

# A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

OPRAH WINFREY (HOST): Well, hi. Welcome everybody, welcome to class seven of our *New Earth* Web series with author Eckhart Tolle. I want to thank our students from every corner of the world who are joining us live on this journey of discovery. I truly believe that as each one of us becomes more awake and aware in our own lives, so will our family and everyone we encounter, our communities and our countries and, eventually, our world. And so Eckhart Tolle and I welcome you once again to yet another lesson. Chapter 7, my favorite chapter thus far. Before we get started, we're going to have a moment of silence, and you're going to lead us into that moment of silence, yes?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. We're already getting used to having moments of silence to start with. And I'll introduce the moment of silence today with a short meditation passage taken from *The Power of Now*. And as I read this short passage, our viewers should already be able to become still as they listen. And after I've read it, we'll be still for just half a minute or so. So here we go. It's all about entering the present moment fully. And that begins with using your senses fully. Be where you are. Look around. Just look, don't interpret, be aware of the silent presence of each thing. Be aware of the space that allows everything to be. Listen to the sounds. Don't judge them. Listen to the silence underneath the sounds. Touch something, anything, and feel and acknowledge its being. Observe the rhythm of your breathing, feel the air flowing in and out, feel the life energy inside your body. Allow everything to be within and without. Allow the is-ness of all things. Move deeply into the now.

OPRAH WINFREY (HOST): That's great. That's great. All right, everybody, tonight we're discussing Chapter 7, finding who you truly are, which I know is the reason why so many of you picked up this book in the first place because when I first announced it I was reading the subtitle, that the book is, *A New Earth: Awakening to Your Life's Purpose*. And going on the message boards and so many people were saying, "I hope this book helps me discover my purpose, I hope this book allows me to find who I am." Well, if you're ready, tonight's your night. Let's start with an overview of what this chapter is really about. You say that it is about; you begin with "know thyself." Chapter 7 starts with those two words that you say are inscribed above the entrance of a famous Greek temple, you say on page 186. "What those words imply is this: Before you ask any other question, first ask the fundamental question of your life: Who am I?" And then you say on page 189 that, "You're not the ego, so when you become aware of the ego in you, it does not mean who you are—it means who you know who you are *not*. But it is through knowing who you are not that the greatest obstacle to truly knowing yourself is removed." So let's start off with these two questions. Who aren't I? And who am I?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And, of course, the best starting point is the first question.

OPRAH WINFREY (HOST): Who aren't I?

Copyright 2008 Harpo Productions, Inc. All Rights Reserved. Prepared by PeopleSupport which takes sole responsibility for accuracy of transcription. No license is granted to the user of this material other than for research. User may not reproduce any printed copy of the material except for the user's personal or internal use and, in such case, only one copy may be printed, nor shall user use any material for commercial purposes or in any fashion that may infringe upon Harpo Productions, Inc.'s copyright or proprietary interests in the material.

Excerpts from A NEW EARTH are used by permission of Penguin Group (USA) Inc. Copyright 2005 by Eckhart Tolle

# A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Because what is left when you realize—and it's usually a process for most people, realizing who you are not, letting go of identification with things and so on—when you realize who you are not, then suddenly who you are becomes revealed to you. And who you are cannot easily be put into words because if it could, then it could be answered in one simple sentence and then everybody could repeat it and believe that they know who they are. So we start with knowing who you are not, and that begins for people sometimes with loss, where they lose something valuable they had identified with or death comes into their lives, some kind of breakdown or disaster happens. Sometimes, those people suddenly...

OPRAH WINFREY (HOST): Awaken.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Awaken. Something has been taken away from them that they had identified with for many years that had become part of their sense of self. And if something very fundamental that has been part of your sense of self is removed—death, loss, collapse.

OPRAH WINFREY (HOST): Even if it's a person, a human being who you loved.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It could be somebody, yes, it could be somebody close to you who dies. Then, of course, at first, it leads to enormous suffering, and you feel as if part of you had died also. And for some people that happens even if they lose possessions because they were so identified with their possessions that when their possessions are removed, they feel, "There's nothing left of me." Another related to possessions is social position. If people fall from high, some high social position—there's a scandal, it happens all the time in the news.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Not mentioning any names.

OPRAH WINFREY (HOST): Yes, don't. You don't have to.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And then these people can be extremely painful if they had become totally identified with either their possessions or their social position, and they're suddenly faced with a kind of huge emptiness in their lives. And the question arises, "I'm nobody anymore." And this is the point, a decisive point is reached there where they can either continue to resist and suffer, resist what has happened internally, complain about it, tell themselves story about it, how it's all collapsed, or they can suddenly come to a point of acceptance of what happened and acceptance of the present moment, so the thing that was so important in their lives actually left behind. I sometimes compare it to, if you look at a person's life, it's a

## A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

tapestry, consists of all kinds of things that one identifies with. And when a great loss happens, it's almost as if, suddenly, "There's a huge hole in that tapestry of my life."

OPRAH WINFREY (HOST): Correct.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And that is painful when you identify with a tapestry. But behind the tapestry, there's a light that shines through because without that light, there won't be anything at all. That's why you can even see your life. Without the light of consciousness, nothing would be.

OPRAH WINFREY (HOST): Behind the tapestry, there's a light there.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I'm using a kind of analogy. So when you don't resist, this hole that has suddenly appeared in this tapestry of your life, then there's a light that shines through then—and I'm using it as an analogy—there's suddenly a peace that comes when the emptiness that is left behind by the form that has dissolved is not resisted internally. And through that empty space there comes what the Bible calls "the peace that passes all understanding." Because you can't explain suddenly—and people have reported that this has happened to them, they lost, sometimes in some cases, everything, they suffered at first and then suddenly an inner shift happened. They accept it.

OPRAH WINFREY (HOST): And this also happens when you are grieving somebody that you loved. Isn't it true?

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

OPRAH WINFREY (HOST): Because when you come to understand fully who you are, it doesn't mean that you will no longer be saddened when you lose loved ones. But you will also, when you become conscious, you then understand that they have just moved from form to formless and that the formless can have an easier way to come through now even more strongly than it did in the form.

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

OPRAH WINFREY (HOST): If you allow yourself to be with it and to see it and to experience it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. What you just said, an example, I was talking to a woman who lost her son. He had an illness, he was about 28, I believe, and she was sitting next to him at his death bed. And the moment he—just a few minutes before he died and just after he died—she could sense an enormous peace descending upon the room and filling the whole room, and she could feel that there was a sacred presence in the room in the moment of death. So she had totally surrendered to that. And it's very painful, it's even more painful for a parent to have to witness a child's death than the other way around, and so she—that was the most

## A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

sacred moment in her life. And that lasted for about 10 minutes. And after 10 minutes, her mind came in, and, suddenly, she started crying and protesting.

OPRAH WINFREY (HOST): Because the mind wants the situation to be different.

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

OPRAH WINFREY (HOST): The mind wants you alive again in the physical body or the mind wants the thing back that I have lost.

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

OPRAH WINFREY (HOST): The job, the position, the whatever. I think it's harder, though, when it comes to loved ones because there is a connection there. And there is, you know, nobody knows what happens, except maybe you, when we die. And so there's this feeling that, you know, "I have lost someone." Is that feeling selfishness?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No. It's a normal feeling because there was, even if you truly love somebody, of course, what you love in the other person is deeper than the form, the external form of that person, nevertheless, there's always a little bit—even true love—there's a little bit of attachment to the form also. Because the light comes through the form.

OPRAH WINFREY (HOST): The light comes through the form.

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

OPRAH WINFREY (HOST): All right. Let's go here to page 186, everybody. This is one of my favorite things. I have a cold, so if I look I'm sucking on a cough drop, I am. "Unconscious people—and many remain unconscious, trapped in their egos throughout their lives—will quickly tell you who they are, their name, their occupation, their personal history, the shape or state of their body, and whatever they identify with. Others appear to be more evolved because they think of themselves as an immortal soul or divine spirit. But do they really know themselves, or have they just added some spiritual-sounding concepts to the content of their mind? Knowing yourself goes far deeper than the adoption of a set of ideas or beliefs. Spiritual ideas and beliefs may at best be helpful pointers, but in themselves they rarely have the power to dislodge the more firmly established core concepts of who you think you are, which are part of the conditioning of the human mind." This is my favorite in this chapter. One of my favorites. I have three stars, then another star when I read it a second time, another star. "Knowing yourself deeply has nothing to do with whatever ideas are floating around in your mind. Knowing yourself is to be rooted in Being, instead of lost in your mind."

# A NEW EARTH ONLINE CLASS

---

## CHAPTER 7 TRANSCRIPT

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

OPRAH WINFREY (HOST): That was beautifully written.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And so I mentioned that because some people identified—many people identified with external things. You mentioned, I believe, a week or two ago that somebody mentioned to you that they suddenly realized that they are not their car.

OPRAH WINFREY (HOST): They're not their car.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's the beginning early stage of disidentification. But it's good.

OPRAH WINFREY (HOST): But we do think we are and that's where you wrote the whole chapter. We do think we are our roles, you know?

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

OPRAH WINFREY (HOST): Because a lot of people have important roles; roles as parents.

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

OPRAH WINFREY (HOST): And roles in important positions that affect a lot of people's lives, and people think that they are their roles and they identify with their status in the world and what they have achieved.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's right. And, of course, it's a question of finding a balance of honoring the role that's—of honoring the function that you have in this world, so that's fine. You have to do whatever you're doing. You fulfill your function as mother or father or in some other capacity—some public function, business function, whatever it is. So to honor the function, without becoming totally identified with the function so that always there's still a human being there, not just a function.

OPRAH WINFREY (HOST): So, "Knowing yourself deeply has nothing to do with whatever ideas are floating around in your mind." Meaning, knowing yourself deeply has nothing to do with me being on television every day speaking to people. And even maybe doing a good job at it—actually doing a good job at it. And all the great jobs that everybody else is doing who's listening. Those are identifications.

# A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

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

OPRAH WINFREY (HOST): With form.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes.  
And also, but I mean, what you just read is people sometimes have certain ideas in their mind of who they are. And they may be spiritual ideas: "I'm eternal spirit." That's, of course, wonderful, and basically it is true, but do you truly know that? Because in order to truly know that you are more—you are much deeper than this form—goes far beyond holding certain concepts in your mind.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It goes—this kind of knowing is a knowing that it goes beyond conceptual knowing.

OPRAH WINFREY (HOST): Because if you really knew that, you would have a certain way of being or living in the world that would manifest that in the world.

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

OPRAH WINFREY (HOST): That would manifest your being in the world.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's right. And—but—and particularly when situations happened, your reaction to a situation always tells you where you are at as far as your level of consciousness.

OPRAH WINFREY (HOST): That is why a lot of people become annoyed with people who claim to be so spiritual or so religious, who are intolerant of other people, intolerant of other ideas, self-righteous, imposing their ideas on other people, because if you truly were what you say you are.

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

OPRAH WINFREY (HOST): So moving on to who you think you are. This is one of my—beautiful statements here, on page 187, everybody. "If small things have the power to disturb you, then who you think you are is exactly that: small. That will be your unconscious belief. What are the small things? Ultimately all things are small things because all things are transient." And you say, "Your sense of who you are determines what you perceive or is your needs and what matters to you in life—and whatever matters to you will have the power to upset and disturb you." So people all the time say, "You know, I'm a peaceful person, I'm a loving person, I'm a kind person, I'm a generous person. I'm a good person."

# A NEW EARTH ONLINE CLASS

---

## CHAPTER 7 TRANSCRIPT

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, and then the slightest thing goes wrong, and, suddenly, something else comes up, which is total opposite of the good person. And so this is not the deep knowing of who you are. The deep knowing, really, is—we use the word "know" here in a somewhat differently from the conventional way of using the word "know." Usually, knowing is conceptual knowing.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So the analogy one could have, which is sometimes given, is with honey. You can examine the chemical makeup of honey; you can examine the molecular structure of honey...

OPRAH WINFREY (HOST): I can tell you it's sweet.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You can write a PhD about honey, or you can write poems about honey, but if you never tasted honey, in other words, if honey has not merged with you, then you don't really know honey. But the moment you taste honey, then you know honey. And all the other stuff beforehand, even your PhD about honey if you wrote one, is not knowing, not true knowing.

OPRAH WINFREY (HOST): Knowing. Yes.

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

OPRAH WINFREY (HOST): Okay, so, "to be rooted in being instead of lost in your mind." And what does that mean to be rooted in being?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Again, we're using words here to describe something that really is beyond words.

OPRAH WINFREY (HOST): It's not describable.

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

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But just a little hint is, we always come back, of course, here in this teaching to the present moment.

OPRAH WINFREY (HOST): Absolutely.

## A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So when your attention moves fully into the present moment and that moment you go deeper into being. You could say that life has two dimensions: has the horizontal dimension of life; past, future, where everything happens, and most people, their whole existence is on that horizontal surface dimension of life.

OPRAH WINFREY (HOST): And they think that's their life.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): They think that's all there is. And, of course, then, life is quite a threatening place because you...

OPRAH WINFREY (HOST): All that is transient. It changes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Very transient. And you've—so you've never encountered the deeper dimension. This, by the way, is—a few people have interpreted the Christian cross—which we mentioned, also, last time in a slightly different context—the Christian cross as being, showing the horizontal dimension of life, and suddenly it intersects with the vertical dimension. It's also the dimension of the sacred.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so you enter the vertical dimension by being—becoming present, by bringing your attention into the now. So, then, because then past and future disappear from your consciousness. And at this—at this moment, there's only the now, and suddenly a depth opens up within you.

OPRAH WINFREY (HOST): And so what you've been saying throughout this book is that if you are living your life in the horizontal; the past and the future, then you're not really living. You're making enemies of this present moment.

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

OPRAH WINFREY (HOST): And you're not truly living.

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

OPRAH WINFREY (HOST): And that when you say—what I interpret what you say, "Knowing yourself is to be rooted in being instead of lost in your mind," is to, in every encounter—and I've been doing this more and more—bringing, coming back to your breath.

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



## A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

OPRAH WINFREY (HOST): Coming back to the present moment in such a way that you are aware and conscious of everything that's going on around you. And recognizing that you, you, you are that awareness. That's who you are. You are the observer of all these things that are going on in the horizontal plane of your life.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Exactly. So with the vertical comes the witnessing presence, the observer.

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

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So and that's the liberation. That's—sometimes this word "liberation" is used in spiritual context. That's the liberation from the horizontal dimension, which Jesus calls "the world."

OPRAH WINFREY (HOST): Yes. Do you know—may I just share this? I know we have DEBBY from the Netherlands on Skype, but maybe this will help illustrate this for you. A couple of years ago, I wrote this in my magazine, for one of the "What I Know for Sures," I was walking with my friend Bob Greene on New Year's day two years ago, on a mountain in Hawaii, and it was late evening, the sun had set while we were walking, and the moon had come up, and the clouds had come in and come down to the ground where we were. And, all of a sudden, we were walking, and we were surrounded by the clouds. We were in the clouds on this mountain. And you could only see a sliver of the moon, just a sliver of it. And I think Bob made a comment like, "It looks like the Dreamworks logo, the moon—it looks like you can go and sit up there with a fishing pole." And we were walking along, and all of a sudden he turned around and he said, "Can you hear that?" And I stopped, and it was completely utterly still. It was so still, it makes me want to weep thinking about it. It was so still that it felt like all of time and no time. It felt like the Earth had stopped, that everything had stopped. So much so that my very breath was so loud, I began to hold my breath because my breath was making too much noise in the stillness. And, in that moment, I understood what you had written in *Stillness Speaks*. That that is always there. That stillness—there's not a bird, or a cricket, or a frog, or a car horn or anything. That is always there.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And that's also an inner dimension.

OPRAH WINFREY (HOST): And that is the same as I. I am that.

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

OPRAH WINFREY (HOST): I am that stillness.

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

## A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

OPRAH WINFREY (HOST): It was a powerful spiritual experience for me. I've never forgotten. I got chills now for even thinking about it.

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

OPRAH WINFREY (HOST): Cause you recognize that is always there. When all the noise and, you know, fireworks and all the things that go on on this mountain, that is always there.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Consciousness, we could call it—although labels are always limiting.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But you could say that is pure consciousness. Before the consciousness becomes something—before it's born into a form—it's there in its pristine, formless, timeless stage.

OPRAH WINFREY (HOST): And in all things. That's why you were asking us to look around the room; there is the stillness of all things. It's easier to determine in nature, though.

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

OPRAH WINFREY (HOST): It's harder with a table.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, it's harder, and even harder with human beings because there's so much mind there. But, so nature—but even in so-called inanimate objects that you perhaps never even look at, haven't looked at for years they've been around you—sometimes it's wonderful to pick up an object and just be aware of its silent presence, no matter what it is. Because whatever it is, ultimately, nothing is inanimate. And physicists would agree because if you go deep into any so-called inanimate objects, you realize it's intensely alive.

OPRAH WINFREY (HOST): It's easy to do with trees, as I said earlier.

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

OPRAH WINFREY (HOST): And so the essence is, what we're trying to get here, is that that is who we are; that stillness.

## A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, the—that's the essence of our being. That's who we are at the deepest level. This is the timeless dimension within us.

OPRAH WINFREY (HOST): And when you're saying that even when you pass on, when you transition to another, to the formless, that stillness—that consciousness, that spirit, whatever name you choose to give it—is still there.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. That awareness is timeless. It's not subject to birth and death. As I said somewhere, the opposite of—the opposite of—life has no opposite. Usually people think in terms of life and death.

OPRAH WINFREY (HOST): And death, yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But, really, death is the opposite of birth, it's not the opposite of life.

OPRAH WINFREY (HOST): Hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Life, in its essence, has no opposite. It's eternal.

OPRAH WINFREY (HOST): Debby's from the Netherlands and lives in the city of Haarlem. She's Skyping us from her family room there. I understand you have a question about a quote on page 187 about small things disturbing you. I love this quote. Go ahead, Deb.

DEBBY: Hi. Hi Oprah. Hi Eckhart.

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

OPRAH WINFREY (HOST): Hi.

DEBBY: My question is high sensitivity. I always considered myself a sensitive person, and that means I'm easily overwhelmed by day-to-day life things that might be considered small. I've been practicing staying in the moment with changing moments, but I think I need some more advice. Is high sensitivity just a narrow egoic state? And do you have some tools that might help me to stop feeling so overwhelmed by all these small things?

OPRAH WINFREY (HOST): That does sound like a label you've given yourself.

DEBBY: Yeah, yeah. I know (inaudible).

## A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

OPRAH WINFREY (HOST): "I'm a highly sensitive individual." Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, yes, that is true. So that's—that, also, we need to address. Can you give perhaps two or three examples of what kind of things you are very sensitive to?

DEBBY: Well, a lot of things, but usually when I go into a shop, and there's loud music there, I just want to run away. I have a hard time dealing with noise and chaos.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, or being in a big city, traffic.

DEBBY: Yeah. Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Well, I suggest that you experiment a little bit when these situations arise and you feel the same thing happening again. And if you bring very alert attention to the situation, you realize that, really, there are three levels to this situation. Level one is whatever it is that disturbs you, the external noise, the chaos, the traffic, whatever it may be, so there's the thing that disturbs you—level one. Level two, there is your reaction to that thing that disturbs you, which could come as a—it could be an almost physical reaction. There's perhaps a contraction in your body. It could be also an emotional reaction of frustration, irritation, anger, I assume, something like that, right? And also, in addition, the reaction could be certain thoughts in your head about the situation that says, "I can't stand being here any longer, it's dreadful, dreadful." This is level two. Now, be aware of—that these two are, first of all, separate. There is the triggering event or situation, and then there is your physical, emotional, mental reaction to that. And, now what is level three? That is usually overlooked, but level three is where, ultimately, freedom lies. Level three is your awareness of both these levels. You are aware that there is the situation, the event, "There is my reaction—physically, emotional, mental. And there is myself being the aware space for those two." And if you can bring your attention more to that deepest level, then you realize changes will happen on the other two levels. If you recognize yourself, not as the reacting entity that happens in you, but that's not who you are...

OPRAH WINFREY (HOST): Got it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But you recognize yourself as the awareness that is aware of this thing that's happening out there, of the thing that's reacting inside.

OPRAH WINFREY (HOST): So it's just actually like, Debby, you're observing your own behavior. You're observing your ego's behavior toward...

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

## A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

OPRAH WINFREY (HOST): You're observing your ego's behavior.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): With no attachment; just as pure observation, pure awareness.

OPRAH WINFREY (HOST): Like, "Oh, isn't that interesting? I'm getting so upset over this guy pulling in front of me."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Just being there as the awareness. And that's already the beginning of freedom. And then, increasingly, you realize that you are that; you are not the entity that is reacting. And then, as Oprah said, then you can let go of thinking for yourself, of having this concept of yourself as a highly sensitive person that perhaps you might—it's not natural, nothing personal in this—you may have become attached to because you've lived with this concept of who you are for many years. So that's the—that's where freedom lies.

OPRAH WINFREY (HOST): But in addition to Debby's question, let's say, and for her, you know, she labels herself or defines herself as a highly sensitive person, but let's say a person gets upset about someone putting a dent in his or her car, or you spill coffee on your blouse right before an important meeting, or your child gets sick or you get sick, are you saying that if we get upset about these things, these kind of things that we don't know who we truly are?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): If the dimension of presence or awareness is missing, then you are lost in the reaction.

OPRAH WINFREY (HOST): You think you are the reaction.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Then you become the reaction, and when you become the reaction, you don't know who you are. It's a misperception of who you are.

OPRAH WINFREY (HOST): You got that, right, Debby?

DEBBY: Yeah, yeah, I got it. Yeah.

OPRAH WINFREY (HOST): Yeah, I got it too.

DEBBY: It helped me a lot.

OPRAH WINFREY (HOST): Isn't it good when you get it?

## A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

DEBBY: Yeah.

OPRAH WINFREY (HOST): I got it too. I got it too. And just detaching yourself, it doesn't—that doesn't change the situation.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It doesn't immediately change the situation. But you do find that as you practice this, changes suddenly appear. Changes sometimes first appear in the force that is behind your reaction that lessens. You still react, but less; not as strongly. And, miraculously, you sometimes even find that if you totally—because, really, the awareness level is also part of the acceptance. You completely accept that, "At this moment, this is what I feel, and this is what the external situation is," with complete acceptance. Even changes often happen miraculously in the external situation.

OPRAH WINFREY (HOST): Yeah. I think acceptance of the situation, which you talk about in "Power of Now," and also repeatedly in *A New Earth*, acceptance, nonresistance to the moment is one of the most important things we can learn.

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

OPRAH WINFREY (HOST): And that is whether or not you're facing a crisis whether you're facing someone you've lost; a loved one, or whether you're, you know, in traffic and are a highly sensitive person, nonaccepting what is in that moment is the most important.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And you can practice with little things because little things happen throughout the day that people feel irritated about, angry about, protesting against, and so on. All with little things. You will have many opportunities to practice, so it's a wonderful spiritual practice. So you use what you—before you wanted to get rid of, you use it as part of your spiritual practice, and, as a byproduct, you also eventually get rid of it.

OPRAH WINFREY (HOST): Thanks, Debby, thanks so much.

DEBBY: Okay, thank you.

OPRAH WINFREY (HOST): From the Netherlands, thank you.

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

OPRAH WINFREY (HOST): Everybody says they want peace—inner peace and peace on earth. On page 188 you say, "If peace is really what you want, then you will choose peace. And if peace mattered

## A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

to you more than anything else and if you truly knew yourself to be a spirit rather than a little me, you would remain nonreactive and absolutely alert when confronted with challenging people or situations."

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

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's the—so there's—you can either be reactive; act according to your – the way you've reacted for many years, your past conditioning, or you can become more alert when a challenging situation happens so that you don't internally separate yourself from the situation. So that when you completely open yourself to the situation, yet you bring an alertness to it, an alertness of presence. So you're facing the situation totally with that state of alert presence. You're not reactive anymore. And if something needs to be said or done in the situation, the words will suddenly come from that level of consciousness; from that alert stillness. If you need to do something, then the right thing, the right doing will happen instinctively or—instinctive is not the right word—intuitively the right thing—you will do the right thing. So...

OPRAH WINFREY (HOST): Because it will be borne out of a sense of presence.

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

OPRAH WINFREY (HOST): Or a sense of being, which is another word that we're using.

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

OPRAH WINFREY (HOST): Yeah, that's right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so any—whenever you are upset about any situation, there's a line in the *Course in Miracles* that says, "I am never upset for the reason I think."

OPRAH WINFREY (HOST): "...upset for the reason I think." Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So because when you're upset, you have lost yourself on the external level—what we call the horizontal level.

OPRAH WINFREY (HOST): But aren't there some things worth upsetting you? I mean there are injustices in the world and there are horrible things happening all the time in the world that we should be upset about.

# A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I wouldn't say that we should be upset about. It is normal for people to be upset about this, but it is not the most effective way of bringing about change.

OPRAH WINFREY (HOST): Got it. You can be upset all day long and nothing changes.

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

OPRAH WINFREY (HOST): Cause people have been upset for years and things don't change.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Yes. People are upset about violence; they're upset about war, continuous war between nations, and so on. It continues to happen. And you cannot fight against unconsciousness.

OPRAH WINFREY (HOST): Yeah, somebody e-mailed me today. They said they were upset about 13-year-old girls having to marry so-called ministers. Yeah.

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

OPRAH WINFREY (HOST): Upset about it, but being upset about it changes nothing.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No, so it's more powerful to face a situation and see, "This is how it is," and then see if action is possible. "What is it that can be done?"

OPRAH WINFREY (HOST): Got it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And then there's no negativity in the action. But if you are resisting, if you are complaining about a situation already, whatever you do, negativity flows into what you do.

OPRAH WINFREY (HOST): Yeah. I just got something earlier, and the reason I'm thinking about this cause a friend of mine had lost his brother and was saying that, you know, he was having such a hard time letting go, and what I just had in this moment, something clicked for me, is that when people do—finally are allowed to move on from their grief, it's because they have come to the point of acceptance that their loved one is gone.

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



## A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

OPRAH WINFREY (HOST): And what you're saying is, in any situation, whether it's the loss of a loved one, or loss of a position, or loss of whatever, that you're faced with, acceptance of the situation and beginning to deal with what is going on now instead of wondering or worrying about what could have been, should have been, might have been, changes the situation and the way we feel about it.

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

OPRAH WINFREY (HOST): And that your pain and suffering is caused and stress is caused because you refuse to accept the now.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. You're not one with the now.

OPRAH WINFREY (HOST): Got it. So tonight we're Skyping with a new study group in West Hollywood, along with Borders, where we've been Skyping in Borders in Chicago. Now, we've moved to Hollywood.

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

OPRAH WINFREY (HOST): At the famed Bodhi Tree.

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

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

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I was there some years—I gave a talk there.

OPRAH WINFREY (HOST): Don't you love that bookstore?

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

OPRAH WINFREY (HOST): I do too. The Bodhi Tree is considered by many to have one of the best book selections in Los Angeles for the mind, body and spirit. So, hi, everybody at Bodhi.

CROWD: Hi.

OPRAH WINFREY (HOST): God, everybody looks so California-like. We can tell we're not in Chicago, everybody's all bundled up. I Skyped Tenisha at the Bodhi Tree earlier today on *The Oprah Show*, and she's back tonight with a question. Hi, Tenisha.

## A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

TENISHA: Hi Oprah, how are you?

OPRAH WINFREY (HOST): Good to see you. And your question?

TENISHA: Yes, my question has to do with reactivity. On page 208, Tolle says the more reactive—okay, "What is reactivity? Becoming addicted to reaction. The more reactive you, the more entangled you become with form. The more identified with form, the stronger the ego." My question has to do with—I've always related being reactive to being sensitive. And being sensitive allows me to be very passionate about things, allows me to connect with other people and be emotionally available to my friends and family. So my question is, how can I retain sensitivity and be passionate about things and keep that, but not allow my ego to get stronger?

OPRAH WINFREY (HOST): Great question, Tenisha. Thank you.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, thank you. Well, reaction may appear to be a sign of sensitivity, but actually reaction is not sensitive. Reaction is a conditioned way of responding to a situation, and you are not—all reaction really comes from the past because it's part of the way in which you've been conditioned. And because it comes from the past, it is never totally adequate to the present moment. So sensitivity is actually lost when you're reactive, and true sensitivity comes when you are absolutely present in a situation and see, "This is how it is," and you totally face the situation as it is. And when that comes, enormous sensitivity, and you can—with that comes also intuition. It's only when you internally don't resist a situation, then the intuitive faculties arise within you. As long as you internally resist a situation—and reactivity's always some form of resistance—as long as you internally resist, then the intuitive faculties cannot really come in because you're acting out old conditioning. Intuition comes out of presence; out of the present moment. So bringing presence to a situation, then that means you become absolutely sensitive. And that's also a deeper aliveness and a deeper power than what looks like power and aliveness when you observe somebody reacting. Sometimes it might look very passionate, but really they are acting out their past conditioning; the ego is acting out. That's not true passion, it's the ego wanting this or that from the situation; wanting to manipulate the situation, wanting to get something out of the situation, whatever, but not being truly present. So it's only through presence that the true sensitivity is there.

OPRAH WINFREY (HOST): Thank you, Tenisha.

TENISHA: Thank you.

OPRAH WINFREY (HOST): And all you Bodhi people. Thank you so much. The Bodhi Tree, love that.

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

# A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

OPRAH WINFREY (HOST): Really, that's great. Continuing on with who we are because I know so many people have this as a prominent question for themselves, you say on page 189, "Nobody can tell you who you are. It would just be another concept, so it would not change you. Who you are requires no belief. In fact, every belief is an obstacle." What does that mean?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It means who you are has nothing to do with any thought that you might have about yourself.

OPRAH WINFREY (HOST): So does who you are have nothing to do with what you've done? So you spend your life here doing all this work and working, working, working, working, making money, taking care of your family, doing all the thing that people do, and that has nothing to do with—and then you—at your funeral they read your, you know, words about you, and say this is who you are?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, and then there's the gravestone, and on the gravestone there is the date of birth. And there is a one- or two-inch dash, and then there's the date of your death. And the dash is, really, all your ambitions, and your fears, and your drama, and your problems—that's what's left on that level. So I'm not saying not to honor the level of form, because that's what we're talking about; whatever you do in this life, this horizontal level where we do things, where we have our functions and play roles, you honor that level but realizing there is something more vital; there is something deeper than just that.

OPRAH WINFREY (HOST): Okay. Bridgette says, "Dear Oprah and Eckhart, Can you explain the quote on page 192, 'But nothing you can find out about yourself is you. Nothing you can know about you is you?'"

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

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So I'm making a difference here between knowing yourself and knowing about yourself.

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And I mention as an example, if you got to a conventional psychoanalyst, let's say, you will spend some years examining the makeup of your conditioning, of your past, your childhood and so on. You find out more and more about yourself; things that perhaps you hadn't seen clearly about your emotions, about the makeup of your thoughts and so on.

OPRAH WINFREY (HOST): Right.

# A NEW EARTH ONLINE CLASS

---

## CHAPTER 7 TRANSCRIPT

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And all that is knowing about—it's to do with content.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): "The content of my life and the content of my mind, ultimately, because my life is—I know it only as the content of my mind." So that is knowing about yourself. And you can know thousands of facts about yourself and your history and still not know who you are because that knowing has nothing to do with this conceptual knowing with bits of information. It's the deeper knowing. I gave the analogy earlier of the honey.

OPRAH WINFREY (HOST): The honey.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You can know about the honey.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Or you can taste the honey because, when you taste the honey, the honey becomes you; it merges with you.

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

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): In that sense, knowing who you are in a nonconceptual way is being fully who you are, is being in touch with that deeper level of being, where—that you can only access in the present moment, the vertical dimension.

OPRAH WINFREY (HOST): Can I ask—well, if you are reading this book and suddenly become to understand or not reading this book and understand, as you say, many people say, "Well, I'm a spiritual being, you know, I'm on my spiritual path."

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

OPRAH WINFREY (HOST): As many people have said, you know, as they're reading—as I'm reading all of the message boards, which I love, by the way, keep them coming, they say, "Well, I've been on this spiritual path for many years, or I'm a spiritual person." Aren't you just a little step closer thinking you're a spiritual person, or is that another form of your ego saying, "I'm a spiritual person?"

## A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

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

OPRAH WINFREY (HOST): Because I've said for years, "I recognize I'm spirit."

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

OPRAH WINFREY (HOST): Come from—come from the greater spirit.

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

OPRAH WINFREY (HOST): So I can use the word, I am consciousness come out of the greater consciousness that I call God.

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

OPRAH WINFREY (HOST): Or spirit that come out of a greater consciousness—spirit that I call God.

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

OPRAH WINFREY (HOST): So I recognize that. I know that intellectually.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So in that sense you can say intellectually that is a true statement.

OPRAH WINFREY (HOST): Yeah, but I also feel it deeply.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The question is whether, and this is—I know you do, but any—the question is whether you truly feel that as a reality. And a way of finding out how deeply you truly know this is when—how you react to situations in your life and how you react to other people in your life. It's there that you find out whether your belief that you are spirit, whether you truly know that or whether it's no more, as I put it, than an idea floating around in your mind. Do you know it in the depths of your being? Because then the way in which you deal with situations and people is very different.

OPRAH WINFREY (HOST): Correct. I've always believed that I really was God's child. That I was, you know, come from, and as I've gotten older and could articulate it better, you know, I use other ways of describing it, but I believe that I came from that which is God.

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

# A NEW EARTH ONLINE CLASS

---

## CHAPTER 7 TRANSCRIPT

OPRAH WINFREY (HOST): And was born of that, and so therefore, really have no real fears in the world. I've always believed everything would be okay.

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

OPRAH WINFREY (HOST): No matter what, I'm going to be okay because of that.

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

OPRAH WINFREY (HOST): And that's more than a belief, actually.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): More than a belief. You can sense that.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): In some way that it's hard to describe, but you can sense that ultimately there isn't you and God. There is a deep place where you and God merge; there's the oneness with that.

OPRAH WINFREY (HOST): Well, I've just gotten that later in life.

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

OPRAH WINFREY (HOST): I used to think God was out there.

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

OPRAH WINFREY (HOST): Eleanor lives in Boston, Massachusetts, and is Skyping us from a friend's house. Hi, Eleanor.

ELEANOR: Hi Oprah, Hi Mr. Tolle.

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

ELEANOR: This is such a great experience. I really thank you so much for it.

OPRAH WINFREY (HOST): Well, thank you. Your question is?

## A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

ELEANOR: My question is, on page 192, you say, "You may not want to know yourself because you are afraid of what you may find out." And my question's about letting go of your insecurities or what you would call your ego. For many years now I've been handling, so to say, an eating disorder, and it's pretty much been—it's consumed a great part of my identity; that's how I identify myself, and I feel that causes a great lacking in me. And, in a way, I do want to left go, but then a great part of me just wants to hold on to this identification of myself. And I guess my question is, what is this next step from awakening to the fact that I should move on and acting upon that?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's the deriving your sense of who you are from certain thoughts or mental images that you have about yourself, and that's a normal identity that people have. They derive a sense of self from certain mental images or thoughts they have about themselves, which they repeat to themselves, which they talk to others about.

OPRAH WINFREY (HOST): Yes, it's what Debby was saying to us earlier from the Netherlands, "I'm a very sensitive person; therefore, lots of things overwhelm me." Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And that's already—on one level that is true, but if you become too identified with a label like that, then that becomes a hindrance going beyond it. That's why you immediately said when she said that, "Ah, there we have a label."

OPRAH WINFREY (HOST): The label.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so there's a similar thing, perhaps, that happens to you, so it's really finding within yourself something that is more powerful, more genuine, more truly who you are than any image that you have in your mind. And we have to come back here to—really, the essence of this teaching, which is present moment, you have to invite the present moment into your life as frequently as you can. You have to make room for the present moment because it's only when you make room for the present moment that these images and mental concepts about who you are do not operate. So when you become present—and I've already given hints about how to, little things you can do to become present. At the beginning of our session today, we had this little meditation where we said, "Be aware of your sense perceptions, touch things, look at things, listen to things without judging, without labeling," then the alertness rises. The key is here—another word for presence is the alertness. And so you become alert also within. You feel the aliveness of your inner body. Rather than having a mental concept of who you are, you feel the entire energy field, that which animates the physical form, and you are in touch with that.

OPRAH WINFREY (HOST): Yes, and Eleanor, what I would say—add to that is that you haven't done that enough because once you start to do that, when you get in touch with the inner body, when you begin to feel the inner space, when you begin to feel the presence in being that is really you, you realize you're bigger than your little self with an eating disorder. When you start—and the reason why

# A NEW EARTH ONLINE CLASS

---

## CHAPTER 7 TRANSCRIPT

you're still attached to this idea of having an eating disorder is because that's as big as you know yourself to be right now. And when you know yourself to be something more, you will choose to be the something more and not this little me that has an eating disorder. That's how I see it.

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

OPRAH WINFREY (HOST): That's how I see it.

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

OPRAH WINFREY (HOST): And that's why you're clinging to it, cause you don't know who you are.

ELEANOR: Yeah.

OPRAH WINFREY (HOST): Cause you don't know who you are.

ELEANOR: It's very difficult to move beyond that. I mean, I may, in my mind, understand it intellectually that I'm greater than this issue.

OPRAH WINFREY (HOST): Yeah, yeah.

ELEANOR: But it's hard.

OPRAH WINFREY (HOST): It's not going to—you're not going to help yourself through your mind.

ELEANOR: Right.

OPRAH WINFREY (HOST): That's what Eckhart is saying in this whole book. That real healing, real everything, creativity, real joy, real presence in being comes from that space; the inner space of consciousness or presence in being. And the reason why you're attached to the idea is because that works for you. That works for you right now.

ELEANOR: It's very easy; it's safe.

OPRAH WINFREY (HOST): Yeah, it works for you because you like playing small right now. And so maybe you're not ready. But what he just described for you is exactly—and it doesn't happen overnight. It doesn't mean that, you know, tomorrow you're going to wake up and not have an issue. It's slowly bringing more and more consciousness into your daily way of being that allows you...

ELEANOR: It's a lot of effort, that's for sure.



## A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

OPRAH WINFREY (HOST): And I would say this Eleanor, I would say you're worth it.

ELEANOR: Thank you, thank you so much for this opportunity.

OPRAH WINFREY (HOST): I would say you're worth the effort.

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

ELEANOR: Thank you.

OPRAH WINFREY (HOST): Thank you. I want to move on to abundance, and there was a question that I had earlier that you had on here about abundance, I love that question. But there's a lot in Chapter 7 about abundance and that we are not the little me that we think we are, you say on page 190.

"Whatever you think the world is withholding from you, you are withholding from the world. And you are withholding it because deep down you think you're small and that you have nothing to give. Try this for a couple of weeks and see how it changes your reality: Whatever you think people are withholding from you—praise, appreciation, assistance, loving, care, and so on—give it to them." So is abundance—I was looking—do you have that question to put back here, the abundance question that somebody had asked in e-mail? What's so great about this, I think, is that it's something people can do every day right now, is to start to give that which you say you most want.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And it starts with recognizing external abundance. That if the act of recognition that there's external abundance—and what that is we'll see in a second—is the act of recognition of external abundance already brings out the abundance that is an essential part of your very being. So when you recognize abundance without—and what I'm suggesting there is to look at—walking past a store where there's a display of fruit, apples, oranges, and you see the abundance and the aliveness that is there; acknowledge it there. Abundance doesn't mean that you need to buy many things. You can buy or not buy. But it's the—you see the abundance of water, rain falling from the sky; there's an abundance of water. There's an abundance of aliveness. There's an abundance of joy in the dog that's going past you there. And so to recognize—to see the abundance that surrounds you, even if you're very poor in the eyes of the world, the abundance is always there around you, but you need to recognize it; acknowledge it. And another word for that is "gratitude."

OPRAH WINFREY (HOST): I know. I was going to say, that's why I've kept a gratitude journal for years.

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

OPRAH WINFREY (HOST): If you keep a gratitude journal listing—I do, the same, just five things in the day that made you most grateful—what you start to notice is that there are more things added to your list, and you don't even have time to write them all.

# A NEW EARTH ONLINE CLASS

---

## CHAPTER 7 TRANSCRIPT

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

OPRAH WINFREY (HOST): And when you start to pay attention to the things. Okay. And you also say, "Acknowledging the good that is already in your life is the foundation for all abundance."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And again, many people make that mistake because they believe that, "There is nothing good in my life." And that's absurd. It means they are not present, they are trapped in certain stories in their head, which tell them continuously that, "There is nothing good in my life." And if they only opened their eyes and looked around, and if they smelled the air, saw the sunlight, the most abundant thing you can see is the sun.

OPRAH WINFREY (HOST): Well, I think the most abundant thing you can have is your breath.

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

OPRAH WINFREY (HOST): Come back to your breath.

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

OPRAH WINFREY (HOST): Yes, come back to the breath.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So you can be with that.

OPRAH WINFREY (HOST): When you can't think of anything to be grateful for, go to your breath.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Breath, or the aliveness in your hands and in your arms, to feel that.

OPRAH WINFREY (HOST): Well, the e-mail question from Rose Anita in Georgia was to ask you to please explain what you mean by "abundance comes to those who already have."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Now, abundance, you need to recognize that as coming from within you. Abundance is not external things that come to you that make you abundant. Abundant is the energy that flows out of you, out of the being of who you are into this world. So the beginning of—you initiate this process by recognizing the abundance that's all around you externally.

# A NEW EARTH ONLINE CLASS

---

## CHAPTER 7 TRANSCRIPT

OPRAH WINFREY (HOST): "Outflow determines inflow."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And then it suddenly, the recognition already draws it out, you see?

OPRAH WINFREY (HOST): I was going to say, isn't gratitude in itself an energy field that draws more to you?

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

OPRAH WINFREY (HOST): Isn't it its own vibrational frequency that draws more to you?

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

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

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

OPRAH WINFREY (HOST): Is that gratitude is its own energy field.

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

OPRAH WINFREY (HOST): And that when you acknowledge and are grateful for whatever you have, when you can see and feel the gratitude, experience the gratitude in whatever you have, that changes your vibrational frequency...literally.

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

OPRAH WINFREY (HOST): And allows more to be drawn to you.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. It changes your entire reality. It changes the way in which you experience life.

OPRAH WINFREY (HOST): Yes it does.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It changes your world. And so it's—if that's the only thing people remember, there are many things in this book, but just if they want to change their lives, they're not happy with their lives, bring gratitude into it, which is, of course, connected also to the present moment because it's only, "Here in this moment...what is it in this moment that I can be grateful for?"

# A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

OPRAH WINFREY (HOST): Be grateful for.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And then you suddenly say, "Oh, it's all that." There's always—it's miraculous if you truly look around and sense and feel, it's miraculous. The entire universe is miraculous.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And when you are so trapped in your thoughts that you don't see this anymore, then the entire universe becomes dead to you and there's nothing new that ever arises.

OPRAH WINFREY (HOST): You know, I was practicing this this weekend, I was saying to Eckhart before we started that I was under the weather and had an obligation in New Orleans and wasn't able to fulfill that commitment, and normally I would've just been beating myself up about it, cause I've never had to cancel anything before, but I decided to be with the fact that I was sick. And I had one of the happiest days of my life being sick in bed because I accepted it and was not fighting the fact that I wasn't well. I thought, "I'm going to be with feeling badly, and I'm going to appreciate everything about the day." So every cup of tea that Stedman brought me, I was happy. And happy that I was, you know, I had clean sheets. I mean—and happy that I could open the curtains and there was sun coming through the window. Just—and I just had the most happy time being sick in bed. Yeah. So that's what you're talking about.

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

OPRAH WINFREY (HOST): Being able to be grateful where you are.

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

OPRAH WINFREY (HOST): Yeah, if I hadn't read this book, I might not have been able to do that. So it's been very helpful to me. And you say...

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

OPRAH WINFREY (HOST): Yeah, go ahead.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Sorry. You can be grateful for things that on the surface don't look so good. When you accept what is, you're grateful whatever situation arises. Let's say your car breaks down and you have to change the tire in the middle of the night, and even there you can say, "Okay," we come to this later in the book...

# A NEW EARTH ONLINE CLASS

---

## CHAPTER 7 TRANSCRIPT

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You begin sometimes, a so-called negative situation—begins with not resisting it.

OPRAH WINFREY (HOST): Yes.

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

OPRAH WINFREY (HOST): Don't you say in *The Power of Now*—I just interrupted a thought.

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

OPRAH WINFREY (HOST): But don't you say in *The Power of Now* that all stress comes from resisting the present moment?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. It doesn't come from the situation, it comes from your thoughts about the situation.

OPRAH WINFREY (HOST): Because the tire needing to be changed by itself could not cause you to be stressed.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No, there's no—it just is as it is.

OPRAH WINFREY (HOST): It is as it is.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And if you can see that, then suddenly you move into that, and even there comes gratitude.

OPRAH WINFREY (HOST): Yes. So your stress is about wanting the moment to be different than what it is.

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

OPRAH WINFREY (HOST): And that's whether it's a tire, losing your job, losing a loved one.

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

## A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

OPRAH WINFREY (HOST): Okay. And you sum this up, this abundance, by using a quote from Jesus saying, "Give and will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap." That is the truth, so help me. That is just the truth.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, it's an amazing, amazing statement. And also, somewhere else Jesus talks about...

OPRAH WINFREY (HOST): You must like Jesus, you talk about him a lot.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Oh, yes. There was a time when I—I was brought up as a Catholic and then I, for many years I wasn't interested anymore, and then after I went through this inner shift, a couple of years afterward, I happened to pick up the New Testament, and I happened to read the gospels, and I suddenly saw how deep all this is, these statements.

OPRAH WINFREY (HOST): That's right. Became more than doctrine for you.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Yes. And so Jesus somewhere else says, "I want you to have life in its fullness. I want you to have the fullness of life." And that's a beautiful statement. And people sometimes don't realize what he means by "the fullness of life" because, in our civilization particularly, the fullness of life means having as many things as possible.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And, of course, I'm convinced that Jesus was not talking about shopping malls.

OPRAH WINFREY (HOST): No.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Because if he was talking about shopping malls, then the kingdom of heaven has already arrived and it's in the shopping malls. So he was not talking about many, many things.

OPRAH WINFREY (HOST): Eckhart made a joke, y'all. Eckhart made a funny.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): He was talking about something that is within you, the fullness of life is a dimension within you. And he went, "I want you to be in touch with that dimension within you."

OPRAH WINFREY (HOST): And you're absolutely right. If you get nothing else from this book, if you can get that, then your life will change.

# A NEW EARTH ONLINE CLASS

---

## CHAPTER 7 TRANSCRIPT

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

OPRAH WINFREY (HOST): Your life will change.

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

OPRAH WINFREY (HOST): "And abundance comes only to those who already have it," page 192. "It sounds almost unfair, but of course it isn't. It is a universal law. Both abundance and scarcity are inner states that manifest as your reality. Jesus put it like this: 'For to the one who has, more will be given, and from the one who has not, even what he has will be taken away.'" And he's not talking about things.

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

OPRAH WINFREY (HOST): He's talking about your inner state of gratitude for what you already have.

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

OPRAH WINFREY (HOST): And your life will change. Laura from Baltimore is on the line and has a question for us. Laura?

LAURA: Hi, Oprah. Hi, Eckhart.

OPRAH WINFREY (HOST): Hi.

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

LAURA: Thank you so much for this opportunity. You've both been great spiritual teachers for me, and I'm just so grateful.

OPRAH WINFREY (HOST): Thank you.

LAURA: My question is, before reading this book, I was someone who usually suppressed my emotions. And, on page 208, you talk about bringing an inner yes to whatever form that the now takes. So now, when I have the emotional of sadness arise, I try to apply this principle. In the past, I would have said no to the emotion and suppressed it, but now I worry that by saying yes to this emotion, it's just the ego tricking me into feeding the pain-body. How can I be sure that emoting is not actually strengthening my ego?

## A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Right, good question. So when you fully allow an emotion, it implies that you are there as the awareness—the witnessing presence—cause it's only from that space that you can say that, "This is what I feel, and here it is." It's part of the is-ness of this moment. And if you do that, the emotion cannot rise up into your mind and control your thinking. In other words, it does not become part of ego, it's only if the emotion rises up into your mind and then your mind starts to think along the lines of that particular emotion, and thereby feeding more energy to the very same emotion, that means you are strengthening that emotion, and it's becoming part of ego. But if you can just look at the emotion and allow it to be. Then the emotion is not going to feed on your thoughts anymore. So and then you will actually find when you allow an emotion to be, it subsides fairly quickly, and it's not part of the ego. This practice is going beyond emotion without repressing them.

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

LAURA: Yes, thank you so much.

OPRAH WINFREY (HOST): All right. I love that, I love that. Tell us the story of the Zen master on 199, the one who said, "Is that so?" I mean I think you have to be a Zen master practically to have that kind of reaction to everything in life, you know?

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

OPRAH WINFREY (HOST): Because when somebody attacks you, you know, that's a thing I still have to work on because I live in a world where people write things that are not true all the time. Somebody's working on a biography of me now, unauthorized. So I know it's going to be lots of things in there that are not true. And so I've gotten better at it, and I know everybody experiences it on one level or another. For me, it's people saying things about me that are not true.

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

OPRAH WINFREY (HOST): That causes me to show myself as a small person. The little me comes out, and I'm, like, "That's not true." And so this Zen master who is able to say, when he's being accused of, you know, doing something horrible to this girl, "Is that so?" Who can do that?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's a very extreme form of being one with the present moment. This is, I believe—should I tell the story?

OPRAH WINFREY (HOST): Yes, please do.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So there was a Zen master, he was highly regarded and he was—as a spiritual teacher, had a very good reputation. And, one day, neighbors of his came to him and said, "Our daughter is pregnant, and you



## A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

remember, she came to see you about some advice some time ago, and she has now confessed to us that you are father of this baby that's going to be born out to our 17-year-old daughter." And, of course, they didn't tell him this in the way that I'm telling it to you, they were very angry.

OPRAH WINFREY (HOST): Is this a true story?

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

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So there was an enormous anger in this situation, you can imagine, and the Zen master was listening to them as they were telling them that he had fathered this child. He was listening in that Zen state of open alert attention like this. And then when they had finished their story, "You are the father of this child." And he said, "Is that so?" "Yes," he said. And then, "We are going—when the child is born, you are going to look after the baby because you are responsible. "Is that so?" And so when the baby was born, they brought the child over to him. "Now, you look after the baby, it's not ours, you are responsible." And he accepted the baby, and the word got around that he had fathered a child by a 17-year-old girl. He lost his reputation, no one came to see him anymore.

OPRAH WINFREY (HOST): Right, right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): He was totally indifferent to this because he was only responding to the needs of the present moment. So he started looking after the baby. And so he spent about a year looking after the baby and, in the meantime, the mother of the baby grew up a little bit more, and suddenly she confessed to her parents that the Zen master was not the father. She just didn't want to tell them that it was the boy who works in the butcher's, who was the father. And, of course, the parents got extremely upset, and they came running to the Zen master and said, "She's just told us that you are not the father." And he said, "Is that so?" "Yes, and so can—we would like our baby back, please." And so he handed the baby over. There's was all—it's the story that...

OPRAH WINFREY (HOST): You're supposed to be in the Zen-dom kingdom or something.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Continuous—it's a story that shows an extreme example of absolute nonresistance and the good that comes because the baby was being looked after with loving care for a whole year by the Zen master.

OPRAH WINFREY (HOST): But why wouldn't the Zen master, okay, cause he's a Zen master, is that the level that you are saying that we should be striving? Well, I know you're not saying we should do anything.

# A NEW EARTH ONLINE CLASS

---

## CHAPTER 7 TRANSCRIPT

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

OPRAH WINFREY (HOST): We should do whatever we want to do.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It is not necessary. That is only to exemplify...

OPRAH WINFREY (HOST): Cause I would be, "It is not true. It's not true." Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Or you can say, "No, I'm not the father. It's not true. I'm not the father." So you can say it in one way that is very reactive, and that would be the normal way.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Or you can say it in a way that is free of reaction and, nevertheless, states the truth.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So you're still surrendered inside.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You're still accepting that these—this is where they are at; this is what they believe, and simply you say, "This is not the case. I am not the father."

OPRAH WINFREY (HOST): Bottom line is, you're saying don't get pulled into the drama.

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

OPRAH WINFREY (HOST): Don't get pulled into the drama.

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

OPRAH WINFREY (HOST): State your case, state the facts without allowing your ego to be pulled into the drama of it.

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

# A NEW EARTH ONLINE CLASS

---

## CHAPTER 7 TRANSCRIPT

OPRAH WINFREY (HOST): And then be able to move on.

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

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

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

OPRAH WINFREY (HOST): Okay. We've got—is it Fatema on the line from Kuwait? Hello, Fatema?

FATEMA: Hello?

OPRAH WINFREY (HOST): Hello.

FATEMA: Hi, Oprah.

OPRAH WINFREY (HOST): Hi.

FATEMA: Hi, Eckhart.

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

OPRAH WINFREY (HOST): Nice to see you—or hearing you. Hi.

FATEMA: Can you hear me?

OPRAH WINFREY (HOST): Yes we can. Go ahead with your question.

FATEMA: Okay, great. Since I used to identifying our self with what we have and what we do, I would like to ask you, Oprah and Eckhart, to identify yourself, does that means or any form of identification so other people can get a better understanding of who they are and what you mention on page 186?

OPRAH WINFREY (HOST): Okay, Eckhart, go right ahead and do that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The sound wasn't so good.

# A NEW EARTH ONLINE CLASS

---

## CHAPTER 7 TRANSCRIPT

OPRAH WINFREY (HOST): She was saying, since we're so accustomed to identifying ourselves through labels and what we do, she would like for you and I—I would like for you—to identify yourself without using those labels of identification so that everybody listening can get a better idea, then, of how then do you describe yourself?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So we're talking about being with another person, when you identify yourself, you're identifying to another person. So there's a situation where you meet somebody, perhaps somebody you don't know yet. So you can be there as an ego entity, in which case you would immediately explain your achievements, or you would explain your sufferings or your diseases that you identify with or whatever.

OPRAH WINFREY (HOST): Sometimes people do it this way, which annoys me, they'll say, "What school did you go to?"

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

OPRAH WINFREY (HOST): That's immediately to say whether or not you're in the category.

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

OPRAH WINFREY (HOST): "What school did you go to?"

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So people, they want—as the mind, that's what the human mind does—they want to be able to classify you, they want to be able to find out where they can put you in their—so they're asking questions about that, but you don't need to be drawn into that. And realize that as you—and this is a very, very important thing...

OPRAH WINFREY (HOST): Okay, so let's say we didn't know you, and you're at a gathering where people don't know you and I come up and introduce myself, and I say, "Hello, I'm Oprah. And I'm here with a convention, and I'm—you know, I sold so many pharmaceuticals, and I did—I've got three kids, I live in Oregon, whatever." How would you then describe yourself?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, perhaps I would not use that many words, but some words might be there. I wouldn't say, "I am a formless spirit" or anything like that.

OPRAH WINFREY (HOST): You wouldn't do that? "Hello, I am formless spirit, Eckhart."

## A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I once asked somebody—I met somebody at a reunion, and they knew that I had already written *The Power of Now*, so I was a spiritual teacher, and so I asked, for some reason we had a conversation and I asked, "How old are you?" And he said, "I was never born." He really wanted to teach me a lesson.

OPRAH WINFREY (HOST): Oh, boy.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So you can be quite normal in your interaction, but more important is on a sensing level, you are there as a field of aware presence. And in an interaction with another human being, what matters is not so much the words that are being said, there's a deeper level of the awareness that arises, the field—I call it the field of awareness that arises between two human beings—the field of presence that arises when those human beings or even just one of them is not totally identified with their thinking mind of the ego, then I can be there as a conscious presence. Right now, as I sit here, I can—I'm here as the conscience presence.

OPRAH WINFREY (HOST): So you wouldn't say, "I'm Eckhart, formless spirit."

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

OPRAH WINFREY (HOST): You would just say, "I'm Eckhart."

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

OPRAH WINFREY (HOST): "I'm Eckhart."

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

OPRAH WINFREY (HOST): And if they say, "Whoa, hey, what do you do?"

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, then I give conventional answers: I am a writer. And they ask, "What do you write about?" And then depending on—I kind of sense where they are at, whether it's a genuine question and they truly want to know or whether it's a question—when I come into the States from Canada every week, they ask me "What do you do?" And then I say, "I'm a writer." And then they ask, "What do you write about?" And then I'm not going to give a deep answer because they don't want a deep answer.

OPRAH WINFREY (HOST): Right. They're not really interested.

# A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No. So I give conventional answers. And yet, in every human interaction, even such an interaction as this, when the...

OPRAH WINFREY (HOST): Fatema.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Always what is—you need to be able to sense that there is a presence underneath whatever you are saying.

OPRAH WINFREY (HOST): That's right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Feel your own presence underneath it.

OPRAH WINFREY (HOST): And that's what we're going to be talking about next week is to be able to bring—that is our role in this lifetime is to bring that sense of presence, who you really are, not the small little self that is, you know, has eating disorders, or shops too much, or all the other things that we define as—in our horizontal lives with ourselves...

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

OPRAH WINFREY (HOST): But to bring that presence into your active life.

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

OPRAH WINFREY (HOST): That is our goal. Yes.

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

OPRAH WINFREY (HOST): All right, let's talk about the joy of being. "Unhappiness or negativity is a disease on our planet. What pollution on the outer level is negativity," page 213, everybody. "What pollution on the outer level is negativity on the inner. It is everywhere. Not in just places where people don't have enough," I love this, "but even more so where they have more than enough. ... The affluent world is even more deeply identified with form, more lost in content, more trapped in ego."

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

OPRAH WINFREY (HOST): I thought that was interesting.

## A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Sometimes, you see when you visit certain places where people have relatively little, often you see more happy faces and radiant faces than in our rich society.

OPRAH WINFREY (HOST): That's right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So the passage is about negativity, and there's an enormous amount of negativity in the collective energy field of our planet, but it is generated by individuals. So it's everybody's task to be alert so that when the negativity arises within them, they recognize it and then ask themselves whether that is what they choose. When you recognize it, you can be there as the presence, and you have a choice. Is negativity ever the optimum way of dealing with any situation? And if you look closely, you'll see it never is a good way of dealing with any situation.

OPRAH WINFREY (HOST): Okay, you say on page 214, "The joy of Being, which is the only true happiness, cannot come to you through any form, possession, achievement, person, or event." That means people who think, "I'm with you, and I love you, and you're going to bring me joy," cannot. Yes. You either are joy or you're not.

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

OPRAH WINFREY (HOST): Okay. "...through anything that happens. That joy cannot *come* to you—ever. It emanates from the formless dimension within you, from consciousness itself and thus is one with who you are."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. It comes from within and not from without. People conventionally expect it to come to them from without, and then it usually doesn't because you need to discover it in yourself first. And this is why, when you try to manifest things in your life, which is a fine thing to do, but the vital question is, "Have you, first of all, already come to that place of fullness and joy within yourself right now? Have you found a right relationship with the present moment?" If you haven't—because that's where it resides. It's only by having a right relationship with the present moment that the joy can arise from within you.

OPRAH WINFREY (HOST): You talk about that on 210 when you say, "To awaken within the dream is our purpose now. When we are awake with the dream, the ego-created earth-drama comes to an end and more benign and wondrous dream arises. This is the new earth." Also, let's go to page 215, everybody. The top of 215 you talk about "A powerful spiritual practice is consciously to allow the diminishment of ego." Because what we've been learning through *A New Earth* is that most of us have, until reading this book, believed we were our egos, believed we were, as Eckhart has said earlier in tonight, we believe we were our horizontal life without the vertical. We believe we were our past, we believe we are what we're going to do and what we have done. And the now was always just a sort of means to an end.

# A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

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

OPRAH WINFREY (HOST): Okay, so you say, "A powerful spiritual practice is consciously to allow the diminishment of ego when it happens without attempting to restore the ego. I recommend that you experiment with this from time to time. For example, when someone criticizes you, blames you, or calls you names..." I got to tell you, it's hard to say, "Is that so?" "Instead of immediately retaliating or defending yourself—do nothing. Allow the self-image to remain diminished and become alert to what that feels like deep inside you." So what's that supposed to do for us?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now, it's not—I'm not saying in each case you should do that. Experiment with this from time to time, particularly when nothing depends on that situation, so you don't have to explain something so that a situation can be put right or whatever. Somebody just calls you, we talked about it the other day...

OPRAH WINFREY (HOST): Somebody cuts you off in traffic?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So that would be a good practice because it's totally pointless to retaliate.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It makes no sense whatsoever. So, but the retaliation when somebody calls you names in traffic or whatever.

OPRAH WINFREY (HOST): Or does something to upset you.

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

OPRAH WINFREY (HOST): Try doing nothing.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, the retaliation is automatic and unconscious because it comes from the ego. Because when somebody calls you stupid, for example, or somebody calls you idiot, it injures the ego. It hurts the ego tremendously.

OPRAH WINFREY (HOST): And it's the ego that's being injured, not you.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Not you, it's nothing—because deep down you know that it's not you, it's just the ego image of "who I think I am."



# A NEW EARTH ONLINE CLASS

---

## CHAPTER 7 TRANSCRIPT

OPRAH WINFREY (HOST): Deep down you—well, deep down you know it's not you, but if you are a person who lives unconsciously, if you live out of your ego, you think it's you.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And, immediately, the ego will go into what I call instant self-repair mechanism. And this instant self-repair mechanism is totally unconscious, automatic.

OPRAH WINFREY (HOST): Says, "I am not stupid."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, it will call the other person something worse than stupid. And, by that, the ego believes it has repaired itself. And, on that level, it has. So this person has taken away something from you, the imaginary ego, and then you take something away from that other person. That's how the egos work. And then, of course it's probably not the end because the other person's going to retaliate again.

OPRAH WINFREY (HOST): Right, and now you're in it.

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

OPRAH WINFREY (HOST): Now you're in the drama.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So this is a good example where you can practice being nonreactive. So when somebody calls you something, remain totally...

OPRAH WINFREY (HOST): And you say when that happens, just do it for a few seconds, it may feel uncomfortable, as it will, just to keep your mouth shut.

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

OPRAH WINFREY (HOST): I've had that this week; just keep your mouth shut. It's hard. It feels like you've shrunk in size momentarily. "Then you may sense an inner spaciousness that feels intensely alive. You haven't been diminished at all. In fact, you have expanded." What do you mean by that?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, so somebody—you are not—what you are not defending is your egoic identity, the image identity. And suddenly that has become diminished by somebody, by calling you stupid, for example. This entity has become diminished—you don't resist the diminishment, so it has become smaller, so to speak. And therefore, suddenly something that is deeper than that can suddenly come through because the ego has shrunk in size.

## A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

OPRAH WINFREY (HOST): I got it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now, the ego doesn't like that.

OPRAH WINFREY (HOST): That's right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But it's a wonderful experiment when you allow the ego to shrink, and then suddenly you feel there is a power underneath that that's far greater than the ego.

OPRAH WINFREY (HOST): And it shrinks every time you become aware of it.

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

OPRAH WINFREY (HOST): Even when you don't do what you're supposed to do?

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

OPRAH WINFREY (HOST): Okay, I like this question from Suhad in Clifton, New Jersey. "How can we use the high-quality no that you talk about on page 216 in our lives? Can you please provide us with real-life examples? 216; high-quality no. What did you mean by high-quality no?"

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): In some cases sometimes people misunderstand when I say, "Say yes to the present moment." They believe, then, whenever somebody asks you something, you have to say yes.

OPRAH WINFREY (HOST): You're supposed to say yes. Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No, when I say, "Say yes to the present moment," it's to do with an inner, an inner state of consciousness that is open to what is; that does not resist what is. It does not necessarily mean that every time that somebody asks you something, you say yes. So let's say a person comes to you, you've known him, you've already lent him money five times; he's never returned it.

OPRAH WINFREY (HOST): Or two, two is enough.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Two is enough. And so he says, "I need another \$500 now." And then you perhaps—this may be a good opportunity and occasion where you can use a high-quality no that is not reactive and does not make

## A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

that person wrong and say, becomes angry and, or shout at him and say, "You are dishonest; you haven't returned my money. And I'm not giving you a penny more." This is a low-quality no.

OPRAH WINFREY (HOST): Low-quality no.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): A high-quality no is to say...

OPRAH WINFREY (HOST): "Who do you think you are?" All that stuff.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): All that kind. Stories in order to be wrong.

OPRAH WINFREY (HOST): Stories—yes, "I've given you money so many times before."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And then you make yourself into a victim.

OPRAH WINFREY (HOST): Yes.

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

OPRAH WINFREY (HOST): Or make yourself into the great person who's been so benevolent.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Whatever the egoic is. So the high-quality no is to simply state, "Well, I've already given you that money twice, and you haven't returned it yet, so I won't give you it anymore. You have to return my money first. I'm not going to give you..." Can you sense that there's no negativity. You simply state clearly, "This is what I'm going to do or not do. I won't give you anymore because you haven't returned that."

OPRAH WINFREY (HOST): Yeah. That happened to me recently. Somebody was asking me for money, and just said, "No, I won't do that." And no emotion attached to it at all. All right, I just want to say here that—I love this on 220. "What you see, hear, feel, touch, or think about is only one half of reality, so to speak. It is form. In the teaching of Jesus, it is simply called 'the world,' and the other dimension is 'the kingdom of heaven' or 'eternal life.'" Then toward the bottom of the page, second-to-the-last paragraph you say, "The collective disease of humanity is that people are so engrossed in what happens, so hypnotized by the world of fluctuating forms, so absorbed in the content of their lives, they have forgotten the essence that which is beyond content, beyond form, beyond thought. They're so consumed by time that they have forgotten eternity, which is their origin, their home, their destiny. Eternity is the living reality of who you are." And that's what I felt on that mountain that day.

## A NEW EARTH ONLINE CLASS

## CHAPTER 7 TRANSCRIPT

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Yes. And you can actually sense it, although that's the wonderful thing when you can be surrounded by the stillness. But the amazing thing is you can actually sense that even in the midst of chaos, even in the midst of noise, I have felt also what you described. I've also very often felt that in nature. But I have also felt that extreme peace in situations where one wouldn't expect it. I felt it in the middle of London in busy streets walking around. Especially after I went through this shift—before I went through the shift, I was always anxious and fearful, and I couldn't stand the traffic and the noise. And suddenly I was able to just walk along Piccadilly Circus and be totally at peace as if I were in a mountaintop inside. So when you...

OPRAH WINFREY (HOST): Mountaintop inside.

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

OPRAH WINFREY (HOST): And that's what presence is, is it not?

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

OPRAH WINFREY (HOST): Presence is being on the mountaintop inside.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Yes. You had—that stillness is always there in you as the essence of who you are. And when we call it stillness we already limit it because it's so vast, you cannot just describe it with one word.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So whatever word you use is already a limitation. But words are limited, of course, because words refer to tangible things but not to the inner reality.

OPRAH WINFREY (HOST): So before we say goodbye, let's sum up what we've covered in this class. Knowing who you really are means knowing.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Knowing at a level beyond the level of concepts. Knowing yourself, ultimately, is being yourself fully. Being in touch with being, the being that you are. To sense the "I am" that is the essence of your identity when you remove all the identifications that usually—you say—after you say "I am," you say what you are. But if you say "I am" and add nothing to it, that is a good practice that can get you in

# A NEW EARTH ONLINE CLASS

---

## CHAPTER 7 TRANSCRIPT

touch with the essence. "I'm not this. I'm not that. I am." As a simple meditation, repeat the words "I am" to yourself.

OPRAH WINFREY (HOST): It's so powerful. I started to do that. It is so powerful when you do that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, and don't fill in the blank after the words.

OPRAH WINFREY (HOST): Yeah. Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Very powerful. Another similar one is "Who am I?" It's a question, but don't look to the mind for an answer. In fact, don't look for any answer, especially not on the level of mind, "Who am I?" And then allow the stillness to be there after the question. Don't look for an answer. And in not looking for an answer, there's the answer, but it's not a mental concept as of sensing, feeling.

OPRAH WINFREY (HOST): Wow. "I am."

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

OPRAH WINFREY (HOST): And just be with that.

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

OPRAH WINFREY (HOST): Yes. And so for whether it's an addiction or an eating disorder, or nothing—you think you have a really wonderful life, but you are connected to all the thing in your life, the content of your life. Just being able to sit with yourself and to say those words to yourself, "I am."

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

OPRAH WINFREY (HOST): And to recognize them, to know them like honey.

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

OPRAH WINFREY (HOST): To know them.

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

OPRAH WINFREY (HOST): Thank you again.

# A NEW EARTH ONLINE CLASS

---

## CHAPTER 7 TRANSCRIPT

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

OPRAH WINFREY (HOST): I wanted to thank you all for joining us. The seventh class will be available on demand tomorrow—"Finding Who You Truly Are"—for free here at Oprah.com. And if you want to download or watch any of our classes, of course you know this by now, you can do that tomorrow at Oprah.com and iTunes. It's free because of the generous support of people like Nature Made Softgel Vitamins. This week, update your workbook and get ready for our next class on Chapter 8, it's the discovery of inner space. I love this. It's next favorite chapter. I think 7, 8, and 9 are really the essence of the book. Inner space is about allowing the inner space of your life to connect to the outer purpose of your life. Inner and outer purposes of your life, right?

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

OPRAH WINFREY (HOST): Love it. Again, we thank you. This was a long chapter, lots to cover. I would say to everybody, I mean, I was sick in bed this weekend and read it again for the third time. Every time I read it, I go a little deeper and awaken a little more. So this is one you need to be with for a while over and over.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Definitely. And after you've read it once, you don't need to read long pages, just read sometimes half a page is enough, one page.

OPRAH WINFREY (HOST): Yes. What I do is I go back and read—this is what I would do. As you're using your highlighters, just go back and read what you've highlighted and just be with that because the things that you highlight are usually things that resonate with you more deeply. It's a good way of reviewing it. And every time you come back to it, you know, two weeks from now, you'll get something that you didn't get the first time.

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

OPRAH WINFREY (HOST): Oh yes. Thank you.

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

OPRAH WINFREY (HOST): Thank you, Eckhart. Thanks everybody.