

A NEW EARTH ONLINE CLASS

CHAPTER 9 TRANSCRIPT

OPRAH WINFREY (HOST): Okay. Hi, everybody. Welcome to class number nine of our *New Earth* Web series. We are here with author Eckhart Tolle. Number nine—we're counting down. We're down to the last two chapters of our book, and it is my most sincere hope that all of our classes so far have been leading you to find more purpose and enjoy in your own lives. And tonight's class, tonight's lesson is really about bringing clarity to finding your inner purpose. So I think this is my most exciting chapter of all. I know I say that every chapter. I didn't say that after last chapter, and I'll tell you why in a few moments, but before we begin the class, I'm going to let you lead us in our moments of silence, or moment of silence today.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Good. So we are already familiar with the silence that you start with. And this time I would like to use a very short, very powerful line from the Old Testament. And I believe that this will be especially helpful for those Christians who are not quite comfortable with silence, and feel that somehow silence is not compatible with Christianity or Christian teachings, which is not the case at all. Perhaps it has been overlooked in the past couple centuries in Christianity, but it is certainly compatible. And so this is one of my favorite lines from the Old Testament, and that can take us very powerfully into stillness. And this line is: "Be still and know that I am God." Meaning, God is found precisely in that inner stillness; through the realm of inner stillness that you can reach what we call God, but which nobody can understand through the mind. It's the mystery. The mystery which you cannot really explain or name, which we call God, is the depth of that. We touch that when we go into stillness. So this beautiful line points to that inner experience. So I'll say it again, and when I've said it, you just become still for a moment. "Be still and know that I am God."

OPRAH WINFREY (HOST): I love that. That's one of my favorite Bible passages. That and "Lead me to the rock that is higher than I."

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

OPRAH WINFREY (HOST): Well, today—tonight—we're discussing Chapter 9, your inner purpose. Finding your purposes is what I believe we're all put on the planet to do. So many people spend their lives trying to figure out, "What job, what job to do, what to do, what to do, what to do?" I think when you figure out what your purpose is and you align the outer purpose with the inner purpose, then the job really doesn't matter, right?

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

OPRAH WINFREY (HOST): That's the essence of what you're saying in this chapter. Let us begin, page 257. "As soon as you arise above mere survival, the question of meaning and purpose becomes of

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paramount importance in your life. Many people feel caught up in the routines of daily living," you say, "that seem to deprive their life of significance. Some believe life is passing them by or has passed them by already. Others feel severely restricted by the demands of their job and supporting a family. ... Some are consumed by ... stress ... lost in frantic doing. ... Many people long for the freedom and expansion that prosperity promises. Others already enjoy the freedom that comes with prosperity and discover that even that is not enough to endow their lives with meaning. There is no substitute for finding true purpose." So how do we do it?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now, what you just read basically, of course, means that many people spend their lives in a state of almost permanent dissatisfaction.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Unfortunately. So they may be looking for some purpose, or they may have given up hope that there is some purpose for them, and they're just surviving or making a living.

OPRAH WINFREY (HOST): Or caught up in the doing.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Caught up in the doing, in the stress of it.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so, usually, when we talk about purpose, when people talk about purpose, they think of purpose in terms of future. "Where am I going, what am I supposed to do, what's the direction I'm going in, what is my goal, the goal I want to achieve?" And that, of course, is there, it has its place, but I call that the outer purpose. More fundamental than the outer purpose is what people usually overlook, and that is the realization that what matters most is finding your inner purpose. Now, to most people that initially doesn't mean anything, inner purpose.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And this is why I explain it briefly in the dialogue that is there in that chapter where somebody asks about, "I want to know what my purpose is," and I tell that person, "Your purpose is to be here at this moment and asking that question because this is where you are."

OPRAH WINFREY (HOST): Right.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So inner purpose is aligning your life fully with the present moment. So that you are no longer out of alignment with the present moment, which leads to the state of dissatisfaction that we talked about that is the reality for many people. So you have to go, first of all, beyond the state of dissatisfaction that is so many people's reality.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But you cannot go beyond the state of dissatisfaction through some future goal that says, "One day I would like to be in a state of fulfillment or satisfaction." No. You have to enter the state of fulfillment and satisfaction by becoming one internally with the present moment. And your purpose then—your inner purpose—is that alignment with where you are right now, to be totally where you are and whatever you are doing, even if it doesn't look like your—the life purpose for—you want for the next 30 years.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Whatever you doing now, to be total in doing it. No matter what it is, to be true to life by being true to this moment.

OPRAH WINFREY (HOST): Yeah. As you say on page 271, "There is always only this one step, and so you give it your fullest attention. This doesn't mean that you don't know where you're going; it just means that the step you're taking right now is primary, the destination secondary. And what you encounter at your destination once you get there depends on the quality of this one step." I love this so much because I discovered this when I was in the third grade. I couldn't articulate it this way in the third grade. When I was in the third grade, I turned in a book report early in Ms. Driver's class. And the reaction I got from my third grade teacher taught me—or informed me—that when you do your best, when you do your best in any given moment, that is well received because my third grade teacher told all the other teachers in the teachers' lounge, and I became known as this kid who really loved to read. And that's why we're sitting here today because of that. But I learned in the third grade, this whole process of whatever you're doing in any given moment, if you do it your best, it leads you to the next best moment. So you don't have to worry about what's the next moment coming if you only do your best in this moment.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's right. Because when the next moment comes, it comes as this moment.

OPRAH WINFREY (HOST): Right.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The future, you never experience the future as the future, you experience the future when it comes as the now because that's all there is.

OPRAH WINFREY (HOST): That's all there ever is.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And that's an amazing realization for people to realize life is always just this. It's always the now.

OPRAH WINFREY (HOST): Yeah, it's interesting because last week we had Nick from the Bodhi Tree, and you said, and when Nick was up talking about, he had to, "Well, you have to worry about your bills," and you said, "Well, you don't have to worry about your bills."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You have to pay your bills.

OPRAH WINFREY (HOST): You have to pay your bills, but you don't have to worry about paying your bills. I don't know about the rest of you, but that lesson has sort of been with me all week. So anytime I would find myself in the mind worrying about something, I go, "I don't have to worry about this. I can either figure out what to do about it or release that thought."

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

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So if the bill is here but the money is not there right now, "I can't do anything," put it aside, and then...

OPRAH WINFREY (HOST): Put it aside.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): See, "What action can I take now?" And then you do whatever action you can take now. If you can't take any action, then you just be with it.

OPRAH WINFREY (HOST): Yeah, but I love that when I read that, "There is always only this one step." Until you give this one step your fullest attention, that's in middle of page 271, everybody, "and this doesn't mean you don't know where you're going; it just means that this step is primary, the destination is secondary." And what happens is most people are living their lives as though the destination, the end is what it's all about.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. As if the end were more important than now.

OPRAH WINFREY (HOST): Than the means.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The means. And so the means and the end are, however, are one.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So if there's dissatisfaction and a denial of the present moment, which is a denial of life.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You're not honoring life if you don't honor this moment by being open to this moment, then that is how you will experience the future because the future is no more than an extension of now.

OPRAH WINFREY (HOST): Right. You also say on page 271, "The unconscious assumption behind all such action is that success is a future event, and that the end justifies the means. But the end and the means are one." You say that. "Let's say you're a businessperson and after two years of stress and strain you finally manage to come out with a product, a service that sells well and makes money. Success? In conventional terms, yes. In reality, you spent two years polluting your body as well as the earth with negative energy," you made everybody crazy. We don't say that, but you made everybody and everybody around you crazy and affected others you didn't even know. "The unconscious assumption behind all of this action is that success is a future event, and that the end justifies the means. But the end and the means are one. And if the means did not contribute to human happiness, neither will the end." So whatever the end result is, it's going to carry the energy of what it took to get there.

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

OPRAH WINFREY (HOST): That's exciting.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And that means you actually, you determine what kind of future you're going to experience by deciding to be totally aligned with the present moment.

OPRAH WINFREY (HOST): That's right. It's your state of conscious now that will determine whatever is manifested in the future. And when that happens, that will just be now.

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

OPRAH WINFREY (HOST): I got that. I got that very much. Okay. So let's continue with this lesson before we go to Ivy a little bit. You say "The true or primary purpose of your life cannot be found on the outer level." To me, that's the essence of what this book is all about. Everybody who's searching and waiting for answers and looking for it on the outer level: "It does not concern what you do, but what you are—that is to say, your state of consciousness. So the most important thing to realize is this: Your life has an inner purpose and an outer purpose. Inner purpose concerns Being and is primary, outer purpose concerns doing and is secondary." Do you want to elaborate on that?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So once you realize that the primary purpose of your life is the inner—and this is what becomes the main purpose—then the secondary purpose, the outer purpose falls into place. By being true to life and being true to now, life will bring to you whatever is most appropriate as far as your inner purpose is concerned. Life will become helpful. Suddenly, sometimes the helpful idea comes from within, a sudden realization. "Oh, this is what I want to do; this is what I have to do." But the realization only came because you were aligned with the present moment.

OPRAH WINFREY (HOST): So let's say this. Everybody—everybody who is born is alive and breathing—has an inner purpose.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. The inner purpose is the same for all of humanity, which is being aligned with life, saying yes to life by saying yes to now. Aligned with the power of the present moment, which is the power of life. That's everybody's purpose. Then the outer purpose varies from person to person. How that translates into what you do varies from person to person. And even in one lifetime it can vary. You may do—you have a certain outer purpose for 10 or 20 years of your life, and suddenly it changes completely. So that varies and is subject to time. It doesn't necessarily last you a whole lifetime, whatever you do.

OPRAH WINFREY (HOST): You say, "Finding and living in alignment with the inner purpose is the foundation of fulfilling your outer purpose. It is the basis for true success. Without that alignment, you can still achieve certain things through effort, struggle, determination, and sheer hard work or cunning. But there is no joy in such endeavor, and it invariably ends in some form of suffering."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, that is you're struggling to make it, you're struggling and fighting, and basically you're making—you're fighting against life or the world. Me against the universe is what the ego, how the ego sees it.

OPRAH WINFREY (HOST): And isn't it sort of like swimming upstream? I always compare it to swimming upstream when you're, like, going against the grain of your life. There's a flow to all of our lives. And if you are suffering, if you are in pain, if you can't figure out what it is you're supposed to

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do, if you're worried, worried, worried all the time, it is because you're going against the flow or the grain of your life. Means you're going against inner purpose.

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

OPRAH WINFREY (HOST): That when you align with inner purpose, everything flows.

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

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And in negative state, whenever negativity arises and you dwell in negative inner states, then you are not going with the flow of life. You're against the flow of life. And then you experience life as not helpful. You experience life as, even as, hostile because you're in a state of inner denial. You're in a state of negativity, you're not open to life.

OPRAH WINFREY (HOST): Okay, I got that. I really got that. I really got that. Another friend of mine, a teacher who wrote a book called *Seat of the Soul*, Gary Zukav, calls it, says, "When the personality or ego comes to serve the energy of the soul," or consciousness, we've been calling it that. "When the personality comes to serve the energy of the soul, that is authentic empowerment." I take that to mean, from the *Seat of the Soul*, that when you align your personality or use your personality to serve the inner purpose—to serve the soul or the consciousness—then you are your most powerful in the world.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, yes. And then you're not run by the mind anymore because the mind becomes the servant of what I sometimes call awareness or presence. The mind then serves something greater than itself, which is a consciousness.

OPRAH WINFREY (HOST): You say on page 259, "Instead of being lost in your thinking, when you are awake you recognize yourself as the awareness behind it. Thinking then ceases to be a self-serving autonomous activity that takes possession of you and runs your life. Awareness takes over from thinking. Instead of being in charge of your life," love this everybody, "instead of being in charge of your life, thinking becomes the servant of awareness."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And then the mind is quite helpful. So the mind can be used for many wonderful things.

OPRAH WINFREY (HOST): Right.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): When it no longer controls you.

OPRAH WINFREY (HOST): I got it. So in essence, our goal on earth as human beings—these spiritual beings in the body, higher consciousness inside this flesh-filled membranous whatever, body—our goal is to allow the light of inner purpose or consciousness to come through.

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

OPRAH WINFREY (HOST): Everything that we do.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. This is why we're here, and that is then also the entire universe is—the purpose of the universe, one could say, is the flowering of consciousness.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It moves toward more and more consciousness. So we then become bringers of that, which is why we're here. So then the consciousness—you could call it the light, the light of the source, the light of God—comes through the human form.

OPRAH WINFREY (HOST): That's right. And so when you allow the light of God—the light of consciousness—to come through you, and it is allowed to fuel whatever it is you do, whatever it is you do will be fueled with a spiritual power that will allow you to be the best at what you do.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And then that also means that what you do is not of primary importance, but how you do what you do is what matters.

OPRAH WINFREY (HOST): How you do it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): How you do it. And you could be doing something that the world regard as relatively insignificant and yet make an enormous difference to the consciousness of the planet.

OPRAH WINFREY (HOST): Ivy is Skyping us from her living room in Richmond, Virginia. Hi, Ivy. I here you have a question about one of my favorite quotes. Go ahead, what is the question?

IVY: Yeah, well, my question deals with trying to find a career path that merges your inner purpose with outer purpose. And on the top of page 274, you say, Eckhart says, "There may be a period of insecurity and uncertainty." And he goes on to say that, if "you are able to live with uncertainty, even

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enjoy it ... you become comfortable with uncertainty, infinite possibilities open up in your life." And my question is this: I'm 26 years old, and the past few months I've tried to find a career path that merges my inner purpose with my outer purpose and haven't really been able to do so. I began to think a lot about my life's purpose and question whether or not I would ever find a career that merged my life's work with something I was passionate about. So my question really is twofold. The first is how should I approach finding a career that is fulfilling but doesn't strengthen my ego. And secondly, and perhaps a more pressing question for me, is how do I do this while also becoming comfortable and embracing the uncertainty that's defining my life right now?

OPRAH WINFREY (HOST): Good questions.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So to what extent have you become successful in embracing and accepting this time of your life that you don't know yet what your purpose is, to what extent are you able to say, "Well, can I become comfortable with not knowing?" Have you able to do that?

IVY: I, there are periods where I've been able to, but mostly it's just a lot of thinking and feeling very uncomfortable about not knowing.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, and often the uncomfortableness are certain thoughts that go through your mind that tell you it's not okay to be in this state. And then you have certain emotions, which are the body's reaction to those thoughts. So when these thoughts arise, they tell you, "It's not okay. The way you are right now is not okay." Realize that these are thoughts that arise in your mind, conditioned by the surrounding culture and so on, and you don't necessarily need to believe in each thought that comes and tells you it's not okay not to know what to do. Life is an adventure. It's not a packaged tour when you travel. You can take a packaged tour, and everything is already planned—there's no uncertainty and everywhere you go to a nice hotel in an exotic country, but you won't even know it's exotic because your hotel room is the same as every other hotel room. You're totally—everything is planned, you know beforehand where you're going to be in 10 days time exactly. That's not an adventure, and it's unlikely that you are going to evolve internally through a trip like that. But if you went into a true trip into some exotic country, thrown back on your own resources, then you would encounter true adventure. And you would probably not be the same person when you come back. Why not? Because we're constantly faced with uncertainty. And if you're able to accept it, you can actually enjoy the adventure. If you cannot accept, it's—I'm giving this analogy of a trip because life is a journey.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so the person who cannot enjoy the uncertainty when adventure comes is going to be in a continuous state of negativity, of fear. "I don't want to be here. I'd rather be at home." So realize that life is an adventure, and part of the adventure of life is being in that state that you are in now. If everything were

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already clear to you now, everything were already mapped out, there would be no evolution of yourself as a human being.

OPRAH WINFREY (HOST): And may I say, Ivy, that is part of what being 26 is all about. That's what 26 is. You're trying to figure it out. That is...

IVY: Yeah.

OPRAH WINFREY (HOST): That is what the 20s are for.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, and another very helpful thing to remember is one of the most wonderful things in your period of life is to make mistakes. Because mistakes means you realize, "Oh, that's not—that wasn't my purpose."

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so you are a little bit closer to your true purpose, and then perhaps you think, "Oh, maybe that is my purpose," and then you, after a while you realize, "No, that's not." It's very helpful to make mistakes because gradually you begin to realize what it is that is right for you.

OPRAH WINFREY (HOST): Yeah. And many times as Eckhart says in this chapter, Ivy, and you will find in your 20s, the 20s are about figuring out where you want to be, and there's this frustration. That's why they call that show *The Young and the Restless* because there's restlessness about it. And I know that because I've kept journals since I was 15. In my 20s I'm just restless, restless, restless. And when I was your age, 26, I was an anchorwoman on television doing the evening news. I hated it every single day. And what I now realize, and even then, my displeasure with being in that place every day was really informing me what I needed to do. What I needed to do was to get out of that space. And many times, being in a space that you can clearly identify as, "This is—I do not want to do this." I want to be in television, I knew, but I do not want to do this. And, you know, and I had my father and everybody around saying, "You're going to give up that job in television?" I knew I could not do that. News felt exploitive to me. So, many times if you're in a position where you know what you don't want to do, isn't that also helpful, Eckhart?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Oh, yes, yes. For a while, I thought my life purpose was to an academic at university. And then come to realization after years of spending time working hard to become a professor, I realized that's not my life purpose at all. But I had to go through it.

OPRAH WINFREY (HOST): Didn't you give up a promising career as an academia?

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Yes. I gave up the PhD, I gave up the promising career, and my relatives, my mother thought I was insane to give that up, but I knew this is what I had to do. It was so clear; there was no doubt about it anymore. For a little while there was doubt, and then the realization was so strong, I had to walk out of there. And that led to a period of uncertainty for a few years. I didn't know, what am I supposed to with my life? Here I am, I was just barely managing to survive, and gradually, I lived, but I was not unhappy. I was happy with the present moment then already. Then, gradually, something evolved; people started asking me questions. People that I met casually in parks, casually, and gradually, kind of spiritual teaching started to happen. And after a little while when somebody called me for the first time, "Oh, you're a spiritual teacher." It's, "Oh, that's what I am." And so the purpose came by itself. It came just out of that state of just being with what is and not being unhappy with not knowing. Being at ease with not knowing. Then it's much more likely to come to you when you're at ease with not knowing. So the question that you can ask yourself, "Can I be at ease with not knowing?"

OPRAH WINFREY (HOST): With not knowing. This is what you say on 274 that Ivy had mentioned earlier, "You become comfortable with uncertainty, infinite possibilities open up in your life." And it means when you become comfortable with uncertainty, it means "fear is no longer a dominant factor in what you do and no longer prevents you from taking action to initiate change." That's the big thing.

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

OPRAH WINFREY (HOST): Because as long as you are afraid, you cannot allow the energy of what is supposed to happen to come into your life. As long as you're afraid, right? Fear blocks that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, that's right, yes. Yes. So be alert and watch your mind to see what kind of thoughts it produces. There also, there may be the emotion of fear, as Oprah says, arising occasionally, associated with a thought.

OPRAH WINFREY (HOST): Like, "What's going to happen to me?"

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Because the mind wants to know what the future is going to bring up. But how dread life would be—how dreadfully boring it would be—if you knew already what's going to happen.

OPRAH WINFREY (HOST): Well, part of that is because, too, people get afraid, because of, again, what Nick said—Nick is our spiritual teacher this week—because of what Nick said last week about worrying about your bills because you're living outside yourself, you're creating more debt, creating more debt, creating more debt, allowing yourself to be—to operate from the thinking mind. At the time that you made these decisions for yourself, you were living on and practically, you said, at the poverty level.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, yes. And so you survive somehow. You make it. One more question before you go, is there anything in your life that you truly enjoy? Are there certain things that you enjoy doing that may not be necessarily associated in your mind with career.

IVY: Not really, that I can think of. Nothing I can think of.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Okay, then what's left is for you to enjoy the present moment and make that your spiritual practice.

OPRAH WINFREY (HOST): Yeah.

IVY: Okay.

OPRAH WINFREY (HOST): But I thought you were saying earlier, Ivy, about, you know, trying to align your passion, what you love and getting paid for it. Isn't that what you were talking about earlier?

IVY: Yes. Well, something I was passionate about. To (inaudible) what I'm passionate about once I figure that out. I don't really know what that is right now.

OPRAH WINFREY (HOST): Yeah. Well, I will—to reiterate something that Eckhart was saying last week—it doesn't come out of your head. For everybody who's looking for that answer for the purpose of your life or what should I be doing, it does not come from your head. It's not something you're ever going to think up.

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

OPRAH WINFREY (HOST): You don't think it. It comes from that space that we opened tonight's session with being still and knowing that I am God. Being still and allowing the presence of a universal energy—the presence of consciousness—to come through you in such a way that it's a feeling; it is a feeling. It is not something you're going to think up how to do it. And you will just, you will start to feel that, "I feel better doing this thing than I feel doing the other thing." It's a feeling that comes to you, not something that comes into your head, correct?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's right, yes. And you need to be careful that you are not in a state of dissatisfaction because when you're in dissatisfaction, the answer is not likely to come, neither from within, nor from without. So keep your inner space clear, aligned with now so that no negativity arises.

OPRAH WINFREY (HOST): And then may I add, also, for you and everybody else who is trying to get this whole idea of purpose, some clarity about that. When you allow yourself to be still with it, you're not afraid of the uncertainty. The universe rises up to meet you. The world, Eckhart says in here,

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I can't remember what page in this chapter, but he talks about how coincidences happen, you know. Little things and big things happen. So you then have to be alert and paying attention to your life so when the opening shows itself, you're ready.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And that's much more likely to come when you're in a state of clarity aligned with now. Then the answer can come from within or the answer can come from without.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): As some chance encounter, something you see in the paper.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Or something you can't even think where it might come from. A synchronistic event, a coincidence.

OPRAH WINFREY (HOST): Right. It shows itself.

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

OPRAH WINFREY (HOST): That's right, in ways that you hadn't seen before. Thank you Ivy from Richmond, Virginia.

IVY: Thank you.

OPRAH WINFREY (HOST): Thank you so much. So you say on 261, "While you are perhaps still waiting for something significant to happen to your life, you may not realize that the most significant thing that can happen to a human being has already happened within you: the beginning of the separation process of thinking and awareness."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Which is the awakening, which is another way of explaining what the term "awakening" means. That before your awareness—or your consciousness—was totally identified with thought processes, with thinking. But now, and this is the case for everybody who reads this book and finds it meaningful.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It means, if you are reading this book and you find it meaningful—something within you responds—it means you have already begun to awaken.

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OPRAH WINFREY (HOST): To awaken. Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): If you haven't, the book will be meaningless.

OPRAH WINFREY (HOST): Got it, got it. You're saying, "As long as you are unaware of Being," on 263, "you will seek meaning only within dimension of doing," the dimension of doing, "and the future, that is to say, the dimension of time. And whatever meaning or fulfillment you find will dissolve. ... Invariably, it will be destroyed by time. Any meaning we find on that level is true only relatively and temporarily." So you're saying looking outside yourself, you're not going to find anything.

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

OPRAH WINFREY (HOST): So let's go to the Bodhi Tree Bookstore in West Hollywood. Is Nick there tonight? Well, Nick, step on up to the microphone. You're back. So glad to see you.

NICK: Good to be here.

OPRAH WINFREY (HOST): Okay. Do you have a question tonight?

NICK: I do. And actually, my question kind of relies on a premise that's not exactly stated in the book, but the premise is "God is love." And if god is love, and you love what you're doing as far as a career, then God, does God then sanction that career, is it then meant to be? Is it right if—let's say if you don't go to church, but if you enjoy doing something like reading—and if you're reading constantly and you get a more spiritual feeling reading than ever walking into a church, then isn't that right? Isn't that in alignment with—or is love not anything that matters in a career choice?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, good question. Now, love, of course, is used in a very loose sense. It means so many different things to different people, the expression "I love this or that" or "I love doing this or that" is used casually by people, often meaning totally different things. For example, if somebody is obsessed with what they do in an ego way—totally focused but in a negative way to a large extent, totally obsessed with what they're doing, and they—an outside observer might say, "Oh, he loves what he's doing. He loves it so much that he gets up at 5 every morning and doesn't leave the office until 10 at night." But he's totally obsessed with what he's doing, and there's no love in it. It's an obsession. But because love is used in such a loose way, sometimes we call that love. So when you actually love what you're doing, it's a totally different energy field that moves into what you are doing. It means you are aligned completely with what you do. And then, yes, then you do bring a different consciousness. You bring the unconditioned consciousness into this world through whatever you do. And it might be a doing or it may just be being somewhere. You mentioned a church. You can find God in many places. Any place is holy, and the present moment, when you only pay attention to it completely, then you realize,

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actually, it's sacred. The present moment is sacred. When you're really paying attention to it, then it doesn't matter where you are—you can be in a building, you can be out in nature, you can be in the middle of the traffic. And you really bring your attention to this moment, and you realize, "There is sacredness here." You may be able to feel it more deeply when you're out in nature than in the middle of L.A. freeway. But even there it can be sensed if you are present enough. And there, that's love. There love arises, and if you're doing something, and you're total in what you do—not obsessed, not wanting the future more than you want the present, but totally wanting the present, totally wanting what you are doing—then, yes, then you love what you do, and that is true love. And anybody who embodies that energy is creating the new earth.

NICK: So that's correct then.

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

NICK: There's a difference, I guess I'm thinking of Joseph Campbell where he talks about following your bliss, and he talks about how appetitive desires like eating and sex and drugs—things through the body, love that come through the body—are nothing compared to the love that comes from the spirit, which makes everything else pale in comparison, and that is the bliss that Joseph Campbell talks about.

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

NICK: And that's what I—that's what I think you mean when you say that we're present and we're doing what we're supposed to do because we feel that feeling that makes everything else pale in comparison.

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

OPRAH WINFREY (HOST): Yeah. Nick, that's what he's talking about at the bottom of 261, "So while you're perhaps still waiting for something significant to happen in your life, you may not realize that the most significant thing that can happen ... has already happened within you: the beginning of the separation process of thinking and awareness." When you take yourself out of your head and take yourself out of the doing, doing, doing, doing and allow yourself to connect with the consciousness—or spirit, or soul, whichever word you want to use for it—that is connected to all consciousness. The spirit that is connected to the greater spirit is what it's talking about.

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

OPRAH WINFREY (HOST): You got it, Nick.

NICK: Thanks.

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OPRAH WINFREY (HOST): You've got it.

NICK: It's a lot of hard work, what can I say?

OPRAH WINFREY (HOST): Nick, listen, I didn't worry this week because he's told you not to worry. Have you been worried about your bills this week?

NICK: Yeah, a little bit.

OPRAH WINFREY (HOST): Oh, wow. Thanks everybody at the Bodhi Tree.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): One more thing, just to add to this. When the doing—when you're doing in that state of consciousness, that means whatever you do is not primarily a means to an end.

OPRAH WINFREY (HOST): Correct.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But an end in itself.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You know what you want to achieve through the doing, that's fine, but the essence of the doing is in the doing, not the goal that you want to achieve through it. So often the question you can ask yourself is, "Is what I'm doing right now primarily a means to an end, or am I total in what I do?" And there's a different quality flows into what you do when it is not just a means to an end. And that is doing in the state of presence, different energy flows into that.

OPRAH WINFREY (HOST): I love that. I also love at the bottom of 263. You say, "For example, if caring for your children gives meaning to your life"—because everybody's looking for meaning—"what happens to the meaning when they don't need you and perhaps don't even listen to you anymore? If helping others gives meaning to your life, you depend on others being worse off than yourself so that your life can continue to be meaningful and you can feel good about yourself. If the desire to excel, win, or succeed," I'm at the top of page 264, everybody, "at this or that activity provides you with meaning, what if you never win or your winning streak comes to an end? ... 'Making it' in whatever field is only meaningful as long as there are thousands or millions of others who don't make it, so you need other human beings to 'fail' so that your life can have meaning." I was going to ask, though, what if you're making it, you're aligned with your purpose?

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Now after that it doesn't say that those things should not be pursued immediately after what you just read.

OPRAH WINFREY (HOST): Yes, it says, "I am not saying here that helping others, caring for your children, or striving for excellence in whatever field are not worthwhile things to do. For many people, they're important." In the end though, you say, "It means you should connect into your inner, primary purpose, so that a deeper meaning flows into what you do."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. For example then, we talked about looking after your children and that being the main purpose of your life, and again, we have the two dimensions of purpose: outer purpose, which is what a good parent does anyway. You look after the needs of the child, and you protect the child as much as possible. But it's the inner purpose there also, which the inner purpose is there when a field of awareness arises between you and the child. There's a space. Are you able to give the child spaciousness or space? Are you able to be open and listen to the child in a nonjudgmental way?

OPRAH WINFREY (HOST): Are you able to be with your child?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Be, are you able to be with your child, or are you lost in doing? Is it continuous doing?

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Or can you bring being into your relationship with your child? And if you bring being in, that is, you're fulfilling the inner purpose. Then when the child grows up, it's less, much less likely or improbable that you will get attached to your role of parent. You will then be able to let go of the role. And then be...

OPRAH WINFREY (HOST): And then able to be whatever you need to be.

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

OPRAH WINFREY (HOST): At any given situation.

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

OPRAH WINFREY (HOST): All right. You say, "If you ignore your inner purpose," that's why I keep reading from the book because I think I want to stress how important it is to connect to inner purpose. "If you ignore your inner purpose," bottom of 264, "no matter what you do, even if it looks spiritual, the ego will creep into *how* you do it, and so the means will corrupt the end. The common saying, 'The road to hell is paved with good intentions' points to this truth. In other words, not your aims or actions

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are primary, but the state of consciousness out of which they come. Fulfilling your primary purpose is laying the foundation for a new reality, a new earth." Doesn't that mean that it's not just what you do, but it's the intention behind once you do it?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, the consciousness that flows into what you do. And there's no—future is always secondary in the doing. That is the—your future is not that you look forward to primarily, but totality in what you do, being totally here. Any performer, any—artists know this very well. I, can you be, when you're total, then completely different energy arises.

OPRAH WINFREY (HOST): That's right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I sometimes, you see, the moment the artist performs sometimes is an empowerment that suddenly comes in because then it's sometimes only then that this person can be absolutely total in the present moment.

OPRAH WINFREY (HOST): Yeah, yeah, yeah, yeah. I see that. I was with Tina Turner and Cher this weekend for a show that we're doing on May 8. Everybody, don't miss that, Tina Turner and Cher. And watching them in rehearsal, sitting in the, we're just all sitting in the bleachers and watching. And then when they each came to the stage, something happened where there was like, they were infused by something from another level that you could see. Something came over them on the stage.

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

OPRAH WINFREY (HOST): And whatever that was, this is so interesting watching them perform to (inaudible), you say, "I want some of that." I want some of that. And what that is is the present or level of consciousness that they're bringing. Not just the beat and rock 'n' roll.

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*): And that's also what people respond to. They go there because they can sense there's something there that is very powerful.

OPRAH WINFREY (HOST): Very powerful, yeah. Inspiration and enthusiasm.

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

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OPRAH WINFREY (HOST): Yeah. And you say when the combination of inspiration and enthusiasm, something happens that's bigger than one person.

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

OPRAH WINFREY (HOST): Yeah. So Gwen and Bob have spent the last 17 years teaching at schools on U.S. military bases throughout Europe. They now live outside Munich, Germany, and are Skyping us from their kitchen. Hi, Gwen and Bob from Munich.

GWEN: Hi, Oprah.

OPRAH WINFREY (HOST): Hi.

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

OPRAH WINFREY (HOST): Hello to you all. Is it the middle of the night there or early morning?

GWEN: Yes.

OPRAH WINFREY (HOST): What's your question?

GWEN: Well, my question's about apologizing. I'm reading on page 258, we say the most important thing to realize is your life has inner and outer purpose. And I have found that apologizing when it's the right time helps me get back in alignment. However, when I have been wronged by someone, I expect to hear that apology to help build the relationship and get it back to a positive way. And I like feeling comfortable around others, and when there's not closure and not—and apologies don't come, I feel very uncomfortable. And I'm beginning to wonder if this is my ego at play, and how can I maintain an inner and outer alignment when I don't feel I have an appropriate apology from the person I expect it from?

OPRAH WINFREY (HOST): Well, you just answered your own question, really. I'm going to let Eckhart answer you. But you just answered your own question cause you just key word here: appropriate. "I have not received the appropriate apology from people." That would be your ego that needs that appropriate apology. Take it away, Eckhart. Mr. Tolle.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Adding to that, of course, the ego, another thing the ego does is it keeps accounts, and it says, "You owe me." And in this case it says, "You owe me an apology." Now, this is good because this is an opportunity for you to become aware of the ego in you. So whenever the ego arises and you recognize it as the ego, it's a great opportunity of saying, "Oh, there's the ego." There are the thoughts that the ego produces in my mind which say, "He should apologize. She should have apologized." And another thought that comes: "I can't be comfortable with this person anymore unless he or she apologizes." You can observe the thoughts that the ego produces, and you can observe the emotions that are there as

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a result of those thoughts. So it's a wonderful opportunity for you to see your own ego, which is no more than the human ego. It doesn't mean there is anything wrong with you, but to observe ego in action. This is always the greatest thing to—and then at that moment when you become aware of this kind of thought emotional, mental emotional pattern in you, who are you? When you recognize it, you're already in the space of awareness from where you recognize it.

OPRAH WINFREY (HOST): You take away its power.

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

OPRAH WINFREY (HOST): You diminish its power.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so people—there are many reasons why people don't apologize. People don't apologize because they may not even know that there is anything to apologize in their view of things. Or they may not apologize because their interpretation of what's happened is the complete opposite of your interpretation. Perhaps they think—or their ego thinks—that you should apologize. Or, or...

GWEN: Well, I'd like to think I do. I get it.

OPRAH WINFREY (HOST): But also that's how you're using it based on what you're saying. Based on what you just told us here, it's your ego's way of feeling superior because you like to think you do and you're the one that goes and says, "Well, I apologized and you didn't."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Or you can keep a resentment inside for quite a while—an inner resentment—whenever you think of that person or you meet that person. There's a little resentment at the back, which is also the ego. The ego loves hanging on to resentments. And when resentments go on for a long time, as I've described somewhere in the book, they've become grievances. Grievances are heavy, long-term resentments. So you can observe that in yourself, and again be happy that you're observing, able to observe the ego in you. It's a wonderful thing to be able to do that. And of course, and then another person, the other person who is not apologizing, perhaps it's the ego who prevents them from apologizing because the ego in many people—this is not a particular function perhaps of your ego, but in many other people—the ego finds it almost impossible to apologize because it believes that it would be losing something by apologizing, which of course is a delusion. So these things happened. It's a wonderful opportunity for you to see your own ego, and by seeing it, you realize the awareness grows in you.

OPRAH WINFREY (HOST): That's right. Bob, what's your question for Eckhart?

BOB: Yes. On page 265, Eckhart refers to—"your external purpose becomes charged with spiritual power because your aims and intentions will be one with the evolutionary impulse of the universe."

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OPRAH WINFREY (HOST): I love that.

BOB: What is the evolutionary impulse of the universe?

OPRAH WINFREY (HOST): That is so great. Let's read that one more time. "Once that foundation—" he says. "Fulfilling your primary purpose is laying the foundation for a new reality, a new earth. Once that foundation is there, your external purpose becomes charged with spiritual power because your aims and intentions will be one with the evolutionary impulse of the universe." Thank you, cause I had written, "Aha!," and there are three little—I read it three times, and I got stars, circles, everything around that. Thank you for bringing that up, Bob. What do you mean by that?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now, I'm not sending you back to the book, but the answer somewhere in the book. I'm not sending you there now, so let's look at it. The evolutionary purpose of the universe is growth of consciousness. It's going toward—something is flowing into this world of so-called matter, physicality. Something is flowing into this world of physicality or matter that comes from a different dimension almost, one could say. How do I know this? Because I know it in myself. I know it. I've observed it in other people too. Something is flowing into this world of this—it seems to be very heavy, the heaviness of matter. Something very different flows in, which I call consciousness. Which you can call spirit. So a spirit is beginning—has already started a long time ago, but now beginning more fully through the human form amongst other forms—to come into this world more and more fully. This is the arising of awareness, the arising of presence. And all that is part of the greater evolution because there's a famous dictum, which is so true, "As above, so below." So whatever happens here on this planet and in the human form will be reflected throughout the universe. These are universal movements. "As above, so below. As below, so above." So what happens here in the microcosm of the earth will also be happening in the macrocosm. So when I say—people might ask me, "How do you know what—the purpose of the universe is, the evolution of the universe is?" Because I know it in myself. If you know it in yourself, you know many, many answers even about the macrocosm because the macrocosm is no more than a reflection of the inner.

OPRAH WINFREY (HOST): And you see it all the time in nature.

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

OPRAH WINFREY (HOST): You see it all the time in nature, you see it all the time in nature. The whole process that's going on in nature is also going on with humans. We compare ourselves to nature.

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

OPRAH WINFREY (HOST): The principles are the same.

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

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OPRAH WINFREY (HOST): Yeah. Did that answer your question, Bob?

BOB: Kind of.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No, don't, you'll have to really know the answer, you have to go within. It's not through the mind or through somebody like listening to me and then saying, "Okay, I believe what you said." I don't want anybody to believe what I said. I want people to really go within and verify within themselves whether or not that is true in their own experience. So by becoming more conscious of your inner being, many answers will come.

OPRAH WINFREY (HOST): Okay. Let me take a stab at it, interpreting what I hear Eckhart saying. He's saying that there's a universal source or power of energy that all of us that we all stem from that universal power or source or energy. You're with me, right? You can call it God, you can call it whatever you choose to call it, you can call it higher consciousness, or you can call it universal energy, you can call it the divine. When you tap into the part of you that is—we're calling consciousness or presence or inner purpose—when you tap into that, that is connected to the source of all universal power and energy. Are you with me so far?

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

OPRAH WINFREY (HOST): Okay. And when you tap into that part of you that is connected to all universal power and energy, your aims and intentions will be one with what all universal power and energy is striving for. And what it's striving for is for you to allow the consciousness to come through you as a human being. So that's what he means by evolutionary impulse. Impulse of the universe is to support you and you bringing about your higher consciousness. That's why you're here is to allow that part of you that is connected to all that is universal energy, the source or God. To better explain it, it is the God in you. When you allow the God in you to come forth, the God of all things supports that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And you just gave us a demonstration of that because the whole energy shifted when you spoke those words. Very powerful energy came through. So beyond what you said, energy that came through with it was actually a demonstration of that.

OPRAH WINFREY (HOST): Well, thank you. Did it? Did it? You got it now, Bob?

BOB: Yeah, can I ask one more thing?

OPRAH WINFREY (HOST): Sure, sure.

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BOB: Would there be a way to convey Eckhart's teaching on awareness to Christians who are probably offended by labels like evolution. Is there a way to convey this message...

GWEN: Of the awakening, without getting into the evolution.

BOB: There are people who are going really shut down when they hear the word "evolution."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, if they're completely shut down then of course there's no way they're going to listen to you. But not all those people are going to be completely shut down. I don't believe that evolution is necessarily a problem for all Christians.

OPRAH WINFREY (HOST): Yeah, and evolutionary process, the evolutionary impulse of the universe is about the evolvment as the earth—because even as Christians you know that the earth keeps evolving, it keeps evolving, it keeps moving forward. We as human beings keep evolving.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You can see it in your own life.

OPRAH WINFREY (HOST): You can see it in your own life. You're not the same as you were 25 years ago. That's your evolutionary process as Bob and Gwen here on the planet. Bob and Gwen have evolved as Christians.

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

OPRAH WINFREY (HOST): And even as you are a practicing Christian, in the beginning of practicing Christianity, your faith may not be as strong or you may not be as tested, but you evolved in the process of your Christianity. Actually, can you ask somebody in the back to bring me the e-mail, Dean, that came in from a message board this week? I thought the woman who talked about father son and Holy Ghost as consciousness, and there was a beautiful e-mail that came on the message board from a woman who is practicing Christian who said she was Catholic. And I'm going to try to get the e-mails. Because she best—and I had a, I had an aha! moment reading it because I thought, "Oh, that's right!" The Holy Trinity, the Holy Spirit is the higher consciousness that you're talking about. And you just call it consciousness. But as a Christian, it is the Holy Spirit where Jesus said, "I leave you with the holy spirit."

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

OPRAH WINFREY (HOST): You see that, right, Bob and Gwen?

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GWEN: Oh, yeah. It's just the use of that word sometimes puts some people off that might otherwise have the door to be awakened. And just knowing that word is in the book, they might just say, "Whoa, I'm not quite ready to do that yet."

OPRAH WINFREY (HOST): Evolution.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Evolution. Well, it will particularly put people off who take a literal, absolutely literal interpretation of Genesis. But most Christians, I believe, don't take an absolutely literal interpretation of Genesis. And they would be perhaps...

OPRAH WINFREY (HOST): And if you do, then that's not for you.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No, that's, it's fine.

OPRAH WINFREY (HOST): Then this isn't the path that you need to follow.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No, yes. But if you're open to the idea that this creation may not be literally true, but that it is actually a description of an evolutionary process, not of blind chance—this is what Christians object to mostly. I also see it; it's absurd. It's not blind chance. Evolution is not something coming together over billions of years of atoms and molecules accidentally bring about this beautiful universe. I do not believe that there is no guiding intelligence behind evolution. There is. That is so obvious when you look at the world and you look at yourself. You know the famous analogy of the monkey and the typewriter?

OPRAH WINFREY (HOST): No, I don't.

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

OPRAH WINFREY (HOST): There's a famous analogy about a monkey and a typewriter?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): This is to do with—to describe what evolution means by people who believe it is blind chance. It's a mechanical mechanistic thing that how evolution happened. All chance events that would mean if you put a monkey at a typewriter, and this monkey is immortal, and this monkey starts hitting the keys of the typewriter and goes on for a billion years or two billion years or longer, they say if evolution as chance development is true, then eventually the monkey is going to produce by chance the works of Shakespeare over a billion years.

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OPRAH WINFREY (HOST): Right.

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

OPRAH WINFREY (HOST): Right. I missed that monkey and the typewriter analogy somewhere in my college upbringing.

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

OPRAH WINFREY (HOST): Yes, I see it. I see it. Here's a quote. Bob and Gwen, can we go back to them? This is from somebody named Button20. Did you see this last week?

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

OPRAH WINFREY (HOST): You don't see the message boards, do you? Actually she's Joannie in Long Beach, actually. She said, "My faith was strong." "Oprah, Oprah, Oprah, my faith was strong, but now it's growing stronger and stronger every day. The words of the Bible," she says, "are just jumping out at me. How could I have not seen them so clearly before? Like, 'Be still and know that I am God.' 'I will not leave you alone. I will always be with you.' This book, *A New Earth*, has put into words what I always felt from within. As a Catholic, I can describe my faith very simply. It's based on the Holy Trinity, which is "in the name of the father, the son and the holy spirit." That's it in a nutshell. The rest of the Bible is just a history lesson as to how all that came about. To say it another way, God created the world, saw what a mess we were making, sent his son down to teach us how to live. Then Jesus said when he knew he was going to have to leave us, 'I will ask my father, and he will give you another advocate, the Holy Spirit to be with you always. The spirit of truth which the world cannot accept because it neither sees nor knows it because it remains in you and will be in you.' John 14:16. And here it is again," she writes. "John 14:26-27. 'The Holy Spirit that the father will send in my name will teach you everything and remind you all of that I have told you. Peace I leave to you. My peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid. And you know what, Oprah? I got it this time when I read it. I really got it. People wouldn't be so afraid if they only knew that the energy flowing through their very being, which I choose to call the holy spirit, is the most fabulous, wireless connection to the, most powerful source in the universe; the God that created us. May God bless you and keep you safe in his grace, you are truly one of his messengers." And that's from Joannie of Long Beach, California. And she write, ends with "Life is a gift; live every day as a thank you note."

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

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OPRAH WINFREY (HOST): Isn't that fantastic? I mean I just thought this was so fantastic. So happy to share that with you. That's what one Christian had to say, okay.

GWEN: Thank you. It's very nice.

OPRAH WINFREY (HOST): I thought that was great too. Joannie, Long Beach. I almost Skyped her this week. I thought—isn't that perfection?

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

OPRAH WINFREY (HOST): I thought that was perfection. Thanks, Gwen and Bob, thank you guys.

GWEN: Thank you.

OPRAH WINFREY (HOST): Shall we continue here? You say, "Your inner purpose is to awaken. It is as simple as that. You share purpose with other people on the planet—because it is the purpose of humanity." Let's again talk about what it means to awaken. Doesn't the very word "purpose" imply that you can do something about it? Purpose, means on purpose.

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

OPRAH WINFREY (HOST): You say you can't make it happen, that it is an act of grace, this awakening.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, and what I talk about is the first moment of the awakening. It happens or it doesn't happen. First moment, which is the disidentification from the stream of thinking and the arising, might only be a glimpse at first. The arising of awareness. You're suddenly becoming aware that there is a realm underneath thinking, there is a realm of stillness inside you. You touch it. Maybe you're out in nature. Suddenly as you did, when you were on the mountain top.

OPRAH WINFREY (HOST): Oh, I had another one. You know what? I had another one just Friday. This is going to be on this Friday. But this past Friday I was at Tom Cruise's house. You know Tom Cruise.

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

OPRAH WINFREY (HOST): Okay.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I know he jumped on your sofa somewhere.

OPRAH WINFREY (HOST): Oh, you even know that, okay. Okay, we're going to talk about that. Now I'm jumping on his. I went to his house to jump on his. Anyway, Tom Cruise lives in the—I could cry just thinking about it. He lives in the most magnificent place I have ever seen, read, heard or experienced in my life. I tell you, I drove through his house through this grove of aspen trees for like a half mile before we get to the gate. He lives at the top of the mountain, and the house sits in the center, and you're surrounded by all the mountains of Telluride. We went outside through his bedroom to stand on the balcony, and there are all these aspen trees around and the mountains and absolute stillness. Absolute stillness. So much, my eyes started to water. I've never, I've never seen anything more beautiful or felt anything so deep, so rich. And aside from that time I was on my mountain. And I said to him, first of all, what it takes to be the kind of person that comes to this, that has that as your space, and you know, he's had a lot of, you know, things going on in his life. And I said, "No matter what, you have this. You have this place to come to." Oh, my god. I would just—and I felt so filled up when I left, from the stillness.

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

OPRAH WINFREY (HOST): And we stood out on Tom's balcony and I said, "Tom, can you hear the silence? It has its own language." He said, "Yeah, you're right, it does. It has its own language."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Was he already aware of it, or you made him...

OPRAH WINFREY (HOST): Yeah, he was. No, he was, he was aware of it, he was aware of it, yeah.

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

OPRAH WINFREY (HOST): That was my moment with Tom Cruise that you'll get to see. Now, when you see us on television this Friday, you won't get all of that because it's all about the interview and stuff, but I had a spiritual moment with Tom at the top of the mountain, yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, these are wonderful moments of grace. But you don't necessarily need to be in those beautiful places. It's a great—it's an act of grace when it happens.

OPRAH WINFREY (HOST): Yeah.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But that stillness is primarily an inner dimension, and it can arise anywhere. But sometimes it's good to have experienced it there where the environment is most conducive to experiencing ultimately the inner because if you don't feel it on the inner, you won't really be aware of the silence around you.

OPRAH WINFREY (HOST): That's right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's only through the inner that you can be aware of the outer silence. So to be aware of silence, how can you be aware of silence only by being still?

OPRAH WINFREY (HOST): Yeah, yeah, yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Because it's only the stillness in you that is aware of the silence. If your mind were totally occupied with noisy thinking, you would not even know it's still around you. Or you would say to someone, "Oh, it's very still," and then you would carry on thinking.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Wouldn't really experience it. So there's the equivalent of outer stillness, this is the outer dimension of spirit.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You can sense spirit that's out there in nature. But you can only sense it because you already have it within you. It's that in you that responds, that senses it. Only people whose mind is not totally noisy can actually be aware of silence. And so I sometimes observe when I go, I will go for a walk in the forest every day, and often I see people who are jogging or walking their dogs, and very few are really there. They're talking on the phone, they have headphones on, they're talking to their friends and all that immersive thinking.

OPRAH WINFREY (HOST): So they could be anywhere. They could be...

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

OPRAH WINFREY (HOST): Right.

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

OPRAH WINFREY (HOST): Right. Someone asked, "Eckhart, everything you say in your book resonates with spirit. I believe it to be true. However, do people ever ask you how you know all this. If so, how to respond? Where does your knowledge come from?" This is from Rene in Indianapolis. Where does your knowledge come from? How do you know what you know?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The essence of it comes through a realization. In other words it's by touching the consciousness that one is that you are. It comes through becoming still and listening for what comes out of the stillness. It's not primarily based on knowledge, although of course I have read spiritual books, quite a few. I use sometimes some of the terminology that is already in existence, has been in existence for a long, long time. But the book is more than just a compilation of other spiritual books that I have read. The essence of the book is in my own realization. In other words, the answers come by being still. When I write, I sit there with a note pad, a pen, and become still.

OPRAH WINFREY (HOST): Not on computer?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No. Everything is done by hand. So then I wait for some movement of thought to come out of the stillness. And then gradually a thought formulates itself, and then there is a critical faculty that says, "Okay, does that make sense?" Sometimes it does, sometimes it doesn't. If it doesn't make sense, I become still again and then perhaps a thought that is more suited to what I can sense comes up, and then I write it down.

OPRAH WINFREY (HOST): So did you write this book from a place of inner space? You know, last week we talked about inner space, and I was a little frustrated until the end of the class because I was trying to get this concept of inner space across to all of our viewers and listeners. And at the end of last week's class, as we had gone off the air here, Eckhart said, I said, remember, I said to you, "I'm a little frustrated," and you said, "Because you cannot understand it through concepts and language, that inner space isn't something you can understand with your mind."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No. So as an explanation, it's not very satisfying when one talks about inner stillness and then people try to understand, "Okay, what is he actually talking about?" And you can see already, when you're in your head, inner stillness. "What's that about?"

OPRAH WINFREY (HOST): That doesn't make any sense.

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

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OPRAH WINFREY (HOST): Or people say, "It's all that woo-woo stuff."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, that's what some journalists often say they come to spirituality and say, "Oh, it's all that stuff. They don't give themselves a chance. You really, it's, you have to give yourself a chance and see whether you can sense in yourself that to which these words point. So and only then does it become real and alive.

OPRAH WINFREY (HOST): And that is the same thing we're saying to Bob and Gwen, when Bob is trying to say, "What do you mean by the evolutionary impulse of the universe?" What that really means is that when you are in alignment, when your inner purpose is aligned with what you do, that you will be supported by the spirit of God or by universal energy in such a way that life opens up to you. And people think, "Oh, it's about you being lucky," or, "Gee, isn't that strange that this happened?" Serendipitous things happen. Things fall into line. Right. When you are in alignment.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, that they fall into line, that's one way or another, everybody can experience that, so why not give it a try? Live as if the present moment were more important than past and future. On a practical level, of course, you still use past and future. But give your attention to this. Spend some a few days or few weeks living in that way. Immediately surrendering negativity when it arises and recognizing it as ego-based or pain-body-based.

OPRAH WINFREY (HOST): Because all negativity is ego-based?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, negativity loves ego; it's a denial of life. The moment you identify with negativity, that's part of the ego. So experiment because you've lived in one particular state of conscious for many years. Try something different, and see what happens. And what happens primarily and first of all is an inner shift. And after a little time gap sometimes, it gets reflected in the outer realm also. But that's no longer the main thing because the main thing already is that you enter that state of peaceful, alive presence in yourself. When you're aligned with what is, aligned with the now. And that's what matters. The rest is the icing on the cake. When good things happen to you. It doesn't mean you now feel good because something good has happened to you, something good has happened to you because you already found the goodness within you.

OPRAH WINFREY (HOST): That's right. So you can only manifest that which you already are.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, yes. You already are that. Whatever people are looking for, whatever form they already are that. They are looking for God, and I'm not saying that this form is God. I'm not saying that this person is God. I'm saying the essence, if you go deep enough within, they look around where you and God merge. And it's everybody's destiny and purpose to live from that place of connectedness.

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OPRAH WINFREY (HOST): Yes. Because of the I am, the I am is I am that which comes from God.

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

OPRAH WINFREY (HOST): I am that which comes from God.

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

OPRAH WINFREY (HOST): Laurie lives in New Brunswick, Canada, and she's Skyping us from her family room in St. John. Hello, Laurie.

LAURIE: Hello, Oprah. Hello, Eckhart.

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

OPRAH WINFREY (HOST): Welcome to our conversation here this evening.

LAURIE: Thank you. It's a pleasure to be here.

OPRAH WINFREY (HOST): What do you want to say to us?

LAURIE: I would like to comment on the dialogue on inner purpose that begins on page 262. There are parts of that dialogue, the parts that were written in italics that could've been me speaking word for word. In fact, those were the reasons that I think I was drawn to the book in the first place. I turn 38 this summer, and I've had two members of my immediate family die in their mid-30s. So their deaths have left me very keenly aware of the immediacy of my own living and how important it is for me to align my life, however long it shall be, with my inner purpose. And to make sure that the relationships that I have with people—my husband and my children especially—are genuine. And that I conduct my life from that place of higher consciousness. So my question is, I'm so aware of how important and precious every moment of this human experience is. I don't want to waste a moment of it on anger or resentment or disappointment. Some days, I'm just more conscious than others. So I ask, Eckhart, do you believe that two people can actually live in an intimate relationship with one another either as partners or as parent and child without wanting from one another? And do two people have to be at the same place in their spiritual awakening for this to happen?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Thank you, thank you. Good question. Now, when I say without wanting, what I mean of course is without saying, "I want you. You are my property. You must not leave me, otherwise I will get extremely angry." That's kind of—it doesn't—I'm not saying that you might not say to your partner, "I want you to take out the garbage because I took it out yesterday." On a practical level, there may be some wanting. So the question is, can two people live together without that deep psychological wanting that

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wants to cling to the other person, says, "fulfill me or make me happy, don't you dare leave me," right? That is the question. What I would like to change the question a little bit from "can two people" because you cannot be responsible for somebody else. Ask yourself the question, "Can I live with my partner or whoever without bringing in this unconscious energy of wanting, which comes from the ego? Can I live with a person like that?" Because it only requires really one person to go through this shift in consciousness. So only you can really answer the question, and it's not an abstract question. It's a question that you can only apply to the present moment to really answer it as an alive question rather than an abstract thing, whether "Can people live in fully conscious together?" is an abstract question. A more powerful and a more vital question is, "Can I? And even that notch, all my, for the rest of my life?" Not like that, no. No. So you bring—to, to find the answer, a vital answer that is true for you, you have to remember that question as you live it, situations arise in your relationship. See, at this moment, "Can I be free of that egoic wanting and needing?" And if you cannot be free at this moment of this egoic wanting and needing, and because you cannot be free, negativity arises because the partner is not responding to the wanting and needing or isn't even there, hasn't come home yet. Then this is your chance again to be aware, as I mentioned to the other question a little earlier on, this is your chance to become aware of the ego in you as the wanting. So even if the answer, "Can I be free of wanting?" is, "No, obviously I can't because there's still wanting in me." Then at least you are able to recognize the ego, and that means how are you able to recognize the ego? You're becoming aware. And only when you dwell in awareness, in your relationship, can you be free of those unconscious movements.

OPRAH WINFREY (HOST): Yeah. I think the wanting that you're talking about is wanting you to be a certain way to help fill me up.

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

OPRAH WINFREY (HOST): That's what he's talking about. Not in terms of practical, "I need you to pick up the laundry, I want you to pick up the milk, I want you to..." That's very different than, "I want you to be what I want you to be so that you make me whole." Even though that whole, you know, Tom Cruise, as a matter of fact, *Jerry McGuire* line, "You complete me." Wanting somebody to complete you is what he's talking about because nobody can.

LAURIE: Yes, I think I misinterpreted that as being, wanting, you know, wanting recognition from your spouse or wanting gratitude or wanting respect or things like that. And I couldn't quite figure out how you live in an intimate relationship without wanting those things, and for me in our—we have a busy household. We have five little boys all under the age of 9.

OPRAH WINFREY (HOST): Good God!

LAURIE: There's always somebody wanting something around here.

OPRAH WINFREY (HOST): Where are you? At a closed off room somewhere with the door locked?

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LAURIE: I am, and it's also 10, so they're all in bed.

OPRAH WINFREY (HOST): Okay.

LAURIE: But for me, I think, and you've talked a lot about people having their own spiritual practice, and I guess for me right now, it's living amidst the chaos of the day and not getting mired down in the muck of the daily routine, and being able to stay above that. Being unflappable and keeping that sensing of inner peace even though it's a little bit chaotic in the immediate surroundings.

OPRAH WINFREY (HOST): Right, with five boys under 9, oh, my god, it's a noisy house.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, a good practice here is not wanting to be this moment to be different from the way it is. Just this moment. That's where you relinquish the wanting, that's just a main relinquishment or letting go of wanting. Not wanting this moment—and it's always this moment—to be different. So if the children are screaming and just mayhem, that's what is and then you deal with what is. But not the internal rejection of what is. So not wanting, really deep down is not wanting this moment, a moment may come in the form of a person, your partner, the children. At this moment, this is what is and not wanting this moment to be different from the way it is. Then you are aligned. Then you act. You take action. You can tell them, "Stop doing that," but internally you are free, you're not reacting internally.

OPRAH WINFREY (HOST): What about what Laurie was saying about wanting recognition? Not just from your spouse, a lot of people you do things and you want people to recognize what you've done, you know, to be, you know, I don't know, admired or you know, receive affection in your relationship, is that your ego?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It often is. But if you believe that the world is withholding from you, I say that somewhere in the book.

OPRAH WINFREY (HOST): Yes, you say it in the book.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Give what you think people owe you, give it, and then you see a reciprocal movement, not even necessarily from the very same people you're giving it to. But the universe reciprocates if you give recognition, gratitude, whatever it is. You give it out even to strangers. Recognition, a smile, giving, so there's a flow of energy flows out.

OPRAH WINFREY (HOST): Cause what you give out, what you put out is going to come back always, always, always. That's a universal law. Thank you, Laurie. Thank you for your moment of calm with the five boys.

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LAURIE: Thank you. I'm going to miss this on Monday night.

OPRAH WINFREY (HOST): Oh, well, thank you very much.

LAURIE: This is my...

OPRAH WINFREY (HOST): Is this your time for yourself?

LAURIE: This is. Yeah, it's great. We worked hard to carve out those moments of stillness around here.

OPRAH WINFREY (HOST): Well, we're going to continue with something we call the Soul Series on Monday night. There's a great, great interview that I've done with, uh, Dr. Jill Bolte Taylor. Her mind actually, as we mentioned last week. She lost the left hemisphere of her brain through stroke. And the right hemisphere was still working, so all of the chatter stopped and she was in bliss.

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

OPRAH WINFREY (HOST): And she said, "Even though I was drooling, I was drooling, I was in..." she, she was in heaven, she was in bliss. Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. I haven't used the terms right and left hemisphere in the book. I rarely use scientific terms, but that's how she sees it. I think she's right.

OPRAH WINFREY (HOST): That's right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The right hemisphere has to do with unitive knowing, but not conceptual.

OPRAH WINFREY (HOST): Yes. She said she felt the connection to all things.

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

OPRAH WINFREY (HOST): Yeah. So here we are week nine and only one more class to go, and I bet so many people relate to this. "Many people," you say on page 262, "who were going through the early stages of awakening, are no longer certain what their outer purpose is." A woman from Milwaukee, Oregon, just wrote "Can you still be 52 years old and be in the same place Ivy was at the beginning of this show, not knowing what you want to do?" What drives the world, you say, no longer drives them. Seeing the madness of our civilization so clearly they may feel somewhat alienated from the culture around them. What do you do in this case if you're at this point in your life where reading this book has shaken you up and you realize more than ever what you don't want to do. You realize, "I have been on

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the wrong course." You realize you have been awakening. Now what do you do? "I'm all awakened, now what?"

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, the awakening, of course, is the realization of your inner purpose primarily. So don't come into conflict with where you are now and what you're doing now. If you cannot surrender to what you're doing now and be okay with it, at least bring acceptance. We talk about this in the next chapter. At least bring acceptance to whatever you're doing now so that you're okay with it. That is vital. Then you are in a state of clarity. You enter a state of clarity when you are no longer in opposition to your present moment, life where you live or what you're doing. If you cannot surrender, whatever you're doing continuous to produce unhappiness in you, and no matter how hard you try, then of course it's a clear sign that you need to leave that situation.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So either you let go of the resistance and see if you can, and sometimes people say, "No, I can't," but all they really mean is they're not willing to.

OPRAH WINFREY (HOST): Not willing to, which is very different.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So you need to see the difference between not being able to and not being willing to, whatever applies to you. "Am I not willing to accept this this moment? Am I truly incapable of accepting this moment?" If you found you're truly incapable of accepting this moment when you're doing your job or whatever you're doing, then this is a sign that it's time for change.

OPRAH WINFREY (HOST): Got it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Many times, you will be able to have this energy flow into what you're doing already and transform how you do, perhaps, what you've been doing for many years and is perhaps in a state of resistance, and suddenly how you do it changes—you're no longer doing it in a state of inner resistance. And then you bring a completely different energy into what you do. Consciousness rolls into what you do. And often, either this is deeply fulfilling and it affects many people around you, or it could also happen that now that you're no longer resisting what you do, change suddenly comes into your life.

OPRAH WINFREY (HOST): I got that. This is a beautiful quote from page 266, you say that, "The great arises out of small things that are honored and cared for. Everybody's life really consists of small things. Greatness is a mental abstraction and a favorite fantasy of the ego. The paradox is that the foundation for greatness is honoring the small things of the present moment instead of pursuing the idea of greatness."

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

OPRAH WINFREY (HOST): It's that one step.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's right. So many people have this idea, "I want to achieve something great or be somebody great." And they neglect the step that leads to greatness. They don't honor this step at this moment because they have this idea of some future moment where they're going to be great.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And then it's surprising when you truly look at people perhaps who you would say have achieved great things, that even in their life, it's really is a sequence of small steps because every moment is quite small. You are wherever you are at this moment. Some people believe, not to mention you, some people believe I'm doing great work. I mean, I am because the consciousness is moving through this form. I don't feel personally responsible for what I do as such. But even there, it is small steps, when the writing happens, there's a notepad and a pen. And as the present moment and there's a stillness, very small. There's not some idea, "I'm going to create a work that's going to change everybody's consciousness." No, I'm just true to this moment. "What is this moment requires?" It's a blank sheet of paper and a pen and a stillness. It's a small thing. When I give a talk, talk maybe 2,000 people come. If I had this idea, "I'm now going to give an important big talk," that will lead to stress and fear because maybe it not going to be that great. So but if you can, with every step being present, the car comes to pick me up. If you stay into the car, sit in the car, the car moves toward the venue where the talk is going to be. I look out of the window, simple people walking past the tree and sky this moment. Step out, waiting in the green room to wait for the talk to start breathing. Simple. Nothing big, just a little moment, this moment being true to that. Then you step on to the stage, there's the empty chair, and I sit in it, still, breathe, and what else, 2,000 people there and also no word, no idea what is—going to come out of his mouth. Be happy with not knowing. Still, not big. It's all small. It's all a sequence of very small moments, and by being true to the small moments, something great arises.

OPRAH WINFREY (HOST): And the biggest lesson from tonight is by being true to the small moments, by being true to this moment, it means to bring the sense of presence, sense of consciousness to every single moment so that everything that you do is fueled from a deeper level than your ego. Everything you do is fueled from a deeper level than your thoughts. Everything you do is fueled from your being, and that is what gives meaning and purpose to whatever you do. That's the essence.

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

OPRAH WINFREY (HOST): Right.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's wonderful to see you when your power comes through your talk, it's beautiful. The words are so true.

OPRAH WINFREY (HOST): Thank you. Thank you everybody. I want to thank you for joining us tonight. As I said, next week will be our last class on *A New Earth*, the finale. But we don't want the discussion to end there. Please join me on Monday, May 12, for the start of my Soul Series just to continue this conversation for those of you who have been enjoying these webcasts here on Oprah.com. For the first time, we will be broadcasting the videotaped sessions of my XM Radio show. It's where I get to talk to spiritual teachers; I've been doing that for a couple years now. I talk to spiritual teachers, thinkers and scholars about my favorite subject: the evolution of the soul. People like Dr. Jill Bolte Taylor, Wayne Dyer, Elizabeth Lesser, Jon Kabat-Zinn, Byron Katie, Sarah Ban Breathnach, Kathy Freston and others. So keep Monday nights at 8 p.m. reserved for Oprah.com if you can get away from the five noisy boys or whatever's going on in your life. Tonight's class will be available on demand tomorrow for free here at Oprah.com. And if you want to download or watch any of our classes you can do that tomorrow also at Oprah.com and iTunes. It's free because of the generous support of Nature Made Softgel vitamins. This week you can update your workbook and get ready for our last class, Chapter 10, *A New Earth*, how to bring awareness to every moment of your life. There really is no higher calling. We're going to go for two hours next week for the benefit of wrapping up all the things we've been talking about in these past 10 weeks. This was great. Thank you. This is a good class. Thank you.

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

OPRAH WINFREY (HOST): We'll see you at number 10, coming up, number 10. Bye, everybody. Thanks for your message boards.