



The Realization of Being

Eckhart Tolle

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With his first international bestseller, *The Power of Now*, Eckhart Tolle introduced a simple and profound view of enlightenment, inviting seekers of every faith, age, and culture to enjoy the fullness of life through living in the present moment. Now this unique voice in contemporary spirituality explores our highest purpose in life and how meditation can help us attain it with *The Realization of Being*. Words are useful signposts, Eckhart begins, but our main spiritual teacher is stillness. This powerful energy field is always available to us through meditation. In simple language, he explains how to listen with your entire body while working with the body, mind, and attention in order to merge with this moment. As we go beyond the need for thought, he teaches, we achieve the meditative state of no mind or presence that is effortless, joyful, and natural. Through this timeless path we merge with the universal purpose, and become a divine presence. A revolution in human consciousness has already started, teaches Eckhart Tolle. We can advance this revolution now with the help of *The Realization of Being*.

The Realization of Being Details

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Author : Eckhart Tolle

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From Reader Review The Realization of Being for online ebook

Norena McMeel says

Amazing and life changing

Vanessa says

Shift your consciousness easily with this audiobook. Tolle counsels that Silence is a great teacher and as change is ceaseless, our power is in the Now.

Kevin Summers says

Tolle stated that he believes that "the most profound statement" in the Bible is: "Be still and know that I am God."

Pheonyx Roldan Smith (theOCGproject.com) says

great reminders. have read it a couple of times. the art of letting go and being in the Now... paying attention to the process of how the Ego LOVES to attach itself just about to any thought that moves. grateful for Eckhart and the inherent wisdom he imparts. highly recommend this to anyone interested in freeing themselves from the confines of the thinking mind!

Heidi The Hippie Reader says

I didn't connect with this teaching as much as I have with his others. I especially struggled with "The Silence as Teacher" portion but I guess that was his point. I always learn something fresh and new listening to Tolle though. Certainly worth experiencing if you haven't listened to it, but I would start with his "Power of Now."

Barbara Luxford says

A book that brings you into a higher consciousness of words and shifting you to that very space of consciousness. Everything inside shifts when reading this book. It's language transcends language into sheer spaciousness of being.
