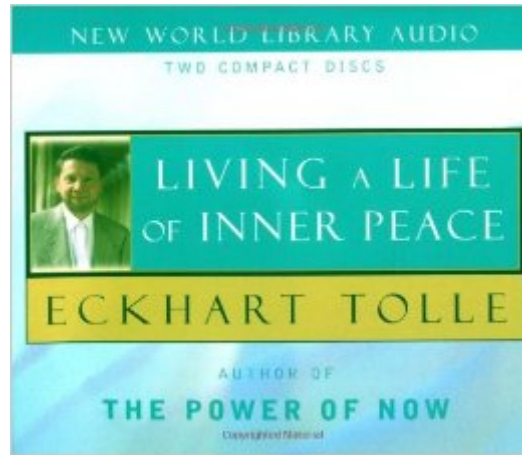


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# Living A Life Of Inner Peace



## Synopsis

For Eckhart Tolle and the millions whose lives he's touched, words that are spoken from a state of presence can carry seekers into that same state, the basis for all true spiritual teachings. Beyond the information that is being conveyed, something deeper happens. For the listener, a field of alert stillness arises where before there was mental noise, signaling the entry to a state of presence that precedes transformation. While Tolle's writing is not simple, he does not "speak down" to his audience in any way; his talks are far more informal, relaxed, and funny. Tolle makes people laugh at themselves, with the result being powerfully effective therapy. *Living a Life of Inner Peace* records one of Tolle's most moving, transformative talks. For those new to his teachings, this is an ideal introduction. Those familiar with his work, including the bestsellers *The Power of Now* and *Stillness Speaks*, should be prepared for something extraordinary.

## Book Information

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## Customer Reviews

Please pardon the pun on Eckhart Tolle's initials. I couldn't resist the fact that he has the initials E.T. I think this is an appropriate coincidence considering his approach to "living in the now" is an "alien" concept to most people :) I originally found out about Eckhart Tolle because of a quote in Rolf Gate's wonderful Book "Meditations From The Mat". I was intrigued and started searching for more about him. Fortunately my library has quite a bit of E.T.'s books and audio so I was able to sample his work. I was blown away! While I had been introduced to the idea of mindfulness by such wonderful teachers such as Thich Nhat Hanh, Jon Kabot-Zinn and others, Eckhart Tolle has a way of teaching that I can connect with in a more meaningful way. He is non-sectarian and

non-dogmatic. He steps on no one's "spiritual toes" and is embracing and respectful of all paths. I feel he can help us see the essence behind all religious teachings, away from the egocentric "us against them" mentality so prevalent by so many so called "religious" folks. His teaching is also not colored by religious rituals or cultural trappings. This CD set "Living A Life Of Inner Peace" is one that I would highly recommend to those familiar with and those new to Eckhart Tolle's teaching. His wisdom as well as his sense of humor and joy come across in a way that would be impossible to get from his written works (which of course are still indispensable). In fact, I find I enjoy his written works even more because I feel I have a better sense of the character of the author. This can give one a more subtle sense that enhances the meaning of the written words since a speaker's inflections can convey so much that cannot be written in ink.

Just when I thought The Power of Now (the CD set) was the best CD collection in understanding and settling the mind activity, Eckhart Tolle has done even a better job in this presentation this CD, "Living a Life of Inner Peace". The Power of Now, is a more detailed, comprehensive version of understanding the egoic mind. However, it is very hard to stay focus with Eckhart Tolle's words in "The Power of Now" if one just started their path of searching the inner peace inside us. When I first started listening "The Power of Now", I felt that at times I get pulled back to the automatic thought form and I had to repeatedly remind myself to be back to the present moment in listening to Eckhart Tolle's words in The Power of Now. However, Eckhart Tolle's humor got my attention when I listen to the CD, "Living a Life of Inner Peace". His humor also reminds me of the egoic entity inside me is not my inner being. Whenever I am listening to Eckhart Tolle's words in "Living a Life of Inner Peace", I felt the excessive mind-made activity subsides very fast. His words are the reminders of "Stay Present". It is so easy for us to be lost in thought forms. I found myself in this situation every time I thought I will be forever free from thoughts. I will never say I can forever be free from the egoic thoughts anymore ... because it purely depends on what my choice is for each moment. If my choice for the present moment is to be obsessed with the mind-made sense of self, I will be tortured by the egoic mind. If my choice for the present moment is through acceptance and asking for inner peace, one shall find this moment of peace and joy... It is a life long journey to find peace, yet peace, joy and harmony can only be found in the present moment.

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