

# A NEW EARTH ONLINE CLASS

## CHAPTER 4 TRANSCRIPT

OPRAH WINFREY (HOST): Welcome, everybody, to week number four of our *New Earth* Web class. Thank you again for joining us as we come together to study and to discuss our 61st Book Club selection, Eckhart Tolle's *A New Earth*. I'm just so happy that so many of you around the world are making time, you're giving time to yourself every week to be awakened and we're all doing this together. It is really my deepest hope that our collective consciousness will begin to create a powerful transformation not only in our individual lives, but in the future of our planet. So welcome to you all, and welcome, sir.

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

OPRAH WINFREY (HOST): Yes. A good week for you?

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

OPRAH WINFREY (HOST): Very good. So let's see what we've now started as a tradition.

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

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And the question is where to put our attention. And this time, I suggest we put our attention into the feeling of aliveness within. What I call the inner body to feel that it's actually live inside your hands. A good place to start is always with the hands, to feel, "Yes, I can feel somehow that there is an aliveness in here." The cells are alive. And that's the beginning of feeling, being able to feel the entire inner body, the energy field as a global sense of aliveness. And just put our attention there rather than have it in the head. And then we can enter actual stillness because stillness doesn't happen until the mind becomes still. Usually, the mind doesn't stop until you take attention away from it and put it somewhere else. So we're putting attention into the body. And so we can go into stillness just for half a minute or so.

OPRAH WINFREY (HOST): Thank you very much. Let us begin here on Chapter 4, which is a very long chapter.

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

OPRAH WINFREY (HOST): When you wrote this, you must have been at it for a while.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And in way, it reflects all the main themes in the book that actually are already contained in that chapter.

OPRAH WINFREY (HOST): Yes. The chapter is called "Role-Playing: The Many Faces of the Ego." So before we really begin I'd like to take a moment and talk about one of the most frequently asked questions that we've received by far. So many people who are committed to the book and becoming aware of a new way of thinking, a new way of consciousness, want to know how they can relate to people in their lives who are not yet on this path and don't think they need to be. Sometimes it's a co-worker or a friend or even a spouse who all have said to us on many of your e-mails, and it can feel very divisive. I mean we got an e-mail from a gentleman who says, "Listen, my wife isn't interested in this. I don't know what's going to happen to our relationship." So that question actually came up as one of the last questions from Qatar, the very first session we had. But it's an ongoing question that a lot of people, the more they become engaged in the book, are feeling and wanted your response to.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. The main thing is the shift can only happen inside you. So not to expect other people to also change or to expect or say, "I cannot change unless somebody close to me also changes." The main thing is to take responsible for your own state of consciousness and allow other people, especially people that you are close to, to be where they are, not to demand that because something is happening inside you and you're beginning to change, not to demand that others should also change. Change does not come about in others by trying to make them change. The most powerful way of bringing about change in others is not trying to bring about change in the other but to completely accept the other as he or she is. So that's, that is absolutely vital. There are even schools of psychotherapy that recognize that. So you give the other person, complete acceptance. And that part of this change that's happening in us is that we step out of the judgmental mind that continuously judges the other. So we step out of that, and if we step out of the judgmental mind, we're able to simply accept the partner, close friend, the family member, a relative. This is where they are at right now. They are still going for their old behavior patterns.

OPRAH WINFREY (HOST): Mm-hmm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): What has changed is you are no longer resisting their pattern and reacting to, and by reacting reinforcing their pattern.

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

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So you're not taking part in that game anymore.

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OPRAH WINFREY (HOST): So part of your change has to be your willingness not to judge, you know, to sit back and to be an observer in your own life, and then to more clearly see the ego in others as you also see it in yourself.

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

OPRAH WINFREY (HOST): Don't judge it.

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

OPRAH WINFREY (HOST): Just know that that's what it is.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And don't mistake what you're observing, the behavior that people manifest.

OPRAH WINFREY (HOST): As, as them.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Not, that's not who they are.

OPRAH WINFREY (HOST): Ay yiy yiy.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And that's a vital distinction, because if you mistake that for who they are, then you will perpetuate that kind of behavior. So that's not, it won't work. Acceptance is vital. Acceptance.

OPRAH WINFREY (HOST): And isn't it sort of like, I mean all of you who've asked that question, it's kind of like when people join the church or are, quote, born again, or, you know, we've heard about being born again in the church or you find Jesus or you find Buddha or you discover a new way of being for yourself and now you want everybody to go to Jesus...

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

OPRAH WINFREY (HOST): ...and you want everybody to believe what you believe.

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

OPRAH WINFREY (HOST): That is part of your ego that now wants people to believe what you believe.

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

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OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so that's a trap one can fall into even with this teaching which isn't really based on belief at all. So it's not a new belief. We're not trying to find some new belief, it's going beyond, beyond the thinking mind, into awareness. But there is always the danger when you discover something new; you want to talk about it to others.

OPRAH WINFREY (HOST): Want to share with everybody. Well, that's how we ended up with this webcast because...

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

OPRAH WINFREY (HOST): ...I wanted to share it with other people.

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

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Because sometimes the other people is totally ready and...

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...accepting and say, "Wow, I never realized that." But they recognize it from within because the readiness is there.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But the readiness is not there in everybody. So some people buy copies of *A New Earth* or *The Power of Now* for their friends or relatives and then give them out and sometimes they are disappointed when the other person says, "It doesn't make sense to me at all."

OPRAH WINFREY (HOST): Doesn't make sense to me. Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It means they're not yet ready and that's fine.

OPRAH WINFREY (HOST): Yeah.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Maybe they put it on the shelf and maybe ten years later they're ready, quite possible.

OPRAH WINFREY (HOST): Yeah. Absolutely, absolutely. So now for classroom I wanted to get that question out because it come up over and over again on our message board. So now we're ready for class number four. Tonight, we're going deeper into identifying the ego in all of its forms. Chapter 4, "Role-Playing And The Many Faces of the Ego." Let me start by saying that I think the essence, it's a long chapter. So we have a lot of to cover in a short period of time, these 90 minutes. But I think that the essence of this chapter is what you say on page 104, everybody. That "you are a human being. What does that mean? Mastery of life is not a question of control, but of finding a balance between human and Being. Mother, father, husband, wife, young, old, the roles you play, the functions you fulfill, whatever you do—all that belongs to the human dimension. It has its place and needs to be honored, but in itself it is not enough for a fulfilled, truly meaningful relationship or life. Human alone is never enough, no matter how hard you try or what you achieve." I just love that sentence. I love it so much I wrote, "Wow." Yeah, I wrote, "Wow." "Human alone is never enough, no matter how hard you try or what you achieve. Then there is Being. It is found in the still, alert presence of Consciousness itself. The Consciousness that you are. Human is form. Being is formless. Human and Being are not separate, but interwoven." That's the essence, to me, of this chapter.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And you could say the essence of the whole teaching in a way.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's a good way of putting it. So, and, of course—

OPRAH WINFREY (HOST): "Human alone is never enough, no matter how hard you try or what you achieve." And that is the essence of why people are in such suffering and such struggle and such, you know, angst against themselves in life, is it not?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And it's why they play roles because the ego plays roles because there's unawareness that within you there is the source of all power. So people who are out of touch with the power within or the place where all power resides, the aliveness itself, consciousness itself, then they feel a sense of lack. Why are they not in touch with it? Because they are not present. They are not in the present moment because the present moment is that entry point into that place of power within. If you are not present, you don't realize that there is a source of power within, and then you believe that you need to get secondary power from someone or some situation or other people. Then, the ego plays roles to manipulate the environment and other people to get what it thinks it needs, not realizing that all the things it thinks will give it the power that it seems to lack, all that is already within you, if you could only be present in the now.

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OPRAH WINFREY (HOST): I got it. Okay. So the question is, how not to lose ourselves in the human dimension. How not to? By being present in now.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And by realizing that whenever you lose yourself, realize...

OPRAH WINFREY (HOST): In the human dimension.

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

OPRAH WINFREY (HOST): That's all the stuff that being human brings with it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. On the most primordial level, losing oneself means losing oneself in that continuous stream of thinking that goes through people's heads.

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So you, it drives you along. It takes all your conscious attention. Remember we started to tell you it's taking attention away from mind and putting it into the body.

OPRAH WINFREY (HOST): Right, right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Another thing you can do is take attention away from thinking and put it into sense perceptions and really look and listen and touch things. Like an alertness arises.

OPRAH WINFREY (HOST): You know what I found by doing this, I don't know about the rest of you, but I have found by being more present, just doing that one exercise, putting yourself—if I'm walking along a path in the woods near my house, be there and not be, you know, in my head thinking about what I need to do.

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

OPRAH WINFREY (HOST): Just to be there. And what I found is, I don't know if you all are realizing this too, you are just less stressed.

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



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OPRAH WINFREY (HOST): You're just less stressed. You're calmer.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And you don't carry the heavy burden of a personality or meaning with a burden of past and future. "My problematic future, my problematic past." You're much more, you're light and free when you walk in presence.

OPRAH WINFREY (HOST): Okay. But my hairdresser Andre asked me this, this morning. So I'm going to ask you. Then how do you plan for anything if you're not thinking about the future? How do you get anything done?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You plan in the present moment. When the time comes to plan, and the time is not when you're walking in the woods, and when you're walking in the woods the time is to be present.

OPRAH WINFREY (HOST): Unless you want to go to the woods to plan. You could go to the woods to plan.

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

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But it's much more likely your planning is going to be fruitful if it is preceded by a period of presence and stillness.

OPRAH WINFREY (HOST): Oh, right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Any mind activity is much more likely to be beneficial and to be creative if it's preceded by presence and stillness. And then you apply the mind and say, "Okay, what do I have to do today?" And then you make a list.

OPRAH WINFREY (HOST): So if you're going to be in the future, do that as a concentrated event...

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

OPRAH WINFREY (HOST): ...or experience.

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

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OPRAH WINFREY (HOST): Say now I'm going to sit and plan.

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

OPRAH WINFREY (HOST): Think about tomorrow.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Once you've done that, then you know, "This is what I have to do," so that you're now continuously in the next moment, you don't project yourself, you play mental movies about what you're going to say when that situation arises. So you can, you trust in life that whatever it is that you need when the future comes will be there. So that's the, as far as practical matters are concerned, the future is simply something that you use, like I call it clock time. You make an appointment for tomorrow.

OPRAH WINFREY (HOST): And you deal with tomorrow, tomorrow.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So you don't continuously project yourself away from the now...

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...to some future, believing that it's more, going to be more important than the now. It's not.

OPRAH WINFREY (HOST): Because what you say on page 122, "Anybody who is one with what he or she does is building the new earth."

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

OPRAH WINFREY (HOST): And that's how you do it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Being one with what you're doing means being total in what you do, so that the main focus of your attention is not where you want to get to. You know where you want to get to.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But the main focus of your attention is on the actual doing now. So this is what, the energy flows fully into this. The energy doesn't, is not diverted from what you are doing now through mental dysfunction because you're wanting to get there. Because then whatever you're doing will be stressful.



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OPRAH WINFREY (HOST): Because whatever you give your 100 percent attention to is going to be better anyway.

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

OPRAH WINFREY (HOST): Absolutely.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): There was a Zen master, he was watching somebody in a competition, archery, and a man was trying hard to win this competition, but he couldn't make it and then somebody asked the Zen master, "What's he doing wrong?" And the Zen master said, "His need to win drains him of power."

OPRAH WINFREY (HOST): Wow.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so his need to win in some future, he wants to have some future moment where he's going to be fulfilled.

OPRAH WINFREY (HOST): Wow.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So his attention is not totally in the now. So the now, where all power resides...

OPRAH WINFREY (HOST): Wow.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...this power that resides in the now cannot flow then into what you are doing. The openness isn't there. Because to have mastery in any endeavor, whatever it is, you need to be total in what you do.

OPRAH WINFREY (HOST): That's what athletes know, the great ones.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. They, and then they, when they enter it they call it "the zone."

OPRAH WINFREY (HOST): Yeah. There was this great article this week, as a matter of fact, those who saw it on Tiger Woods in *USA Today*, saying that he's perhaps the greatest athlete of all times because that's what he knows how to do is to focus and be 100 percent present.

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

OPRAH WINFREY (HOST): It's just him and that ball.

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

OPRAH WINFREY (HOST): Yeah. And the golf course.

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

OPRAH WINFREY (HOST): Okay. So another question that was on the message boards a lot. Last week, when Kidada from California called and was saying, was on Skype, and she was saying that, as a young person, she's thinking about the future and thinking about wanting to have a career and husband and so forth. I think a lot of people felt unsatisfied by your response. I heard that and a lot of people were like, "I feel the same way Kidada feels." A lot of people are wondering where the passion goes, where the ambition goes and how passion and ambition, which is what I think Kidada was saying...

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

OPRAH WINFREY (HOST): ...with this new awakening.

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

OPRAH WINFREY (HOST): Cause if we now just, we're just all so awakened and that we become passive people?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No. The passion is much greater when you are totally focused on what you are doing now. There will be, the passion will become stress. The more you are focused on where you want to get to, the more the passion will degenerate into stress. You may still have high energy but it's, there's a lot of negative energy that comes in. So if you want to remain truly in your power, then you need to be total, and that applies to the smallest thing that you do during the day.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Because even great endeavors consist of small steps. Even the greatest thing. You are doing wonderful work, but every day that you spend consists of small steps. You arrive in the studio, you get...

OPRAH WINFREY (HOST): Right.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...dressed, you get ready to speak on one sentence at a time. It all consists of, one needs to be present as you are, that's where the power comes from every moment and not look to some future moment that promises some kind of greater fulfillment. That is the delusion. It does not mean you don't have a plan. You can have a plan, "I want to achieve to build up a business. I want to do this or that."

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But the main focus must be in the doing, and if the main focus is in the doing now, that's the passion is there and the deep enjoyment is there and an intensity of energy.

OPRAH WINFREY (HOST): An intensity of energy?

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

OPRAH WINFREY (HOST): Say that again what the Zen master said, that his desire to win....

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): His desire to win drains him of power.

OPRAH WINFREY (HOST): Desire to win drains him of power.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): His need to win drains him of power.

OPRAH WINFREY (HOST): Need to win drains him of power.

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

OPRAH WINFREY (HOST): You're just focused on whatever is necessary in that moment.

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

OPRAH WINFREY (HOST): I'm sure that struck a lot of people, that Zen master quote then.

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

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OPRAH WINFREY (HOST): Cause you're so, you got to win, you got to make it, you got to succeed, got to got to got to and that's draining energy from you. Instead, we should be focused on this moment, this step and then the next step and then the next step.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's right. Now, you may win, if you try very hard or very stressed, occasionally it happens that you do win, but it's not really worth it because you begin more and more depleted. After a while, you lose the joy of life. If you spend five years of stress and finally you achieve what you wanted, is that worth it?

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Enjoyment is there. "Am I losing? Is there joy in what I'm doing? Is there an aliveness, an intensity?" That's the question. People believe, sometimes, high energy in our civilization, when there's high energy in what you do, often people believe there must be stress. They cannot imagine high energy in what you do without stress. Because that's how we are conditioned because we are always conditioned to look to the next thing. But there's a more powerful state of high energy, an intensity of energy.

OPRAH WINFREY (HOST): I was going to say where the energy is intense and focused.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now, no stress at all.

OPRAH WINFREY (HOST): Yeah. No stress at all. Well, let's go to our *New Earth* study group watching our webcast at Borders on Michigan Avenue. Hello in Chicago. Hi, everybody. Hi again. All right, Shereen has a question. Hello, Shereen.

SHEREEN: Hi, Oprah. Hi, Eckhart.

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

SHEREEN: We're thrilled to be here. My question is for you Eckhart. You say on page 126 that constant alertness is required to not let the ego take it over. And I was wondering, do you, are you in constant alertness yourself, and do you ever struggle staying alert?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I'm usually present in the now. The intensity varies according to the situation. If I'm just, I'm sitting alone at home, it's just a background of stillness, and there may be thoughts arising, I may be doing this or that. So the, and then if a situation arises, the more challenging the situation is, the stronger the sense of presence that arises. That's a strange thing. I realized that the first time when after this I underwent this shift. I was actually in a cinema, and I was watching a film. It was a Japanese film about the end of the world. And I saw all these things; everything was going up in flames and...

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OPRAH WINFREY (HOST): This is on the film?

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

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And I suddenly found that was becoming more and more peaceful and present inside. The intensity of aliveness as if inside something was saying inside me, "There is no death." There is, but that's the interpretation. Really, for the first time I realized when things go wrong outside, the present intensifies.

OPRAH WINFREY (HOST): Mm.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): When everything is fine, there's just a background of presence. And that's wonderful. So because then the challenges that come into your life, two things can happen when a challenging situation or a challenging person comes into your life. Either the challenge drags you into old, conditioned ego reactions.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): For example an angry person provokes an angry reaction in you. So this means the other person or the situation drags you to their level of consciousness or unconsciousness. That's one way, one thing that can happen. The other possibility is that any challenge wakes you up more. So you become more intensely present when there's a challenging situation. And look at a very simple situation, which is not really challenging, but for some people it is. You're sitting in a traffic jam. Not moving, you have to get somewhere, but it's not moving. So many people would go into negativity at that point. They get stressed; they get upset. The body gets tense. So that situation then, you react in the old way. And perhaps a few minutes ago you were at home very still and present and it felt good and you were looking at the tree and the flowers. So you get in the car, and the moment the first challenge happens, it can drag you down into unconsciousness.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But there's another possibility. You can be alert and recognize that situation as the first challenge of the day. Then you say, "Okay, yeah, I can either go into reaction or I can go into more presence." And suddenly, you're in the same situation, nothing's moving. Fumes, cars. And suddenly you become completely present in that situation.

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OPRAH WINFREY (HOST): There's an exercise, Shereen, in the workbook that we have for this chapter where we talk about being, there's two. The transparency. Can you describe that? Becoming transparent.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. When you react, when you react against a situation, whatever it is, something irritating. It could be somebody screaming, children screaming, an irritating noise. Immediately when that happens, it's almost as if you were a wall and whatever the irritations were hitting this wall inside you. And it hurt because something inside you gets hit. Now, as a practice, what you can do is imagine yourself being transparent. So what before was hitting this wall inside you and that was painful, that was the resistance that, "This shouldn't be happening. That's painful." Now imagine yourself being transparent and the irritating thing passes through you. You can do it. I mean, for example, one of the most irritating noises is perhaps a drill that goes...

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): They break up the road [makes noises].

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Grrrrr. And so practice with that, become transparent to that. Feel the noise passing through you, it's wonderful. And suddenly in the very same situation that before would have provoked a negative reaction in you, you actually become more present and more peaceful.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So the very thing that would have made you react, now puts, makes you more present.

OPRAH WINFREY (HOST): Makes you more present. Also you talk about the deep lake, the deep lake effect. Would you describe that?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So the lake, if you're imagining a vast lake. The surface of the lake changes all the time according to the weather, according to the wind. Sometimes it's rough; sometimes it's very still. But even when it's rough, if you imagine you are the lake and whatever happens in your life, the external situations of your life are the surface of the lake. External situations change continuously. Sometimes it's rough; sometimes it's fine. It's very still. But no matter if they are rough, the surface, the depth of the lake



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remains always undisturbed and you are the pool, the lake in its depth. So your external life is the surface of things, surface reality.

OPRAH WINFREY (HOST): Your ego.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Ego for the world of form. And included in the surface reality is even all your thoughts.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Because what we're talking about is the inner depth is deeper than your thoughts and your emotions.

OPRAH WINFREY (HOST): And your presence is the bottom of the lake.

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

OPRAH WINFREY (HOST): Is the lake, is the full lake.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And it's wonderful when you begin to realize that your inner state is no longer dependent on and determined by...

OPRAH WINFREY (HOST): What's going on on the surface.

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

OPRAH WINFREY (HOST): Got it. Got it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And that's incredible freedom, that's true freedom.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You can arrive at that place even if you were in a prison cell. And I've had letters from prison. People have written to me and said, "We are free. I am free. I have found that place where the inner state is no longer dependent on what's happening outside." Of course, the prisoner would still prefer to be outside. On that level, fine. But...

OPRAH WINFREY (HOST): That's right.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*):  
...deep down there is freedom from external conditions.

OPRAH WINFREY (HOST): Because you are connected to the beingness of yourself.

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

OPRAH WINFREY (HOST): The consciousness of yourself.

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

OPRAH WINFREY (HOST): And you can use the word "being," you can use the word  
"consciousness." You can use the word, a lot of people use the word "soul."

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

OPRAH WINFREY (HOST): Or "inner being."

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

OPRAH WINFREY (HOST): "Higher self." The word doesn't matter.

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

OPRAH WINFREY (HOST): The word doesn't matter. Thank you Shereen and everybody at Borders.

SHEREEN: Thank you, thank you very much.

OPRAH WINFREY (HOST): Thank you. Very alert. So let's get into this chapter. You say that we can assume that the ego is at play "whenever we feel superior or inferior to anyone else." Now, I know this is true. When you see the person who is the biggest jerk out there, you know, people who act with such a sense of superiority and arrogance, I know that that is because they are really feeling inferior.

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

OPRAH WINFREY (HOST): But it's still hard to deal with.

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

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OPRAH WINFREY (HOST): But what surprised me is that you say that often people who are also shy are also acting out of their egos. And you say, "Whenever you feel superior or inferior to anyone, that's the ego in you." Why is that?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, if you're shy, then what you fear is to be found wanting. But so you're not, you dare not...

OPRAH WINFREY (HOST): So the fear is that the attention may take the form of disapproval or criticism.

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

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You're afraid of that so because you're afraid of that, whatever the disapproval or the criticism would represent an injury of your mentally made sense of self, which is the ego. So it would, the image that I have of myself as the very capable person or whatever it is that I'm trying to uphold, if I, if I encounter criticism, the ego immediately will be hurt. And so a shy person would not dare to say anything because they're afraid of ego loss.

OPRAH WINFREY (HOST): Afraid of ego loss. Got it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so because sometimes that's mistaken for an egoless person.

OPRAH WINFREY (HOST): But it's not.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's not. And deep down inside, the shy person or this person who is suffering from this sense of inferiority, there's the desire, the unexpressed desire to be superior.

OPRAH WINFREY (HOST): Wow.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And inside the person who acts superior—who seems to have a big, confident ego—is always the hidden fear that he might be inferior. And his whole acting out is to compensate for that hidden fear of being inferior.

OPRAH WINFREY (HOST): Okay. "Behind every positive self-concept is the hidden fear of not being good enough."

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

OPRAH WINFREY (HOST): "Behind every negative self-concept is the hidden desire of being the greatest or better than others."

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

OPRAH WINFREY (HOST): And where does self-esteem fit into that? What is real self-esteem? What would true self-esteem look like?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, first there is the ego self-esteem.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Which is really, even if you have high ego self-esteem, as we've just seen, there's always hidden fear underneath it. It's always there to compensate for the fear you feel of not being good enough or perhaps failing. So you need to play a role of being big to compensate for the fear of failure that's deep down. But that's usually the world calls it, he has, he has, the world would say, "He or she has high self-esteem." People who have big egos. But the world...

OPRAH WINFREY (HOST): Right

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...doesn't realize that that's not true self-esteem. True self-esteem goes much deeper. It's finding the source of power and aliveness deep inside. We talked about the lake. Realizing that, within the depth of your being, there is that continuous source of intense aliveness and power, which is the stillness out of which everything comes. The potential, the unexpressed potential for all form is there for every human being. You have to become still.

OPRAH WINFREY (HOST): So true self-esteem is realizing that that sense of being, that presence is there?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It comes out of the stillness.

OPRAH WINFREY (HOST): That it comes out of the stillness, and that presence in me is the same as the presence in all people.

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

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OPRAH WINFREY (HOST): And when you recognize that and act from that space within yourself, that is when you have true self-esteem.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's true self-esteem, and self-esteem then is not, no longer derived from the belief that you are better than somebody else.

OPRAH WINFREY (HOST): And so you are not attached to the labels or the roles that you play. And you speak about the many various roles that everybody has.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And then you're no longer devastated by criticism or get very angry when you're criticized as the ego does. The ego is either totally devastated when you get, or it gets very angry when it gets criticized, this self-image.

OPRAH WINFREY (HOST): But you know there's a role that most, you know, or, women in our society and all societies play is that role of mother. Which is a very, which is more than just a role. I mean, it's real. It's not just a role

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So we need to differentiate between the function that you need to fulfill in this world for a while.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So if you have a child, your function is to be the mother and to fulfill the function of being the mother, which, of course, is looking after the child. Sometimes set limits or the child is allowed to do and so on. That's all fine. Now, if you become too identified with your function, then the function turns into a role. And then you cannot let go of the role, and that gets stuck to you, and even when the child grows up and becomes a teenager, you still behave as if your child were small, and you still try to control and try to protect when it's no longer appropriate.

OPRAH WINFREY (HOST): I got it.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Because you're stuck with a role then. So sometimes, when children become adults, the adult children are still treated by their parents, parents who are stuck in the role of parents.

OPRAH WINFREY (HOST): Cause they can't let go of the role.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So they believe unconsciously that they need to continue to protect and ultimately control what the child does.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Because you don't parent the child the same at every age.

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

OPRAH WINFREY (HOST): Absolutely.

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

OPRAH WINFREY (HOST): And so they've lost sight of the function that they had as mother to be guide and to direct and to...

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

OPRAH WINFREY (HOST): ...correct and to help and to protect.

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

OPRAH WINFREY (HOST): Right.

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

OPRAH WINFREY (HOST): And they want to carry that in to the future...

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

OPRAH WINFREY (HOST): Because they're attached to the role.

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

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And it's not only when children grow up, even when the children are already still small...

OPRAH WINFREY (HOST): Right.



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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...if you are completely identified with this role of mother, then also it can become obsessive. So you might become too controlling, or overprotective. Certain functions become overemphasized. You go too far in fulfilling these functions. So what was good initially is looking after the child, protecting the child, can become too much.

OPRAH WINFREY (HOST): Okay. I got it. Tonight, actress Jenny McCarthy is joining us.

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

OPRAH WINFREY (HOST): Yeah. Via Skype. Hi, Jenny.

JENNY MCCARTHY: Hi.

OPRAH WINFREY (HOST): How are you? Do you know that when I was reading this book, Jenny, when I was reading my book. Here it is. My book's all kind of torn up now, but when I was reading this book on page 104, I wrote, when I read, "As you look at, listen to, touch, or help your child with this or that, you are alert, still, completely present, not wanting anything other than that moment as it is. In this way, you make room for Being. In that moment, if you're present, you're not a father or mother. You are the alertness, the stillness. ... You are the Being behind the doing." I wrote "Jenny McCarthy" because that reminded me so much of what you had said about your function as a mother.

JENNY MCCARTHY: Yes, absolutely. You know, I read this book when it first came out, and that was one of my big wake-up calls. Realizing that when I was with Evan, all I needed to do was just be with Evan. And our relationship bloomed like you wouldn't believe, the love connection was there. He was getting fulfilled because he knew, even when Evan wasn't able to speak. This is when Evan still wasn't able to use words. Energetically, he felt that I was with him, that I was being with him. And I'm so grateful, Eckhart, that you taught me that.

OPRAH WINFREY (HOST): So did you have a question? Or do you...

JENNY MCCARTHY: I do. I do have a question. Okay. It's long, so bear with me.

OPRAH WINFREY (HOST): Okay.

JENNY MCCARTHY: Bear with me. One very common emotion that I have personally experienced and that I have seen in many mothers is this emotion called guilt. Mothers today experience a few different forms of guilt and I'm going to explain three different versions where I'm sure moms listening right now, one of them will say, "That's my guilt."

OPRAH WINFREY (HOST): Yeah.

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JENNY MCCARTHY: The first one is the 9-to-5 working mom feels guilty for leaving the baby with the nanny all day. The second one is the stay at home mom feels guilty for getting bored playing with her, you know, her son or daughter all day long. And sometimes you can only play choo-choo so long and you can't do it anymore, and you feel guilty for not wanting to do that. And the last one being, and this one I can really connect to, the thousands of mothers I've met who have children with autism carry a huge amount of guilt with them. That's hard for me to get out, sorry.

OPRAH WINFREY (HOST): Take your time.

JENNY MCCARTHY: I haven't cried yet in one interview, so I'm sorry. But, a huge amount of guilt that it's in some way their fault, our fault that our child became autistic. So my question is, can you offer some insights as to how we can look at things differently from a different perspective on how to alleviate this guilt that we carry as mothers?

OPRAH WINFREY (HOST): Nine-to-5 guilt, choo-choo guilt and feeling guilty because your child has autism or whatever your child has and that you are somehow responsible. Thanks Jenny, this was so well said.

JENNY MCCARTHY: Thank you.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Before I say anything, I read your book while it was still in manuscript form. You gave it to me, and I was very impressed by what you did with your child, the courage that you had where other people would have succumbed and fallen into negativity or self-pity. You were able to turn it all around and make it into something very positive, at the same time helping many other people, not helping your child, but helping many other people

JENNY MCCARTHY: Thank you, Eckhart.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now, and you still feel guilty. Of course, that's the structure. After all this wonderful work that you have done with your son, it's amazing isn't it, that there are certain structures in the human mind that operate no matter how much good you do. They carry, the structures carry on playing themselves out, and they are part of the what I call not the content of the ego, but the structure of the ego. So if you, nobody could have done a better job than you with your boy. In addition, helping many others writing that book. And yet, you feel, it's not that you feel guilty, there's a certain structure in their thought processes that produces the feeling of guilt. And the other two examples that you gave; there's the mother that has a job 9 to 5. The child is with the nanny, and the mother feels guilty about that, cannot accept that this is how it is and the other mother at home playing with the child.

OPRAH WINFREY (HOST): Choo-choo.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Feels guilty about not doing more in the world or what so. Whatever it is, if you don't tackle or recognize the structure in your mind for what it is, then you will always believe that the answer to solving this question lies in the realm of content. In other words, content is the situation. So if I change the situation, perhaps I won't feel guilty anymore. This would be if you think that this so-called problem, it's not a real problem; it's a mind-created problem. If you believe that this problem can be solved on an external level by changing something that you do, it will not because no matter what situation you go into, the guilt will come back. Because in this world, you are limited, you can't do everything. You either do this or you do that. But you cannot be both at home and at work at the same time. So the mind, no matter what situation you go into, will bring out the same structures. So unless you are very alert and you recognize that these are egoic mind structures, nothing to do with content, then you realize that what the ego, one of the jobs of the ego is to blame others. Another job of the ego is to make yourself feel guilty. Both of these things strengthen your sense of identity. They are negative senses of identity. And the ego loves to have a strong sense of identity, and no sense of identity is stronger than the negative one, where you condemn yourself for something. And...

JENNY MCCARTHY: Wow.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...so and you can see from an objectively speaking, it doesn't make sense to feel guilty in your case and in many other people's cases.

OPRAH WINFREY (HOST): Yes. Because if you have to work 9 to 5 to provide for your child...

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

OPRAH WINFREY (HOST): ...and make, you know, a safe home for your child and food on the table for your child...

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You are doing the best you can.

OPRAH WINFREY (HOST): ...you're doing the best you can.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And your mind doesn't, your mind works according to its old conditioning. So recognize when those thoughts come, recognize that these are not actual valid thoughts that are actually concerning a true situation. They are thoughts generated by the ego. And if you can recognize them as thoughts generated by the ego, structural, not content-based, then in the moment of recognition, they begin to lose their power over you. They will try to come in. It's not that you can't do it just for once; they will try to come in the next day.

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OPRAH WINFREY (HOST): Cause you, Jenny, wrote that book. Obviously, I read that book too because you were here and shared the book, you know, with our audience. You, you know, refused to take no for an answer. You fought for Evan. You did the best you knew how to do, and when you didn't know, you sought other answers to figure out the best to do. So there is...

JENNY MCCARTHY: Right.

OPRAH WINFREY (HOST): ...a part of you, the part of you that is really you, right, Eckhart?

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

OPRAH WINFREY (HOST): ...that knows that.

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

OPRAH WINFREY (HOST): True? True, Jenny?

JENNY MCCARTHY: True, absolutely.

OPRAH WINFREY (HOST): Yeah. And that little crazy talk in your head is just that. Crazy talk in your head.

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

OPRAH WINFREY (HOST): Yeah. But crazy talk in your head.

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

JENNY MCCARTHY: It really, I just had a huge awakening moment when he said that within me. So I get it, absolutely. That's a wow.

OPRAH WINFREY (HOST): That's a wow. Thanks, Jenny.

JENNY MCCARTHY: That's a wow. Thank you both so much.

OPRAH WINFREY (HOST): Say hello to my palsy walsy, Jim.

JENNY MCCARTHY: I will. He sends his love to you.

OPRAH WINFREY (HOST): Yeah. He sent me flowers after he was on for *Horton Hears A Who* and said...

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JENNY MCCARTHY: I know. I made him.

OPRAH WINFREY (HOST): Oh, you made him? Okay. His note said, "From your palsy walsy." Okay, thanks. Thanks a lot. Dionne is calling from Port of Spain, Trinidad. Dionne, what's your question?

DIONNE: Hi, Oprah. Hi, Eckhart. It's nice talking to you. Thanks for having me on.

OPRAH WINFREY (HOST): Nice talking to you.

DIONNE: My question is, although I'm now aware of some of the rules that are played, it's still really easy to slip back into them sometimes, and I'm at the stage where I recognize that I've been playing a role after the moment has passed. But I'd like to know how do I recognize it in the moment before it happens, especially in those unexpected moments?

OPRAH WINFREY (HOST): About playing a role did you say?

DIONNE: Yes, yes.

OPRAH WINFREY (HOST): Yeah.

DIONNE: Yeah, yeah. Because sometimes I'm aware of a role, but I'm only aware after the moment has passed and have slipped back into some of the roles that I recognize.

OPRAH WINFREY (HOST): Okay.

DIONNE: I'm just trying to figure out how do I stay in the moment and recognize the roles before it happens so I don't slip back into the same old thing.

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Oh yes. This is a very common thing that happens to people as they grow in awareness. At first, the awareness does not reach the—many of the conditioned behavior patterns. The awareness at first, and this applies to many, many people—I've heard so many times—people in whom the awareness begins to grow, this dimension we call presence or awareness. At first, the awareness does not necessarily flow into all parts of their lives. There are certain behavior patterns that remain as they are, but the awareness comes in after they've happened. So in this case, in an interaction that you have with other people, you play a certain conditioned role without knowing it, so you are the role. When it's over and you go away from that situation, suddenly you realize, "Oh gee, I did it again. I played that role again." Whatever the role is. And that is how awareness at first comes in, in many cases, after the event. And

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retrospectively, the presence or the awareness recognizes the old pattern after it's happened. And what then tends to happen, and I believe this is going to happen to you because I've seen it in so many people, the time gap between the event and the awareness gets shorter. So what then happens is the old pattern operates still, you play the role, and immediately afterwards, you realize, "Oh, I've played it again." But there was virtually no time gap anymore. Immediately afterwards you realize it.

OPRAH WINFREY (HOST): So that means you're awakening, right?

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

OPRAH WINFREY (HOST): You get closer and closer so the time gap is shorter and shorter.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The next step, the next thing that happens is in the middle of playing a role, you suddenly realize, "Oh, I'm playing that role again." So the awareness has come, and you're still doing it, but then you know that you're doing it—an enormous difference. So you're not just playing the role. There is the other dimension—comes in at the time of playing the role or whatever the behavior pattern may be, and you realize, "I'm doing it again." And that's wonderful too. And the next step is, it's amazing, it's the same pattern as I've observed in thousands of people. The next step is, just before you are about to enter into some conditioned pattern like role-playing, the awareness is there, and you can feel the impulse inside you of wanting to play the role.

OPRAH WINFREY (HOST): You can stop yourself.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And you can then say, "I don't need to play that kind of role."

OPRAH WINFREY (HOST): I don't need to play the role. Well, let's clarify what we mean by role-playing. Thank you so much, Dionne from Port of Spain, Trinidad.

DIONNE: Thank you. Thank you.

OPRAH WINFREY (HOST): Thank you.

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

OPRAH WINFREY (HOST): Let's clarify what we mean by roles because I think it's confusing to some people who say, "Well, listen, I am a doctor, I am a teacher, I am a lawyer, I am a store clerk, I am a"—that. Those are labels. And what is the difference between the job functions that we have and the so-called—and roles, you know? And the roles that we play.



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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I met a woman, middle-aged, and she talked to me in a certain way. And I asked, are you a schoolteacher? And she said, "Now, how did you know that I'm a schoolteacher?" [wags finger]

OPRAH WINFREY (HOST): She said that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): She was—because she had already, she talks to people as if she were talking to the children at school.

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So at (unintelligible), she said, how did you know? She was pointing a finger.

OPRAH WINFREY (HOST): Okay, okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You naughty boy, how did you know that?

OPRAH WINFREY (HOST): Yes, yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Of course that's how I knew it because she had become completely identified with her function.

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So the role took her over. She couldn't leave her function behind after work. Even inside her family, she behaved like a teacher.

OPRAH WINFREY (HOST): You say when you adjust the way you interact based upon who you're talking to; you're playing a role.

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

OPRAH WINFREY (HOST): So do we talk to everyone the same?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No. Most people, if they—but you need to have some power of self-observation, which is another word for awareness.

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OPRAH WINFREY (HOST): Yeah, children—we talk to children differently.

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

OPRAH WINFREY (HOST): Friends differently than we do a head of state.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, or a so-called important person and a so-called not important person.

OPRAH WINFREY (HOST): The janitor in a building different than you speak to your boss.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And this is very interesting to observe in oneself.

OPRAH WINFREY (HOST): Yourself. Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Because you need to observe it in yourself, otherwise you won't know that you're doing it. And you can only observe it in yourself if there's some awareness there that is outside of the role.

OPRAH WINFREY (HOST): Yeah. And is this why, when you go to a party or you're at an event and you don't know people, the first thing they want to know is—a friend of mine, Marlene, said to me, who is taking our class every week, hello Marlene, that she was at a gathering recently and that she was trying to practice the principles of *A New Earth* and that she was introducing herself around the table. And she was doing that in such a way she didn't talk about what she had done or accomplished or, you know, who she was married to or where she lived. And that, you know, one of the people at the table said, "Well, we don't care about who you are, we want to know what you do. We want to know what do you do?" And what I realized is people want to know that so they can determine your so-called value.

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

OPRAH WINFREY (HOST): And to see if you will be of value or...

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

OPRAH WINFREY (HOST): Or necessary...

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

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OPRAH WINFREY (HOST): ...for them to play the role with you.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And harms the ego or whether you might be a threat to their ego, whether they can use you, or whether they could—need to be afraid of you, or whether they want to have further contact.

OPRAH WINFREY (HOST): Whether you fit in their circle.

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

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's all these things. Then many judgments go through people's minds often when they meet somebody, and they're automatic. You observe what...

OPRAH WINFREY (HOST): That is what people mean by, "What do you do," really.

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

OPRAH WINFREY (HOST): Isn't it, for the most part?

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

OPRAH WINFREY (HOST): They want to say, "What do you do? Let me place it in terms of how valuable that's going to be to me."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Now, when you don't play roles anymore, you don't have to become strange, and then when you go to parties when somebody asks you what do you do and you say...

OPRAH WINFREY (HOST): "I am."

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

OPRAH WINFREY (HOST): "I am. I am that I am. That is all that I am." Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): This is the basic truth, but you don't need to say that when you go to a party.

OPRAH WINFREY (HOST): You don't?

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You can actually talk quite normally without being identified with what you say. If people asked me...

OPRAH WINFREY (HOST): So that's the essence of what you're trying to say to us in this chapter.

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

OPRAH WINFREY (HOST): Is that, of course, there are roles that we are assigned or labels that we use to identify ourselves. What you're saying is, the problem is when you become completely identified with it.

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

OPRAH WINFREY (HOST): And you think that is who you are.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And you behave and act as if it that were who you are. So you get trapped inside that conditioned personality. And whatever you do, then it's the personality is acting out.

OPRAH WINFREY (HOST): You mention in the book where you play the role of patient, and if you go to a doctor who is playing the role of doctor, he often doesn't see you, the person.

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

OPRAH WINFREY (HOST): Because he's playing the role.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. He has become so identified with his function that the function has taken him over and he has become a role. And many patients can actually feel that when they go to a doctor, whether there's a human being still there or whether the doctor has become a role.

OPRAH WINFREY (HOST): Absolutely.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so when the doctor has become a role, when you go to that doctor, you don't feel acknowledged anymore in your beingness.

OPRAH WINFREY (HOST): Absolutely.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You feel—and he might be very competent as a doctor.

OPRAH WINFREY (HOST): I know.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But something vital is lacking in the interaction when you see a doctor. He might be the greatest expert in his field, it still doesn't help. Something very vital is missing. And everybody...

OPRAH WINFREY (HOST): And you feel completely—that happened to me recently where you feel completely dismissed and disconnected. Because he—you're thinking he's just trying to get me out of here so he can get the next person in.

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

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But if he does that to you, you can imagine what he does to a normal person.

OPRAH WINFREY (HOST): Yeah, yeah, yeah. Cause usually people treat me pretty nice, anyway. Dmitry is Skyping us from Moscow. Hello.

DMITRY: Hi.

OPRAH WINFREY (HOST): Hi.

DMITRY: Hello, hello. Hello, Oprah. Hello, Eckhart.

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

OPRAH WINFREY (HOST): Hi. What time is it there? I'm always curious.

DMITRY: It's about 5 a.m. in the morning.

OPRAH WINFREY (HOST): In the morning? You're up early.

DMITRY: Yeah.

OPRAH WINFREY (HOST): Well, thank you. Thank you for joining us. Do you have your question?

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DMITRY: I'd like to first thank you very much for your job. It's unprecedented event when you spread consciousness all around the world. So thank you very much, Eckhart, thank you very much, Oprah, for selection for being there.

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

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

DMITRY: My question is now I do some movement exercises, very Asian ones, and they bring me to stillness. So I experience stillness when I do these movements, and I lose it when I come to my work. Now I do some poses, breathings before I start my work, but when I'm provoked, I'm getting into the power games, especially when I'm criticized. So can you recommend something in this? Thank you.

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

OPRAH WINFREY (HOST): Good. I like the way Dmitry breathed.

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

OPRAH WINFREY (HOST): It was good. Yeah.

DMITRY: It's so-called panoramic breath when you breathe in all surroundings.

OPRAH WINFREY (HOST): So what would you recommend?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, this is—you are able to access that dimension of presence when you are not disturbed by external situations, when you are not being challenged, the ego is inactive at those times. And when you go into ordinary work situations and so on, you begin to relate to people, and immediately the ego with its old conditioning comes back and takes you over and you lose yourself in the roles you play and so on. So one—when do you know—because we answered a question earlier that talked about playing roles and becoming aware of the role-playing afterwards, after the event, do you become aware at the end of the day, or do you become aware in individual instances after, like, a few minutes after it's happened at work? At what point does the awareness come in?

DMITRY: It depends. If the situation is minor, I'm aware, I guess five minutes after or maybe into the situation. But when I'm provoked deeply or, for instance, when I'm deeply criticized by my boss, I can be in this for a week. And only on weekends when I do the movements, change the tense body position I am sort of relaxed form, I can manage to—unwound, yes, it was again.



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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Another very helpful thing you can do is not just confine your presence practice to those periods at home, but bring in small, very brief moments of presence into your everyday life. For example...

OPRAH WINFREY (HOST): At work, you mean.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): At work. No matter where you are, you may be sitting at a computer, talking on the phone, or whatever it is, that's—I'll give you two or three examples. The phone rings, it wants to be answered. Let it ring two more times than is necessary before you answer. If the phone rings, normally you would pick it up.

OPRAH WINFREY (HOST): Pick it up, yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Let it ring twice and be present while it rings. Allow it to ring but be there in your presence. Use it as a signal to tell you, "Be present now." That's one way of where you bring a little bit of presence into an ordinary work situation. Or you're at a computer, put a flower next to your computer and occasionally look away from the screen. It doesn't take long, just 20 seconds is fine, 30 seconds, look at the flower and feel its aliveness inside you. It helps you to—anything natural can bring you back into presence much more easily than things that are manmade. Inner body at work, when you are—find a moment, turn away from your desk or whatever it is, and feel the aliveness. Do your breathing, but not the whole thing, just for a few seconds. One conscious breath in and out is a meditation. You don't have to wait for your medication until you get home; bring the meditation into the spaces into your daily life as many spaces as possible. That's what—otherwise, the mind has such momentum, the egoic mind, that it will drag you along and you will lose yourself in it. Bring it into small spaces.

OPRAH WINFREY (HOST): Within your daily life.

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

OPRAH WINFREY (HOST): Yeah. In addition to your panoramic breathing, Dmitry.

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

OPRAH WINFREY (HOST): That's beautiful.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And then you will find that in the midst of situations...

OPRAH WINFREY (HOST): Right.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...the awareness is more likely to be there. And with already you may have listened to what I said to a previous question about becoming aware after, after falling back into old, conditioned behaviors, and you will experience the same thing, especially if you practice bringing small—these spaces of awareness into everyday life.

OPRAH WINFREY (HOST): Into your daily life.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And you will find that gradually presence will be strong enough even when your boss speaks to you and criticizes you.

OPRAH WINFREY (HOST): Even when he's on the third ring.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So it's a gradual process where presence goes into every aspect of your life gradually. It permeates your every—because that's what is needed. Even if you were the greatest meditator, you could achieve sublime states twice a day at home when you meditate, it wouldn't help you if presence does not permeate every aspect of your life.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And because, otherwise you'll be like the father who was—he was doing—in Buddhism, they have a meta meditation; it's called "meditating on loving kindness." So you sit there and say, "I love all the people in this house, I love all the people in this city, I love all the people..."

DMITRY: Observations.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): "All the people in this house be at peace, all the people in this city be at peace, all the people in this country be at peace." And then the daughter comes in and says, "Dad." And then the father says, "Leave me alone, can't you see I'm doing loving kindness meditation?"

OPRAH WINFREY (HOST): Thank you, Dmitry.

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

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OPRAH WINFREY (HOST): It goes back to what you were saying earlier, "Can I sense my"—what you said on page 79, this is in last week's chapter on "Core of the Ego," "Can I sense my essential Beingness, the I Am, in the background of my life at all times?"

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

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

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

OPRAH WINFREY (HOST): "To be more accurate, can I sense the I Am that I Am at this moment? Can I sense my essential identity as consciousness itself," even when my boss is yelling at me?"

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Even when—yes. And then perhaps precisely in moments of greatest challenge, there's a greater intensity of presence from...

OPRAH WINFREY (HOST): Because those moments would be his most sacred moments, would they not be?

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

OPRAH WINFREY (HOST): That's how you know.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's so—it's when your greatest challenges become, instead of drawing you into unconscious reactions, when your greatest challenges intensify your presence, then that's how it works, that's the miracle and that's how the beauty of this works.

OPRAH WINFREY (HOST): Thank you again for Skyping us from Moscow. Thank you.

DMITRY: Thank you very much. Thank you very much.

OPRAH WINFREY (HOST): Dmitry, thank you. Thank you. Okay.

DMITRY: Eckhart, I'd like to tell that I'm very familiar with your voice because I have some recordings of your talks so your voice already permeated me, and thank you very much for being in presence into the life of this planet. Thank you.

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

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OPRAH WINFREY (HOST): Thank you. I like all your books in the background there too, Dmitry, that's very nice. So I want to look at some of the e-mail questions, which there's a question from Grace in Pleasanton, California, that says, "Since I've been an owner of a dog I find myself so much more in the present. My question is, why am I naturally so much more present with animals than I'm sometimes dealing with people?"

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Ah, yes. Well, the animal does not provoke thought activity because the dog is not thinking. When the dog looks at you, the dog is not thinking what kind of person you are, the dog is not judging you, there's—the dog is at a stage of consciousness prior to the arrival of thought. So the dog is—and that state has certain similarities with the state of presence, in which is the state of going beyond thinking—where we are going. In both cases, if you are...

OPRAH WINFREY (HOST): So in that way, the dogs are a little more enlightened than we are?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): In some ways, the dogs are more connected with being...

OPRAH WINFREY (HOST): With being.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): ...than we are; than normal humans are.

OPRAH WINFREY (HOST): Normal humans are.

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

OPRAH WINFREY (HOST): Cause that's where they are all the time.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And I sometimes call them dogs and cats, particularly, because that's—pets that for millions of humans are very important in their lives.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I call them "guardians of being."

OPRAH WINFREY (HOST): Guardians of being.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Because for many people they fulfill that function. They—for many people who are so lost in their minds, so much involved in their thought processes, the only moments they have when they are not trapped in that, is when they are relating to their animal; their pet.

OPRAH WINFREY (HOST): All right. You—I have to get to this quote. Well, I'll get to that in a moment. You say that the role of the parent should not be to spare children from all suffering. Why not?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Because no—first of all, you can't. It would be futile to even attempt. Of course, you protect the child as much as you can, but every human being has to go through a certain amount of suffering. You cannot come into this planet and avoid suffering. Every...

OPRAH WINFREY (HOST): Cause that's what being a human being is.

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

OPRAH WINFREY (HOST): Is that there is a—there's some discord.

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 that is how we grow. If there were a human being that could have avoided all suffering, that human being would be totally superficial and totally identified with an external form of things because it's suffering that drives you deeper, drives you within where you need to find.

OPRAH WINFREY (HOST): By suffering, do you mean not getting what we want?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, that's one form of suffering, true.

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): There are different forms of suffering. Many forms of suffering, of course, are generated by the ego itself. These are ultimately unnecessary forms of suffering.

OPRAH WINFREY (HOST): Right.

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But they don't—they are necessary for as long as you are unconscious.

OPRAH WINFREY (HOST): And another word for suffering would be "challenges" or "difficulties," correct?

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*): Challenges are...

OPRAH WINFREY (HOST): So you can't be a human being without being challenged?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No. That would be—you would miss the whole purpose for being here.

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So you need to see even your children will not escape their will sooner or later. And usually sooner than later, they will encounter their form of suffering, whatever it is. You protect them as much as you can but when you see certain things are inevitable, they may do things, unconscious behavior, they may generate their own suffering; self-generated, or it may happen to them from the outside. But no matter what, it will happen. And then rather than going into intense anguish, see this is human suffering. And every human—you had to go through your forms of suffering. In my case, for example, I had—my parents had very heavy pain-bodies. There was constant conflict at home. And that was my constant suffering.

OPRAH WINFREY (HOST): Pain-body; that's next week.

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*): We'll talk about that.

OPRAH WINFREY (HOST): Okay. No, finish the sentence; I just wanted to say...



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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So this, of course, not only applies to children, it also applies to other people that may be close to you and going through their suffering. You do what you can to help them, whatever you can. The important thing is that you don't go into anguish yourself because by going into anxiety and anguish yourself, you're not helping them at all.

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Because whatever state you are in transmits itself to others.

OPRAH WINFREY (HOST): How does playing a role at work keep us from being powerful?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, if you play a role at work, you always have a secondary motive in what you do because the ego is at work, you're not totally focused on the task at hand because there is some self-interest there; you want to protect yourself, you want to get credit for yourself, you want to perhaps eliminate other people around you or perhaps you want to use other people for your own purposes.

OPRAH WINFREY (HOST): A lot of times this happens when people get promoted to supervisors.

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

OPRAH WINFREY (HOST): You know, they were really good in whatever position they had, and then they get promoted to supervisors, have a little more power...

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

OPRAH WINFREY (HOST): ...means they're not just now functioning at work for themselves, but now they're over other people, and a little bit of power goes to their heads, and before you know it, trouble.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That's absolutely right, and that's the ego. If you have a position of little power, then the ego is kind of there in potential, it's latent as far as your work situation's concerned.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): A similar situation you have in certain Third World countries where often you find a revolution overthrows the government and the people who initiated the revolution had the best intentions. They want—eventually, they want to do away with corruption; they want the best for their country. The

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moment they get into power, the latent ego in them, although they had good intentions, comes up, and they repeat the same dysfunction that they wanted to do away with.

OPRAH WINFREY (HOST): Happens all the time.

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

OPRAH WINFREY (HOST): All right. Shali lives in Stockholm. Shali, you were on earlier today, we Skyped you on *The Oprah Winfrey Show*. Well, you've been up a long time. I hear you have a question about raising your 3-year-old daughter. Go ahead.

SHALI: I do have a question about that. A lot of it I guess has been answered just by listening to tonight's show. But the question about her is, how do you stay present when you're trying to discipline your child, and she starts screaming and shouting? And she's only 3, so I can't really explain to her that it's really your ego that's coming out. And I feel like she's learning these roles. I guess my question is, you know, I want her—I want to raise her as a more conscious human being, you know. I don't want her to be awakened at the age of 35 like me. How do you raise a more conscious child, and how do you stay more conscious when you're dealing with conflict? Because I don't want to set a negative pattern for, you know, when she's 16 and she wants to borrow the car, for example.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, yes. I would suggest that you pay, first of all, pay more attention to your inner state than to what is happening to your daughter. Because I believe you experience perhaps your daughter causing you feelings of anxiety sometimes.

SHARI: Yeah, right on, absolutely.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You believe that. Now, that is a bit—that seems to be the case that your daughter, by going through certain kinds of behavior, causes you feelings of anxiety, but ultimately that is not the case. You cause yourself the feelings of anxiety. When your daughter refuses to eat, she's not making you anxious, only you can do that. So it is vital what state of consciousness you are in, what emotional state you are in when you are relating to your daughter. Because if you are often in a state of anxiety, you get into a vicious circle. The anxiety that you believe was caused by your daughter's behavior, but is ultimately caused by your reaction to your daughter's behavior. That anxiety then will affect her, and that is a nervous energy field that will provoke further so-called bad behavior in her because children absorb.

OPRAH WINFREY (HOST): I was going say, a 3-year-old is absorbing that and picking up that energy more than even your language.

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

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OPRAH WINFREY (HOST): They're picking up the energy that you carry.

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

OPRAH WINFREY (HOST): Right. Yes.

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

OPRAH WINFREY (HOST): Cause that is their language.

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

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And so your first realization is—your first interest needs to be in any situation with your child, okay, there's the external situation, there's what the child is doing or is not doing but should be doing, or screaming, or whatever it is, or not eating, not wanting to go to bed, whatever children do. But your first interest needs to be, "Okay, what's my inner stage right now? Am I accepting this moment no matter what form it is? Am I saying that's—am I—?" What I suggest is the little mantra that I recommend is to ask yourself whether you can be there as the space for whatever your daughter does. "Can I be the space for this?" This is a general thing that many people will find helpful no matter what situation you go into in life, at work, at home, wherever. "The present moment, am I able to accept this moment as it is? Or am I saying, 'It should be different, you should behave differently,?'" But she's not behaving differently; she's behaving the way she's behaving right now. You need to accept that right now she's screaming, if that's what she does. That is, "Can I be the space for that?" Then you see her screaming. Another—this is related to the little exercise we had earlier where you felt yourself becoming transparent to an irritating external situation so that you don't have a reactive barrier inside you.

OPRAH WINFREY (HOST): That's hard to do though, when your child is screaming.

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

OPRAH WINFREY (HOST): Because your immediate instinct, I would think, is to stop the child from screaming, to resist the screaming.

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

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OPRAH WINFREY (HOST): To try to prevent more screaming.

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

OPRAH WINFREY (HOST): And so the resistance of that, the angst and anxiety of that creates more screaming.

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

OPRAH WINFREY (HOST): Cause if you could just be calm enough to allow your calmness to then calm the child.

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

OPRAH WINFREY (HOST): That's easier said than done, though.

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

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You don't need any other spiritual practice for the next—

SHARI: Cause [unintelligible].

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, for the next few years that is your main...

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): That is your main. It's far better than going to a monastery and meditate all day long. Much more effective making that into your spiritual practice. And then you will see, as you go, you become more peaceful.

OPRAH WINFREY (HOST): Yes.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And more accepting of the present moment. More being the space. Then that will transmit itself to the child and affect the child. And the child will absorb your emanation, your energetic vibration of frequency,

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and the change will happen in that way rather than feeling that, "I need to change her." Change happens when you change.

OPRAH WINFREY (HOST): Yeah. That is to prevent her—but that is to not allow her to do things that are dangerous or to...

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

OPRAH WINFREY (HOST): You know, he's not saying that, but he's saying about adjusting the way you are being—capital B—with her.

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

OPRAH WINFREY (HOST): Capital B. Thank you. Thank you so much, Shali.

SHARI: Thank you so much, and thank you so much for doing this Web seminar. I hope you do more.

OPRAH WINFREY (HOST): Well thank you, thank you so much.

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

OPRAH WINFREY (HOST): It's a way of being present...

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

OPRAH WINFREY (HOST): ...for any situation. And what you were saying is we can apply it not just to children, but to all situations.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Any situation, and it's usually the case, the most in some people's lives, they have a variety of little challenges.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But there's other people who have one predominant difficulty in their lives.

OPRAH WINFREY (HOST): Right. Right.

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

Whether it's another person, whether it's a health situation or whether it's a work situation or financial problem, that one huge challenge in their lives. And usually one would consider the main, this huge challenge in your life as your greatest enemy almost, the greatest burden. Or, as Christians would call it, my cross...

OPRAH WINFREY (HOST): To bear.

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

OPRAH WINFREY (HOST): Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Now this, it doesn't—this can actually be turned around and you can make that very thing that is considered your great...

OPRAH WINFREY (HOST): Your cross to bear.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You can make that into your greatest help on the spiritual path.

OPRAH WINFREY (HOST): Right.

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

Because it's precisely there that if you can bring acceptance to that and be the space for that situation, that is usually called—what usually we call "bad" by the mind, but it is. You can't argue with it. "This is the situation right now, can I be the space for that?" And that situation takes you into surrender and into presence.

OPRAH WINFREY (HOST): So that, you know, so many people, when they were first talking about purchasing this book on the website, I saw a lot of messages from people saying, "I hope this, you know, shows me my life purpose, I want to awaken to my life's purpose." And for a lot of people, that—they want that to be something grand. They want it to be, you know, saving starving children in India and Africa. They want it to be some great description or something. But what you're saying is, is that if we are—allow ourselves to be fully present with whatever our chosen function is in life and whatever difficulties might arise, that there is sacredness in the difficulty if we allow it to be.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Yes. And be fully present with whatever the situation is now.

OPRAH WINFREY (HOST): Yes.



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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And then go from there. So—because then your inner self changes when you're fully present with the situation, you're no longer putting up internal resistance to life.

OPRAH WINFREY (HOST): Even if there is that thing that you call, there's something that you call "background happiness." There's something that happened, or needs to happen, or someone who did something.

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

OPRAH WINFREY (HOST): Background unhappiness. So there's something that happened, or need to—he refers to that on page 114, everybody. "There's something that needs to happen in my life before I can be at peace. ... Something happened in the past that should not have happened. ... Something is happening now that should not be happening." How do we make peace with the background unhappiness of our lives?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. Yes. You recognize the background unhappiness as not content-based, but as structural. It's the structure of the egoic mind to create that. We had the same when Jenny asked her question.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): We had the similar thing. The guilt feelings that she had was part of the background structure of the ego. And no matter what situation, if you haven't tackled or recognized the structure of the ego in yourself as certain thought forms that repeat themselves, no matter what situation you go into, they will come out in some new form, but basically the same structure.

OPRAH WINFREY (HOST): I got it. I got it. So the secret to happiness, you say, and so many people were writing about this on the Web...

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

OPRAH WINFREY (HOST): The secret to happiness everybody, page 115, "There are three words that convey the secret of the art of living, the secret of all successes and happiness: One with life. Being one with life is being one with Now," you say. "You then realize that you don't live your life, but life lives you. Life is the dancer, and you are the dance." I have to tell you, I love this book, but I was, like, "Gee, I thought life was the dance and I was the dancer." And there are a lot of people on the Web who are saying the same thing. Can you explain how life is the dancer and we are the dance? Why aren't we the dancer?

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ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): You are not separate from life. So whatever any...

OPRAH WINFREY (HOST): Life is the dancer.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Life is dancing the dance of form, one could say. Every human being and everything that exists is part of the dance of life. That which moves you, the very consciousness that animates your being, that animates every cell of your body that produces thoughts too, the very consciousness that you are is the one universal, the one life.

OPRAH WINFREY (HOST): Okay.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And that permeates everything. And so the entire universe is permeated by that consciousness, by life, which is another word for "God."

OPRAH WINFREY (HOST): God.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I don't see God as entity that is in a particular place somewhere, but as the essence, the intelligence, the animating life essence behind all life forms. It's the eternal.

OPRAH WINFREY (HOST): The totality.

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

OPRAH WINFREY (HOST): It's the totality. You see God. You're saying that God is, your idea of God is the totality of the essence of all life forms.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And, ultimately, you are not separate from that. It's the egoic mind that says, "my life." The moment you say, "my life," you've already separated yourself from life. It's a thought. Never thought to say, "This is my life," and then you think, "Oh, I can lose my life. I am not separate from life because I am life." It's only through the structure of language that you create the illusion of separation.

OPRAH WINFREY (HOST): I see that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The dog still knows from a primordial level the animal. The tree knows that it is one with life, so it doesn't have this fear of death, and it doesn't see itself as separate from the rest of the universe.

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OPRAH WINFREY (HOST): So let me ask you the big question. You have no fear of death?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No, no. The ego has dissolved, and so only the ego fears death. I know there is no death.

OPRAH WINFREY (HOST): You know there is no death. Okay, tell me how.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I have a little thing at the end of this chapter.

OPRAH WINFREY (HOST): I know. You say, "The incontrovertible proof of immortality." I read that and I went "Okay, well, I read that. I still..."

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I've done—a little thing I did there, usually when people talk about immortality, they use certain arguments to perhaps from physics. They say the energy gets—never is destroyed, energy can only become transformed.

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

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): So the vital energy that is your life, because energy cannot be destroyed, must survive in some form. That's often the argument for the survival of their life. There is no death, only the form dissolves.

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

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

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): But I thought I'll do—and look at the structure of this sentence of language that says "my life" or "I have a life." Because most people believe that they have a life. And they also believe that they can lose their life. Now, if you look at that sentence and say, "I can lose my life, then I am separate from life."

OPRAH WINFREY (HOST): So, "There is no such thing as 'my life,'" you say at the end of this chapter, page 128.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Because I am life. I am not separate from life; I am an expression of the one life, a temporary

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expression in this form of the one timeless and formless life. So I don't have a life because I am life, expressing itself as this form.

OPRAH WINFREY (HOST): Okay. So what happens when you, two weeks ago, talked about your mother and father lying in the casket, and you realized that the life force or formlessness of—that they were lying in the casket and there were these bodies, but they were not there.

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

OPRAH WINFREY (HOST): They were not there. So we are not our bodies.

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

OPRAH WINFREY (HOST): We do know that. Everybody who's reading this book knows we're not our bodies. We do get that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. And that's—once you can actually sense that, not just as a—it's not just a belief, you can also see that you're not your body if you just approach it logically and see that when there's a dead body, then that being is not there anymore. There's only the flesh and the bones.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And when the being isn't there anymore, the flesh and bones very quickly dissolve.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): When the animating presence isn't there anymore, all the atoms and molecules separate.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Go their own way.

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Because the animating presence is not there anymore.

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OPRAH WINFREY (HOST): Okay. So continuing here. So, "There's no such thing as 'my life,' and I don't have a life. I am life. I and life are one. It cannot be otherwise. So how could I lose my life? How could I lose something that I don't have in the first place? How can I lose something that I Am? It is impossible." So what is happening here is I just got it, hello, hello, bing bing bing. I got it. We are confusing the I am life force with our bodies.

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

OPRAH WINFREY (HOST): We're confusing that.

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

OPRAH WINFREY (HOST): So when this dies and becomes the shell and dissipates and the atoms go wherever they go back into the ground, ashes to ashes, dust to dust, we are confusing that which is the physical form, the human, we're confusing that with the being.

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

OPRAH WINFREY (HOST): Yeah. And they are separate.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. So another way, if you don't like the word "life," you can say "the universe." People believe that, "I'm here, and there's the rest of the universe."

OPRAH WINFREY (HOST): Right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): I have come into this universe. They don't know from where.

OPRAH WINFREY (HOST): Right. Yeah.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): "I've come into this universe." It would be more appropriate to feel that you have come out of this universe because you are this universe experiencing itself very briefly.

OPRAH WINFREY (HOST): As a human.

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

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OPRAH WINFREY (HOST): As a human. I got that.

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

OPRAH WINFREY (HOST): Oooh, I got that, I got that, I got that, I got that.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): It's wonderful when you realize there's more to you than the person. You are the universe.

OPRAH WINFREY (HOST): Expressing itself.

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

OPRAH WINFREY (HOST): As a human.

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

OPRAH WINFREY (HOST): Called "Eckhart."

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

OPRAH WINFREY (HOST): For little while.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): And then it goes through other experiences.

OPRAH WINFREY (HOST): And then where do we go, Eckhart? Could you tell us that?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Well, let's see what happens. What happens. Otherwise, you take the fun out of it. You have to—if you knew the rest of your life already, the fun would be taken out of it.

OPRAH WINFREY (HOST): Oh, okay. All right. Well, before we say goodbye, I know there's lots we did not get to in this chapter. We could've spent two or three weeks on this one chapter, but what would you say is the essence of this chapter?

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): The essence of this chapter?



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OPRAH WINFREY (HOST): Yeah, the role-playing chapter. What I said in the beginning that we're humans and beings. And in this body trying to live through the two.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. It's balancing the human and the being so that you can be function in this world of form where you have to do things and fulfill your function, at the same time not lose yourself in that. Be rooted in the depth of being so that you're not lost in form. So there's a depth to you and rootedness in that stillness, that aliveness. And then from there you function out here. And there's always then peace in the background.

OPRAH WINFREY (HOST): Peace in the background.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): No matter what's happening out there.

OPRAH WINFREY (HOST): And most particularly, not to be attached to, defined by the roles that we play in life and realize what they are: just roles.

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*): Yes. And relinquish the role when it's not required anymore. When your children grow up, you don't need to be the mother or father. You don't need to play that role anymore.

OPRAH WINFREY (HOST): See, so many people think that is who they are.

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

OPRAH WINFREY (HOST): And so when their children grow up, they don't know who they are anymore.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes. It can be a crisis. Or people retire.

OPRAH WINFREY (HOST): That's right.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): They had identified with...

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OPRAH WINFREY (HOST): And they were their job.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): Yes, and then, "Who am I?"

OPRAH WINFREY (HOST): Yeah, you were talking about in Japan, where it used to be you kept your job for life.

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

OPRAH WINFREY (HOST): And you were sharing with us the last time about a man who committed suicide.

ECKHART TOLLE (AUTHOR *A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE*): What's—there have been many cases of people in Japan who lost their jobs and committed suicide because they were so identified with their company—it was their sense of self.

OPRAH WINFREY (HOST): Well, fascinating. I want to thank you all of you around the world for making this a—this a really a remarkable experience, for making it possible. Eckhart and I will be here again next Monday at 8 p.m. Tell all your friends, share the book with them, if they say, "I don't get it," that's okay. That's really okay. That's okay. They'll have the book and maybe pick it up a year from now, two years from now, 10 years from now. This fourth class will be available on demand starting tomorrow just like all the other classes for free here at Oprah.com. And if you want to download a podcast of any of our classes, you can also do that tomorrow at Oprah.com and at iTunes. Your homework assignment for this week is to update your workbook. Next week, it's the chapter many of you have been waiting for, Chapter 5, "The Pain-Body." "The Pain-Body." If you feel burdened by your past, begin to learn how to lighten that load. That's going to be really very exciting. Now, many of you have been asking about our *New Earth* theme music. The song is called, "We Are One Earth," and it was produced by Harpo Sounds, our in-house music label. Beginning tomorrow, it will be available as a free download on iTunes and Oprah.com, so enjoy it, those of you who've asked us for it. This was fun. This was fun. So let's just wait to see what happens. Let's just wait to see what happens. Thank you so much. See you in class next week. Bye, everybody.