. It's the belief that we are.

OPRAH WINFREY (HOST): Oh, okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So there is a step that goes from the belief. Belief is still—it's a mental concept. It's a little closer, as I say, to believing that you are what your birth certificate says you are.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But it's not the realization. No thought that you have about yourself is realization.

OPRAH WINFREY (HOST): Okay, well this is another thing, you know. A lot of people are still very conflicted about this spirituality and their religion. And what I hear you saying, feel you saying in this book is, is that this book isn't about believing.

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

OPRAH WINFREY (HOST): This book is about what you come to know for yourself.

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

OPRAH WINFREY (HOST): Yeah. What you come to feel for yourself.

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

OPRAH WINFREY (HOST): And that what you're saying is that God, in the essence of all consciousness, isn't something to believe. God is.

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

OPRAH WINFREY (HOST): God is. And God is a feeling experience, not a believing experience.

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

OPRAH WINFREY (HOST): And if you're—and that your religion is a believing experience. If God for you is still about a belief, then it's not truly God.

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

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

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. At best, to believe is a transitional thing.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That from there, you go on to the realization that there is no separation between you and God. Between you and the source of life.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That you are one with the source. And you can not realize that through thinking.

OPRAH WINFREY (HOST): Believing. It's not a belief.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's not a thought.

OPRAH WINFREY (HOST): Not a thought.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's a direct realization within yourself. And it's there in the gap between two thoughts. And, conceptually, you may not know anymore. You may not have an opinion of who you are anymore. And yet, a very deep level, there's a knowing that can not be put into words.

OPRAH WINFREY (HOST): "So what is spiritualization? The belief that you are spirit? No, that's a thought. Closer to the truth than the thought that believes you are who are that your birth certificate says you are, but still a thought. Spiritualization is to see clearly." On the bottom of page 78, everybody. "Spiritual realization is to see clearly that what I perceive, experience, think, or feel is ultimately not who I am, that I cannot find myself in all those things that continuously pass away."

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So you are the space for all those things. You are the consciousness.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The awareness in which all those things, experiences, sense perceptions, thoughts, emotions come. They appear. You are— Jesus says, "You are the light of the world." That means you are the consciousness in which the world appears, is seen. And the consciousness itself has no form. It is formless, and it nothing to do with time. It's the dimension of the timeless in yourself. Eternity is the religious term for it.

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): For most religious people, when they use "eternity," it's a very abstract concept.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): "Eternity, what do I do with that?" Or they believe it's continuous time that never ends.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That would be extremely boring if you—eternity, there's no end to time would become very boring. I wouldn't want things to go on forever, my life to go on forever, ever, ever. But finding the timeless dimension is a very different thing in yourself.

OPRAH WINFREY (HOST): Timelessness is very different than eternity is you're saying.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The true meaning of "eternity" is timelessness.

OPRAH WINFREY (HOST): Is timelessness.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's usually misinterpreted as meaning endless time.

OPRAH WINFREY (HOST): On and on and on and on.

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

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OPRAH WINFREY (HOST): I got that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So there is in every human being, underneath all the stream of thinking and underneath the emotions, there is that dimension where timelessness or eternity dwells. And that is the essence of who you are. And that is consciousness itself. And you can know it by realizing that you are the space for whatever happens in your life.

OPRAH WINFREY (HOST): Mm.

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

OPRAH WINFREY (HOST): Deep. I must say that's pretty deep there, Eckhart. We're on page 80, everybody. One of my favorite quotes in the entire book that actually I used in one of our ads in *O Magazine*. "Only the truth of who you are, if realized, will set you free."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Know who you are, and you are free. But know who you are doesn't mean that suddenly you have an answer in your head. There's a stillness, and in that stillness, when you accept that you don't know who you are, as I say somewhere in the book.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): When you completely accept that you've realized all the things that you thought you were is not really who you are, and then you come to a point where you don't know who you are, and if you can fully accept that you don't know who you are, you are closer to who you are than you were ever before.

OPRAH WINFREY (HOST): "Once you realize and accept that all structures," page 81, "(forms) are unstable, even the seemingly solid material ones, peace arises within you. This is because the recognition of the impermanence of all forms awakens you to the dimension of the formless within."

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

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

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

OPRAH WINFREY (HOST): "That which is beyond death. Jesus called it 'eternal life.'"

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

OPRAH WINFREY (HOST): Mm-hmm.

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

OPRAH WINFREY (HOST): So you believe what happens to us at death, when the body dies? You don't have a belief.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I don't give it any thought.

OPRAH WINFREY (HOST): You don't.

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

OPRAH WINFREY (HOST): Well, did you ever think about it, Eckhart?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I know that the essence of who I am, which is the essence of who you are, is indestructible. I know that directly, on a feeling level, and you can also know it even if you talk to a physicist. He will tell you that energy never gets destroyed. It can only—

OPRAH WINFREY (HOST): Change forms.

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

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So whatever it is that animates this physical form, at some point, whatever it is that animates this physical form is going to no longer animate this form. And that is when you see a dead body. And when you see a dead body, you see—a year and a half ago, both my parents died within the space of a few months. And I saw very clearly each time—I saw my mother's body lying there. A few months later, I saw my father's body lying in the coffin. And I realized the form was still there, but the essence of that being was not present. So the essence of their being was never the form. It was no longer there. And that which animates the form.

OPRAH WINFREY (HOST): The essence of that being was never the form.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Was never.

OPRAH WINFREY (HOST): The essence of that being inhabited the form.

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

OPRAH WINFREY (HOST): And now it no longer inhabited the form.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So you could see there was only a shell there. And that was such a clear realization.

OPRAH WINFREY (HOST): Yeah. Many people who have seen their loved ones in the casket see that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So that which was the life within that form was always invisible. All you could ever see was the form. Maybe you could sense the life within the form.

OPRAH WINFREY (HOST): Ah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But the life is always invisible. And the life ultimately has no form itself.

OPRAH WINFREY (HOST): Mm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so you see, suddenly somebody dies, the essence is gone. The life within the form.

OPRAH WINFREY (HOST): Mm-hmm.

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

OPRAH WINFREY (HOST): So what you're saying, again on page 79, is to be able to be in form and be able to sense the formlessness of yourself.

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

OPRAH WINFREY (HOST): To be in form and to sense that there is an essential beingness or formliness, formlessness, the I am in the background of our life at all times. And that awareness, that

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formlessness, is what can, can hear, see, sense the thoughts that are going on all the time. And there's a little space, just a space, between the thoughts and the awareness of the thoughts. And that is where we, I, reside.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. You are the awareness. You are consciousness. Appearing as a person for a little while, but in essence you are consciousness. And consciousness—as consciousness, you are timeless. You are eternal in the sense of timeless.

OPRAH WINFREY (HOST): And when the form itself is lying there in the casket, that timeless formlessness has gone where?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Transformed to—either to join with the source or to go through further experiences, experiences of awakening.

OPRAH WINFREY (HOST): In ways that our mind cannot even comprehend.

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

OPRAH WINFREY (HOST): Okay. Before we say goodbye, I want to thank all of you around the world for making this remarkable experience possible. Eckhart and I will be here again next Monday at 8 p.m. Central. This third class will be available on demand tomorrow for free here at Oprah.com. And if you want to download a podcast of any of our three classes, you can do that tomorrow at Oprah.com and iTunes. So what did you want to say in conclusion about the core of the ego?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The core of the ego. The ego, sometimes we look at it as if it were an entity.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But really, it's just a form of unconsciousness. It appears to be an entity sometimes. It is now threatening. Never regarded as an enemy or something that you need to get rid of. It's only to be recognized for what it is.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So, and then the ego has fulfilled its purpose. It has taken you to that point of awakening. So in order to awaken, humans have—were in the state of oneness with the source when they first came here, and then they lost themselves.

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OPRAH WINFREY (HOST): Mm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): They lost themselves in thinking. They lost themselves in the mind. They lost themselves in the ego. And then they reached the stage where this state of being lost produces so much suffering that this dream of life becomes a nightmare, and they start waking up. This is the stage that we have reached now. So as we wake up, we regain the state that we once had, that we lost. The state of oneness with life, oneness—

OPRAH WINFREY (HOST): So we're waking up now.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Oneness with the source. But when we regain it, we regain it as a deeper level because we are conscious of it now.

OPRAH WINFREY (HOST): Wonderful. Thank you. Can't wait till next week because, you know, this week we're talking about all the things that form the core of the ego. How the ego loves to complain and it loves to be right and it loves drama and all of that. Next week we talk about role-playing, all the many faces of the ego. How so many of us believe that we are the roles that we play. That's next week. Thanks, everybody. Another night. Yay. That's good. Good. That's good.