

A NEW EARTH ONLINE CLASS

CHAPTER 6 TRANSCRIPT

OPRAH WINFREY (HOST): Welcome, everybody, to class six of our *New Earth* Web series with author Eckhart Tolle. We're live again tonight, and one of the things that we both look forward to every week is the energy that we feel from all of you out there who've signed on from your living room couches, from your kitchen tables, your home offices and dens and family rooms. I consider this to be a sacred moment where we can come together in community this way and share in this work. So wherever you are right now, I thank you, Eckhart Tolle thanks you for awakening with us. One of my other favorite books is a book that Eckhart Tolle had written, I don't know how many years ago, a couple?

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

OPRAH WINFREY (HOST): A few years ago. And it's a little book with wonderful passages in it, and it's called *Stillness Speaks*. It really speaks to, just on a different level, what we've been talking about in *New Earth*, and I wanted to begin tonight's class before we begin our moments of silence here, reading from the beginning of *Stillness Speaks* by Eckhart Tolle. And it says, "Stillness is your essential nature. What is stillness? The inner space or awareness in which the words on this page are being perceived and become thoughts. Without that awareness, there would be no perception, no thoughts, no world. You are that awareness disguised as a person." I just love that, "that you are the awareness." That's what we've been saying week after week here is that you're not your thoughts. You are the awareness of your thoughts.

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

OPRAH WINFREY (HOST): Disguised as a person.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And you're not your sense perceptions. You are the awareness that makes all sense perception possible. You're not your emotions. You're the awareness that makes all these emotions possible. So that's the—that's the dimension where you are timeless. Everything else is time.

OPRAH WINFREY (HOST): So "when you lose touch with your inner stillness, you lose touch with yourself. When you lose touch with yourself, you lose yourself in the world. Your innermost sense of self, of who you are, is inseparable from stillness. This is the I Am that is deeper than name and form. ... You are the awareness disguised as a person."

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

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OPRAH WINFREY (HOST): So I think we should have our moment of silence leading into that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So I suggest to use again the—what I sometimes call the "anchor of the inner body" so that we can put our attention into the inner body and fully inhabit the body, be in the body and feel the aliveness that pervades the entire body. And that's where our attention is, and that is our anchor for stillness. So let's do that now. Attention moves away from thinking into the aliveness of the inner body.

OPRAH WINFREY (HOST): All right. That is beautiful. So everybody, tonight we're discussing Chapter 6, "Breaking Free." Let's start with an overview of what this chapter is really about. In Chapter 5, as you all know, we met the pain-body, and that's—we all know what that is; that part of us that's addicted to negativity and unhappiness, and Eckhart says that the beginning of freedom from the pain-body lies, first of all, in the realization that we all have a pain-body. That was Chapter 5. We did that last week. Now in Chapter 6, we're going to explore what triggers the pain-body in our everyday lives and whether it's a situation or certain things other people do or say. Eckhart shows us how that we can actually use those triggers to enter a more heightened state of awareness. And also, this chapter is about breaking free of the pain-body so you don't have to continually carry the past and everything that happened in the past and what people did to you, your story. You can release that. Tonight is about breaking free. At the beginning of the chapter on page 162, you say that when you disidentify with the pain-body, "the energy that was trapped in the pain-body," you say, "then changes itself, its vibrational frequency, and is transmuted into Presence. In this way, the pain-body becomes fuel for consciousness. This is why many of the wisest, most enlightened men and women on our planet had a heavy pain-body," you say. So what I want to ask is that so many people today medicate themselves. Any uncomfortable feelings that you have, you go to a psychiatrist or counselor, whomever; the first thing they do is prescribe medication for you. Does medication get in the way of using the pain-body as fuel for enlightenment?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): To a large extent it does. There may be certain extreme cases when medication is necessary, and for people who already are on medication, it's certainly not advisable to go off medication without the advice of a doctor. So if you feel that it's time for you to get off, talk to a doctor who is relatively conscious and can help you gradually to get off the medication. So it's really a question of not giving in to this culturally conditioned behavior that says whenever you feel some discomfort inside yourself, emotional disturbance, immediately to seek some external help in the form of a substance, that you ask your doctor to give you, rather, learn to be with inner comfort that arises, learn to be with emotional pain that arises. Rather than wanting to eliminate it, learn to accept it. Acceptance is one of the main focal points of this teaching. Learn to accept whatever emotion arises in you rather than run away from it or wanting to eliminate it.

OPRAH WINFREY (HOST): But why—this is the thing, Eckhart, why would I want to accept it? That's why people are medicating themselves.

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

OPRAH WINFREY (HOST): That's why people eat, they gamble, they overwork themselves, they live in denial, they become unconscious because they don't want to deal with the pain. That's what we're all trying to get away from is the pain.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, yes. Now, if you medicate it, it doesn't actually go away. It dulls the pain so that you are not conscious of it anymore. It's still there in the background. It's the same thing for many illnesses. For example, I had a heavy cold a couple weeks ago. I didn't take anything. Some people take things so the symptoms are suppressed of the cold. It doesn't suppress the cold, the cold is still there. So why accept it? It's because it is here at this moment. So it's part of bringing this inner yes to whatever arises in the present moment. It is part of becoming friendly with the present moment even if on the surface, the present moment doesn't look that great. So we are bringing, and this is where the awareness begins to come into the emotion, if we bring acceptance to whatever we feel at this moment, rather than not wanting to feel it, the equivalent of that would be an external situation that arises, and then I resist it because I don't want the situation to be as it is, but it already is.

OPRAH WINFREY (HOST): Then you just cause stress when—and that's what you say in this book, and also in "The Power of Now," wanting something to be different than it is is what causes stress.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And creates further negative emotion if there's some emotion in you that is not pleasant and then you don't want to be feeling what you feel, creates, on top of the old emotion that's already there, another negative emotion that wants to deny what's there.

OPRAH WINFREY (HOST): So the best thing to do is to feel it, accept it, allow the feeling to do whatever it's going to do to you, make you feel sad, or angry, or upset, or whatever, and then choose to do something about that.

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

OPRAH WINFREY (HOST): Or not.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Realize first that you are the awareness for that emotion; you are the space for it.

OPRAH WINFREY (HOST): You are the awareness disguised as a person.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You are not the emotion, you're the awareness.

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OPRAH WINFREY (HOST): You're not the emotion. Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So then already a shift has happened because if you completely identify with the emotion, then the emotion will very quickly rise into your mind, and it will control your thinking.

OPRAH WINFREY (HOST): And you will think it's you.

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

OPRAH WINFREY (HOST): Yeah, you will think it's you.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So you will be identified with the emotion, let's say it's anger that arises; a slight trigger triggers enormous anger, and immediately you start to think angry thoughts.

OPRAH WINFREY (HOST): Correct.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Or if it's sadness or depression, you immediately start to think thoughts that reflect the emotion, and the pain-body loves that because the pain-body will feed on the energy of your thinking.

OPRAH WINFREY (HOST): That's right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And once you are trapped in the vicious circle between emotion and emotional thinking when all the self-talk in your head, that is, everybody experiences most of the time, self-talk in the head then becomes the voice of the pain-body that is talking in your head. And then all your interpretations of other people, of events will be totally distorted and very negative.

OPRAH WINFREY (HOST): Because you say at the bottom of page 162, "when you realize that pain-bodies unconsciously seek more pain, that is to say, they want something bad to happen, you'll understand that many traffic accidents are caused by drivers whose pain-bodies are active at the time. When two drivers with active pain-bodies arrive at an intersection at the same time, the likelihood of an accident is many times greater than under normal circumstances." So is it always the pain-body that attracts accidents and other bad things?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No. No. That's just one factor that is often there, but there are many other factors that could attract an accident. Many people are not fully present when they drive. I remember there was a sad story some years ago of a famous actor who got thrown off his horse and then had a spinal injury.

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OPRAH WINFREY (HOST): Right. Christopher Reeve.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, and he passed away, I think, a couple of years ago. And I remember seeing the interview with him when he talked about that incident. He loved riding, and so he was horse riding, and he said for one moment he lost the present moment while he was riding his horse, and at that moment he got thrown off the horse.

OPRAH WINFREY (HOST): Wow.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And he said that was one moment of unawareness and it happened. But then he actually grew tremendously inside after the accident because he brought complete acceptance to what happened to him. And so there was an enormous awakening that happened in him before he passed away.

OPRAH WINFREY (HOST): Even though he was paralyzed.

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

OPRAH WINFREY (HOST): Well, Dave is Skyping us from his home office in Madison, Wisconsin. Dave, thank you for joining us.

DAVE: Hi, Oprah. Hi, Eckhart.

OPRAH WINFREY (HOST): Hi.

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

OPRAH WINFREY (HOST): Your question is?

DAVE: First off, I just want to say thank you, thank you, thank you to both of you.

OPRAH WINFREY (HOST): You are welcome, welcome, welcome.

DAVE: My question is, when my wife and I have a disagreement, she comes back hours or days later wanting to rehash that disagreement, and she always feels there has to be a wrong or a right to it, how can I get her to live in the present and get the ego out of the way?

OPRAH WINFREY (HOST): Were you watching last week when he told the story of the two monks?

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DAVE: Yeah.

OPRAH WINFREY (HOST): And what the monk said to the other monk, "You're still carrying that girl, I put her down hours ago." Was your wife...

DAVE: I want to us to become the two ducks.

OPRAH WINFREY (HOST): You want to become the two ducks. Okay, good.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now, you need to see what is your role when you have disagreements at home. I assume that your wife has a pain-body that becomes active at that time. And when you have disagreements, is your pain-body also a contributing factor at home, or do you feel that it is just your wife's pain-body? In other words, how do you feed into—what is your part in the disagreement and in the energy field there?

OPRAH WINFREY (HOST): Yeah, how are you playing into the drama of it, Dave?

DAVE: I don't stay play into the drama of it, and that seems to initially increase it more on her behalf. And then, but lately, after going through the book, I find that I look for a single thing, her eyes are beautiful, and I just think of those, and I take to a different place inside myself, and it seems that it kind of, it just diminishes on her behalf then.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now, when you disagree or you have an argument, that means to some extent you must be identified with a mental position, and because if you don't have a mental position that you identify with, there is no argument.

OPRAH WINFREY (HOST): Correct. That's why I said "hmm" to Dave.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): This, yes, so this is why Oprah was a little bit skeptical.

OPRAH WINFREY (HOST): Skeptical, yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): When you were talking. So it's perhaps before we talk about your wife, maybe there's something that you can so that you left go of identification with mental positions when you discuss things. You can still discuss the practicality of certain things that you need to talk about, but don't become identified with a mental position of rightness that makes you right. And—because that is what the ego thrives on and that is what feeds the pain-body.

OPRAH WINFREY (HOST): Whenever you identify with anything, it's the ego. That's interesting.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Whatever you identify with becomes ego. So perhaps bring more vigilance into—especially when you see a situation is developing, that is going to become an argument, or you can see that the pain-body in your wife is becoming active again. And then it's a time of being particularly alert and vigilant inside yourself so that you do not get drawn into opposing her in any way.

OPRAH WINFREY (HOST): And even, Dave, you know, the reason why I said "hmm" and was skeptical because of what Eckhart just said, if I may reiterate, if you aren't—if there's no drama involved at all with you, if you just become peace, then the argument has to dissolve. Like the woman—the story that he tells in the book of the woman who came and was so upset and carrying all the papers and the bills and so forth, and as he sat there just listening, taking it in, she finally said, "This doesn't matter, does it?" And left and went home, you remember that?

DAVE: Yeah.

OPRAH WINFREY (HOST): From a couple old classes ago. And I understand what you're talking about because often, when you start reading this material and you start, you know, to awaken yourself, we become a little self-righteous about it, you know? So perhaps maybe there's a little bit of that still remaining with you where you want to say "I am so—" Cause I know this happened with Stedman and myself. We're in a discussion, and I'm feeling, "Well, I am very awakened, I'm a very evolved person, so what you're saying is not going to upset me," but that attitude, the energy of that, my ego and my self-righteousness is what contributed to the drama, you see what I'm saying?

DAVE: I do. I do.

OPRAH WINFREY (HOST): Yeah. Your need to be right or your need to feel like, you know, "I'm a little bit more superior because I'm not engaging in this and you are."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Yes. So that's then =—alertness and vigilance is very important on your part.

OPRAH WINFREY (HOST): I think what you just said here is so important for every one of us who's trying to continue to awaken to this process, that whenever there's an argument or disagreement, the thing is is to not, and it's not to ever make it about the other person even though it seems to be. The question is not, "What can I do for my wife, for my partner, for my boss, for my co-worker?" But it is, "What can I do in the situation?"

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

OPRAH WINFREY (HOST): Right. What is my contribution to it?

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's right. That's primary. And then your wife, I don't know whether she has any interest in spiritual teaching or the pain-body, have you ever mentioned to her the pain-body? Not while there's a pain-body attack happening, but when the pain-body is...

OPRAH WINFREY (HOST): Because you said nobody hears you when you say it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No, because when—you cannot talk to the pain-body about the pain-body. That was actually dangerous because the pain-body will throw something at you. So the—does your wife—what?

OPRAH WINFREY (HOST): I love it when you get tickled. Go ahead.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I know pain-bodies, so they—so is your wife sometimes relatively more open to this than at other times? Or is she always not open to this, in your view?

DAVE: She's not open to it to this point, but when I was running off the sheets for this week's class, she picked them up out of the printer, and she read them over, and she said, "Mm, you're talking about me." So maybe that opens the book.

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

OPRAH WINFREY (HOST): Opens the door. Dave, thanks so much for your questions. Thanks so much.

DAVE: Thank you.

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

OPRAH WINFREY (HOST): Well, "many acts of violence," you say on page 163, "are committed by 'normal' people who temporarily turn into maniacs." Does this mean that you think people are not responsible for what they do when possessed by the pain-body?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No, that's what I say, they are not responsible. As we mentioned last time Jesus on the cross when he said, "They know not what they do," meaning they are so unconscious, they are in the grip of an energy field at which they cannot control, they don't even know that they are in the grip of this energy field because it has taken complete possession of them. So in that sense, I say they are not responsible, which does

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not mean that they do not suffer the consequences of their actions. So it almost looks like a little bit of a paradox. Yes. No, they are not responsible, nevertheless, karmically, they will suffer the consequences of their unconsciousness because human beings are—our purpose is to evolve into conscious beings. So if we are not evolving into conscious beings, then we suffer.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The more closed we are to this evolutionary impulse of evolving into conscious—the flowering of consciousness—the more closed we are to this, the more we suffer. And so these people who inflict violence on others who make others suffer also make themselves suffer. And they suffer the consequences, karmically. And sometimes the karmic consequences come in the form of the legal system. So they—they are put away and so that represents for them at that time, karma. And then there's always a possibility when they are in deep suffering because of something that they did in a state of complete unconsciousness. When they then are in deep suffering, perhaps in prison, wherever they may be, there's always the possibility then of awakening through the suffering that they inflicted on themselves, on others also.

OPRAH WINFREY (HOST): Right. Because you say on page 164, "When you can't stand the endless cycle of suffering anymore, you begin to awaken. So the pain-body too has its necessary place in a larger picture." There are a lot of people who never awaken. They just, you know, the pain-body just—they die with it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, that is true. Then there's always a chance that the unawakened consciousness awakens in some other form, in some other situation. So but the entire universe is going in that direction of awakening.

OPRAH WINFREY (HOST): Awakening.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So it is the more we are open to this as...

OPRAH WINFREY (HOST): Because we have to or we're going to die.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): We have to. Yes, as the human species now...

OPRAH WINFREY (HOST): We're going to evolve or die.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now the impulse, the awakening impulse has been there for a million years, longer, but for us now, we have arrived at this critical point where humanity—if humanity does not embrace this new state of

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consciousness, the awakened state, then humanity's not going to make it. On a cosmic scale, even that doesn't matter. And whatever gain there has been achieved in the awakening of conscience on this planet is not going to be lost. There's only one consciousness throughout the entire universe, and that one consciousness is awakening in millions and billions of life forms.

OPRAH WINFREY (HOST): And so if we don't survive as a human species?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's not the greatest tragedy either. Relatively speaking, it is tragic, but in absolute terms, that's fine too.

OPRAH WINFREY (HOST): Yeah, and it's really—it's our decision.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Yes. The fact that we are here at this very moment engaged in this work is very good sign.

OPRAH WINFREY (HOST): This conversation, yeah. It's a sign.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Because here at least we know that at right now, here, the awakening is happening.

OPRAH WINFREY (HOST): Yeah, for the hundreds of thousands of people who are joining us around the world.

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

OPRAH WINFREY (HOST): Danielle who's joining us now from Ireland and Skyping us from Dublin. Hi, Danielle.

DANIELLE: Hi, Oprah. Hi, Eckhart.

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

OPRAH WINFREY (HOST): What time is it in Dublin right now?

DANIELLE: I think it's half 2 in the morning.

OPRAH WINFREY (HOST): Okay. Well, you're up late, thank you for joining us.

DANIELLE: No, no, no, I'm delighted to be here. Thank you for having me. And my question is about ego, and I'm just going to read it out. And I've been practicing trying to stay in the present moment for over three years now, but I've come to some sort of block because my ego keep on telling me, "If you get rid of your ego, you will lose the world as you know it. You will lose your relationships with the

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friends you had built up for years. And you want to give up your career you have worked so hard for, and you'll be isolated from the rest of society because they are all living in ego." How can I overcome this?

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

OPRAH WINFREY (HOST): Excellent question.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now, as you may have noticed, these are thoughts that arise in your mind. These thoughts that arise in your mind are telling you something. Now, what these thoughts are saying may be very far from the truth, what the thought that if you awaken, if you become really present, you're going to lose your friends, life is not going to be fun anymore. You have to see, is that the truth or are these just thoughts that my egoic mind is producing in order to stop me from being present? Do I believe in those thoughts or do I believe in firsthand evidence that I have because, if you've been practicing being present, then you realize it's actually quite joyful to be fully open to the present moment. It doesn't take away from the fun of being alive. It actually makes you more intensely alive when you are fully present in the now rather than always looking to some next moment that's going to be better than this one. This is how most of the world lives. So you—I'm sure you've already had glimpses—more than glimpses of how the quality of your life actually becomes enhanced through being fully present to life now, because life is now. And your mind is—please, the question.

DANIELLE: No, I definitely have. And, but I think it's just the ego keeps on slipping in or else you'd be in a situation where your friends expect you to act the same way that you've always acted, like in ego. Like your friendship—a lot of friendships are kind of, are bound through ego.

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

DANIELLE: You know, it's your personality and, you know, you'll try and be in the present moment and then they'll be, like, "Come on, come on, you know, let's go and do something," you know, which is obviously trying to escape from the present moment.

OPRAH WINFREY (HOST): But isn't it true, Danielle, when you become to awaken—when you come to the state where you feel more alive and awakened and willing to be more present with yourself, that that means you might have to let go of some of the things that used to bring you a false sense of happiness?

DANIELLE: Yeah.

OPRAH WINFREY (HOST): That maybe the same people you used to hang around with and do things with who are not, you know, ready to follow your path or not willing to be a part of some of the

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things that you now recognize that matter, maybe it means letting some of those friends go. That's the whole point.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*):
Maybe just a comment on this.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*):
Usually what happens when people become more present, some of their friends are actually drawn into that also because it's—whatever state you're in will affect the people around you. Oh, you're back.

OPRAH WINFREY (HOST): Hi.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*):
So usually it happens that some of your friends will actually join you and also grow in presence and awaken, and others may drop away who are not ready yet. That is usually the case. And your career does—actually can only improve because the quality of anything that you do in full presence is so much greater, and there's so much power available to you that is not there when you're always looking to some other...

OPRAH WINFREY (HOST): When you're scattered.

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

OPRAH WINFREY (HOST): When you're scattered.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You remember a couple weeks ago I quoted the Zen master who was observing competitors at an archery competition, and the Zen master was observing one competitor, and he said, "His need to win drains him of power." And, of course, this need to win, which most people in the old consciousness have, is the need to arrive at some future point, and it takes energy away from what you're doing now. And that drains you of power. So whatever you do becomes actually more powerful when you are present rather than, so it can...

OPRAH WINFREY (HOST): I remember when I first started doing this talk show 22 years ago, I used to get asked a lot of questions about other talk shows and other people. And I always used to say, "We're running our own race here." And the energy that it takes to look back and see where the other guy is in the race, and there have been a lot of guys and female guys and guys with shows who were in competition. I go, "The energy that it takes to look at what somebody else is doing takes energy away from what you're doing."

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

OPRAH WINFREY (HOST): I mean, if you're on track, I used to run track, and if you just take the moment to look back and see where the other guy is, that energy is so draining and causes you to lose your own footing and lose your own concentration and focus. So that's what you're saying.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, and that's also—put this sense that you're competing against others is part of the ego energy.

OPRAH WINFREY (HOST): That's right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And that also takes power away.

OPRAH WINFREY (HOST): That's right, instead of just run the race. Run your own race.

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

OPRAH WINFREY (HOST): Now, what's the best way for us to sense the pain-body? It's very—thank you so much, Danielle. Joining us from Dublin.

DANIELLE: (unintelligible) for the technical problems. Thanks, bye.

OPRAH WINFREY (HOST): Thank you, bye.

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

OPRAH WINFREY (HOST): It's very easy for all of us to spot the pain-body in other people and I've actually heard the word come up many times this week. "Oh, that was his pain-body, oh that was his pain-body." So thanks for introducing it to our culture. So it's easy to see it in other people. What's the best way, number one, to spot it in yourself? And how do you stop ourselves from acting out when we're in its grip? Are there simple, you know, exercises or something we can do to break the grip when you feel yourself go in there?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So the important thing is to catch it as it first arises in the first because, before it takes over your mind, when it's there as an emotion, and usually it's the pain-body when the emotional reaction is out of proportion to the triggering event. So a relatively minor thing triggers an enormous amount of unhappiness in whatever form.

OPRAH WINFREY (HOST): That's right. A small thing happens and you flare up.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, yes. And so then—and after a while you realize the kind of situation that triggers your pain-body. And then you can be actually more vigilant when such a situation happens. And you can see—a very important thing is to be able to have some attention inside your body that is connected with the exercise we did at the beginning today, which is bringing consciousness into the body, because if you're able to bring consciousness into the body, you can more easily feel an arising emotion inside you, whether it's a very heavy emotion of deep sadness or whether it's a fiery emotion of anger, or whatever it is. The emotion of intense fear—that contraction. Then you can—there are so many people these days who are completely out of touch with their emotions because they live only in the head. So being able to feel an emotion as it arises and then recognizing it as the beginning of the pain-body; my pain-body. And as long as you know this is the pain-body, you're not identified with it because the knowing is the awareness. So when you, if you can catch it early on, and then it may still grow, suddenly the fear may become very intense, or the anger, or whatever form the pain-body takes, but you will be there as the awareness in the background while it happens. And one thing that doesn't happen is that the pain-body cannot control your thinking because you're shining the light of consciousness on it. It cannot then creep into your mind and suddenly make your mind think what it wants to think. So remain there as the awareness for it and say, "Oh, there's the pain-body." Then it cannot renew itself, and it also cannot control your behavior; your actions. All it is that you have contained it, not through holding it down, but you have contained it there through your presence.

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And then it can't renew itself through that situation. So it suddenly comes up, but it cannot renew itself. And then it will subside again. But the pain-body, being very clever, it will then wait for a more suitable opportunity when you are less conscious, and at that moment, and then it will come up again.

OPRAH WINFREY (HOST): It will try again.

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

OPRAH WINFREY (HOST): It's like you're always being tested.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. The pain-body is like a little wild animal or something. It's always—it's there in the back, and saying, "Okay, what situation—can I—am I going to come out now or is the situation not right? It is too conscious."

OPRAH WINFREY (HOST): Is the pain-body also your ego, Eckhart?

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The pain-body is the emotional aspect of ego. So that when you identify with the pain-body, it becomes part of the ego because whatever you identify with becomes part of the ego. When you don't identify with it, it's no longer a part of the ego.

OPRAH WINFREY (HOST): All right, because what you identify with is the ego. I like this question from Loraine from Vancouver, British Columbia, who writes, "I attract negativity. It seems that my whole world is one big fight. I just want people to stop instigating fights with me. I don't deliberately go out and begin conflict, but it comes to me. I hate it. I just want peace. What's the problem?" Isn't that interesting?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, yes. Now, this is—whatever you experience repeatedly, and frequently, externally is a reflection of your inner state. So you attract certain things into your life that reflect your state of consciousness. So, for Loraine, it's very important to become much more aware of whatever state she is in at any given moment, become more aware of what emotion she's feeling at any given moment.

OPRAH WINFREY (HOST): Because Loraine could not be attracting fights and conflict unless she was emanating that energy.

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

OPRAH WINFREY (HOST): And you say on 162, "Every human being emanates an energy field that corresponds to his or her inner state, and most people can sense it, although they may feel someone else's energy emanation only subliminally. That is to say, they don't know that they sense it, yet it determines to a large extent how they feel about and react to that person."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And so there are two aspects to your inner state. There's the emotional aspect to your inner state: What is the energy of the emotion that you feel? And there's a mental aspect: What kinds of thoughts are you, is your mind producing at this moment? Is your mind producing negative thoughts? What kind of thoughts? So you need to be there as the awareness, become aware of, "What is it that I feel right now? What is my state at this moment?" That's a good question to ask yourself. "What's my inner state at this moment?"

OPRAH WINFREY (HOST): At the moment that somebody instigates a fight with her?

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

OPRAH WINFREY (HOST): No.

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

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Normal moments when you're not being challenged because all these accumulate. Your normal state of consciousness eventually produces some sort external event. So as much as possible, in any situation, it's always more important what your inner state of conscience is than the external situation.

OPRAH WINFREY (HOST): Got it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The external situation is always secondary. So, "What am I feeling now, and what am I thinking now?" These are the important questions. So become—an alertness then arises and you become—suddenly realize, "What's my mind saying? What's—most of the day, what kind of thought is my mind producing? How many negative thoughts do I have every hour, every minute?" You become aware particularly of—because the ego loves negative thinking.

OPRAH WINFREY (HOST): And so with that, those—what you're saying then, it would be impossible for Loraine to be a peaceful person, to say, she says here, "I just want peace. What's the problem?" It would be impossible to just be a peaceful person, minding your own business, having peaceful loving thoughts, and people want to pick a fight with you all the time.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, that would not be possible. There's something in her that she needs to become aware of. And that's not her true self. It's a form of conditioning. Her true self is the awareness, which is already perfect. It's fine. There's nothing wrong with who she is, her essence. So look, be vigilant as much as possible. Maybe put little signs at home, little reminders so that you remember to be conscious of what's going on inside you. "What's going on inside me?" Very important question.

OPRAH WINFREY (HOST): "What's going on inside me?"

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): "What thoughts is my mind thinking?"

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): "What is it that I'm feeling right now?"

OPRAH WINFREY (HOST): I wanted to go back to page 162 again where you say, "Every human being emanates an energy field that corresponds to his or her inner state, and most people can sense it, although they may feel somebody else's energy emanation only subliminally. That is to say, they don't know that they sense it, yet it determines to a large extent how they feel about and react to that person." I had encounter with somebody recently where their energy thing was so strong, I walked into the room and felt it so strong, I had to remove myself from the room.

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

OPRAH WINFREY (HOST): "Some people are most clearly aware of it when they first meet someone even before any words are exchanged." That's what had happened there. "A little later, however"—I love this part. "A little later, however; words take over the relationship and with words come the roles that most people play. Attention then moves to the realm of mind, and the ability to sense the other person's energy field becomes greatly diminished."

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

OPRAH WINFREY (HOST): "Nevertheless, it is still felt on an unconscious level." And that's why kids can sense it, little kids can sense it because they don't have the words or the language.

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

OPRAH WINFREY (HOST): Isn't that true?

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

OPRAH WINFREY (HOST): And animals can sense it too.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, very acutely because they don't have the conceptual mental realm, so they can feel much more acutely a human energy field.

OPRAH WINFREY (HOST): That's right, and after they're introduced to you, your title means nothing to them.

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

OPRAH WINFREY (HOST): Yes. Your title, or your position, or your label, the role that you're playing means nothing to them.

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

OPRAH WINFREY (HOST): So once they sniff you and they don't like you, they don't like you. We have Mubeena on the phone from Dubai. Hi, Mubeena, we hear you have a question.

MUBEENA: Hi, Oprah. Good morning.

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OPRAH WINFREY (HOST): Hi.

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

OPRAH WINFREY (HOST): I hear Dubai is so great.

MUBEENA: It's beautiful. Please come visit.

OPRAH WINFREY (HOST): Yeah, I think I might be coming. And yeah, I am. Do you have a question about relationships?

MUBEENA: Oh, great.

OPRAH WINFREY (HOST): Go ahead.

MUBEENA: Yes. My question is about the nature of love. Eckhart says that love has no wanting, that true love really is about not expecting anything in return. My question is related to a little personal dilemma. I met somebody five years ago, and I really, really like him, but I noticed that he has a dense pain-body. My question is, should I continue to be present for this person? I have been doing so for five years, giving him my present time and really being there for him. And is it worth waiting? Cause I really do want to get married and have a family someday. Is it worth waiting for someone, you know, with a dense pain-body? But I still feel I want to be present for this person, and I know Eckhart says that we shouldn't go around changing people.

OPRAH WINFREY (HOST): Well, you're not going to change him, first of all.

MUBEENA: Right.

OPRAH WINFREY (HOST): Are you hoping that you're going to change him?

MUBEENA: I'm hoping that he's going to let go of his past at some point and realize that I'm the one for him.

OPRAH WINFREY (HOST): Well, I think you need a little more awakening.

MUBEENA: Okay.

OPRAH WINFREY (HOST): No, but I'll let Eckhart answer. Go ahead.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So do you feel that you love that person?

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MUBEENA: Yes, very dearly.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, let's see what it means to love someone. When you truly love another human being, there's something that you recognize in them that has nothing to do with the form of that person. There is the recognition of the essence of that person and your own essence, your own being, your own consciousness recognizes that in the other. And that essence is the divine in each human being. So when you love another person, you really love God in the other person. You don't love the person. If you love the person, it's the ego because then you love the form. And if you love the person and not the formless within the person, the divine, when—if you don't love God in the other person, then the love is of the ego. And the ego love is very different from true love. The ego love is needy, and the ego love says, "You love me back, and if you don't, I'm going to get very angry."

OPRAH WINFREY (HOST): "Or upset with you or impatient with you because you haven't loved me the way I wish to be loved."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, yes. So there's no need to deny what you feel for this person. It's actually...

MUBEENA: Yes. I've never really expected anything back from him, but what I hear from friends is always, "What are you waiting for?" And, you know, "He's not giving you anything back, so what are you waiting for?" And I don't mind waiting another five years, it's just that I've just been, you know, getting bombarded with questions from friends who are just saying, you know, "Go on out with other people."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now, the love in you actually is fine. The love that you feel does not need anything. But you as a person, you as a person may have certain needs and preferences in this situation.

OPRAH WINFREY (HOST): I don't believe that she's making this phone call for her friends, personally.

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

OPRAH WINFREY (HOST): I believe you are making this phone call for yourself, Ms. Mubeena.

MUBEENA: Absolutely I am.

OPRAH WINFREY (HOST): Yeah, that it's not your friends who are saying, "Why doesn't he do something?" I think, you know, what you expressed to us at the beginning of this phone call is that you

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think it's been five years, and it's time that he should do something. But he has a pretty heavy pain-body, right?

MUBEENA: Sure.

OPRAH WINFREY (HOST): Okay, so you want him to make a move, and you want that move to be marriage?

MUBEENA: Well, it could lead to that, sure. I mean, I'm in no hurry. But I'm just...

OPRAH WINFREY (HOST): What do you want? What do you want?

MUBEENA: I want him to realize that he—I don't know, that I—I just love him, that's all, you know.

OPRAH WINFREY (HOST): No.

MUBEENA: And I just want him to see that. And I think he's just being blocked or his pain-body is so dense.

OPRAH WINFREY (HOST): I'm not buying that. No, I think what you said to us earlier is what you really want. You said, "I want him to realize that I'm the one for him."

MUBEENA: Sure, definitely. I'm not going to lie about that.

OPRAH WINFREY (HOST): Okay. Yeah, you already said it. Go ahead.

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

OPRAH WINFREY (HOST): So what do you want to say about that, Eckhart?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, it may be time for you to talk to him, and say, "I love you, and what I feel for you is not going to change, but I have certain needs and preferences. I would like you to decide and make a commitment whether or not you want to be with me."

MUBEENA: Right, okay.

OPRAH WINFREY (HOST): Bold. That's bold. Bold, Eckhart. And then he says, "Well, I'm not ready for that."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now, if he says, "I'm not ready," and you get angry or extremely upset, then it was ego love. If he says...

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MUBEENA: He said that to me a lot of times before that he's not ready. And I said, "Fine, it's okay." And...

OPRAH WINFREY (HOST): Okay, did you hear what Eckhart just said? Hello, Mubeena, did you hear?

MUBEENA: Yes.

OPRAH WINFREY (HOST): If you get upset then that's ego love.

MUBEENA: Ego, yes.

OPRAH WINFREY (HOST): Okay. And if you don't get upset, and you're patient, and as you said, you can wait five more years or however it chooses to be, then perhaps maybe it is the real thing.

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

OPRAH WINFREY (HOST): Unless you're...

MUBEENA: Okay.

OPRAH WINFREY (HOST): You're just waiting for him to make the move and discover that you're the one.

MUBEENA: Okay. Yeah, that what I've been doing and I just wanted to confirm that, so that's fine. That's confirmed, that's great.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The extent to which you can love another human being depends on the extent to which you are connected with your own essence. And you can recognize sometimes it's easier to recognize God in one particular form, but you can recognize God in another human being. So the love is in you. And when you—the love does not come from the outside, the love is the recognition of oneness that ultimately you and the other share the one consciousness, that's what all connects and makes all humans one.

OPRAH WINFREY (HOST): And what you say in the book, I don't know, I'm paraphrasing now, because this was, I think last week that you really addressed in the pain-body is that many times people mistake what they think to be love for their own neediness and their ego identification with, you know, "This person validates me," or...

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

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OPRAH WINFREY (HOST): Yes.

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

OPRAH WINFREY (HOST): Especially in our society, in the American society, where it's all about romance.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. That's encouraged by the culture on what you see in films, the role-playing associated with that.

OPRAH WINFREY (HOST): That's right. It's really damaged us a lot, hasn't it?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Yes. But we are waking up out of that. There are not so many films now that end in the happy marriage or something like that because it's—people are beginning to recognize that it's not how it is.

OPRAH WINFREY (HOST): That's it's not happily ever after.

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

OPRAH WINFREY (HOST): Thank you, Mubeena.

MUBEENA: Thanks.

OPRAH WINFREY (HOST): Thank you so much.

MUBEENA: Thank you.

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

OPRAH WINFREY (HOST): Thank you. Last week, we aired an interview on *The Oprah Show* with Thomas, who is a transgendered man. Heard about this man who became pregnant?

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

OPRAH WINFREY (HOST): A transgendered man who is pregnant and his wife, Nancy. We also spoke to Thomas and Nancy's neighbors George and Victoria, who gave us their reaction, and I found out during a commercial break that George and Victoria are students of *A New Earth*, and here's a clip of our conversation after *The Oprah Show* went off the air.

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OPRAH WINFREY (CLIP): They just told me after—during the commercial break that you're reading *A New Earth*, are you taking the class?

VICTORIA (CLIP): Absolutely, and love it, Oprah. It's been fantastic. We actually read the book first, and I couldn't put it down. I had to read the whole book because I had said to George, "At last I'm so excited. This book is really captivating, you know?" And so then I encouraged George to take the class with me, so we've been watching it together and studying together. And that's what's helped us be more understanding and open-minded, nonjudgmental. As Eckhart says, no labels, trying to get judgment out of our heads and stay in the moment and just really embrace our devoted neighbors as the human beings that are with us sharing this earth.

GEORGE (CLIP): And I don't think it's a coincidence that we moved to Bend, and right across the street from us we've encountered Nancy and Thomas and this situation because I think in a way there's a design to this and it was an opportunity for us to grow, and this is why we're kind of honored, really, to share this experience because it's really helped us become, you know, more enlightened people. It's given us the opportunity to actually manifest what the seminars are all about.

OPRAH WINFREY (HOST): So that's Victoria and George join us now from Skype from their home office in Bend, Oregon. Since Nancy and Tom were on the show, has all the press been in your neighborhood looking for them or looking for you?

GEORGE: Yes they were. Oddly enough, they kind of dissipated after your show. And it's been relatively peaceful now.

OPRAH WINFREY (HOST): Oh good. Well, I remember you had a question for Eckhart, and I said I was going to let you ask that question yourself that was related to the suffering of Christ. On page 144, Eckhart writes, "Why is the suffering body of Christ, his face distorted in agony and his body bleeding from countless wounds, such a significant image in the collective consciousness of humanity? Millions of people, particularly in medieval times, would not have related to it as deeply as they did if something within themselves had not resonated with it, if they had unconsciously recognized it as an outer representation of their own inner reality—the pain-body. They were not yet conscious enough to recognize it directly within themselves, but it was the beginning of them becoming aware of it. Christ can be seen as the archetypal human embodying both the pain and the possibility of transcendence." And you had a question regarding some of this. Go ahead, George.

GEORGE: Yes, thank you, Oprah, for having us on the show. Eckhart, you mention the Christian doctrine a lot in your book, and this is a question to help me reconcile Christian doctrine with your teachings. If it's true that the ego loves suffering, as you mention in your book, and if it's true, as the New Testament says, that God sent his only begotten son to suffer and die for humanity's sins, was the passion of Christ an ego trip?

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Thank you. Thank you. Now, I would not say that the ego loves suffering. The pain-body loves suffering. The ego is actually, very often, tries very hard to avoid suffering. If the ego produces suffering, inevitably sooner or later, because the way it goes about its business is dysfunctional. The ego is a very limited view of who you are, and if you act from such a limited view of who you are, you cannot see where you fit into the totality of other human beings and your environment, then eventually your actions will produce suffering. So the ego produces suffering, or it wants something else. This is why we have the proverb, "The road to hell is paved with good intentions." The ego wants the best for you, but it produces often the worst. So I would not say that the suffering of Christ is an ego trip. It's not that. I'd like to share with you something, I had an insight some years ago, I was walking in England into a village church. It was all very quiet. I was the only person in that 600-year-old church, and I saw the cross and the altar and Jesus on the cross. And this is an image that we are so used to, we don't question it, but at that moment, I saw it as if I had just arrived on this planet and had never seen it before. And I was struck by the strangeness of that symbol. And I looked, there's a suffering human being in agony on this cross. And at the same time, there was another cross without Jesus on it, and I saw this golden cross was the same cross. That cross that is the torture instrument is at the same time a symbol for the divine. And suddenly I saw a very deep significance in that that can be appreciated and recognized, I believe, by anybody, even in they are not Christians. Jesus on the cross stands for humanity. Jesus represents every human being that has ever lived or will ever live. Jesus represents something that is part of the human condition, and this—what he experienced at that moment, I saw when I was looking at the cross in the church, I saw that what this represents is a human being who experiences an extreme form of limitation. He's totally unfree, totally limited, in deep suffering, and, at the same time, the words are suddenly remembered from what is said on the cross, "Not my will, but thy will be done." And that was the act of complete acceptance of suffering. He went to the depths of suffering and then totally accepted suffering. And through this total acceptance of suffering, sudden transmutation happened, and the very torture instrument, the cross that had produced the suffering, was transformed and became a symbol for the divine. And that explained the paradox that I had seen when I went into that church as if I had never been to a church before and I saw, how can the torture instrument at the same time be a symbol of the divine? And so in every human being's life, every human being will experience some form of suffering, sometimes very intense.

OPRAH WINFREY (HOST): Sometimes, every human being, as you said last week, will have their own cross to bear.

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

OPRAH WINFREY (HOST): Will have their own cross to bear.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Every human being has their own cross to bear. And every human being needs to learn the lesson that is there. And we look at Jesus on the cross here, has to come to the point where a human being, instead of

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wanting to avoid suffering, says, "This is what is," and bring a complete yes to whatever is at this moment.

OPRAH WINFREY (HOST): Not as I will, but thy will be done.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Thy will be done. Complete alignment. And that I call "conscious suffering," where, suddenly, the inner resistance is not there anymore. And when you go into conscious suffering and say, "This is fine, I say yes to this. Even the most unacceptable situation, if there's nothing I can do about it, I bring a yes to it."

OPRAH WINFREY (HOST): Not as I will, thy will be done.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And at that moment, the ego dies. And at that moment, the divine comes through. And the very thing that was the worst thing that could ever happen to you when you bring surrender to it, becomes an opening into the divine. And that's the miracle in the transformative value of the cross.

OPRAH WINFREY (HOST): Boy, I think that's powerful, George and Victoria, don't you? The moment—I got that. I just got that. I had a big old epiphany. The very moment, the worst thing that can happen to you if you surrender to it, there's an opening that allows the energy of the divine to come through; the moment of surrender.

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

OPRAH WINFREY (HOST): I got that, George, didn't you get that?

GEORGE: Yes, I did, thank you. So it's a lesson for us, in other words.

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

OPRAH WINFREY (HOST): It's a lesson, yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Behind every form of suffering, there's grace hiding, concealed. It does not reveal itself until you surrender, until you suffer consciously, until you no longer deny what is. So there's the grace that's hiding behind every form of suffering.

OPRAH WINFREY (HOST): Wow.

GEORGE: So if the ego doesn't love suffering, but produces suffering, what is that voice in our head that you refer to in the book, the voice that denigrates our self-esteem that says, "You weren't any

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good, you were never any good, you're never going to be any good"? That's also what—in the—the Bible also is described as the voice of Satan. Is the ego in that sense a force of evil in us? You know, you have the good and the bad, the duality.

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

OPRAH WINFREY (HOST): Exactly.

GEORGE: Can you see (inaudible)?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Ego, I would define as—ego is complete identification with form. Total identification with form. The form of me as this body. The psychological form of me, total identification with every thought that arises. So you cannot step out. You are trapped in form completely, and that is evil. So going beyond form, beyond identification with form is when the other dimension opens up.

OPRAH WINFREY (HOST): Yeah, and didn't in some cultures in the past, I saw this on Guy Ritchie's documentary on the ego, that they used to refer to the ego as Satan?

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

OPRAH WINFREY (HOST): And some cultures refer to it as Satan. Thank you, George and Victoria. Victoria, you're still enjoying the book? Or you're done now, right?

VICTORIA: I've finished the book, Oprah. I actually have a quick question if it's possible.

OPRAH WINFREY (HOST): Go ahead.

VICTORIA: I was curious, because, you know, you spoke of children and the trauma that young children experienced when their parents are fighting. Eckhart, do you think that it's possible that a pregnant mother passes her pain-body onto her unborn child and perhaps even generations that has happened with the grandmothers, great-grandmother, passing that onto their own unborn baby so we end up with this big old backpack of somebody else's pain-body? And can be free ourselves from that as simply as being aware, like you said?

OPRAH WINFREY (HOST): Great questions, guys, thank you.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, yes. You're absolutely right. The pain-body is passed on from generation to generation. And certainly whatever a mother experiences in pregnancy affects already the child that is inside her. Whatever

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emotion she experiences, it will affect and leave remnants in the child. And I believe that, although no scientists have discovered it yet, I believe that even in the human DNA, there's already programming that is the pain-body. And so we inherit it. It's only partly personal, in other words, partly derives as a result of things that happen to us in childhood and so on. But it goes back much further than that. It's old, it's very old. And as you know, I mentioned in the book, another aspect of the pain-body is it's also collective. You also inherit the pain-body of your—sometimes of your entire nation is part of your pain-body.

OPRAH WINFREY (HOST): This is what we were talking about last week, the pain-body of slavery in this country that so many people are in denial about. The pain-body of what's happened to the Native Americans in this country.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, yes. And so what you said is absolutely true. So the mother will often already pass on her pain-body to the unborn child.

OPRAH WINFREY (HOST): So isn't that harder to get yourself free? We're going to talk about, before this class is over tonight, breaking free of a pain-body. But if you inherited it, if it's like genetically DNA encoded, isn't that harder to get rid of?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, that's how it is, but it's—it comes from the past, it is the living past in you.

OPRAH WINFREY (HOST): The living past in you.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now, the past has no power against the present.

OPRAH WINFREY (HOST): The present moment, yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Present moment because all power arises out of the present moment because it is life itself. So, and this is why you don't need years or generations to become free of the pain-body. It has taken many generations for the pain-body to build up. But it takes only one conscious human and one conscious moment now to disidentify from it and recognize it. You're not totally free yet, no, but you recognize it for what it is. It takes only one moment of awareness now to see it for what it is and when this person then has broken the unconsciousness of generations. And that's what we are engaged in. We are breaking the unconsciousness that goes back thousands and thousands of years.

OPRAH WINFREY (HOST): That's pretty powerful. George and Victoria, thank you again from Bend, Oregon.

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VICTORIA: Thank you.

OPRAH WINFREY (HOST): Thanks, guys.

GEORGE: Thank you. Because you folks are doing this on a global electronic basis, so thank you for letting us be a part of that breakthrough.

OPRAH WINFREY (HOST): Thank you, thank you, thank you for the second time.

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

OPRAH WINFREY (HOST): Well, on page 170, you talk about children, and you say, "Suppressed pain-bodies are extremely toxic, even more so than openly active ones, and that psychic toxicity is absorbed by the children and contributes to the development of their own pain-body." So people who are, I think about this all the time, we were just doing somebody on the show, we're always doing somebody on the show who's arguing in their families—when you argue in front of your children. I remember this the other day, the little girl said, "When my mommy and daddy argue, I go and hide under the covers." When you argue in front of your children, you are creating and reinforcing their pain-bodies.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. I did that as a child. I was always trying to hide from my parents' pain-body, which was there a lot of time, active. So that's one way, is when there's an active confrontation, the parents having a confrontation with their mutual pain-body.

OPRAH WINFREY (HOST): Yeah, you shocked us last week when you said you started thinking of killing yourself when you were at a very young age, 9 or 10, because of your parents.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Yes. Yes, that was the general environment that I was in. I perceived it as extremely unpleasant. The environment of my parents, and it was not that they were not loving parents, but they both had heavy pain-bodies. I loved them, but I didn't know at the time why there was continuous conflict, I just knew it was dreadful to be around them. And, of course, I was also unhappy at school because I never liked having to study things that I didn't, wasn't interested in, and it wasn't done in an interesting way. So yes, so the children then absorb—one way they absorb the pain-body from their parents is when there's open conflict between the parents' pain-bodies. But another way is also when parents, some parents say, "We mustn't fight in front of the children." And, nevertheless, there's an intense emotional negativity. They may not be saying anything, but there's an emanation of intense negativity in the parents.

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OPRAH WINFREY (HOST): That's right. I know a couple stayed together 24 years in order—until the last child was grown and had gone to college. All the children are completely messed up, you know. One problem after another problem: drugs and drinking and all kind of problems because the children stayed in that house and absorbed all the energy that was in that house.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Yes. And sometimes it's the case if the parents that repress that because they don't want to fight in front of the children or they may have an image of themselves as religious and they mustn't, so they are not even admitting to themselves perhaps that there's intense negativity. And then the children grow up in that, and sometimes they send the children, who are forced to act it out in the world.

OPRAH WINFREY (HOST): That's right. And the interesting about that when you try to repress it, when you're not fully realizing the truth of who you are, and you say the truth of who you are will set you free, when you allow the repressed bad energy to go on in the household, the energy is still there. It goes back to what I was saying on page 162. The energy is always there.

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

OPRAH WINFREY (HOST): And children more so than even adults who—children who don't have the language for it, pick up on the energy.

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

OPRAH WINFREY (HOST): And often blame themselves because they don't have the language to explain.

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

OPRAH WINFREY (HOST): Okay, okay. You also say on—well, first of all, we'll do this. We'll go to a caller on this topic from Melbourne, Australia. Hello. She has a 10-year-old daughter. Her name is Wendy. Wendy, hi.

WENDY: Hi, Oprah. Hi, Eckhart.

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

OPRAH WINFREY (HOST): Hi.

WENDY: Thank you for having me on the webcast today.

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OPRAH WINFREY (HOST): Well, great to talk to you.

WENDY: I have a question. Eckhart, on page 178, you state that, "Someone who in childhood was neglected, who were abandoned by one or both parents, will likely develop a pain-body that becomes triggered in any situation that resonates even remotely with their primordial pain of abandonment." So I see this pain in my 10-year-old daughter whose father no longer sees her and hasn't really had much of a relationship her. And my question is, how do I help her to her feelings of abandonment, and how do I guide her through people-pleasing behavior? Because I notice she has a strong tendency to people-please just to be accepted or liked. I would really love some help on this as I'm often at a loss on how to help her through it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Can you give an example of how this, what you see as a sense of abandonment, how it manifests in her now? And what —can you give a situation where this happens? How does she behave in such a situation?

WENDY: Well, often there's been occasions when they have little parties at school and children get invited, and she's one of the kids that's excluded because obviously not everyone gets invited to everyone's birthday party. She's so traumatized by it, and she cries, and she doesn't understand, and she comes and she says they don't like her or they don't love her. And then she'll try to often buy their friendship. She'll take things to them, you know, take gifts or take Easter eggs, lately, and things like that. And I just think, "Oh, how do I get her through this?" She wants to be liked all the time. She wants approval. And often it's a case of intense tears and trauma.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): She's now 10-years-old?

WENDY: Ten-years-old, yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Perhaps you can gradually, over the next few years, explain to her that she cannot be liked by everybody. Nobody is liked by everybody. And you cannot expect—I think if you explain it gently, she will begin to understand that some, it is impossible in this world to be liked and accepted by everybody, and it is not necessary to be liked and accepted by everybody. And especially if you do things that are of any significance in this world, when she grows up, the more significant things you do in this world, the more you will find there are certain people who don't like what you do.

OPRAH WINFREY (HOST): Correct.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And even Oprah has people who don't like what she does. I don't know why, but...

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OPRAH WINFREY (HOST): I don't either. Yes, and the more successful you become, the more people you have who don't like what you do. So you have a—and I used to be—listen, as you're describing your daughter, I used to be this little 10-year-old girl who had such a desire to please. I was always taking all of my notebook paper and giving it to everybody else, whatever I had. Even in college, nobody liked me so I would, you know, spend all my money cause I was working in TV from the time I was a sophomore in college, and everybody else was jealous of me for having a job and, you know, having a job on TV. And so I would take my money and buy pizzas for everybody and try to make everybody like me. And, you know, listen, I hope your—I was 40-something before I figured it out so I hope your daughter gets it before then.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I think some gentle explanation, just a little bit here and there. Now she's 10, and then over the next few years. The behavior will continue for a while, you cannot just undo old conditioning in another person.

OPRAH WINFREY (HOST): The pain-body is, "I was not wanted by my father." That's what the 10-year-old is feeling. "I was not wanted by my father."

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

WENDY: Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And the pain-body, if your daughter gets taken over by intense negative feelings that are out of proportion to the triggering event, which is a sign that this is the pain-body, if this happens and when this happens, after I describe it in *A New Earth*, after a pain-body episode is over, the next day, for example, you talk to what your daughter felt at that time. "Yesterday, when you behaved in such a way, when you did this, when you said that, what did it feel like?" Ask her questions about so that she begins to put attention on her own emotions and she can detect them. Ask questions about after a pain-body episode in your daughter, ask her what it feels like so that the awareness grows in her of this. Next time, when it happens again, say, "Oh, there's the—that old thing has come back." She might even, you may even encourage her to give it a name: the pain-body.

WENDY: Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And then she can identify it when it happens again. So, gradually, the child can be, instead of at the mercy of these arising emotions, the child can already learn at an early age to be there as the awareness of the emotion rather than to be taken over by the emotion.

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OPRAH WINFREY (HOST): Actually, I think children can learn this a lot easier than adults can because we're so overly conditioned.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And that should be one of the main things that children learn at school, but so far that's not happening.

OPRAH WINFREY (HOST): Right. And, also, Wendy, I might suggest this, you know. I think one of the things that would've helped me a lot, and I found this with my girls in Africa who come from really disadvantaged backgrounds, they're disadvantaged, and one of the things I want to teach them is a life of service. You always feel better about your life when you can be of service to someone else's. And so if your daughter, even at 10, is exposed to children who are less fortunate than she is, children who are orphaned or abandoned or, you know, in poverty, I don't know what the situation is in Melbourne. But children who have less than she does, and she is able to see that her situation really isn't so bad and allow her to feel a sense of gratitude for who she is, and where she is, and what she has, and yet also empathy and compassion for people who have less than she does, I think that that will also, even at 10-years-old, begin to offer some perspective for her.

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

WENDY: Yes, I agree, yeah, absolutely.

OPRAH WINFREY (HOST): Thank you so much for your call.

WENDY: Thank you very much. Thank you.

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

OPRAH WINFREY (HOST): Okay. So tonight's chapter, "Breaking Free," how do we do it? You say, "How long does it take to become free of the pain-body?" On page 183. Tell us how long.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The important question, as I say, is not how long it takes to become free of the pain-body, but how long does it take for me to stop identifying with the pain-body? That's because it's more important to stop identifying with it because, in one sense, you're already free. The pain-body may still be there in you for a while, but when you stop identifying with it, that's freedom already.

OPRAH WINFREY (HOST): You say the answer is, "Of course, it depends both on the density of an individual's pain-body." Some are more dense than others.

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

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OPRAH WINFREY (HOST): As well as "the degree or intensity of that individual's arising Presence."

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

OPRAH WINFREY (HOST): So the more you're able to bring that sense of awareness, or as I said in the beginning, that you—you who is disguised as awareness, that awareness is you disguised as a person, the more you can be present with that.

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

OPRAH WINFREY (HOST): The more it dissipates.

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

OPRAH WINFREY (HOST): It doesn't happen instantly.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No. But every time you disidentify, every time you are there as the awareness, the energy of the pain-body already diminishes. So every time there's a little bit less of it, and what happens to the energy—it's all—energy's all one. There's only one energy, but it appears in different frequencies. And the pain-body energy has a certain frequency. It's contained, it's rigid, it's tight, and it becomes freed, and it contributes to the arising awareness.

OPRAH WINFREY (HOST): And you say, "But it's not the pain-body, but identification with it that causes the suffering."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's right. The pain-body itself is only...

OPRAH WINFREY (HOST): Has no power over you.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No, and it's not suffering anymore when we don't identify with it. Then it's only an unpleasant feeling inside you. You can hardly call it suffering. But it's suffering when you become it or it becomes you. That's suffering.

OPRAH WINFREY (HOST): "It's not the pain-body, but identification with the pain-body that forces you to relive the past again and again and again and keeps you in a state of unconsciousness." I'm on page 183, everybody. "So a more important question to ask would be: 'How long does it take to become free of identification?'"

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. That's the key. And the answer to that, of course, is it doesn't really take any time because all it requires you is to be aware at this moment as it arises. In the moment it arises to see it and recognize it. Be the awareness for it. Be the space for it. In other words, another expression we can use, "Are you able to be the awareness for the pain-body, to be the space for the pain-body, and say, 'Oh, there it is?'" That means you've broken the identification. All it requires is for you to be present in the now as the awareness.

OPRAH WINFREY (HOST): And to remember that the past, no matter what it is, no matter how awful it was, how horrifying, how much suffering, the past has no power over the present moment.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Has no power because what arises out of present moment is the dimension of consciousness that we call presence or awareness. It's a dimension that was already there in you always, but had been covered up by density of emotion and density of conditioned mind structures; thinking.

OPRAH WINFREY (HOST): And the way you get to that is to bring yourself back to the present moment; get still.

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

OPRAH WINFREY (HOST): Get still.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Get still, and then that arises—that dimension that then arises is we could call it, goes beyond who you are as a person. It is transpersonal. It is the transpersonal dimension in you and it's the—that's the only thing that can free you from the purely personal realm, which has its place, but is very limited. And it's the only thing that can free you from the past and the heaviness of the past. And the past cannot prevail against it. It is impossible because there is, it is the only power there is. So it is also the timeless dimension in you when we talk of presence or awareness, there is no past and future in presence or awareness.

OPRAH WINFREY (HOST): I got that. When you say on page 184, "When you feel the pain-body, don't fall into the error of thinking there's something wrong with you. Making yourself into a problem..."

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

OPRAH WINFREY (HOST): "...because the ego loves that."

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

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Yes.

OPRAH WINFREY (HOST): Okay. "The knowing needs to be followed by accepting," and we talked about that a lot tonight, "anything else will obscure it. Accepting means you allow yourself to feel whatever it is you're feeling at that moment. ... You can't argue with what it is. Well, you can, but if you do, you suffer." That's how we suffer. "Through allowing, you become what you are: vast and spacious. You become whole. You're not a fragment anymore, which is how your ego perceives itself. Your true nature emerges, which is one with the nature of God." And then you say, "Jesus points to this when he says, 'Be whole even as your Father in Heaven is whole.' The New Testament's 'be ye perfect' is a mistranslation of the original Greek word, which means whole. This is to say, you don't need to become whole, but be what you already are with or without the pain-body."

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

OPRAH WINFREY (HOST): Now, this brings us to the question that Denise in Michigan asks on our Web. She says, "Is Eckhart perfect? Eckhart, you seem to be almost perfect, although I know nobody is. Do you ever yell, do you ever get angry or feel sad?"

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I'm not perfect because the form cannot be perfect. Every form by the very fact that it has form is one thing, but not the other. So, whole, yes. I feel I'm aligned with something far greater than the little person. And that is where I rest and that is where inspiration comes from, where the teaching arises. It is presence. And it is not—it goes far beyond this little person. This little person is insignificant. It doesn't matter very much to me. So this, I don't look for perfection. I don't look for perfection in myself because that would be total frustration. I do things that people perhaps would regard as not perfect.

OPRAH WINFREY (HOST): I'm waiting to hear.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I have a glass of wine. I drink—I like my glass of wine occasionally. I drink coffee at Starbucks almost every day. And sometimes people come up to me and say, "You're drinking coffee? You shouldn't be drinking coffee, what do you need coffee for?" I say, "Why not? I enjoy it." So I enjoy all kinds of things. I don't have many negative emotions. I can't think the last time I even had a negative emotion, but it's possible. Perhaps, I remember maybe some years ago, yes, I was watching and people were mistreating an animal, and I suddenly felt anger. So it can happen.

OPRAH WINFREY (HOST): And what did you do when you felt the anger? I just did a show on puppy mills, it made me angry too. So what did you do with that anger? Did you say, "Oh, I'm feeling anger." You notice the anger.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And the situation somebody else interfered with that very moment, otherwise I would already taken steps towards stopping it. And so the anger was there, I felt it, and it was in my system for a couple minutes as a vibrational, intense vibration in the body, and then it's dissipated. I let it go like the...

OPRAH WINFREY (HOST): So you don't just, like, little things don't upset you ever.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Oh, no, no. I've let go, I had so much of that in the past, so much suffering with all kinds of little things, it's not worth it.

OPRAH WINFREY (HOST): Yeah, I never understand this because I'm not, you know, I don't get triggered by, you know, automobiles, or driving, or stuff, I never understand the people, the road rage. That's pain-body, right?

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

OPRAH WINFREY (HOST): I never understand why not getting in a—not being led in a line or being cut off, why that would cause you to be so crazy.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No, I don't understand it either, but for many people that is something—they personalize the traffic. So it's an egoic phenomenon. So when somebody does something, they regard it as a personal insult to them, to their dignity or whatever.

OPRAH WINFREY (HOST): Really?

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

OPRAH WINFREY (HOST): They personalize the traffic. That's interesting. That's good.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): They wouldn't perhaps do it with the weather, if some hail...

OPRAH WINFREY (HOST): When it rains, yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): If hail or rain hits your windscreen, then you would—perhaps you wouldn't get angry, but if a driver cuts across, then you suddenly get angry, but it's the same thing. It's just an energy field cutting across.

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Why personalize it? And I'm amazed that people suffer so much stress in traffic because if you don't react, then there's no stress. If you don't personalize other drivers...

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Cause if they had some personal disagreement with you, it's nothing to do with you. They don't even know you.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): If you don't personalize things, it's actually quite stress free.

OPRAH WINFREY (HOST): Or you get stuck in traffic and you get—people get so frustrated getting stuck in traffic.

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

OPRAH WINFREY (HOST): I know.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And that can be a wonderful meditation. You can't move, why not be in the body, feel the intense aliveness in your energy field, and be there; enjoy it.

OPRAH WINFREY (HOST): And everybody who's listening has ever been stuck in traffic, you now, after reading the book you know how ridiculous it is to be upset that you're stuck in traffic because there's nothing you can do to change it. So just be with it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's a wonderful opportunity for acceptance and surrender. And a wonderful opportunity for learning dysfunction if you observe you are not accepting and surrendering, then you cannot observe how dysfunction arises.

OPRAH WINFREY (HOST): I love the way you answered that question from Denise in Michigan. You say you're perfect, but you're whole.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So sometimes people on the spiritual path, they look for some kind of perfection; they have an image of how a perfect evolved spiritual human being behaves, and then they try to conform to that image. It doesn't work. It really—accept your own limitations, accept your imperfections.

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OPRAH WINFREY (HOST): Do you have no attachment to, I mean, the way you even described your body. I loved last week, toward the end of our webcast, I asked you if you had any fear of dying. And I said this later to some friends, I've never talked to anybody to whom I've asked that question, and there was such definitive resoluteness about it. How you were just, like, I really believed you when you said you had no fear. I really believed you when you had no fear of death. And you have no attachment to anything? Like, do you live in a nice house? Do you like nice things?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Oh yes, yes. I like nice things. Now, for many years I lived on a minimum because for many years I didn't have a regular job. I was just doing occasional counseling and occasional little workshops. So, for many years, I lived on very, very little, and I enjoyed that. Later on, I realized, "Oh, I must've lived for all those years below the poverty level." But I didn't feel that at the time. I didn't regard myself as poor. I enjoyed every moment of it. And then, now I have relative wealth, especially compared to that time, and I'm actually enjoying that too. I buy some nice furniture sometimes and enjoy it.

OPRAH WINFREY (HOST): You like nice sheets? I like nice sheets.

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

OPRAH WINFREY (HOST): Or do you care?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, I can sleep in any, but I like nice things.

OPRAH WINFREY (HOST): But you're not attached to them.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Not, no, no. I'm not attached. I enjoy having space around so that you don't have to listen to the neighbors' noise. That is quite nice. Perhaps the greatest thing money can buy is space around you. But if you don't have it, and if you have to live with neighbors' noise, it's a great opportunity for surrendering...or for telling them to shut up.

OPRAH WINFREY (HOST): Before we go I wanted to have you tell everyone about an upcoming—well, I want to tell you about an upcoming *Oprah* show. Do you want to summarize? I guess you just basically did.

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

OPRAH WINFREY (HOST): To break free of it, lose the identification.

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

OPRAH WINFREY (HOST): I'm really excited about the next chapter because the next chapter is "Finding Who You Truly Are." And I would say, bring a friend to the webcast next week. Come and bring a friend because, even if you haven't read the rest of the book, you can start, really, on page 185 with "Finding Who You Truly Are," and then work your way backwards. It's going to be so exciting.

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

OPRAH WINFREY (HOST): I love it too.

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

OPRAH WINFREY (HOST): Oh, I love it when you love it. I love it. It's going to be so exciting. Also, everybody, listen. I want to tell you about an upcoming Oprah show we're doing this Wednesday; an entire hour on "A New Earth" that's going to air on our show, my show this Wednesday, April 9th, in the United States, and in Canada, and the rest of the world as soon as we can get it to our international affiliates for those of you, Mubeena in Dubai. We'll be talking to people who had a big and little transformation in their lives. It's a powerful hour, and something I think you'll want to see. If you've been trying to talk to your friends about this or people in your home about this, that's the show that they should watch. I want to encourage you to have them watch that and bring a friend to next week's webcast to find out who you truly are. Again, Eckhart and I thank you all for joining us around the world. The sixth class will be available on demand tomorrow for free here on Oprah.com. And if you want to download or watch any of our classes, you can do that also tomorrow at Oprah.com and iTunes. It's free. Thanks to Nature Made Softgel vitamins, it's free. And also tomorrow we'll have special bonus materials for you on Oprah.com and iTunes. Audio meditations read by Eckhart's partner, Kim Eng. You can listen to them on your computer or download them and take them to go. Don't forget to update your workbook. Get ready for next week's class, "Finding Out Who You Truly Are." If you're not who you think you are, well then who are you? We're going to talk about that. It's going to be so exciting next week. Again, I thank you.

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

OPRAH WINFREY (HOST): Thank you. See you in class next week. Goodnight.

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