

A NEW EARTH ONLINE CLASS

CHAPTER 5 TRANSCRIPT

OPRAH WINFREY (HOST): Welcome to *A New Earth: Awakening to Your Life's Purpose*, a worldwide Web event.

ANNOUNCER: *A New Earth* is sponsored, in part, by Nature Made Liquid Softgel vitamins, the newest way to fuel your greatness.

OPRAH WINFREY (HOST): Hi everybody, welcome again to class number 5 in our webcast series about Eckhart Tolle's *A New Earth*. We're at the halfway mark, and I'd like to thank all of you who are committed to this work and make time every week to share this space with us and to give this to yourself. As of today, we've hit nearly 11 million streams and downloads of this series. That's really uplifting. So together, I believe that we are beginning to create powerful changes in our lives as individuals and then putting that out into the world. Before we get started, I wanted to share something with all of you. Our friend Elizabeth Lesser of the Omega Institute sent me a poem that I'd like to share with everybody. She sent it to me this week because I, several weeks ago, was talking about being under my trees and sensing the trees. And so she e-mailed me this poem and said, "Here's a poem to be with your trees." It's called "Lost" by David Wagoner and will be on our website for you to get later. So listen to this, Eckhart. It says, "Stand still. The trees ahead and bushes beside you / Are not lost. Wherever you are is called Here, / and you must treat it as a powerful stranger, / Must ask permission to know it and be known. / The forest breathes. Listen. It answers, / I have made this place around you. / If you leave it, you may come back again, saying, Here. / No two trees are the same to Raven. / No two branches are the same to Wren. / If what a tree or a bush does is lost on you, / You are surely lost. Stand still. The forest knows / Where you are. You must let it find you." Don't you love that?

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

OPRAH WINFREY (HOST): Yes. So that's my point, to lead us into silence. Would you like to lead us into silence?

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

OPRAH WINFREY (HOST): Eckhart has a cold this week, everybody. I told him he's sounding very sexy.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So when we go into silence, another way of putting it is to say we go into the present moment more deeply. So let's approach it from that angle today and say, "Let's take our attention right now into this present moment"...no matter what it contains on the surface, no matter what you're perceiving or what you're feeling. You bring a full acceptance to this moment as it is, no matter what form it takes. And that aligns you with now and takes you into stillness. So that's all we—I'll—do right now, and so we're still just for a little while, sensing what the present moment is beyond the forms of the present moment, sensing what the essence of the present moment is because the essence of the present moment is life itself. So it's sensing that life that is the essence of now, which is more than what you see in the now and that you're attached to in the now. It's deeper than that. You can only sense it. The external senses cannot perceive it. So let's do this now and just be with the present moment.

OPRAH WINFREY (HOST): All right. I'm actually finding it easier. The first time we did this, I was, like, "Oh boy, we're going to be quiet for 10 seconds. Now I think we're going, like, 40, 50 seconds.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And another strange thing is when you actually enter the present moment, it's a holy place no matter where you are.

OPRAH WINFREY (HOST): No matter where you are.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And this connects with the poem you read.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): If you bring your attention to it fully, every place you are is holy. So there's a sacredness to life that you become aware of once you take your attention into the present moment.

OPRAH WINFREY (HOST): What I'm finding, too, reading this book and then working with you every week, is that everything starts to be sacred. Everything starts to be. You can find the sacred in the most ordinary of things.

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

OPRAH WINFREY (HOST): And that there is a calmness and a stillness to almost everything if you can get quiet enough yourself to feel it.

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

OPRAH WINFREY (HOST): Yeah. That's what's happening to me.

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

OPRAH WINFREY (HOST): As so many other people are experiencing whatever you're experiencing, how this, the reading of his book, the awakening for you is taking on whatever form it does in your life, that's what I'm seeing for myself.

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

OPRAH WINFREY (HOST): Yeah. But there's—everything's magical.

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

OPRAH WINFREY (HOST): You never have to be bored, ever.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No. No. That's—and the need for artificial stimulus goals for people continuously need to, whenever they get home, they need to switch something on to some kind of entertainment. You can still enjoy entertainment, but you're not dependent anymore.

OPRAH WINFREY (HOST): On that to fill you up.

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

OPRAH WINFREY (HOST): Well, tonight we're discussing Chapter 5. So glad we're in "The Pain-Body." So I wanted to just start with my idea of an overview of this chapter. You say that in this chapter that the human mind seems to be hooked on my, me and my story, constant mind chatter that keeps negative emotions alive and personalizes everything. You say at the beginning of this chapter—on page 129 I'm on, everybody—that the greatest part of most people's thinking is "involuntary, automatic, and repetitive. It is no more than a kind of mental static and fulfills no real purpose. Strictly speaking, you don't think: Thinking happens to you. The statement 'I think' implies volition," you say.

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"It implies that you have a say in the matter, that there's a voice involved on your part." But, really, you say, "'I think' is just a false statement as 'I digest' or 'I circulate my blood.'" Digestion happens, circulation happens, thinking happens." Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So it's becoming aware that thinking happens to you all the time. The key is becoming aware of it. It's happening to everybody until the awareness occurs, then you are identified with that voice in the head, with its repetitive thought patterns. And that is what most people are trapped in, and it makes up their superficial personality with all their, the continuous repetitive judgment, and likes, and dislikes, and prejudices and whatever makes up the content of their egoic mind. So people are trapped in that and derive a sense of self from that, which is ultimately insubstantial, conditioned by the past and not who they are.

OPRAH WINFREY (HOST): Absolutely. And you say also in Chapter 5, "The Pain-Body," you show how this addiction to being, these thoughts in our head, this addiction to these thoughts to our head, to this negativity, is at the root of humanity's problems. On page [138] you write, "We are a species that has lost its way."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And we are lost, I could say. Also, we are species lost; we are lost in thought. We've lost ourselves in the mind. So looking for some kind of identity in the movement of thinking without ever really finding it. So most important step in any point of awakening is to realize that there is a voice in the head that doesn't stop speaking. When you realize, "Oh there's..." and then you begin to realize what kinds of things the voice is saying: repetitive judgments and so on, negative thoughts about yourself, about other people, about situations you are in. Especially all these repetitive negative thoughts that many people are trapped with. You become aware of that.

OPRAH WINFREY (HOST): Yes, and you, then you become aware that it's really just the story that you've told yourself about yourself.

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

OPRAH WINFREY (HOST): And that's all it is.

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

OPRAH WINFREY (HOST): All right, that it has no power.

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

OPRAH WINFREY (HOST): Yes.

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

OPRAH WINFREY (HOST): Past has no power over you.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No power. The power comes in with your awareness that there is a voice.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Cause the awareness is not part of it. And that is part of being, becoming present.

OPRAH WINFREY (HOST): Yes. One of my favorite quotes of this chapter is, "Nothing," on page 141, "Nothing ever happened in the past that can prevent you from being present now; and if the past cannot prevent you from being present now, what power does it have?"

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Yes. Cause many people are so attached to the past that they carry a burden, like carrying a huge sack on your back, a burden. You're identified with that. And they believe that they're unable to be present because the past prevents them from being present. But it can't do that. You can step out of the stream of thinking. Take your attention into present, and immediately the past no longer has that power over you.

OPRAH WINFREY (HOST): Because nothing ever happened in the past that could prevent you from being present now.

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

OPRAH WINFREY (HOST): You say that the core of all this is the pain-body. On page 141, we read that, "Any negative emotion that is not fully faced and seen for what it is in the moment it arises does not completely dissolve. ... The energy field of old but still very much alive emotion that lives in almost every human being is the pain-body." And Chapter 5 introduces us to the pain-body. Amazing.

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You know, when I read this, I thought about my childhood. Now, I've shared my childhood with lots of people, and as a child, I was raised by my grandmother for the first six years. And my grandmother used to whip me often. Like, I used to get beatings on a regular basis. And it was really a part of our culture, and I know many of you were raised this way too, that not only would you get beaten for almost, you know, for doing nothing, for, you broke a glass or you, you know, spoke out of turn or whatever the adults deemed was inappropriate for you in that moment. But I would get beaten, and then I was never allowed to have any emotion about it. And I remember feeling—many times my grandmother would whip me with switches. She would braid the switches together, and I'd get a whipping, and then in the middle of whipping me, she'd say, "Stop your crying. Stop your crying." And I'd get whipped until I would stop crying. And then afterward she would say, "You better wipe that pout off of your face. You better put a smile on your face. So you'd have to now act as though the beating that you just had didn't happen. And when I read this—that "any negative emotion that is not fully faced and seen for what it is in the moment it arises does not completely dissolve. It leaves behind a remnant of pain"—I realized that that pain of not being able to express the motion of just being able to be angry. I mean, now I see kids today, when their parents say something and they don't like it, the kids can say, "I don't like you," or "That upset me," or you know, God forbid, "I hate you," which, you know, in my culture was never allowed. You had to suppress that, whatever you're feeling, if you're beaten, "Wipe that pout off of your face. Wipe your tears. Stop crying right now." And so that would be a huge pain-body that I would end up carrying.

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

OPRAH WINFREY (HOST): Especially as a child.

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

OPRAH WINFREY (HOST): Cause you say children especially carry it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Yes. So did you find then that as you grew up that there was a lot of unexpressed negative emotion in you?

OPRAH WINFREY (HOST): I didn't. It wasn't unexpressed. It was repressed ability to—it's what caused me to have the disease to please for so long. A desire to please everybody because the ability to say in the moment, "This upsets me," or "This really bothers me," or "What you're doing I don't like," was not something I felt I could do for the longest time. Yeah.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Yes. So the, all these negative remnants of negative emotions, they become, they accumulate in the body. And then...

OPRAH WINFREY (HOST): I ate mine.

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

OPRAH WINFREY (HOST): Yes. Yeah. Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And then together they form what I call, because, now, we need to realize that any emotion that you have is a form of energy that's acceptable, I think, to most people.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Just as every thought you have is a form of energy.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Every thought is energy, so there's nothing spooky about that. So when we say, when I say that the pain-body can be considered almost an entity in its own right that lives in you, some people find that's a little spooky, but all that I'm trying to say is here that it's an energy form. *Entity* is another word for it. So an energy form lives in you that you may not be aware of all the time because some of the time it is dormant, and it's only active for a certain percentage of the time. So first realization is that there is something in me that seeks unhappiness, that seeks unpleasant experiences, that seeks more negativity because it feeds on those things. Those things, negative thoughts, will feed to the pain-body. That is one of the favorite ways pain-body to feed is on your own thinking. So this is very important for people to realize, to observe within themselves that periodically in many people, an addiction to negativity arises. And if you can recognize that as it arises, then you're no longer totally at the mercy of it.

OPRAH WINFREY (HOST): Right. Because the awareness dissipates it. Yes. Yes.

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

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OPRAH WINFREY (HOST): And so back at this point, though. Whenever there is negativity in your life that you never fully dealt with, that negativity—the energy of that negativity—has to go someplace. And you're saying where it goes is inside us.

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

OPRAH WINFREY (HOST): And for me, everybody knows I've struggled with my weight for years, for me. That's the form that it takes. For a lot of other people, it makes them, you know, outwardly, you know, angry or negative toward other people.

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

OPRAH WINFREY (HOST): But it has to take some form. For some people it makes them sick, makes them ill.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And a very frequent manifestation of it—perhaps the most frequent manifestation of the pain-body—is in intimate relationships where, periodically, partners have to go through their drama. They have to re-enact drama every few weeks. So, in some cases, every few days they go through intense emotional negativity. And usually the pain-body awakens first in one, in either the man or the woman first. And when the pain-body awakens, it wants some kind of reaction, negative emotional reaction.

OPRAH WINFREY (HOST): It's seeking that from the other person.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Because it feeds on it. So many people have realized when I've spoken about it, they realize, "Oh yes, this is happening in our relationship." That periodically the need, the pain-body arises, and it then will attempt to push the partner's buttons, as they're called in some form of psychotherapy, they say. Pushing the person's buttons means the pain-body knows exactly what buttons to push in your partner, buttons that will certainly bring a negative reaction.

OPRAH WINFREY (HOST): Now, is the pain-body ultimately this feeling of not being good enough? Is the pain-body there because of a feeling of not being worthy, of not knowing its sense of presence or consciousness? Is that why it's a pain-body?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, it's the emotional aspect of the ego. So, really, pain-body is part of the ego, and it's a very unhappy

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entity. But because its very existence consists of this unhappy vibration, it does not want an end to its unhappiness because an end to its unhappiness is the end to the pain-body.

OPRAH WINFREY (HOST): Got it. Got it. Linda is Skyping us from her den. Hello.

LINDA: Hi.

OPRAH WINFREY (HOST): Hi.

LINDA: How are you, Oprah?

OPRAH WINFREY (HOST): Is that a yellow den you have there? Yellow?

LINDA: Yes.

OPRAH WINFREY (HOST): Yes, it's gorgeous.

LINDA: Oh, thank you.

OPRAH WINFREY (HOST): In Silver Spring, Maryland, she has a question about the pain-body in her sister.

LINDA: I do. And thank you, Oprah, so much for this. I first encountered your book, Mr. Tolle, in 2005, and have read it at least four times. And so when Oprah picked it, I was so excited. You write on page 148 that the pain-bodies love intimate relationships.

OPRAH WINFREY (HOST): Right.

LINDA: And families because that is where they get most of their food. And that really resonated for me. I had a huge aha! moment because I have a sister who has always interacted with everyone in the family in a very dramatic way, and that I always considered her to be a drama queen who would rather have a problem than solve a problem. But after reading this chapter, it helped me so much understand more about her and what was going on and why she was interacting with us the way that she is. My question is now that I've seen that, of course I wanted to call her and have her read the book, and, but, you've already talked about how sometimes that's not necessarily the best way to approach people.

OPRAH WINFREY (HOST): Right. Right. Right.

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LINDA: But how? What is the way? How can I really reconnect the family? She has separated from our family, she's separated from her children from us, and we have no relationship at all. And it's really tragic. And I want to do something to help bring us back together and don't know what to do.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So at the moment you have no contact with her at all?

LINDA: None. She has totally withdrawn everything. I do send her e-mails every month or so just to check in. Sometimes she responds, but very terse and cold; most times, not.

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

LINDA: [unintelligible] I'm sorry.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...wait on, I hope an opportunity will arise for you to get together at some point so you can continue to invite her, if there's an event at home or whatever, and then just be open. And, but when she does come, it's very important for you to, not to buy into her drama. I don't know whether this happened in the past, whether she used to draw other family members into her drama. That's usually the tendency.

LINDA: Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So now when you meet her again, then you will realize, of course, you will be in a different state of consciousness because you will see that what she is suffering from is the disease of the pain-body. And that is not part of who she actually is in truth. So you can be there as a very compassionate presence, and when the drama arises again, as it will, because her pain-body will be very active again when she meets you or any family member, when it happens again, it is very unlikely that you will be, you will find yourself forced to react to the pain-body because you will be present. So you can simply recognize the pain-body in her without the need, as that was there in the past, the need to react to it, and therefore buy into her drama and feed her drama. And that will be a very strange experience for her—somebody who simply accepts her the way she is. And if accusations come at you, whatever she does, "you did this" or whatever, whatever form the drama takes...

LINDA: You sound like you know her.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I know the pain-body. They're all the same, basically. So then you can, you can simply accept that she's

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suffering from this and simply be there as a compassionate presence without reacting. Allow her to be in her pain-body. And that means that the drama cannot sustain itself for very long if only one part, one person plays the drama. It needs two. So you're not feeding her pain-body anymore. And then see what happens. She may be confused. I've experienced that quite a few times when people came up to me with heavy pain-bodies.

OPRAH WINFREY (HOST): It's a story that you tell in this chapter about the friend who comes to your house, and she has all the papers and she's complaining, Linda.

LINDA: Oh yeah.

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

OPRAH WINFREY (HOST): And she doesn't know what to do, and she lays out all the papers and she's complaining and complaining and complaining, and Eckhart basically says nothing but just listens and is the presence there for her.

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

OPRAH WINFREY (HOST): And finally she picks up her papers confused and just goes home and the next day says, "What did you do to me?"

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

LINDA: Yeah.

OPRAH WINFREY (HOST): Yeah. Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But don't underestimate the pain-body's ability to draw out some, to make you unconscious again, to push some kind of button, and you will find yourself reacting again. Because pain-bodies are very cunning, very clever. And they know exactly what will make you unconscious and what will make you react.

OPRAH WINFREY (HOST): You speak of it like it's a creature that's like an alien force inside of us. Yeah.

LINDA: Yeah.

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

OPRAH WINFREY (HOST): Really. Really. But you see that, Linda, that being, that this is, this then becomes your sacred spiritual journey. This is a part of your spiritual journey to not be drawn into the drama.

LINDA: Well, I, it's so interesting you put it that way, Oprah, because that's what I've kind of come to the conclusion that this is part of my awakening.

OPRAH WINFREY (HOST): Yeah.

LINDA: You know, my role in my family is to kind of be the one to help her get out of this.

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

OPRAH WINFREY (HOST): Yeah. And not by judging and not by telling her to.

LINDA: Yes.

OPRAH WINFREY (HOST): But by being that which you, you know, want, wish to emulate.

LINDA: Yeah. And that's the hard part, is not...

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

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

LINDA: Not judging because I guess that's the part of the pain-body that she activates in me.

OPRAH WINFREY (HOST): Cause your pain-body wants to say, "Who do you think you are?"

LINDA: Exactly. Yeah.

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

OPRAH WINFREY (HOST): I know, I've been there.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And, of course, when the pain-body takes over a person, the whole personality becomes transformed, and sometimes people are shocked when they marry somebody or they start living with somebody and this lovely man or woman that they loved so much, one morning, suddenly, he or she turns into a little monster. Total energy shift in them to a complete change of energy like it's truly as if they were possessed by a completely different, very negative personality. And that comes as a shock often to people when they start living together.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And, again, it doesn't mean that necessarily that you chose the wrong person to live with, it just means for the first time you experienced that person's pain-body.

OPRAH WINFREY (HOST): The pain-body showed up. And, also, what you, what we were talking about in the last chapter, you were playing a role up until then.

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

OPRAH WINFREY (HOST): You were playing the role: "I am in love with you."

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

OPRAH WINFREY (HOST): And, often, love, you say, is about your own possessiveness.

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

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so the roles are easy to play as long as you're not living together, then you can sustain the roles. But when you start living together, very soon, the roles cannot be played anymore.

OPRAH WINFREY (HOST): And, also, that's why, I was thinking with the pain-bodies, what happens on a lot of holidays, Linda, you've seen this in families, everybody comes together, and you have all those pain-bodies in a room.

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

LINDA: Clashing.

OPRAH WINFREY (HOST): Clashing and reacting to one another and all living in the past, about the past.

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

OPRAH WINFREY (HOST): Because that's what all the, that's what the coming together for families is about, is...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Thanksgiving and Christmas Day are the best day for the pain-bodies because people...

LINDA: Yeah.

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

OPRAH WINFREY (HOST): Really.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And, often, the families go through the same thing year after year.

OPRAH WINFREY (HOST): Really? Thank you, Linda, for bringing that up.

LINDA: Thank you so much.

OPRAH WINFREY (HOST): Thank you.

LINDA: And I will listen to the rest of the class. Thank you so much for the opportunity.

OPRAH WINFREY (HOST): Thank you for bringing that up for us.

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

OPRAH WINFREY (HOST): Yeah, and often, yeah, the reason why all, you have all these pain-bodies clashing, Thanksgiving, on the major holidays they come together, and people have an image in their mind—the Currier and Ives, the painting of what they want the Thanksgiving dinner to be—and instead it becomes something different because everybody's bringing their past.

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

OPRAH WINFREY (HOST): Living that moment through their past.

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

OPRAH WINFREY (HOST): So how do we change that this Thanksgiving?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, the, it just takes one person to be present and one person not to participate in this. So when next event happens, family gathering, whatever it is, then you will see the usual comments will be made.

OPRAH WINFREY (HOST): That's right.

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

OPRAH WINFREY (HOST): "Can you believe he did...? Can you...?" Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, yes. Or you visit your parents, and your parents don't fully approve of you, and then they say, "Well, you remember 10 years ago I told you you should have done that. You would be better off now if you had done that."

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And, again, immediately, if you're not present, pain-body will arise, and it will become defensive. Anger will arise. So...

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OPRAH WINFREY (HOST): Then you're in it. You're drawn into the drama.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So it requires great alertness not to be drawn in.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So because the, when, don't underestimate the pain-body's ability to draw in. Sometimes even very present people can still be drawn in.

OPRAH WINFREY (HOST): Yes. And you were saying that it happens in intimate situations, in family situations more often than not because—I would suppose it's because—out in the world everybody's trying to be, at least, on their best behavior.

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

OPRAH WINFREY (HOST): A lot of people who are taking this class, you know, are working people who see it in their jobs every day with people. Yeah.

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

OPRAH WINFREY (HOST): Every day. I love on page 134 when you say, "Although the body is very intelligent, it cannot tell the difference between an actual situation and a thought. It reacts to every thought as if it were a reality. It doesn't know it's just a thought. To the body, a worrisome, fearful thought means 'I'm in danger,' and it responds accordingly, even though you may be lying in a warm and comfortable bed at night. The heart beats faster, muscles contract, breathing becomes rapid. There is a buildup of energy, but since the danger is only a mental fiction, the energy has no outlet. ... The rest of the energy turns toxic, interferes with the harmonious functioning of the body."

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

OPRAH WINFREY (HOST): So that's what you said weeks ago about worry.

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

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OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): To see in one's self when worry arises, what we call worry is simply repetitive negative thought patterns.

OPRAH WINFREY (HOST): That's right. And your body doesn't know the difference. And so all of that energy is inside your body, and that's what makes people sick.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, yes. So it's very important to clear up your mind so that you stop the continuous negativity of the egoic self-talk, as we call it. So recognize it, and then step out of that stream of thinking. Use any device you can. I recommend device number one, to step out of the stream of negative thinking, come into the present moment, take one or two conscious breaths. You've stepped out of the stream of thinking. Or feel the inner body, feel the aliveness in your arms, your hands, your legs. Put your attention there.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You have stepped out of the stream of thinking. Or look at something and bring your full consciousness to the act of perception. For example, a tree or a flower, anything natural is best. Look at anything natural. Give it your full attention that takes you out of the stream of thinking. Or any natural sound, a bird, the wind.

OPRAH WINFREY (HOST): To bring you back, really.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Bring you, or bring you back to the present.

OPRAH WINFREY (HOST): Bring you back to the present moment.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): These are all little ways in which you can step out of the stream of repetitive thinking.

OPRAH WINFREY (HOST): In the story on page 137, the duck with the human mind, love that story. You talk about how the human mind creates me and a my story that keeps negative emotions alive and personalizes everything, and it's ultimately led our entire species to this, to a precipice. So tell us the duck story.

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

OPRAH WINFREY (HOST): What lessons it has for all of us as humans.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I was writing *The Power of Now*, and writing about accumulated emotions. And then I was taking a break and went into the park and sat on a bench by a pond, and I saw two ducks approaching on the pond, and suddenly, maybe one duck or, one duck got close, too close to the other. Suddenly they started getting into a fight.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It lasted for about 30 seconds, and then they both separated, swam off in opposite directions. They were still agitated, both of them, and then both ducks kind of lifted themselves up on the water and vigorously flapped their wings a few times. They almost stood up on the water, and going [makes noises]. And then suddenly they were totally peaceful again and swam off.

OPRAH WINFREY (HOST): They were doing cleansing breath. Dmitry did from Russia last week.

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

OPRAH WINFREY (HOST): Cleansing breath.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And I realized at that moment I had actually been writing about this, and the ducks were showing me how to, how they let go of what otherwise would have become accumulated negativity in the body, and so their instinctive natural intelligence takes over.

OPRAH WINFREY (HOST): Is to, think it off.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And then I realized they all do it.

OPRAH WINFREY (HOST): Yeah.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): All the ducks after a fight do that. And immediately that...

OPRAH WINFREY (HOST): It's like clearing their wings.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Clearing, the energy gets dissipated.

OPRAH WINFREY (HOST): Wow.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And they are totally peaceful afterwards. And then, of course, they don't have the human mind, which repeats the story of, "What this duck did to me and what I'm going to do to this duck next time," or "I'm never going to get close to her anymore." Whatever the story is.

OPRAH WINFREY (HOST): How dare you come over to my side of the pond again.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Oh, yes. And then talk to other ducks about what the other, that duck did to you.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And all the story-making because the story-making, that still goes on in the human mind, keeps the old emotion alive.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So you relive it again. The negativity is relived. The body believes it's still happening.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Because the body believes in what your mind is thinking.

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OPRAH WINFREY (HOST): Because "although the body is intelligent, it cannot tell the difference between the actual situation and the thought."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So whatever thoughts you're holding, that your body believes that is your reality.

OPRAH WINFREY (HOST): Wow.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And the corresponding emotions will arise, and the corresponding physical states of contraction will be there.

OPRAH WINFREY (HOST): Wow.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So this is how—that was the duck's lesson, so I put it into the book.

OPRAH WINFREY (HOST): That's right. I mean, and we see so many people, I know I have friends who have been through divorce, and they live and still, you know, hating their ex-spouse and talking about their ex-spouse and what their ex-spouse did to them, and, you know, years after the spouse is gone. Yeah. Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And so that keeps it alive as if it were still happening.

OPRAH WINFREY (HOST): As if it were still happening.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And there's an addictive quality.

OPRAH WINFREY (HOST): And that's in your mind.

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

OPRAH WINFREY (HOST): That's in your mind.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And it's addictive, there's an addictive quality to that.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You need to see it in yourself to see that, is still the case for some of the people who are listening to us.

OPRAH WINFREY (HOST): So it's like the monks, tell the monk story. I like the monk story; the two monks.

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

OPRAH WINFREY (HOST): And the one monk picks up the girl on the road.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, that's the story of two monks on a pilgrimage, and they come across, in a village, they come across a young 17-year-old girl with a long kimono trying to cross a very muddy road, but she's not daring to step into the mud. So one monk picks her up, carries her across the road through the mud, puts her down. And so the monks walk on in silence for another four or five hours, just practicing noble silence. And then, after four or five hours, they're getting close to their destination, one monk says to the monk who had picked up the girl, "Oh, you know, you shouldn't have done that because we monks are not supposed to even to touch women. So you really, you shouldn't have picked up that girl. You're not supposed to do that." And so the other monk says, "Oh, are you still carrying that girl? I put her down hours ago." So the other monk was still carrying the girl, the event in his head.

OPRAH WINFREY (HOST): Four hours later.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And for four hours he was walking with this burden.

OPRAH WINFREY (HOST): Yes. Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And that shows the reluctance of the human mind to let go of the past.

OPRAH WINFREY (HOST): Yeah. So how many of us reading this chapter are not carrying things from four hours ago, but carrying things from four years and 40 years ago?

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

OPRAH WINFREY (HOST): Who still holding onto what was done to them. Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, yes. That's a dreadful burden. It's like carrying a useless weight around with you. And some people carry it from all their lives, and they even derive some identity from that.

OPRAH WINFREY (HOST): Right, right. I had to learn years ago to let go of what had happened to me as a child because what I realized, you know, my grandmother, the people who took care of me did the best they knew how to do at the time. And if they had known better they would have done better.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, and that is always the case. Whatever humans have done to you, it's always they didn't know any better because they could only act according to their level of consciousness. Nobody can act beyond their level of consciousness. So you cannot expect your parents, if you believe they did something that was wrong, you cannot expect your parents to have acted beyond a level of consciousness.

OPRAH WINFREY (HOST): Cause that's all they knew.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Jesus on the cross said it all when he says, "Forgive them, for they know not what they do," which means they are unconscious. So when you realize that, you'll naturally forgive.

OPRAH WINFREY (HOST): That's what Jesus meant.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. If he have lived now he probably would've said, "They are unconscious. They don't know."

OPRAH WINFREY (HOST): Okay. Well Ros is on the phone from Sydney, Australia, and has a question about the pain-body and grief. Hello, Ros?

ROS: Hi, Oprah. Hi Eckhart. Can I start by saying thank you both so much for helping to make my life feel lighter and less stressful. That's amazing. And for taking the time to answer all our questions. But in regard to the pain-body, I'd like to clarify, how do we honor the memory of our loved ones who have died and that we shed tears for and not add to our pain-body? I'm trying to work out, are we adding to our pain-body, or is this the type of sorrow from state of being?

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OPRAH WINFREY (HOST): You mean when you, the ability to grieve or not?

ROS: Yeah, well, the best way I can describe it is I lost my dad six years ago, and most of the time I think of him and I have a smile on my face. But sometimes the tears flow for what I think is no apparent reason. Intellectually, I know crying won't bring him back and I can't change the past, but the tears just come. So am I adding to my pain-body by doing that? I feel I'm honoring my father's memory, but I'm sad at the time. So is that a negative emotion or is that something deeper down inside that is a natural thing and it's a part of my being?

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

There's a natural mourning, of course, that happens when a loved one passes away. With some people, that also can turn into pain-body, and for example that would be the case if, is an excessive or exaggerated amount of sadness or depression. Some people, after a loved one dies, go through years of debilitating depression or they develop even extreme anger. That is also quite frequent that people develop anger when a loved one dies. And those are instances when the pain-body becomes activated through the death of a loved one. But that does not seem to be the case with you. So to allow mourning to happen, when it happens, can actually be a beautiful thing. Your mind, observe what your mind is doing and what kind of thoughts your mind is generating when you go through these periods of sadness or crying. Maybe your mind is not saying much at all. Maybe there's just emotion. And that can be quite beautiful, simply to allow this emotion of sadness, which is natural, after all, when somebody has passed away or when you remember a loved one. Allow this emotional sadness to be there, and you may actually find that underneath the sadness, there's still some peace. When you allow the emotion of mourning to be there, then you realize that underneath the seemingly negative emotion, there's still a deeper peace. I found that when my parents passed away a year-and-a-half ago, both of them within a few months, the sadness came, tears came periodically, and yet, through the acceptance of the emotion, there was an underlying peace that was deeper, even than the sadness. And so, and that comes with the acceptance of the emotion. And that's important for you. So I don't believe that in your case this is the pain-body. But I would suggest that you observe or perhaps you can tell me now what kind of thoughts your mind produces when you go through these periods of sadness or weeping. What does your mind say?

ROS: Well, usually at the end I end up smiling again. It's just that I wonder whether the tears were a negative thing, or now, I don't suppose tears are a negative thing. But there are just times when I suppose it's that sense of loss that comes with it, which I know is, in a way, is adding pain to your life, but it's something you just, now I don't know, how do you explain, the void you feel inside when you lose someone. Admittedly, I'm not getting depressed about it, thank God, but I just wondered whether,

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you know, logically I was adding pain to my life or whether it's just is something that if you can't stay detached and observe, you realize it's just part of who you are.

OPRAH WINFREY (HOST): I think it is a part of who we are, and I recently just lost a loved one who happened to be a four-legged animal, my beloved little Sophie, I lost.

ROS: Sophie died?

OPRAH WINFREY (HOST): Yeah.

ROS: Oh, I'm sorry to hear that.

OPRAH WINFREY (HOST): Yes. And, you know, unless you have an animal who's a member of your family, a lot of people don't understand, but she was a member of my, she was as close to me as anybody has ever been in my life. And I will have to say that I miss her little body and I miss the, as I know you do with your loved one, you miss, I miss the physicality of her because she slept with me every single night, came to work with me every single day, has been at every event for the past 13 years. So I miss her physical body, but I actually feel closer to her, to the spirit of her, to the soul of her. I feel that the density of the body has allowed the spirit of her to be with me in a way that I never could really fully appreciate or absorb. So I actually feel closer to her. I feel the love that she was, in a way, that I didn't even feel when she was alive. Yeah.

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

OPRAH WINFREY (HOST): Did you sense that with your parents too?

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

OPRAH WINFREY (HOST): So that's the peace you're talking about.

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

OPRAH WINFREY (HOST): And actually, she died on the second night that we were doing this, on March the 10th. And I went home in the middle of the day, she died early in the morning. I cried, you know, all afternoon, I came here and allowed myself to be, to accept it, to go to that place where, all right, she's gone.

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

OPRAH WINFREY (HOST): She's gone. I'm not going to say, "Oh, why is she gone? Oh." All right, she's gone.

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

OPRAH WINFREY (HOST): And a peace comes with that. Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Because the void is the word, because a void is left when the form that was there, the body that was there suddenly is no longer.

OPRAH WINFREY (HOST): That's right, that's the void you feel.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And that's the void, now, the void, when it's resisted, and it is resisted especially by the ego, the ego hates it, the ego doesn't want the void to be there, but when you can accept that now there is the void instead of the body, then something else shines through that void, which is formless.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So where the form once was, the formless can now shine through.

OPRAH WINFREY (HOST): Absolutely.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And that's the beauty, then that's the grace that is hiding behind death or whatever, death of whatever kind. So there's always that. You have to look for that.

OPRAH WINFREY (HOST): I see that. I see that. Do you see that, Ros?

ROS: Yeah, that's inspirational. [unintelligible] makes me feel better now. Thank you.

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OPRAH WINFREY (HOST): And what happens is, what happens is, Ros, if we spend our time...I always say when somebody you love dies, you now have an angel you know, and you can call the angel formless, or consciousness, or being, or whatever, but what happens is so many people are just caught up in the grief of it and the loss of it and resisting and wanting it to be the way it was.

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

OPRAH WINFREY (HOST): Trying to hold onto the way it was.

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

OPRAH WINFREY (HOST): Instead of accepting what is, and they don't allow the grace of the formless to come through.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's right. And the grace cannot come through. That's right.

OPRAH WINFREY (HOST): I got that.

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

OPRAH WINFREY (HOST): I hope you got that too, Ros.

ROS: Yeah, thank you. That was, that was lovely. I really appreciate it.

OPRAH WINFREY (HOST): Thank you.

ROS: Okay, God bless you both.

OPRAH WINFREY (HOST): God bless you.

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

OPRAH WINFREY (HOST): I love when you say that sometimes understanding the science, for me, sometimes understanding the science behind these concepts, as you're talking about, makes it easier. And you say on page 146, "All things are vibrating energy fields in ceaseless motion. The chair you sit on, the book you are holding appear solid and motionless only because that's how our senses perceive their vibrational frequency, that is to say, the increased movement of the molecules." And so we're all

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vibrating at different frequencies, and the vibrational frequency of the pain-body resonates with that of negative thoughts.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Negative thoughts or, and other negative emotions coming from other people.

OPRAH WINFREY (HOST): And then I love that you say this on page 152, you write on page 152, I think this is great here. "If you were not familiar with our contemporary civilization, if you had come here from another age or another planet, one of the things that would amaze you is that millions of people love and pay money to watch humans kill and inflict pain on each other and call it 'entertainment.'" When I read it, I thought, yeah, if you're from another planet, you'd think, "What is that?" So what is that that people love that? I mean, the most violent movies, particularly this year for Academy Awards, most of the movies were violent movies, destructive, you know. All those pain-bodies up there on the screen. And what is it about a lot of the public that enjoys that?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, it's the, if it's, in some cases, violence may actually helpful to see because it shows the human madness. If it shows the wider context in which violence happens, if it shows the psychological dysfunction behind violence, then it can be helpful. But most of these movies are, contain violence that is actually meant to feed the pain-body. And it is the pain-body in the viewers who enjoy those films that enjoys the violence. But it's not actually the people themselves who pay money to see these movies, it's the pain-body in them that feeds on the violence that it watches. And the people who produce these movies probably...

OPRAH WINFREY (HOST): Their pain-bodies are writing them.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The pain-bodies write them, the pain-bodies write the movies, the pain-bodies produce them, and the pain-bodies watch them.

OPRAH WINFREY (HOST): Well, this comes from a screenwriter, Lana, who's in her study in Copenhagen? And has a question.

LANA: Copenhagen.

OPRAH WINFREY (HOST): Copenhagen. Hello, Lana from Copenhagen.

LANA: Hi Oprah. Hi Eckhart.

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

LANA: Eckhart, I also have a cold, so I hope I sound as sexy as you do. So yes.

OPRAH WINFREY (HOST): I like your flowers on the wall, may I say? I like your art. Is that your, did you take those pictures yourself?

LANA: Oh no

OPRAH WINFREY (HOST): Oh, okay.

LANA: I bought it from somebody.

OPRAH WINFREY (HOST): Okay, okay, great.

LANA: Yeah. But, I'm a screenwriter, I'm also a producer, and after reading this chapter it just floored me on so many levels. I write pieces that involve scenes that may have violence, it may have a death, it may have rape. But I try not to be gratuitous, but after reading this chapter, I wasn't quite sure how to be sure. And one particular experience that I had really kind of put me in a tailspin about how to create content, how to create media projects going forward after reading this book. I had a few friends over for dinner, Danish friends of mine, and I've learned so many from the Danish people, they're wonderful, wonderful people. And at the time there was in the news at the beginning of this year, a lot of what they call second generation kids were burning cars here in Denmark. And a friend of mine made the comment to me, "Well, I don't understand how people can burn their own neighborhoods." And that hit me like a ton of bricks. And although I was too young to remember the riots after Martin Luther King died, I remember that comment being spoken by Americans. So here I am in Denmark and kind of hearing the same type of conversation. And I felt like my first response was, "I've got to do a documentary on this." And so I started making the phone calls to do whatever I needed to do to talk to traditional Danes and also, second generation Danish people. But then I read the chapter, and I wondered whether or not my pain-body as an African-American was now entering into this situation, and you know, creating something that may kind of negatively affect the pain-body of another group of people. So I questioned whether or not I wanted to do this documentary.

OPRAH WINFREY (HOST): So what is your question? What is your question to us?

LANA: My question is, in this situation that I just described, the pain-body that led me to come up for the idea for this documentary, I think it comes from my experience of being an African-American.

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And that I want to bring people together, I want to kind of not allow a situation that's not necessary to just go unchecked. And I feel like media can do that. A documentary can open up that dialogue. But I'm wondering if my pain-body, since it created this idea for a documentary, is this something that will help both sides, or am I just speaking to pain-bodies, to other pain-bodies?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, I don't believe necessarily that your pain-body came up with the idea of making this documentary about the violence that's happening in Denmark. And I believe that you will probably show the wider context in which this violence happens and the root causes of this violence, not only historical but perhaps also psychological. And if all these things are included in the film, then to show violence can actually fulfill a useful purpose. That's why I mentioned in the book that some of the most powerful anti-war films were war films because those films showed the reality of war, not some glamorized version of war for the pain-body to feed on. So if you show reality and the underlying causes and the wider context, then those films are not going to feed the pain-body because they will help people become more conscious and perhaps not prematurely judge the people who are carrying out these acts of vandalism or whatever it is, to see perhaps what lies behind it.

OPRAH WINFREY (HOST): Correct. Thank you Lana, thank you so much.

LANA: Thank you.

OPRAH WINFREY (HOST): I think it's interesting, though, on page, what Lana's talking about, what you talk about on page 159, that as there are individual pain-bodies that each of us carries because of whatever negativity happened in our lives and we didn't completely deal with that at the moment, that there is also a collective pain-body that nations carry and races carry. And you say, "The collective racial pain-body is pronounced in Jewish people who suffered persecution over many centuries. Not surprisingly, it's strong as well in Native Americans, whose numbers were decimated, whose culture all but destroyed by the European settlers. In black Americans too, for whom the collective pain-body is pronounced. Their ancestors violently uprooted, beaten into submission, and sold into slavery. The foundation of American economic prosperity rested on the labor of four to five million black slaves. In fact, the suffering inflicted on Native and Black Americans has not remained confined to those two races, but has become part of the collective American pain-body. It is always the case that both victim and perpetrator suffer the consequences of any acts of violence, oppression, or brutality. For what you do to others, you do to yourself." I think that there is not an understanding, and actually, Senator Obama in his speech a couple of weeks ago was trying to speak to this. This collective pain-body that America holds. And I think a lot of Americans, number one, don't know it exists and want to deny that it does exist because they say, "I didn't have anything to do with slavery," or "I didn't have anything to do with the Native Americans." Correct?

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

OPRAH WINFREY (HOST): And to not to recognize it is what? Is to be in denial of what is the truth.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And then it continues to be there without you knowing it.

OPRAH WINFREY (HOST): That's right.

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

OPRAH WINFREY (HOST): Cause the recognition of it is the beginning of being able to change it, right?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, that's right. And I believe since you mentioned Senator Obama, there was this controversy about the pastor who was making certain remarks. I believe that the pastor who has probably helped many, many people over many years, occasionally, when he speaks, as far as I can tell, he gets taken over by the pain-body.

OPRAH WINFREY (HOST): By the pain-body.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And then the pain-body speaks through him. And it's understandable and I think beneath, Obama understands that, although he may not use the term, or be familiar with the term, "pain-body," but he understands the wider context for those remarks and he realizes that it arises out of the collective pain. So, and once you see that these things arise out of the collective pain, you can see them in a much wider perspective, and you don't personalize what this person is saying. It's not personal anymore. He's expressing collective pain.

OPRAH WINFREY (HOST): You also talk about this when it comes to women. Pretty revolutionary on page 155. You say, "The suppression of the feminine principle especially over the past two thousand years has enabled the ego to gain absolute supremacy in the collective human psyche. Although women have egos, of course ... the female form is less rigidly encapsulated than the male, and has greater openness and sensitivity toward other life-forms. ... If the balance between a male and

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female energies," I found this so fascinating, "had not been destroyed on our planet," you say, "the ego's growth would have been greatly curtailed. ... With many people becoming more conscious, the ego is losing its hold on the human mind. Because the ego was never as deeply rooted in women, it's losing its hold on women more quickly than on men."

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

OPRAH WINFREY (HOST): Yeah. It's, you know what, reading this as a female living in the world today, able to make choices, and be my own person, and express myself, I had forgotten about the years and years of torture and suppression and, you know, killing of women were the most natural things because you liked animals, because you were a midwife, because you were a woman who wanted to have a voice.

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

OPRAH WINFREY (HOST): Tortured, killed.

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

OPRAH WINFREY (HOST): Hundreds of millions of women.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And it's the, what I'm saying is the arising ego...

OPRAH WINFREY (HOST): And that happened because of the ego in the male.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, yes. So it's not the male as such, it was the growing ego...

OPRAH WINFREY (HOST): Rising ego.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...in the male that had to, that saw the feminine principle and the feminine energy as a threat because it could not fully establish itself in that.

OPRAH WINFREY (HOST): You believe we would've had a "new earth" a lot sooner if there had been not the suppression of the female.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, probably, yes. But the shift is happening now, and the interesting thing is that there are more women changing, going through the shift in consciousness than men. So men are going through, also, but there are, for example, Elizabeth Lesser mentioned at her, at the Omega Institute, about 70, 75 percent of the people who come there for inner work, consciousness, transformation and so on are women. So women are more open now to the change in consciousness that is happening than men. I'm not saying it's not happening to men also, but there's a greater openness...

OPRAH WINFREY (HOST): Yeah, we have a few out there. We love it. Yeah. Audrey in Campbell, California, one of our e-mails says, "I have 20 pounds to lose. As a child my father and brother called me 'big girl' and 'big fat cow.'" That's not good. Could this be why, Audrey, that's not good at all. "Could this be why I have such difficulty losing the weight? I've been hearing these words in my head for years and years, and I can't let the words go. Help."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So, of course, these words have become lodged in your mind, and they have taken up residence in your mind, and now you can't get rid of them. So they are—again, thoughts are energy formations and thoughts that get lodged in your mind, sometimes they start in childhood when parents tell you something negative. For example, some parents tell their children, "You are stupid." It's a stupid thing to say.

OPRAH WINFREY (HOST): Yes. It's a stupid thing to say that kids are stupid. Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And if told that repeatedly, this thought becomes lodged in their minds. And it's a, a thought can, if you're not, if you don't bring presence to it now, you won't be able to dislodge it. So the first thing is to realize that what has happened to you is that something that you were told years ago repeatedly is now, has now become a thought that refuses to leave. It's an energy. You're possessed, so to speak, temporarily, hopefully, by a thought. Some of you may have seen a film called *The Number 23* with Jim Carrey last year, and that's a man who becomes obsessed with the idea of the number 23. And he sees it, suddenly he sees everywhere significance in the number 23. And that's an example of how one thought can take possession of your entire mind. And then through this one thought that takes possession of your entire mind, you interpret the whole universe, the whole of reality. This is how dangerous it can be, if you are not careful, how one thought can take you over. So realize, the questioner here needs to realize that is an old thought and realize it's no more than a thought, it is not the truth. It's an old record that has been playing itself over the years.

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OPRAH WINFREY (HOST): Over and over in your head. "Big fat cow, big fat cow, big fat cow."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. No more than an old...

OPRAH WINFREY (HOST): It's just a tape.

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

OPRAH WINFREY (HOST): [unintelligible]

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So when you hear it again, when you hear that in your mind, you realize, there's the old tape again.

OPRAH WINFREY (HOST): That's right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It loses its power because it's no more than that.

OPRAH WINFREY (HOST): That's right. There's an old tape for the past and the past has no power over the present moment.

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

OPRAH WINFREY (HOST): You're right. I love also when you say that thinking is no more than a tiny aspect of the totality of consciousness, the totality of who you are.

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

OPRAH WINFREY (HOST): I had an awakening moment with that thought because we all think we are, up until reading this book, I think so many of us, I was one of those people, thinking that we were our thoughts.

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

OPRAH WINFREY (HOST): And then to read that thinking, not only are we not our thoughts, we are the awareness of our thoughts. But that thinking is only no more than a tiny aspect of the totality of consciousness, the totality of who you are.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And the awareness, of course, compared to thinking, the awareness is vast. It's limitless and has infinite potential for anything creative to come into your life.

OPRAH WINFREY (HOST): Cause that's where all your creative comes from.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, not through thinking. Thinking can become a secondary tool in manifesting something, but not the creative. Inside the creative realization, the creative idea does not come through the movement of thinking.

OPRAH WINFREY (HOST): Wow. Think about that, everybody. That when you have a creative, an inspiration does not come through your thoughts.

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

OPRAH WINFREY (HOST): It comes through your being.

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

OPRAH WINFREY (HOST): Space of awareness.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now, to the extent to which you are creative in your life depends on how much access you have in yourself to that space of awareness, of presence. And it's sometimes enough for brief moments to have access to that, and for some people, that's enough to lead a creative life.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But, of course, we want to be more than that, not just have brief access, but to make it the very foundation of your life.

OPRAH WINFREY (HOST): It's like when Quincy Jones was doing "We Are the World" tape and he brought together all of those artists and he left the door open. First, they had a sign outside the door

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that said, "Check your egos at the door." And then they left the door open. He said, "We wanted to leave room for God to walk into the room." Have, leave enough space for God to walk into the room. Yes. Cause that's...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Yes. So you need to, leaving the space.

OPRAH WINFREY (HOST): Leaving the space.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Leaving the space inside yourself.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So, also, if you want change in your life, some people don't know, there will be chapters and we'll talk about life purpose and so on, but the realization of what it is, for example, what it is that you are meant to do in your life also comes from that inner space. Are you able to allow the space within? Become still, and then whatever it is that you need to know will arise from that.

OPRAH WINFREY (HOST): Come through that.

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

OPRAH WINFREY (HOST): Will come through that space.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And it may come as a thought, but then it will be an inspired thought.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Without the space, without the stillness, without accessing that dimension, thinking cannot be inspired. There is no inspired thinking. The inspiration comes from the realm that is deeper than thought.

OPRAH WINFREY (HOST): I got that. And you're never going to think your way to a purpose.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No. And you're not going to worry your way out of a problem.

OPRAH WINFREY (HOST): You're not going to worry your way out of a problem.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's impossible because worry means to manufacture more problems.

OPRAH WINFREY (HOST): The same thing. You're just continuing the same thought over and over.

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

OPRAH WINFREY (HOST): Yes. You need a different kind of consciousness. Wasn't it Einstein that said that? The same kind of consciousness...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, I don't remember whether it was Einstein or Jung, but the, he said to the, a problem cannot be solved on the same level of consciousness that gave rise to the problem.

OPRAH WINFREY (HOST): That created it.

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

OPRAH WINFREY (HOST): We have an e-mail from Judy in Columbia, South Carolina. "Could you talk a bit about alcohol and drug abuse in the pain-body? Is this an attempt at escape from the pain-body; alcohol and drug abuse?"

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, often it is. And I mention that in the book. It's an escape of not wanting to feel the pain anymore. In some people, the pain-body is active almost all the time, and that is dreadful way to live. And those people in whom the pain-body is active almost all the time, often they will seek some kind of escape from it because they can't live with that pain anymore. The pain-body loves it, but it makes your life more and more miserable. So, but there is also a good chance and maybe that brings us to the, what connects us with the, what I said in the book, if people who have a heavy pain-body, their chance of awakening is also quite great because when life becomes unbearable because you're creating so much pain continuously for yourself, your desire to awaken, to finally get out of this misery is much greater than a normal person's desire to awaken. In other words, you could say when you're having a relatively pleasant dream, you don't mind so much dreaming on. But when your dream turns into a nightmare, then you really want to awaken from that, and you can't stand it. And that was the case with me. I had a very, very heavy pain-body that drove me almost, very close to suicide until I, the realization came,

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"I cannot live with myself any longer." And that thought was the breakthrough where the separation happened from consciousness that I am and the ego, and the pain-body that I had been identified with as the unhappy little me.

OPRAH WINFREY (HOST): Were you really actually going to kill yourself? Did you have a plan to kill yourself?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, I had my first plans to kill myself, I already had at the age of 9 and 10.

OPRAH WINFREY (HOST): Really?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yeah. So I had worked it all out, but somehow I didn't quite have the courage yet to do.

OPRAH WINFREY (HOST): Cause the pain-body was so heavy even at 9 and 10?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Already then it was quite heavy. Then it subsided a little bit, and then it came back again very strongly in my 20s.

OPRAH WINFREY (HOST): Wow. And what was it? What was it that caused you to feel—you felt depressed, you felt unworthy, you felt what?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It was partly living in almost continuous conflict in the home environment between my parents, who were always fighting. There was very little peace at home. I was very sensitive, so it was very hard for me to even be there at home.

OPRAH WINFREY (HOST): As you say in the book, for children who watch their parents fight, it's almost unbearable.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And that, of course, contributes to their, a child's growing pain-bodies. So my pain-body grew very quickly and, but if this had not been the case, I wouldn't ever have awakened.

OPRAH WINFREY (HOST): Right.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I would have been in a relatively pleasant dream.

OPRAH WINFREY (HOST): That's right. If you had had a nice, happy childhood, you might not be sitting here teaching with us tonight.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Certainly not. No, no. So retrospectively, one is grateful for one's suffering because eventually suffering will wake you up.

OPRAH WINFREY (HOST): You said, when I read earlier on page 141 about "any negative emotion that's not fully faced and seen for what it is in the moment it arises does not completely dissolve. It leaves behind a remnant of pain." So when we are faced with negative emotions on a daily basis, we should embrace them, we should go into them rather than resist them.

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

OPRAH WINFREY (HOST): Accept it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Accept because it's part of accepting the present moment because if a certain negative emotion is part of what's happening in the present moment, what can you do? It's already happening, so you...

OPRAH WINFREY (HOST): Take it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Take it. (unintelligible) "Oh, there it is. I can feel that anger. I can feel the sadness. I can feel it." Be the space for it. So accept that it is there. The acceptance of the present moment, no matter what form it takes, externally or internally, whatever form it takes, externally means whatever situation arises right now, it always is as it is at this moment. You might as well say yes to it. Internally means whatever emotion arises at this moment it is as it is, you might as well say yes to it.

OPRAH WINFREY (HOST): Well, I know next week we're going to be talking about breaking free of the pain-body, but just for now, if every time you can see it show itself and recognize it for what it is, "There it is, there's my pain-body again. There it is again," that the awareness of it begins to dissolve it, correct?

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

OPRAH WINFREY (HOST): Okay. Let's go to our *New Earth* study group watching our webcast. Hey everybody at Borders on Michigan. Hi, are you enjoying the class tonight?

CROWD: Yes.

OPRAH WINFREY (HOST): Interesting. All the pain-bodies have gathered together at Borders. I hear Courtney has a question.

COURTNEY: Yes, yes, I have a question.

OPRAH WINFREY (HOST): Hi.

COURTNEY: I think a lot, so what I'm curious to know, you know, when I'm not in a relationship, I obsess that I'm going to be alone. And when I'm in a relationship, I obsess about my career or money or anything, and I think a lot of people my age obsess this—you know, money, career, finding a relationship. What you say in the book, Eckhart, makes sense but what, I guess I'm having trouble with is taking that and actually putting it, you know, changing my life, you know, kind of daily, I guess.

OPRAH WINFREY (HOST): I love the "Makes sense, but...what you say makes sense, but..." Go ahead.

COURTNEY: Well, it does make sense, but then I just don't know, I guess, I guess I'm having trouble putting that into my daily life.

OPRAH WINFREY (HOST): Yeah, actualize it.

COURTNEY: How do I not obsess or thinking about these things all the time and try and stay in the present?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, when you say "obsess," of course you're talking about certain thoughts that go through your head.

OPRAH WINFREY (HOST): Yeah, over and over and over.

COURTNEY: Right, over and over and over.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So are you able sometimes to, while these thoughts go through your head, to recognize the futility of these thoughts? Are you sometimes able to be there as the presence in the background, or see, for example, just after they happened, for the, let's see, for example, realize, "For the past 20 minutes I've been obsessing about this or that. I'm having thoughts about a certain situation that's not here now." And that's part, of course, of the structure of the egoic mind. It loves to do that. Are you sometimes already there as the presence or not? Are you always totally identified with the...

COURTNEY: No, sometimes I am. And in the hindsight I can go back and realize what I've done. But it's in the moment when I'm doing this and I, and my mind just won't stop, you know, it just keeps going and going, and I keep thinking about things, that it's hard to stop, I think.

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

COURTNEY: And I kind of realize what I will realize eventually.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Now, something applies that we talked about the other week when we are talking about worry. Worry is another type of that kind of thinking, what you call obsessing. These thoughts, the way I put it two weeks ago was these thoughts pretend to be important and necessary. These thoughts want to draw in all your conscious attention. It's almost as if every thought were saying, "Give me your attention, this is very important, you must think about this, think, think."

COURTNEY: Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So these, the thoughts have the ability, they have a certain momentum behind them. This is the momentum of the mind. And so it's not easy to become free of that. But the first freedom is in realizing their futility in the moment they happen. And to realize that it is, they fulfill no useful purpose except to make your life miserable.

OPRAH WINFREY (HOST): Yeah. Because what has the obsessing gotten you? What does it do for you?

COURTNEY: Absolutely nothing. Worry, more worry. Yeah. It's just kind of an idea how to be, how to just...

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OPRAH WINFREY (HOST): And, also, it takes energy away from your being. It takes energy away from your being able to be fully present with whatever it is you're doing.

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

OPRAH WINFREY (HOST): You can see that, right?

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

OPRAH WINFREY (HOST): You see that.

COURTNEY: Oh yeah, yeah.

OPRAH WINFREY (HOST): Okay.

COURTNEY: It's just at the time sometimes it's not so.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So rather than trying to get rid of those thoughts—because what you resist persists.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): If you try to get rid of those thoughts, that will be hard. But if you see they are futile and they are meaningless and they are no more than part of the structure of the conditioned egoic mind, because if you change your situation, you will obsess about something else, you've experienced that already. So if you're in a relationship, you have, then have some other thing to obsess about. If there's no relationship, you can obsess about the lack of relationship.

COURTNEY: Yup.

OPRAH WINFREY (HOST): Yup.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): If you're, or if you're making money, you can obsess about perhaps losing it, perhaps the financial market will collapse.

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COURTNEY: Exactly.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And, or if you have no money, then you obsess about how to make money. So, see the futility of all this movement of thought in the moment it happens and realize it actually takes away your power. It's like a little parasite. Egoic thought patterns are almost like a parasitic entity that lives in you, and it sucks up all your conscious attention.

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

COURTNEY: Oh yeah. It makes sense now, it's just when I'm going through it, I can't stop.

OPRAH WINFREY (HOST): Yeah. Well, the thing to do is all of this doesn't, happening, you know, awakening doesn't happen all at once.

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

OPRAH WINFREY (HOST): The whole process is you have to catch yourself doing it more and more often. You start slowly, and more and more often you catch yourself and pretty soon—or later—you'll find...yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, yes. Or another thing that might be helpful is when the mind is not overly active, just normal moments, occasionally choose to take your attention away from thinking. We mentioned it earlier. And bring your attention to the present moment. Either use the device of feeling the inner body, conscious breath, sense perceptions, consciousness, alert sense perceptions. So choosing to be present rather than to be thinking.

OPRAH WINFREY (HOST): And what that does is you begin to train yourself. You begin to train yourself to be present with yourself.

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

OPRAH WINFREY (HOST): It's about present moment training.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Training. Or, and you grow, and then presence grows in you.

OPRAH WINFREY (HOST): Yes, it does.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But you have to invite it in.

OPRAH WINFREY (HOST): Yeah, yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Invite it in when the mind is not totally mad.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And then when the mind does become, when these periods come when it gets totally mad, then it's more likely that there will still be a presence there in the background.

OPRAH WINFREY (HOST): Still can take a breath.

COURTNEY: Right.

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

OPRAH WINFREY (HOST): I'm getting better at it. I've gotten better in the past five weeks. And you will too, Courtney.

COURTNEY: Thank you. Thank you.

OPRAH WINFREY (HOST): Thank you. Thanks, everybody, at Borders, thank you all. Okay, somebody asked earlier, there was an e-mail where somebody wanted to know, and I didn't get to it, wanted to know whether or not that pain-body allows artists and writers and creative people to be more creative, the pain-body.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): There are, especially in modern art and modern writing, there are some artists who express the pain-body in their work. So when you read their work or when you see their visual art, you can see, "Wow, there's a

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lot of pain in there." And perhaps that is how they free themselves, to some extent, of the pain-body because they externalize it and make it into an object out there.

OPRAH WINFREY (HOST): Yeah. You can take that suffering and turn it into something else.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Now, whether this will be, whether this is really helpful to many humans, I don't know, to see so much pain on a canvas.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I'm sure it was helpful for the artist to externalize that.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So I believe that the deepest art goes deeper than that and just show the pain, the human pain.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It goes, it might, may also include the human pain, but like the great works of literature are not just expressions of human suffering, they also show a dimension that's beyond suffering.

OPRAH WINFREY (HOST): Right. Well, another question from Mary in Birmingham, Michigan. "Politics in the pain-body," she writes. "Is it the pain-body that leads us to be fascinated with others' downfalls, such as the governor of New York and mayor of Detroit? I find myself eagerly watching the news to hear more about the scandals. I find myself wondering what I would do if I were in their place, having risen so high, so successful and fallen so far, fallen so far." That's Mary in Birmingham, Michigan. Is that our pain-body that loves to hear bad things about other people? The tabloids?

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

OPRAH WINFREY (HOST): Even watching the news, things that are true, scandals.

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

OPRAH WINFREY (HOST): Yes, loving bad news.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Is also of the pain-body. And so there are some, some publications actually thrive on emotional negativity. They actually, they sell a negative emotion. Some newspapers do it in their headlines, and because they have realized the more negative the headlines are, the more papers they sell.

OPRAH WINFREY (HOST): Yeah, you were saying the British press love it.

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

OPRAH WINFREY (HOST): Yeah. And we do too now in our country.

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

OPRAH WINFREY (HOST): More and more tabloid newspapers, tabloid magazines, following the lives of famous people. People love to see famous people fail, fall.

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

OPRAH WINFREY (HOST): And is, that's our pain-body?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Whatever, whenever you see in that negativity, the enjoyment of negativity in whatever form, or the enjoyment of negative events, the enjoyment of negative things happening to people, the enjoyment of your own negative thinking, all that is pain-body. It loves pain and lives on it.

OPRAH WINFREY (HOST): And loves drama. It seeks drama.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Drama is part of that pain, yes.

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OPRAH WINFREY (HOST): Yes.

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

OPRAH WINFREY (HOST): Yes. That story you told about going into the restaurant.

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

OPRAH WINFREY (HOST): Yeah. Oh my gosh. Going into the restaurant and this guy is all disrupted. Wow.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, but the, it was particularly strange because it happened immediately after I'd had a session with a woman who had a very heavy pain-body at home. She came to see me at home, and she had carried this pain-body for many, many years. It was so heavy that one could almost sense it in the energy field.

OPRAH WINFREY (HOST): Yes. We've all encountered people like that where it's deep, it's heavy, it's dark.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, yes, yes. So I had been doing work with her, and suddenly she became conscious. She was able to separate suddenly for the first time in her life, she was able to separate herself from the pain-body, and there was an awareness that realized she was carrying this heavy pain-body inside. That was a great liberation for her, and she went off and said, "Oh, this is wonderful, thank you so much." And that was the beginning of the change in her. And after this session with the woman I went off to the restaurant. And I felt so happy that the pain-body had left her, not left her permanently, but the awareness had come in. And then, in the restaurant, I encountered a man in a wheelchair at a table nearby who had just finished his meal, and then I could feel the negative emotion in him building up becoming stronger and stronger and stronger, and suddenly he started shouting and screaming. And the, I realized I had a suspicion that the pain-body, the universal pain-body, because every person or pain-body is the expression of the one human universal pain-body, that the pain-body had come back there to tell me, "I'm still here. You thought you got rid of me, but I'm still here." So the pain-body got into the person who had the most negativity inside.

OPRAH WINFREY (HOST): Cause the person with the most negativity would have drawn that.

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

OPRAH WINFREY (HOST): But did you, at the end of this incident in the book that you write about, and the restaurant owner says, "Did you do all this, did you cause this?"

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): See, the restaurant owner must have had some intuition that there was some connection.

OPRAH WINFREY (HOST): Between you sitting in the restaurant.

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

OPRAH WINFREY (HOST): And every, and all this disruption.

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

OPRAH WINFREY (HOST): And so the answer is? Did you? Did the pain-body follow you into the restaurant?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I never knew the answer. It occurred to me that that might have happened. All it means is that the energy that was so heavy, the room, my place where she had come to see me was so heavy with that energy when I left, perhaps it came with me. And it's possible. I don't know the final answer to that, but it's a possibility.

OPRAH WINFREY (HOST): Cause yeah, cause as we were saying earlier, you speak of the pain-body like if it's an alien force, like it's like a ghost of some kind.

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

OPRAH WINFREY (HOST): But it is. It's not a ghost; it's an energy.

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

OPRAH WINFREY (HOST): It's an energy field.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And it becomes, eventually it becomes transmuted, which means it loses its energy for its pain-body form, and the very energy that was trapped there, because the energy was trapped, it was emotional energy that was trapped inside this shell, that becomes freed through presence.

OPRAH WINFREY (HOST): So that's what we're going to talk about next week is how you can begin to free the pain-body or any energy that you're carrying from the past.

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

OPRAH WINFREY (HOST): And you can see it instantly.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You free it instantly, but although not the whole of it necessarily instantly, but in the moment some of it can become transmuted. And I'll, the example I give is like, it's like putting a log into the fire. The fire is the fire of consciousness or presence. And so the pain-body can actually be transmuted and becomes presence. We'll talk about that next week.

OPRAH WINFREY (HOST): Next week. Before we say goodbye, though, let's sum up what we've covered in this class today. What do you want people to know about the pain-body?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The most vital thing is for people to be there when it happens. Now, when it happens means it's either happening to somebody close to you at home, your partner or family member or, more importantly, when the pain-body happens to you. Now, it's easier to realize that the pain-body's there when you see it arising in somebody else. Always easier.

OPRAH WINFREY (HOST): In other people.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You'll require more presence to see it in yourself. But that's the vital thing is to be there and realize it, that's the pain-body.

OPRAH WINFREY (HOST): Well, the way you know it's in yourself is when you start to tell yourself a story. The woman who was the big fat cow or her family had called her a big fat cow her whole life, when you start to, replaying the tapes in her head over and over again, my story, my story, my story, identifying with that, anything you identify with is ego.

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

OPRAH WINFREY (HOST): Right. That's how you know it's the pain-body.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, or a sudden emotion arises. Something, your partner made a remark, said something and an enormous, an emotional [unintelligible] is that it's out of proportion to the external trigger. And that could be the beginning of arising pain-body. So then you say, "Oh, there's the pain-body." Then you're already, you're not at the mercy of the pain.

OPRAH WINFREY (HOST): So let me ask you this. On the night that you had that, you know, the breakthrough where you said, "I cannot live with myself any longer," did you lose your pain-body too?

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

OPRAH WINFREY (HOST): Well, that was just one happy day, wasn't it?

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

OPRAH WINFREY (HOST): Oh my goodness. You lost your ego, you lost your pain-body, what a day that was.

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

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): After years of dreadful suffering. So that's the, one more thing to say about the pain-body is when you see it in somebody else, you have to be very careful. The pain-bodies don't like to hear that they are the pain-body. So when you're talking to somebody like your partner, you have to be very careful because once the partner has already been taken over by the pain-body, if at that stage you say, "There's your pain-body," your partner won't hearing you anymore, the pain-body will be hearing you, and the pain-body will say something back, and it won't be pleasant.

OPRAH WINFREY (HOST): Will defy you. And it won't be pleasant.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And you can't argue with the pain-body. No way you can ever...

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OPRAH WINFREY (HOST): Can't?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You can't, you can never win an argument with the pain-body, it'll always win, the pain-body will win. It'll go on and on and on and finds another clever argument why the pain is justified and right.

OPRAH WINFREY (HOST): And so it's like our first caller from Silver Spring was talking about her sister. What we must learn to do is be compassionate.

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

OPRAH WINFREY (HOST): Stand still.

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

OPRAH WINFREY (HOST): Stand still, as I said with the poem. Stand still and allow it to be whatever it is.

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

OPRAH WINFREY (HOST): And then...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And then you don't feed it.

OPRAH WINFREY (HOST): You don't feed it. Don't allow yourself to be drawn into, pulled into the drama of it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And if the pain-body is not fed, then it won't sustain itself for that long. It will have to seek some other place where it will get fed or it will subside. So that's the beauty when you're in a relationship. If both partners are conscious enough, you can have an agreement that says, "If I observe the pain-body beginning in you, or you observe the pain-body beginning in me, please let me know."

OPRAH WINFREY (HOST): You're going to point it out.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You have to point it out at the beginning before it takes over completely because once it's taken over completely, the person won't be hearing you anymore. But at the beginning, you could still say, "Could that be your pain-body?" Even that is dangerous, but you can try.

OPRAH WINFREY (HOST): "No, it's not my pain-body!" Well, thanks to everybody around the world for joining us. Again, this fifth class will be available on demand tomorrow for free, of course, here at Oprah.com. And if you want to download or watch any of our classes, you can do that, also, tomorrow. All of them are available at Oprah.com and iTunes. It's free. Thanks to Nature Made Softgel vitamins. Don't forget to update your workbook and get ready for next week's class. Again, we thank you.

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

OPRAH WINFREY (HOST): We thank you. You're a man without a pain-body. We'll see you in class next time. Thank you. Goodnight, everybody.