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Intro



Signposts are all around us. Do we have the eyes to see? This is one of my major models in life. I find it fascinating that we are like fish drowning in water.

For some reason, mankind has had blinders over their eyes for thousands of years. We just don't see what is so obvious: the infinite that lies everywhere.

This book hopefully will provide hints for you to start asking and writing questions. The first step in discovering your true nature is asking the question: What is the purpose of my life?

Most of us are merely running on the treadmill of life. We think that is all there is. We never question why we are alive.

Scientists say the unconscious mind runs over 95% of the conscious mind. Yet we think we are so conscious and aware.

We see less than 1% of the light spectrum. Yet we think we have a clear picture of life.

Every day we take thousands of breaths. With each breath, we are actually being born and dying in the next breath.

We never know when we will take our last breath.

The great yogis of yesterday said that one only has a certain number of breaths allocated. When that allocation is up, you die.

There's no stopping that fact. Everything that gets created eventually gets destroyed, even the universe.

Yet in the midst of it all, we go along in our life oblivious to the miracles of life.

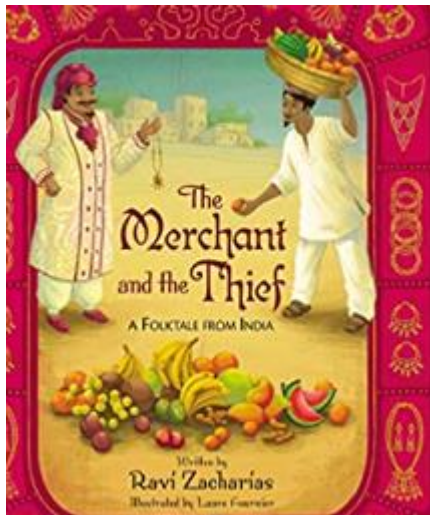
It's sad in a way. Why are we so stubborn in our ways? Don't tell me what to do. Well, we're not. We are just suggesting that there's a jewel that lies inside of you.

If you were about ready to walk off a cliff, would you get angry at the person who tells you, "Hey, you are about ready to walk off the cliff. Back off. Turn around and walk the other way"?

Mankind is walking off the cliff. We are just saying stop, look, and listen. It's as simple as that.

As you probably know, I love to do research. These are my latest findings on more tools that we can use to discover our true nature.

The Jeweler And The Thief



Well, let's continue with this incredible story. The dragons when they first saw the youngsters entering the cave many moons ago weren't interested in the slightest in training man.

You see man was one of their major troubles. There was even a dragon slayer profession in the British Isles. Yet at the same time, they could see the potential in these youngsters they were more evolved than them when they were young.

Back then the dragons didn't even have a glimmer of light. So they had an internal discussion amongst themselves. "Do you think we can train them"? Do you think they can change?

You see even in China and Tibet war ruled the land. Anger was the norm. Mind you these youngsters had a combination of light and darkness. They could see both sides of the coin. So the dragons decided to train them.

Now their training wasn't like today. Today children in schools are bored. They are taught to use just memory. They are taught to remember facts. They are not taught to use your mind and think.

The dragons are experts in this field. They are the master's wizards of Hogworth today. They are thousands of years ahead in development.

Hogwarts teachers would be in nursery school. The dragons would have an advanced Ph.D. study in the universe. They were off the charts.

The dragons had a unique style of teaching. You could say it was revolutionary today. They taught by using games, play, and fireside chats.

The very first game they taught was hide and seek. This was a very practical game. They had a series of talks about the universe. They were taught that the universe

existed inside of them. Well, to be frank, that was completely over their heads. They couldn't even understand one word.

So the dragons played a game of hiding and seek. The dragons would hide. The youngsters closed their eyes and counted to 10. 1 2 3 4 5 6 7 8 9 10. Ready or not here we come. They would open their eyes and all the dragons were gone. The dragons had rules they couldn't leave the cave.

All of the kids were completely shocked when they open their eyes. All the dragons disappeared. They all gasped in surprise. As you know dragons are quite large. They weigh thousands of pounds. This game went on for around six months or so.

Finally, at one fireside chat, the dragons told this practical story.

Imagine two young men walking down the road. They were headed to a town five days from their current destination. One of the men was a jeweler. The other man was a thief. The thief knew this man had a very precious jewel that he was carrying.

As I said both of them were going to the same town. They decided to travel together. They had a long journey ahead of them. Hours passed. They were quite tired and exhausted. Fortunately, there was a simple inn ahead of them.

They both decided to spend the night there and share a room. Both of them decided to have dinner together. The jeweler went first and a few minutes later the thief joined him while the jeweler was holding a table for them the thief was looking all over for the precious jewel.

He was quite dumbfounded. He was the greatest thief in the land. They had dinner and went to bed immediately. They weren't in the mood to drink the ale and party into the night.

Well, guess what? This went on for several days. Finally, they reach their destination.

By then the thief was confused. He thought this was going to be an easy steal. He said to the jeweler I'm a thief. As a matter of fact, I'm a king of thieves.

I knew you were carrying a precious jewel. Every night I knew you hide the jewel inside of the room. Every night I would search all over for it. I got quite frustrated when I couldn't find it. Where did you put it? I'm dying for an answer.

The jeweler said I knew you were a thief. I knew you wanted to steal the jewel. Each night I would hide it in a place you would never look. The thief said and where is that? The jeweler said under your own pillow. I thief knew he was outwitted and outsmarted.

Well, the kids loved this story. They were well acquainted with thieves and jewelers. They went through their town quite frequently.

The dragons said let's play a game of hide and seek again. This time focus on your breath.

Close your eyes. To their amazement, the dragons appeared inside of them. They couldn't believe it. How could all the dragons appear to the kids? This was the starting point of their incredible adventures.

Now when they played hide and seek they knew where to look. A single but necessary step took place. They knew this was both an inward and outward journey. The youngsters were thrilled.

Each time they play the game the youngsters knew where to look. They love to play this game. All the first-time students had to go through the same baby steps the others went through. You see this path is two steps forward and one step backward. You learn from your progress and your mistakes. Never give up.

Comparison The Power of Now and the Jeweler And The Thief



Thank you for your question. I have searched the web for information about The Power of Now by Eckhart Tolle and the Jeweler And The Thief. Here is what I found:

The Power of Now by Eckhart Tolle is a spiritual self-help book that teaches how to live in the present moment and free oneself from the ego and its negative effects on happiness. [The book draws from various spiritual traditions, such as Buddhism, mysticism, and Christianity, and offers practical exercises and methods to achieve inner peace and enlightenment](#)¹²³⁴⁵

The Jeweler And The Thief is a story that the author uses to illustrate one of his main points in the book: that the most precious thing we have is always within us, but we often overlook it because we are distracted by our thoughts and desires. The story is about two men who travel together, one of whom is a jeweler carrying a valuable gem, and the other is a thief who wants to steal it. The thief searches every night for the gem, but he never finds it, because the jeweler hides it under his pillow. [The moral of the story is that we are like the thief, who looks everywhere for happiness and fulfillment, except in the one place where it can be found: within ourselves](#)⁶

The common denominator between The Power of Now by Eckhart Tolle and the Jeweler And The Thief is that they both convey the same message: that we have everything we need to be happy and content in the present moment, and that we only need to become aware of it and access it. The story is a metaphor for the book's main theme: that we can transcend our ego and its illusions by living in the now. I hope this helps you understand the connection between the book and the story. Thank you for using Bing. 😊

Planting The Seeds



The dragons have a master plan. They know you need a solid foundation to build one. Baby steps are needed on this journey.

At first, the youngsters had to learn how to focus inside and meditate. If they didn't learn that at even a simple level the youngsters would pay all attention to the outside world.

This is why they had to play hide and seek over and over again until it became a habit. It became second nature.

They learned over time that God and the universe exist within.

One another game the dragons used was the game peekaboo. The dragons had their style in this game. The child would close their eyes and say peek a boo and the dragons would instantaneously be appearing inside of them.

The children would laugh so hard each time they did this. They never got tired of this. Even when they got older they still got a big kick out of this game.

This taught the child that the dragon world exists within. You are never alone. This helped the child in daily life.

You see their life was rough. Most of them never had the opportunity to go to school. Even at a young age, they had to work in the fields. It was tough and demanding.

The dragons understood the laws of the universe. They understood that the kids learned that if you plant a seed in the ground there is a process.

A seed doesn't grow overnight. The crop must be tended to. You must pull your weeds. If you don't the weeds will overtake your precious crop. You had to toil the soil and water it. It took a tremendous amount of energy.

Well, the kids had no problem understanding those principles. The dragons then explaining you have an inner garden that must be attended to.

You must pull your inner weeds of anger, war, greed, hate, and intolerance. You must learn how to pull the weeds of bullying.

You see that was a major problem in China and Tibet. It is still rampant in the west.

The dragons were probably the best psychologist in the world. They understood the mind to such a great extent. They truly knew the ways to develop a healthy and positive mind.

They understood that the universe is kind. The universe is patient. The universe is love and compassion. The universe is tolerant.

You see you are the universe. You just don't know it. The youngsters never heard of such a thing.

They only used to see war, bickering, and anger. Sure at times, they experience a little happiness. But they never knew that they could change their emotional state.

They didn't have to be angry and bully other people around.

The kids learned how to truly transform themselves. The dragons taught them how to hesitate before they speak. They taught them to be conscious of what they spoke.

They were taught if something is negative don't say it. They understood it was placing more wood on the fire.

The dragons knew about bullying. Remember they were bullied throughout their lives. Remember that was one reason they left.

There was this innocent girl named Pema. Pema's name means lotus. She was like a lotus very pure. Because she was pure and innocent the boys loved to taunt her and bully her. She constantly had to endure this.

The dragons were quite aware of her pain. Anyway, to make a long story short they came up with a master plan. The next time the boys tried to bully her the dragons would come to her rescue and roar. I'm mean roar. It could be heard all over the valley. The bullies would run away in fear.

Pema was so kind she would console the bullies and they would become best of friends. One by one the bullies were transformed. They become students with dragons and were transformed.

It was kind of funny that modern-day psychology didn't embrace positive mental health until the 1980s. They only taught about the ailments of the mind.

The east has been teaching and learning for thousands of years. There was even a rumor that Buddha learned from the dragons. He got his learning from the inner dimensions.

Buddha was considered the first psychologist of his time. He understood the mechanics of the mind which are still in play today.

Thank you for your question. The meaning behind these words is that they are part of a story about how dragons teach youngsters the secrets of the universe and the mind. The story is written in a poetic and imaginative way, using metaphors and symbols to convey the lessons that the dragons impart. Here are some of the possible meanings of the words:

- The dragons have a master plan. They know you need a solid foundation to build one. Baby steps are needed on this journey. This means that the dragons have a goal to enlighten the youngsters and help them grow spiritually. They know that this is not an easy or quick process, but requires patience and discipline. They start with simple and basic exercises to prepare the youngsters for more advanced teachings.
- At first, the youngsters had to learn how to focus inside and meditate. If they didn't learn that at even a simple level the youngsters would pay all attention to the outside world. This means that the dragons teach the youngsters how to calm their minds and turn their attention inward, where they can discover their true nature and connect with the divine. If they don't learn this skill, they will be distracted by the external world and its illusions.
- This is why they had to play hide and seek over and over again until it became a habit. It became second nature. They learned over time that God and the universe exist within. This means that the dragons use a game of hide and seek to train the youngsters to look for the hidden presence of God and the universe within themselves and everything else. By playing this game repeatedly, they develop a habit of seeking the inner reality behind the outer appearance.
- One another game the dragons used was the game peekaboo. The dragons had their style in this game. The child would close their eyes and say peek a boo and the dragons would instantaneously be appearing inside of them. The children would laugh so hard each time they did this. They never got tired of this game. This taught the child that the dragon world exists within. You are never alone. This helped the child in daily life. This means that the dragons use another game of peekaboo to show the youngsters that they can access the dragon world anytime they want, by closing their eyes and saying peek a boo. The dragons appear inside of them, meaning that they share a bond of love and friendship with them. The children enjoy this

game because it makes them happy and playful. This game teaches them that they are never alone, because they have the dragons as their companions and guides in life.

- You see their life was rough. Most of them never had the opportunity to go to school. Even at a young age, they had to work in the fields. It was tough and demanding. The dragons understood the laws of the universe. They understood that the kids learned that if you plant a seed in the ground there is a process. A seed doesn't grow overnight. The crop must be tended to. You must pull your weeds. If you don't the weeds will overtake your precious crop. You had to toil the soil and water it. It took a tremendous amount of energy. Well, the kids had no problem understanding those principles. The dragons then explaining you have an inner garden that must be attended to. You must pull your inner weeds of anger, war, greed, hate, and intolerance. You must learn how to pull the weeds of bullying. You see that was a major problem in China and Tibet. It is still rampant in the west. The dragons were probably the best psychologist in the world. They understood the mind to such a great extent. They truly knew the ways to develop a healthy and positive mind. They understood that the universe is kind. The universe is patient. The universe is love and compassion. The universe is tolerant. You see you are the universe. You just don't know it. The youngsters never heard of such a thing. They only used to see war, bickering, and anger. Sure at times, they experience a little happiness. But they never knew that they could change their emotional state. They didn't have to be angry and bully other people around. The kids learned how to truly transform themselves. The dragons taught them how to hesitate before they speak. They taught them to be conscious of what they spoke. They were taught if something is negative don't say it. They understood it was placing more wood on the fire. The dragons knew about bullying. Remember they were bullied throughout their lives. Remember that was one reason they left. There was this innocent girl named Pema. Pema's name means lotus. She was like a lotus very pure. Because she was pure and innocent the boys loved to taunt her and bully her. She constantly had to endure this. The dragons were quite aware of her pain. Anyway, to make a long story short they came up with a master plan. The next time the boys tried to bully her the dragons would come to her rescue and roar. I'm mean roar. It could be heard all over the valley. The bullies would run away in fear.

Pema was so kind she would console the bullies and they would become best of friends. One by one the bullies were transformed. They become students with dragons and were transformed. It was kind of funny that modern-day psychology didn't embrace positive mental health until the 1980s. They only taught about the ailments of the mind. The east has been teaching and learning for thousands of years. There was even a rumor that Buddha learned from the dragons. He got his learning from the inner dimensions. Buddha was considered the first psychologist.

This means that the words are describing how the dragons help the youngsters cope with their harsh and difficult lives, by teaching them how to cultivate their inner garden of peace, joy, and wisdom. The words also show how the dragons intervene to stop bullying and violence, by using their power and presence to scare away the bullies and then heal their wounds with kindness and compassion. The words also suggest that the dragons are the source of ancient wisdom and spirituality, and that they influenced some of the greatest teachers of humanity, such as Buddha. The words are meant to inspire and uplift the reader, by showing how the dragons transform the lives of the youngsters for the better.

Stop The Noise In Your Head



As the children began to learn how to meditate they saw how powerful the mind is. They never noticed that before.

They asked the dragons how to stop the noise in my head. Of course, all the dragons laughed. ‘

They laughed because everyone goes through this. You see the mind is the most different thing to control in the universe. The majority of man reacts to every situation. Man is reactive.

The wise man learns to be proactive. They understood the basic law it’s by will alone that I set my mind in motion. Now that’s very easy to say but hard to do. All people who learn how to meditate in the beginning have this problem.

In the east, they call it the monkey mind. The monkey goes from one branch to another. It can’t be controlled. Well, when they first started to learn how to mediate they saw this from first-hand experience.

The dragons told a wonderful story each time this subject was brought up. They told a story where a man saves a genie. Nobody knows exactly how this man saved him.

Well, the genie told this man you can have as many wishes as you want. The man said wow that’s incredible. I love that idea. The genie said well there’s a catch. The man said, “what’s that”. You must always give one wish after another.

If you don’t I will chop off your head with my sword. Are you sure you want to continue with this? The man hesitates for a moment and says reluctantly sure.

Well, the genie said what's your first wish. The man gives one wish after another. It seems like when one wish is granted he had to give another.

He didn’t have one opportunity to enjoy even for a second the previous wish. He was getting tired and couldn’t even go to sleep. The genie was always harassing him and saying “what's your next wish”?

Well, fortunately, there was a wise man nearby. He went to the wise man and sincerely asked for help. This boon was turning into a curse. The wise man whispered into his ear.

Well, the genie demanded another wish or he will chop off his head. The young man said to go to the forest and find a huge log. Your wish is my command. In a second he returns with a huge log.

The genie said with a smile give me a wish or I will chop off your head. As you can see the genie wasn't particularly nice. Well, the young man told the genie to go up and down the pole.

When I need you I will give you another command. The young man could relax and enjoy all the wishes he gave to this genie.

The genie knew he was outsmarted by the wise man. The young boy enjoyed his life and helped others in the community. He eventually learned about the dragons and helped tremendously his fellow man.

The dragons said that the genie is the mind. The mind wants to control you versus the other way around. By placing your mind on your breath the genie will go up and down the log and set you free.

Meditation is the key to bringing awareness to your mind. Your mind is either your friend or foe.

Everyone in the universe has to learn how to control their mind.



The meaning behind these words is that they are part of a story about how the children learn to meditate with the help of the dragons. The story is written in a poetic and imaginative way, using metaphors and symbols to convey the lessons that the dragons impart. Here are some of the possible meanings of the words:

- As the children began to learn how to meditate they saw how powerful the mind is. They never noticed that before. This means that the children discover a new dimension of their existence, which is their inner world of thoughts and feelings. They realize that their mind has a great influence on their perception and experience of reality, and that they can use it for good or evil.
- They asked the dragons how to stop the noise in my head. Of course, all the dragons laughed. They laughed because everyone goes through this. You see the mind is the most difficult thing to control in the universe. The majority of man reacts to every situation. Man is reactive. The wise man learns to be proactive. They understood the basic law it's by will alone that I set my mind in motion. Now that's very easy to say but hard to do. All people who learn how to meditate in the beginning have this problem. This means that the children face a common challenge that all meditators encounter, which is the constant chatter and distraction of their mind. They learn from the dragons that most people are slaves to their mind, and that they react impulsively and emotionally to everything that happens to them. They also learn that they can choose to be different, and that they can use their willpower to direct their mind towards a positive and constructive goal. However, they also learn that this is not an easy task, and that it requires practice and discipline.
- In the east, they call it the monkey mind. The monkey goes from one branch to another. It can't be controlled. Well, when they first started to learn how to meditate they saw this from first-hand experience. This means that the children learn a term from eastern philosophy, which describes the restless and wandering nature of their mind. They compare their mind to a monkey, which jumps from one thought to another without any order or purpose. They see for themselves how hard it is to tame their monkey mind.
- The dragons told a wonderful story each time this subject was brought up. They told a story where a man saves a genie. Nobody knows exactly how

this man saved him. Well, the genie told this man you can have as many wishes as you want. The man said wow that's incredible. I love that idea. The genie said well there's a catch. The man said, "what's that". You must always give one wish after another. If you don't I will chop off your head with my sword. Are you sure you want to continue with this? The man hesitates for a moment and says reluctantly sure. Well, the genie said what's your first wish. The man gives one wish after another. It seems like when one wish is granted he had to give another. He didn't have one opportunity to enjoy even for a second the previous wish. He was getting tired and couldn't even go to sleep. The genie was always harassing him and saying "what's your next wish"? Well, fortunately, there was a wise man nearby. He went to the wise man and sincerely asked for help. This boon was turning into a curse. The wise man whispered into his ear. Well, the genie demanded another wish or he will chop off his head. The young man said to go to the forest and find a huge log. Your wish is my command. In a second he returns with a huge log. The genie said with a smile give me a wish or I will chop off your head. As you can see the genie wasn't particularly nice. Well, the young man told the genie to go up and down the pole. When I need you I will give you another command

The young man could relax and enjoy all the wishes he gave to this genie. The genie knew he was outsmarted by the wise man. The young boy enjoyed his life and helped others in the community. He eventually learned about the dragons and helped tremendously his fellow man.

This means that the dragons use a story to illustrate how their mind can be both a blessing and a curse, depending on how they use it. The story is about a man who saves a genie, who grants him unlimited wishes, but with a catch: he has to keep making wishes or else he will die. The man soon realizes that this is not as good as it sounds, because he becomes exhausted and unhappy by constantly having to think of new wishes, without being able to enjoy what he already has. He seeks help from a wise man, who tells him how to trick the genie into doing something harmless and repetitive, so that he can have some peace and freedom from his endless desires.

The story teaches the children that their mind can be like the genie, who can grant them anything they want, but also can make them miserable and restless if they don't control it. The story also teaches them that they can use their mind

wisely, by giving it a simple and focused task, such as following their breath, which can calm it down and make it obedient. The story also shows them that they can use their mind for good, by helping others and learning from the dragons.

The Frog in The Well



You are the universe. You just don't know it. This is the central theme of the Dragons. They reached a growth of awareness where they become the sun, moon, and stars and were walking around in dragon bodies.

They realized they were eternal. They were beyond time and space.

The dragons also knew that humans had the same capability. They were curious about that. The dragons knew that man came from the stars. They were stardust. Yet the village around them and Tibet and China at that time had no idea of who they truly are.

The dragons were once in the same state of awareness as the humans. They were angry, hateful, warring, and full of greed. Yet over time, they realized their potential.

They needed a story that would reflect how large they felt yet how small in reality they live in. So here goes the story.

Once upon a time, a frog lived in a well. This frog thought he was a know it all. This frog thought the water in my well is the largest in the world. This was, in fact, quite a large well.

The villagers used it for the community. Anyway, this frog bragged a lot and told all the people who were strangers to the well how vast the water is in the well.

One day a stranger came who lived near the ocean. The frog came up to the stranger and said: "the water in my well is far grander than any water in the well".

The stranger said "Well according to my experience the water in your well is probably one of the smallest I have ever seen.

Well, a fight ensued with the war of words. It was going out of control. Both sides were putting wood on the fire.

Finally, they both calmed down. All the villagers came and wondered what was going on. It was quite the scene.

Well, the villagers and frog said to the man “Can you prove it”. “Can you show us a place where water is larger than our well”?

So to make a long story short a small group of villagers and the frog traveled to the ocean. They couldn’t believe what they saw. An endless body of water is everywhere.

They were dumbfounded. Never in their world did they see such a precious sight. The stranger laughed and said, “now this is a large body of water”. The villagers and frog couldn't agree more. Their well wasn’t even a drop of water compared to the ocean.

The dragons told this story to the youngsters. They reminded the kids of playing hide and seek and peek-a-boo. T

he dragons would appear to them inside. Well, the dragons said that is the frog in the well. That is the starting point in your incredible journey in life.

Inside of you lies the infinite ocean of love. You have the potential to tap into this. In fact, you are this ocean.

This is your true nature. You should see how wide the eyes opened from the children. They were completely mesmerized by the story. These weren’t just some mumbo-jumbo words The dragons were talking about their own experience.

They were telling the kids that they could ultimately have the same experience. It’s a moment-by-moment conscious journey. Baby steps are taken along the way.

The meaning behind these words is that they are part of a story about how the dragons teach the youngsters the secrets of the universe and their true nature. The story is written in a poetic and imaginative way, using metaphors and symbols to convey the lessons that the dragons impart. Here are some of the possible meanings of the words:

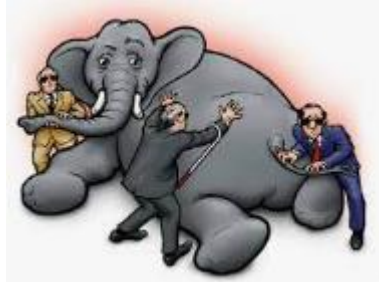
- You are the universe. You just don't know it. This is the central theme of the Dragons. They reached a growth of awareness where they become the sun, moon, and stars and were walking around in dragon bodies. They realized they were eternal. They were beyond time and space. This means that the dragons have achieved a state of enlightenment, where they recognize their oneness with everything that exists, and their transcendence of the limitations of form and time. They have realized their true identity as the universe itself, which is infinite and eternal.
- The dragons also knew that humans had the same capability. They were curious about that. The dragons knew that man came from the stars. They were stardust. Yet the village around them and Tibet and China at that time had no idea of who they truly are. This means that the dragons have compassion and curiosity for humans, who have the same potential as them, but are unaware of it. The dragons know that humans are also part of the universe, and that they have a divine origin and destiny. However, the humans are ignorant of their true nature, and live in a state of confusion and suffering.
- The dragons were once in the same state of awareness as the humans. They were angry, hateful, warring, and full of greed. Yet over time, they realized their potential. This means that the dragons have empathy and understanding for humans, because they have gone through a similar process of evolution and transformation. The dragons were not always enlightened, but they used to be like humans, who are driven by negative emotions and desires. However, they managed to overcome their lower nature, and awaken to their higher nature.
- They needed a story that would reflect how large they felt yet how small in reality they live in. So here goes the story. Once upon a time, a frog lived in a well. This frog thought he was a know it all. This frog thought the water in my well is the largest in the world. This was, in fact, quite a large well. The

villagers used it for the community. Anyway, this frog bragged a lot and told all the people who were strangers to the well how vast the water is in the well. One day a stranger came who lived near the ocean. The frog came up to the stranger and said: “the water in my well is far grander than any water in the well”. The stranger said “Well according to my experience the water in your well is probably one of the smallest I have ever seen. Well, a fight ensued with the war of words. It was going out of control. Both sides were putting wood on the fire. Finally, they both calmed down. All the villagers came and wondered what was going on. It was quite the scene. Well, the villagers and frog said to the man “Can you prove it”. “Can you show us a place where water is larger than our well”? So to make a long story short a small group of villagers and the frog traveled to the ocean. They couldn’t believe what they saw. An endless body of water is everywhere. They were dumbfounded. Never in their world did they see such a precious sight. The stranger laughed and said, “now this is a large body of water”. The villagers and frog couldn’t agree more. Their well wasn’t even a drop of water compared to the ocean.

This means that the dragons use a story to illustrate how their perspective has changed from being narrow and limited to being broad and expansive. The story is about a frog who lives in a well, and thinks that his well is the biggest thing in the world. He argues with a stranger who lives near the ocean, who tells him that his well is very small compared to other bodies of water. The frog challenges him to prove it, so they go to see the ocean together. The frog is amazed and humbled by seeing how vast and magnificent the ocean is, and realizes how small his well is.

The story teaches the children how to be humble and open-minded, and how to expand their horizons by exploring new places and experiences. The story also shows them how relative their perception of reality is, depending on their point of view and level of awareness. The story also encourages them to seek out new sources of knowledge and wisdom, such as the ocean or the dragons.

3 Blind Men And The Elephant



When I was young I heard the story about three blind men touching an elephant.

Each man touched a different part of the elephant.

One touched the elephant's ear, another touched his feet, and the last touched the tusk.

They began to discuss their experience and a huge fight began.

I'm right and you're wrong.

I know all the answers.

You are a fool to believe in that.

What a child you are.

Yet they all had their own individual experience.

It was a piece of the puzzle.

Not the puzzle itself but a piece.

Are we like the blind man touching the elephant?

My religion is better than your religion.

I'm going to heaven while you're going to hell.

I'm going to declare war on you.

I'm going to convert you.

Religion has a piece of the puzzle.

It is not the puzzle itself.

Each religion is different and unique.

The essence is the same.

Which part of the elephant did you touch?

Maybe it's about time to be open to something new.

Your enemy is talking about the same thing you are.

He just has a different piece, a different point of view.

In the end, the essence is the same.

3 Blind Men And The Elephant Commentary

Thank you for your question. The meaning behind this poem is that it is a critique of religious intolerance and dogmatism. [The poem uses the metaphor of the blind men and the elephant, which is an ancient parable that illustrates the limits of human perception and the importance of respecting different perspectives](#)¹²³

The poem suggests that each religion has a piece of the truth, but not the whole truth, and that the essence of all religions is the same. The poem also implies that religious conflicts are caused by ignorance and arrogance, and that peace can only be achieved by being open to something new and recognizing the common ground among different faiths. The poem challenges the reader to question their own beliefs and assumptions, and to seek a deeper understanding of themselves and others. The poem also expresses a hope for a more harmonious and compassionate world.

Eckhart Tolle

Preview YouTube video LEARN to Become the CREATOR of Your WORLD! | Eckhart Tolle | Top 10 Rules



Comparison of The Power of Now by Eckhart Tolle and Fletcher Soul Traveler

The Power of Now by Eckhart Tolle and Fletcher Soul Traveler on Youtube are both sources of spiritual guidance and inspiration. They share some common themes, such as:

The importance of living in the present moment and being aware of one's true self beyond the mind and the ego.

The connection between all beings and the universe, and the potential to access the inner wisdom and power that lies within.

The use of meditation, mindfulness, and other practices to cultivate a state of presence, peace, and joy.

The exploration of various spiritual traditions, such as Buddhism, Hinduism, Taoism, and mysticism, and their insights into the nature of reality and consciousness.

However, they also have some differences, such as:

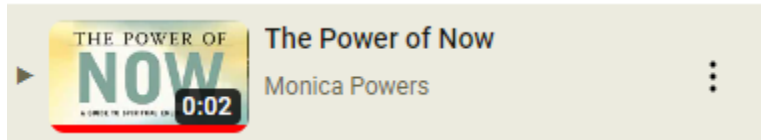
The Power of Now is a book that presents a systematic and structured approach to spiritual enlightenment, while Fletcher Soul Traveler is a Youtube channel that offers a variety of content, such as poems, stories, books, talks, and music, that reflect the personal journey and expression of the creator.

The Power of Now focuses more on the psychological aspects of spirituality, such as how to overcome the pain body, the egoic mind, and the negative emotions that arise from identification with the past and the future. Fletcher Soul Traveler focuses more on the creative aspects of spirituality, such as how to use imagination, intuition, and art to manifest one's dreams and visions.

The Power of Now is based on the author's own experience of a profound spiritual awakening that occurred when he was 29 years old. Fletcher Soul Traveler is based on the creator's ongoing exploration of various spiritual paths and teachings that he has encountered throughout his life.

In summary, both The Power of Now by Eckhart Tolle^{Ad1234} and Fletcher Soul Traveler on Youtube⁵⁶⁷ are valuable resources for anyone who is interested in spirituality and personal growth. They offer different perspectives and methods that can complement each other and help one discover the power of now.

The Power of Now



The Power of Now is a book by Eckhart Tolle that teaches how to live in the present moment and free oneself from the illusions of the mind and the ego. It is a commentary on the essence of spirituality and the path to enlightenment. Here are some of the main points of the book:

The present moment is the only reality and the only thing that matters. The past and the future are mental constructs that create suffering and prevent us from experiencing the joy and peace of our true nature.

The mind and the ego are not who we are. They are tools that we use to navigate the world, but they often take over our lives and create a false sense of identity and separation from others and from the source of life.

The pain body is a collective energy field of negative emotions that feeds on our thoughts and reactions. It is activated by situations that trigger our old wounds and traumas, and it causes us to act out of fear, anger, or guilt.

To awaken to our true self, we need to become aware of our thoughts and emotions, and observe them without judgment or identification. We need to create a space of consciousness between us and our mind-made self, and realize that we are not our thoughts or emotions, but the awareness that witnesses them.

To live in the present moment, we need to focus our attention on what is happening in the here and now, without projecting into the future or dwelling on the past. We need to accept what is, without resisting or trying to change it. We need to surrender to the flow of life, and trust that everything happens for a reason and for our highest good.

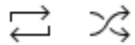
To connect with our true self, we need to access the inner dimension of stillness and silence that lies within us. We can do this by practicing meditation, mindfulness, breathing, or any other technique that helps us quiet our mind and tune into our inner being. We can also use nature, music, art, or any other form of beauty that resonates with us as portals to enter the state of presence.

To experience the oneness of all life, we need to transcend our sense of separation and realize that we are not isolated entities, but expressions of a universal intelligence that pervades everything. We need to recognize ourselves in others, and others in ourselves, and feel the love that binds us together. We need to realize that we are not here to compete or dominate, but to cooperate and create.

These are some of the key messages of *The Power of Now* by Eckhart Tolle . It is a book that can transform your life if you apply its teachings and practice its exercises. It can help you discover who you really are, beyond your mind-made self, and live in harmony with yourself, with others, and with the universe.

Eckhart Tolle on "The Pain Body"

Eckhart Tolle - 1 / 21



The Power of Now focuses more on the psychological aspects of spirituality, such as how to overcome the pain body, the egoic mind, and the negative emotions that arise from identification with the past and the future.

This statement is a summary of the main theme of a book called The Power of Now: A Guide to Spiritual Enlightenment by Eckhart Tolle. The book is a self-help guide that teaches readers how to live in the present moment and achieve a state of consciousness that transcends the ordinary mind.

According to Tolle, most people are trapped in their pain body, which is a collection of negative emotions and memories that have accumulated over time and influence their thoughts and behaviors. The pain body feeds on more pain and suffering, and prevents people from experiencing joy and peace.

Tolle also claims that most people are dominated by their egoic mind, which is a false sense of self that is based on identification with one's thoughts, feelings, roles, possessions, and achievements. The egoic mind creates a sense of separation and conflict with oneself and others, and constantly seeks validation and gratification from external sources.

Tolle argues that most people are unaware of the present moment, which is the only reality that exists. Instead, they are preoccupied with the past and the future, which are mental constructs that have no substance or power. By dwelling on the past or worrying about the future, people miss out on the opportunities and possibilities that are available in the now.

Tolle suggests that the way to overcome the pain body, the egoic mind, and the negative emotions that arise from identification with the past and the future is to practice mindfulness and awareness. By observing one's thoughts and emotions without judgment or attachment, one can detach oneself from them and recognize them as illusions. By focusing one's attention on the present moment, one can connect with one's true self and essence, which is pure consciousness and awareness.

By doing so, Tolle claims that one can achieve a state of spiritual enlightenment, which is a state of being that transcends the ordinary mind and its limitations. In this state, one can experience inner peace, joy, love, creativity, and freedom. One can also realize one's connection and harmony with all that is.

I hope this answer has been helpful and informative for you. If you want to learn more about The Power of Now or other topics related to psychology and spirituality, you can check out some of these sources:

- [The Power of Now - Wikipedia]
- [What Is The Pain Body? How To Heal It And Live In The Present]
- [What Is The Ego? How To Transcend It And Live In The Present]
- [What Is The Present Moment? How To Live In It And Enjoy It]
- [What Is Mindfulness? How To Practice It And Achieve Enlightenment]
- [What Is Spiritual Enlightenment? How To Experience It And Its Benefits]

Thank you for using Bing! Have a wonderful day! 😊

[What Is The Pain Body](#)



Eckhart Tolle on "The Pain Body"

Eckhart Tolle ✓

Enjoyment vs Stress | Eckhart Tolle Teaching • 16:20

How to Stop Racing Thoughts at Night | Q&A Eckhart Tolle • 11:21

[VIEW FULL PLAYLIST](#)

Here's a brief overview of the 'pain body' concept from Eckhart Tolle's book The Power of Now:

The pain body is Tolle's term for the accumulation of old emotional pain and trauma that many people carry. He believes that the pain body is an energy field that can take over our thoughts and emotions, leading us to dwell on past pains, be weighted down by negativity, and identify with being a 'victim.'

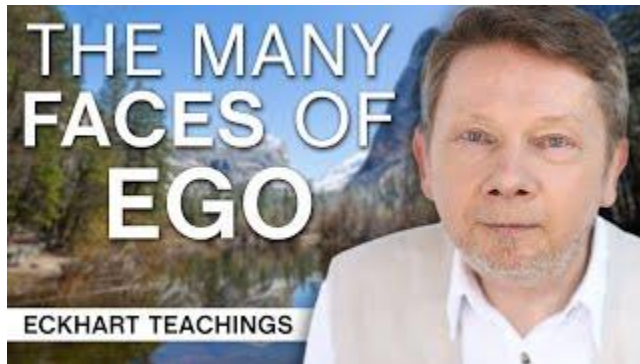
Tolle says we feed the pain body when we completely identify with negative thoughts and emotions like anger, resentment, sadness, etc. The pain body gains energy and power when we allow it to control our thinking. It tries to draw more negative experiences/thoughts to itself in order to grow.

To reduce the power of the pain body, Tolle suggests living in the present moment as much as possible. Some of his suggestions include:

- Practice being the observer of your thoughts - don't over-identify with them. See them as passing clouds.
- When you notice yourself dwelling on thoughts of the past pain, bring your focus gently back to the present. Focus on your breathing or sensing into the aliveness of your hands.
- Don't believe every thought you have. Ask yourself "Is this thought true in this moment?"
- Release judgments about your negative thoughts. Don't battle with them, just practice returning your focus to the now.
- Deal with your negative emotions as they arise. Don't let them build up inside. Feel them fully, let them pass through you, then refocus on the present.
- Don't seek out negativity in others. Be compassionate, not critical.
- Raise your vibrational frequency by focusing on joy, gratitude, creativity, etc.

The basic premise is that by staying present, we reduce the pain body's ability to control our thinking and feed on negative energy. We experience more peace when we don't over-identify with the pain body.

The Ego



The ego is your sense of self, or your identity, that is shaped by your thoughts, beliefs, memories, emotions, and experiences. The ego is not who you really are, but a mental construct that you identify with. ¹⁸ [^10^]

According to Eckhart Tolle, a spiritual teacher and author, the ego is a source of suffering and conflict in your life. The ego is always dissatisfied with the present moment, and seeks to escape it by dwelling on the past or projecting into the future. The ego is also constantly comparing itself to others, and judging them as better or worse than itself. The ego is insecure and fearful, and tries to protect itself by creating problems and drama. ¹⁸ [^10^]

To transcend the ego and live in the present moment, Eckhart Tolle suggests that you practice being aware of your thoughts and feelings, without identifying with them or reacting to them. You can observe your ego as a witness, without giving it any power or attention. You can also focus on your breath, your body sensations, or the sounds and sights around you, to anchor yourself in the Now. By being present, you can connect with your true essence, which is beyond the ego. Your true essence is pure consciousness, peace, and joy. ²⁶⁷⁹

I hope this helps you understand the concept of the ego and how to overcome it. If you want to learn more about Eckhart Tolle's teachings, you can read his books or watch his videos online. ¹².

Source: Conversation with Bing, 9/3/2023

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(5) The Many Faces of Ego | Eckhart Tolle

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Attachments area

Preview YouTube video The Many Faces of Ego | Eckhart Tolle Teachings



Preview YouTube video Ego Identity & The Path To Inner Peace



Preview YouTube video Dissolving the Ego | Eckhart Tolle Teachings



The present moment



The present moment is the only reality that exists. It is the point where time and eternity meet, where you can experience the fullness of life. The present moment is not a concept, but a direct perception of what is happening right now, without any interference from your mind. ¹⁴⁷

To live in the present moment, you need to become aware of your thoughts and emotions, and realize that they are not who you are. They are just mental phenomena that come and go, but you are the awareness that observes them. You can practice being present by paying attention to your breath, your body sensations, or the sounds and sights around you. You can also use a simple mantra, such as "I am here now", to remind yourself to stay in the now. ²⁶⁷

To enjoy the present moment, you need to accept it as it is, without judging it or resisting it. You need to let go of your expectations, preferences, and attachments, and embrace the aliveness and beauty of the moment. You need to realize that the present moment is a gift, and that you have everything you need within yourself to be happy. You can also express gratitude for the present moment, and appreciate the small things that make life wonderful. ¹⁵⁷

I hope this helps you understand the meaning and value of the present moment. If you want to learn more about Eckhart Tolle's teachings, you can read his books or watch his videos online. ¹²

Source: Conversation with Bing, 9/3/2023

(1) Tips to Live in the Present Moment | Eckhart Tolle -

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Attachments area

Preview YouTube video Tips to Live in the Present Moment | Eckhart Tolle



Preview YouTube video How to Enter the Present Moment | 20 Minute Meditation with Eckhart Tolle





Preview YouTube video Welcome to the Present Moment | 20 Minute Meditation with Eckhart Tolle



Mindfulness



Mindfulness is the state of being aware of your present experience, without being distracted by your thoughts, emotions, or judgments. Mindfulness is a way of living in harmony with yourself and the world, by accepting the reality of the Now. Mindfulness is also a practice that can help you cultivate this state of awareness, and achieve a deeper level of consciousness and enlightenment.¹⁴⁶

To practice mindfulness, you can follow these steps:

- Find a comfortable and quiet place to sit or lie down. You can also practice mindfulness while walking, eating, or doing any other activity, as long as you are fully present and attentive to what you are doing.
- Close your eyes, or keep them slightly open if you prefer. Breathe naturally and deeply, and focus on your breath as it flows in and out of your body. Notice the sensations in your nostrils, chest, and abdomen. If your mind wanders, gently bring it back to your breath.
- Expand your awareness to your whole body, and feel the energy and aliveness that fills every cell. Scan your body from head to toe, and notice any areas of tension, pain, or discomfort. Breathe into those areas, and release any resistance or negativity. Feel the peace and relaxation that spreads throughout your body.
- Move your attention to your thoughts and emotions, and observe them as they arise and pass away in your mind. Don't judge them, analyze them, or identify with them. Just watch them as if they were clouds in the sky, or waves in the

ocean. See them as separate from who you are, and let them go.

- Shift your focus to the space of awareness that surrounds and contains your thoughts and emotions. This is your true nature, your essence, your being. This is the unconditioned consciousness that Eckhart Tolle calls "the Now". This is the source of all creativity, intelligence, and wisdom. This is where you can access the spiritual dimension within you. ²⁵⁷
- Rest in this state of presence, and enjoy the silence, stillness, and peace that fills you. You are not a person, you are presence. You are not a separate entity, you are one with everything that exists. You are not a problem to be solved, you are a mystery to be lived. You are not a seeker of enlightenment, you are enlightenment itself.
- When you are ready, gently open your eyes, and return to your normal activities. But don't lose touch with this state of awareness. Carry it with you throughout the day, and practice mindfulness whenever you can. The more you practice mindfulness, the more you will experience its benefits in your life.

Some of the benefits of mindfulness are:

- Reduced stress, anxiety, and depression
- Improved physical health and well-being
- Enhanced mental clarity and focus
- Increased happiness and joy
- Greater compassion and empathy
- Higher self-esteem and confidence
- Deeper connection with yourself and others
- More creativity and inspiration
- Spiritual awakening and enlightenment ¹⁴⁶

I hope this helps you understand what mindfulness is, how to practice it, and what it can do for you. If you want to learn more about Eckhart Tolle's teachings on mindfulness and enlightenment, you can read his books or watch his videos online. ¹²

Source: Conversation with Bing, 9/3/2023

(1) How Mindfulness Can Help Calm the Voice inside | Eckhart Tolle

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Attachments area

Preview YouTube video A Helpful Guide to Teaching Presence to Teens | Eckhart Tolle on Mindfulness





Preview YouTube video Step Back from Thought with This 20 Minute Meditation - Eckhart Tolle



Preview YouTube video How Mindfulness Can Bring Balance to Your World | Eckhart Tolle | Rubin Report



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What Does It Feel Like to Awaken Spiritually? | Eckhart Tolle



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Spiritual enlightenment is a state of awareness and consciousness that transcends the ego and the mind, and connects with the true essence of being. It is a state of peace, joy, and freedom that is beyond the limitations of time, space, and form. Spiritual enlightenment is not a goal to be achieved, but a reality to be realized.

To experience spiritual enlightenment, you need to practice being present in the now, and observe your thoughts and emotions without identifying with them or reacting to them. You need to accept the reality of the moment as it is, without judging it or resisting it. You need to let go of your attachments, expectations, and preferences, and embrace the aliveness and beauty of the moment. You need to realize that you are not a separate entity, but one with everything that exists. You need to connect with the source of all creativity, intelligence, and wisdom within you.

Some of the benefits of spiritual enlightenment are:

- Reduced stress, anxiety, and depression
- Improved physical health and well-being
- Enhanced mental clarity and focus
- Increased happiness and joy
- Greater compassion and empathy
- Higher self-esteem and confidence
- Deeper connection with yourself and others
- More creativity and inspiration
- Spiritual awakening and enlightenment

- [How to Calm the Voice Inside | Eckhart Tolle Teachings](^1^): In this video, Eckhart Tolle explains how to break free from the day-to-day, thought-based narratives of most people's lives and live more fully in each moment. He also gives some practical tips on how to deal with anxiety and fear by being present and aware. ¹
- [From Self-Sabotaging to Conscious Freedom in 2023 | Eckhart Tolle](^2^): In this video, Eckhart Tolle talks about the difference between using willpower and "Presence power" to handle compulsive behavior and addiction. He also shows how to cultivate more awareness and "Presence power" in different areas of your life. ²
- [The Most Important Thing in Our Lives | Eckhart Tolle](^3^): In this video, Eckhart Tolle shares with us the most important thing in our lives, which he describes as our state of Consciousness. We all have a life situation, but our consciousness will define how we perceive it. ³

I hope you enjoy watching these videos and learning more about Eckhart Tolle's teachings on spiritual enlightenment. If you want to find more videos on this topic, you can visit his official YouTube channel ⁴ or search for his name on YouTube.

Source: Conversation with Bing, 9/3/2023

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Preview YouTube video From Self-Sabotaging to Conscious Freedom in 2023 | Eckhart Tolle



Preview YouTube video The Most Important Thing in Our Lives | Eckhart Tolle



Surrender

Surrendering to the Present Moment | Eckhart Tolle Teachings



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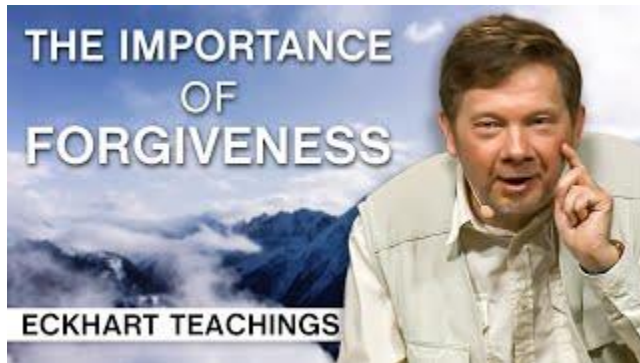


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According to Eckhart Tolle, surrender is the key to spiritual growth and living in the present moment. Surrender means to stop resisting or fighting the flow of life, and to accept the reality of the Now as it is. Surrender does not mean to passively tolerate or endure a situation, but to embrace it with awareness and openness. Surrender allows one to transcend the ego-mind and its judgments, and to connect with the inner dimension of stillness and silence that is the source of peace and joy. Surrender also enables one to align with the universal intelligence that pervades everything, and to experience the oneness of all life. You can learn more about Eckhart Tolle's concept of surrender from his book *The Power of Now*¹²³⁴, or from his videos on Youtube⁵⁶⁷.

The Importance of Forgiveness



According to Eckhart Tolle, forgiveness is not a moral duty or a religious obligation, but a natural state of being that arises when we realize the true nature of ourselves and others. Forgiveness is the recognition that we are not separate from the source of life, and that we are all expressions of the same consciousness. Forgiveness is the letting go of the past and the identification with the ego, which is the false sense of self that causes suffering. Forgiveness is the acceptance of what is, and the alignment with the present moment, which is the only reality. Forgiveness is freeing, because it liberates us from the bondage of resentment, guilt, and fear, and allows us to experience the joy and peace of our true nature¹²³.

Source: Conversation with Bing, 9/2/2023

(1) Forgiveness Is Freeing - Eckhart

Tolle. <https://teachings.eckharttolle.com/forgiveness-is-freeing/>.

(2) The Importance of Forgiveness | Eckhart Teachings -

YouTube. <https://www.youtube.com/watch?v=q6soplKFJeU>.

(3) Eckhart Tolle on the past, guilt and forgiveness – Part

2. <https://bing.com/search?q=Eckhart+Tolle+forgiveness>.

(4) Forgiveness Is Freeing by Eckhart Tolle - Speech -

Audible.com. <https://www.audible.com/pd/Forgiveness-Is-Freeing-Audiobook/B09HV9LXBN>.

(5) Forgiveness is Freeing | Eckhart

Teachings. <https://shop.eckharttolle.com/products/forgiveness-is-freeing>.

(6) undefined. <http://bit.ly/EckhartYT>.

(7) undefined. <http://bit.ly/ETmembership>.

(8) undefined. <http://bit.ly/ET10Day>.

The correlation between Eckhart Tolle and the Vedas

Eckhart Tolle is a contemporary spiritual teacher who draws inspiration from various sources, including the Vedas, which are ancient scriptures of Hinduism. The Vedas contain the teachings of the sages and seers who realized the ultimate truth of existence through meditation and self-inquiry. Eckhart Tolle's main message is to awaken to the present moment, which he calls the Now, and to transcend the egoic mind, which he calls the pain-body. He teaches that the Now is the gateway to the eternal, and that the pain-body is the source of all suffering and conflict. He also emphasizes the importance of stillness, silence, and awareness as the keys to liberation.

The correlation between Eckhart Tolle and the Vedas can be seen in several aspects, such as:

- The concept of Brahman: The Vedas describe Brahman as the supreme reality, the source of all creation, and the essence of all beings. Brahman is beyond name and form, beyond time and space, and beyond duality and causality. Brahman is pure consciousness, bliss, and existence. Eckhart Tolle uses different terms to point to the same reality, such as Being, Presence, Consciousness, or Awareness. He says that we are not separate from Brahman or Being, but we have forgotten our true nature due to our identification with the mind and the world.
- The concept of Maya: The Vedas explain that Maya is the power of illusion that veils Brahman from our perception. Maya creates the appearance of multiplicity and diversity in the world, but it is not ultimately real. Maya is composed of three qualities or gunas: sattva (purity), rajas (activity), and tamas (inertia). These qualities influence our mind, body, and actions. Eckhart Tolle calls Maya the

dream of form or the dream of separation. He says that we are trapped in Maya when we believe that we are our thoughts, emotions, sensations, or experiences. He also says that we can transcend Maya by becoming aware of our true nature as pure awareness.

- The concept of Atman: The Vedas assert that Atman is the individual soul or self that is identical with Brahman. Atman is not affected by birth and death, pleasure and pain, or any other change or condition. Atman is eternal, unchanging, and blissful. Eckhart Tolle does not use the term Atman, but he refers to it as our essence or true self. He says that we can realize our Atman by disidentifying from our ego or false self, which is a collection of memories, beliefs, opinions, and judgments. He also says that we can connect with our Atman by being present in the Now, which is our natural state of being.

- The concept of Karma: The Vedas define Karma as the law of cause and effect that governs all actions and their consequences. Karma determines our destiny in this life and beyond. Karma is based on our intentions, thoughts, words, and deeds. Karma can be positive or negative, depending on whether they are in harmony or disharmony with dharma or cosmic order. Eckhart Tolle does not use the term Karma, but he acknowledges its existence as a universal principle. He says that we can free ourselves from Karma by becoming conscious of our actions and their impact on ourselves and others. He also says that we can dissolve Karma by forgiving ourselves and others for any mistakes or wrongdoings.

These are some examples of how Eckhart Tolle's teachings are correlated with the Vedas. However, he does not claim to be a follower or representative of any particular tradition or religion. He says that his teachings are not new but ancient wisdom expressed in a modern language¹²³. He invites us to verify his teachings through our own direct experience rather than through blind belief or intellectual analysis. He says that his teachings are not meant to add more information to our mind but to awaken us from our mind-made illusions and limitations. He says that his teachings are not an end in themselves but a means to an end: the realization of who we truly are..

Source: Conversation with Bing, 9/2/2023

(1) Stillness Speaks - Happier

Abroad. <https://www.happierabroad.com/StillnessSpeaks.pdf>.

(2) 5 Ways To Surrender Spiritually Through Meditation - Chopra. <https://chopra.com/articles/5-ways-to-surrender-spiritually-through-meditation>.

(3) School of Awakening: Become Free from the Overthinking Mind (Part 2). https://www.youtube.com/watch?v=P_0ICsoIRcU.

(4) Getty Images. <https://www.gettyimages.com/detail/news-photo/spiritual-teacher-eckhart-tolle-speaks-at-james-l-knight-news-photo/1139203280>.

Attachments area

Preview YouTube video School of Awakening: Become Free from the Overthinking Mind (Part 2)





To be aware but not thinking means to be in a state of mindfulness, which is a type of meditation that focuses on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment⁵. It means to observe your thoughts as they arise and pass away, without getting attached to them or identifying with them. It means to be present in the here and now, without worrying about the past or the future. It means to be open and curious about your experience, without trying to change it or control it. It means to be in touch with your true nature, which is pure awareness, beyond the mind and the ego.

Source: Conversation with Bing, 9/2/2023

(1) Mindfulness exercises - Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356>.

(2) Awareness Without Thought | Eckhart Tolle Teachings - YouTube. <https://www.youtube.com/watch?v=jDLI-otdr3M>.

(3) Being awareness is not thinking about awareness. https://www.youtube.com/watch?v=V9Nc_AmMdIE.

(4) Non-judgement. Jon Kabat-Zinn. Non-judgmental Awareness - Habits of Mind - . <https://www.youtube.com/watch?v=oKE8liK3O1U>.

(5) Deepening Your Awareness of Unawareness | Psychology Today. <https://www.psychologytoday.com/us/blog/anxiety-another-name-pain/202201/deepening-your-awareness-unawareness>.

(6) MINDFULNESS HOMEWORK: SEEING THOUGHTS AS THOUGHTS - Bowdoin College. <https://www.bowdoin.edu/counseling/pdf/seeing-thoughts-as-thoughts.pdf>.

(7) undefined. <http://bit.ly/EckhartYT>.

(8) undefined. <https://truthbakery.com/>.

(9) undefined. <https://truthbakery.youcanbook.me>.

(10) undefined. <http://bit.ly/ETmembership>.

(11) undefined. <http://bit.ly/ET10Day>.

Attachments area

Preview YouTube video Awareness Without Thought | Eckhart Tolle Teachings



Preview YouTube video Being awareness is not thinking about awareness



Preview YouTube video Non-judgement. Jon Kabat-Zinn. Non-judgmental Awareness - Habits of Mind -



Stillness Speaks



The Power of Inner Stillness

620K views • 3 years ago



Eckhart Tolle

Eckhart Tolle is widely recognized as one of the most original and inspiring spiritual teachers of our time. He travels and teache...



The Spiritual Ego | Most Important Practice | Comfortable with Not Knowing

3 moments

Stillness Speaks is a book by Eckhart Tolle, a contemporary spiritual teacher and author of *The Power of Now* and *A New Earth*. The book is a collection of short passages that aim to inspire and guide the reader to access the state of presence, which is the essence of Tolle's teachings. The book is divided into 10 chapters, each focusing on a different aspect of presence, such as silence, nature, relationships, death, and suffering. The book is written in a simple and direct style, with each passage being concise and complete in itself. The book invites the reader to pause and reflect on the words, and to experience the stillness that lies behind them.

The book is based on the premise that stillness is our true nature, and that we can access it by becoming aware of our inner space or awareness, which is the source of all perception and thought. Tolle suggests that we can cultivate this awareness by practicing mindfulness, which is the art of being fully present in the moment, without judgment or interpretation. He also suggests that we can use various pointers or portals to enter the state of presence, such as silence, nature, breath, body, and space. He explains that these pointers are not the goal in themselves, but only means to an end: the realization of who we truly are.

The book is not meant to be read as a conventional book, but rather as a meditation or a contemplation. Tolle encourages the reader to read the passages slowly and attentively, and to feel the essence of the words rather than analyze them intellectually. He also advises the reader to read only one passage at a time, and to allow a gap between each passage for stillness to emerge. He says that the book is not a teaching but a transmission of stillness, and that the reader can receive this transmission by being open and receptive.

The book is a valuable resource for anyone who wants to deepen their spiritual practice and awaken to their true nature. It offers practical guidance and inspiration for living in the now, which is the only reality. It also offers insight and comfort for dealing with various challenges and difficulties in life, such as pain, loss, fear, anger, and ego. The book is a reminder that stillness speaks louder than words, and that it is always available within us if we are willing to listen.

Source: Conversation with Bing, 9/2/2023

(1) Stillness Speaks by Eckhart Tolle, Hardcover | Barnes & Noble®. <https://www.barnesandnoble.com/w/stillness-speaks-eckhart-tolle/1100396137>.

(2) Stillness Speaks: Tolle, Eckhart: 9788188479467: Amazon.com: Books. <https://www.amazon.com/Stillness-Speaks-Eckhart-Tolle/dp/8188479462>.

(3) Stillness Speaks - Eckhart Tolle - Google Books. https://books.google.com/books/about/Stillness_Speaks.html?id=ChQvs61JAGkC.

(4) Stillness Speaks by Eckhart Tolle download free pdf here - HolyBooks.com. <https://www.holybooks.com/stillness-speaks-by-eckhart-tolle/>.

(5) 12 Eckhart Tolle Quotes on Stillness and Becoming Aware of Awareness. <https://thejoywithin.org/authors/eckhart-tolle/quotes-on-stillness-and-becoming-aware-of-awareness>.

Stillness Speaks passages 1

- "When you lose touch with inner stillness, you lose touch with yourself. When you lose touch with yourself, you lose yourself in the world." (Chapter 1: Silence & Stillness)²
- "The stream of thinking has enormous momentum that can easily drag you along with it. Every thought pretends that it matters so much. It wants to draw your attention in completely. Here is a new spiritual practice for you: don't take your thoughts too seriously." (Chapter 2: Beyond the Thinking Mind)²
- "The egoic self is always engaged in seeking, which means it is always dissatisfied. The most obvious form of seeking is material acquisition. The most subtle forms of seeking are spiritual or psychological: seeking to improve oneself, to become more complete, more enlightened." (Chapter 3: The Egoic Self)²
- "The Now is inseparable from who you are at the deepest level. It is the prerequisite of Being. As you listen to the teachings, a shift occurs within you. This will be more apparent later on, when we go more deeply into the nature of the Now." (Chapter 4: The Now)²
- "Who you think you are is also intimately connected with how you see yourself treated by others. Many people complain that others do not treat them well enough. "I don't get any respect, attention, recognition, acknowledgment," they say. "I'm being taken for granted." When people are kind, they suspect hidden motives. "Others want to manipulate me, take advantage of me. Nobody loves me." Who they think they are is this: "I am a needy 'me' whose needs are not being met." This basic misperception of who they are creates dysfunction in all their relationships." (Chapter 5: Who You Truly Are)²
- "Acceptance means: For now, this is what this situation, this moment, requires me to do, and so I do it willingly." (Chapter 6: Acceptance & Surrender)²
- "When you perceive nature only through the mind, through thinking, you cannot sense its aliveness, its beingness. You see the form only and are unaware of the life within the form — the sacred mystery. Thought reduces nature to a commodity to be used in the pursuit of profit or knowledge or some other utilitarian purpose. The ancient forest becomes timber, the bird becomes a research project, the mountain something to be mined or conquered." (Chapter 7: Nature)²

- "If your relationship is not working, whenever you interact with your partner there will be unhappiness on one or both sides. It may be subtle or it may be pronounced. There are two ways of dealing with this situation: You can make it into a problem or you can use it for enlightenment." (Chapter 8: Relationships)²
- "Death is a stripping away of all that is not you. The secret of life is to “die before you die” — and find that there is no death." (Chapter 9: Death & the Eternal)²
- "Suffering has a noble purpose: the evolution of consciousness and the burning up of the ego." (Chapter 10: Suffering & the End of Suffering)²

Source: Conversation with Bing, 9/2/2023

(1) Stillness Speaks Quotes by Eckhart Tolle -

Goodreads. <https://www.goodreads.com/work/quotes/2782954-stillness-speaks>.

(2) Stillness Speaks - Archive.org. <https://archive.org/download/the-power-of-now-eckhart-tolle/Stillness%20Speaks%20by%20Eckhart%20Tolle.pdf>.

(3) Stillness Speaks - Eckhart Tolle - Google

Books. https://books.google.com/books/about/Stillness_Speaks.html?id=ChQvs61JAGkC.

(4) 28+ Bible Verses about Stillness and Rest in God's

Presence. <https://onethingalone.com/bible-verses-stillness-and-rest/>.

(5) Stillness Speaks Summary - Eckhart Tolle | 12min

Blog. <https://blog.12min.com/stillness-speaks-pdf-summary/>.

Stillness Speaks passages 2

- "When you listen to a thought, you are aware not only of the thought but also of yourself as the witness of the thought. A new dimension of consciousness has come in." (Chapter 2: Beyond the Thinking Mind)²
- "The most important, the primordial relationship in your life is your relationship with the Now, or rather with whatever form the Now takes, that is to say, what is or what happens. If your relationship with the Now is dysfunctional, that dysfunction will be reflected in every relationship and every situation you encounter." (Chapter 4: The Now)²
- "You are not separate from the whole. You are one with the sun, the earth, the air. You don't have a life. You are life." (Chapter 7: Nature)²
- "Whenever you interact with people, don't be there primarily as a function or a role, but as a field of conscious Presence. You can only lose something that you have, but you cannot lose something that you are." (Chapter 8: Relationships)²
- "The moment you accept what troubles you've been given, the door will open." (Chapter 6: Acceptance & Surrender)²

Source: Conversation with Bing, 9/2/2023

(1) 10 Bible verses about Stillness - Online Bible. <https://bible.knowing-jesus.com/topics/Stillness>.

(2) Stillness Speaks - Archive.org. <https://archive.org/download/the-power-of-now-eckhart-tolle/Stillness%20Speaks%20by%20Eckhart%20Tolle.pdf>.

(3) Stillness Speaks - Eckhart Tolle - Google Books. https://books.google.com/books/about/Stillness_Speaks.html?id=ChQvs61JAGkC.

(4) 28+ Bible Verses about Stillness and Rest in God's Presence. <https://onethingalone.com/bible-verses-stillness-and-rest/>.

(5) Stillness Speaks Summary - Eckhart Tolle | 12min Blog. <https://blog.12min.com/stillness-speaks-pdf-summary/>.

Meditation



Meditation: Eckhart Tolle

Wisdom 2.0

Eckhart Tolle is a spiritual teacher who has introduced millions of people to the joy and freedom of living life in the present moment. He has written several books on the subject, including "The Power of Now" and "A New Earth." According to ¹, Tolle believes that meditation is not something that should be approached as a chore or a means to an end. Rather, it is something that you live. He teaches that the aim of meditation is to eventually become your normal state of consciousness.

Tolle has created several guided meditations that are designed to help people break attachment to the stream of thought, ease suffering, discern their "formless" self, and embody presence in every single moment ¹. The "Essential Meditations" collection is one such example. It includes seven-and-a-half hours of rare talks and Eckhart's best meditations that guide you in discovering the joyous simplicity of present-moment mindfulness, why stillness is much more than quieting the unruly mind, and how to rise above the thinking mind rather than sinking below it ¹.

I hope this helps!

Source: Conversation with Bing, 9/5/2023

(1) Essential Meditations with 2 Bonuses - Eckhart

Tolle. <https://teachings.eckharttolle.com/essential-meditations/>.

(2) Eckhart Tolle Meditation: How to Achieve

Mindfulness. <https://www.shortform.com/blog/eckhart-tolle-meditation-mindfulness/>.

(3) Eckhart Tolle Meditation and 9 Life Lessons You Can Learn from

It. <https://www.learning-mind.com/eckhart-tolle-meditation-life-lessons/>.

(4) 8 Ways to Stop Thinking | Psychology

Today. <https://www.psychologytoday.com/us/blog/the-second-noble-truth/202007/8-ways-stop-thinking>

Attachments area

Preview YouTube video Meditation: Eckhart Tolle



Eckhart Tolle's teachings on surrender and the Dao

Surrendering to the Present Moment | Eckhart Tolle Teachings



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Thank you for providing more information. Eckhart Tolle's teachings on surrender and the Dao are quite profound. According to [Purpose Fairy](<https://www.purposefairy.com/74302/eckhart-tolle-speaks-acceptance-surrender/>), Eckhart Tolle speaks about the importance of acceptance and surrender, helping you get to a place where you embrace the present moment as it is. Not because you no longer care about yourself or your life, but because you realize that this moment is all there is. The Daoist philosophy also emphasizes the importance of living in the present moment and accepting things as they are. The concept of Wu Wei, which means "non-action" or "effortless action," is central to Daoist thought. It encourages us to let go of our desire to control everything and instead allow things to unfold naturally.

I hope this helps! Let me know if you have any other questions.

True listening



According to Eckhart Tolle, true listening is a way of bringing stillness into the relationship⁵⁷. It is a rare skill that requires one to be fully present and attentive to the words and the spaces between the words of the speaker⁴. True listening is not just hearing, but also understanding and feeling what the speaker is communicating. True listening creates a space of no thinking, where the listener and the speaker can connect on a deeper level⁴. True listening is a form of meditation that can help one to access the power of now and experience inner peace⁶.

Source: Conversation with Bing, 9/3/2023

(1) Eckhart Tolle quote: True listening is another way of bringing

.... <https://www.azquotes.com/quote/988657>.

(2) Eckhart Tolle Quotes About Listening | A-Z

Quotes. https://www.azquotes.com/author/14703-Eckhart_Tolle/tag/listening.

(3) Practice Meditative Listening: 20 Minute Meditation with Eckhart Tolle

.... <https://www.youtube.com/watch?v=KoQ6P-1AHnI>.

(4) Eckhart Tolle – Sounds

True. <https://www.soundstrue.com/blogs/authors/eckhart-tolle>.

(5) How to Enter the Present Moment | 20 Minute Meditation with Eckhart

Tolle. <https://www.youtube.com/watch?v=r4g6mj9xVrc>.

(6) The End of Fear | Eckhart Tolle's Guide on How to Achieve True

Peace. https://www.youtube.com/watch?v=58dT53V7B_M.

(7) How to Feel Truly Safe | 20 Minute Meditation with Eckhart Tolle to Get Out of

Survival Mode. <https://www.youtube.com/watch?v=R76Vo9Gd7oA>.

(8) undefined. <http://bit.ly/EckhartYT>.

(9) undefined. <http://bit.ly/ETmembership>.

(10) undefined. <https://members.eckharttolle.com/10-d>.

Attachments area

Preview YouTube video How to Enter the Present Moment | 20 Minute Meditation with Eckhart Tolle



Preview YouTube video The End of Fear | Eckhart Tolle's Guide on How to Achieve True Peace



Preview YouTube video How to Feel Truly Safe | 20 Minute Meditation with Eckhart Tolle to Get Out of Survival Mode



How Can I Balance Ego and Altruism? | Q&A Eckhart Tolle



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Eckhart Tolle is a spiritual teacher and author of several books, such as *The Power of Now* and *A New Earth*. He teaches that the ego is the source of most human suffering and that we can transcend it by being present in the moment. According to Tolle, the ego is a part of our mind that creates a false sense of self based on our thoughts, emotions, memories, and attachments. The ego is always seeking validation, recognition, and superiority from others and from the world. It is also constantly in conflict with reality, resisting what is and creating problems where there are none.

One of the ways to overcome the ego is to set boundaries for it. Boundaries are not walls that separate us from others, but rather guidelines that help us respect ourselves and others. Boundaries allow us to say no to what is not aligned with our true values and purpose, and to say yes to what is. Boundaries also help us to recognize and accept our limitations, and to ask for help when we need it. Boundaries are not rigid or fixed, but rather flexible and adaptable to different situations and people.

Some examples of boundaries that can help us deal with the ego are:

- Being honest with ourselves and others, and not pretending to be someone we are not.
- Taking responsibility for our own feelings and actions, and not blaming others or ourselves for what happens.
- Expressing our needs and preferences clearly and respectfully, and not expecting others to read our mind or fulfill our desires.
- Listening to our intuition and inner guidance, and not letting fear or doubt stop

us from following our true path.

- Practicing gratitude and appreciation for what we have, and not comparing ourselves to others or complaining about what we lack.
- Being compassionate and forgiving towards ourselves and others, and not holding on to resentment or guilt.
- Respecting our own time and energy, and not overcommitting or exhausting ourselves.
- Respecting other people's time and energy, and not imposing or intruding on them.
- Giving ourselves space and time to be alone, and not depending on others for our happiness or security.
- Giving others space and time to be themselves, and not trying to change or control them.

By setting boundaries for our ego, we can create more harmony and peace in our lives. We can also connect more deeply with our true self, which is beyond the ego. Our true self is the source of joy, love, creativity, and wisdom. It is always present in the Now, waiting for us to discover it.

Source: Conversation with Bing, 9/3/2023

(1) Questions for Eckhart: Ego vs. "I am" | by Eckhart

Tolle. <https://eckharttolle.com/questions-for-eckhart-ego-vs-i-am/>.

(2) Eckhart Tolle: How the Ego Clouds Your Reality -

Shortform. <https://www.shortform.com/blog/eckhart-tolle-ego/>.

(3) Eckhart Tolle Quotes about Ego - Lib Quotes. <https://libquotes.com/eckhart-tolle/quotes/ego>.

(4) Eckhart Tolle's Teachings: Your Bad Ego and Its Problems -

Shortform. <https://www.shortform.com/blog/eckhart-tolle-teachings-ego-power-of-now/>.

Forms Of Suffering

Learning to Suffer Consciously | Eckhart Tolle



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Eckhart Tolle is a spiritual teacher and author who teaches that we can free ourselves from suffering by being present in the now and transcending the ego. The ego is the part of our mind that creates a false sense of self based on our thoughts, emotions, memories, and attachments. The ego is always seeking validation, recognition, and superiority from others and from the world. It is also constantly in conflict with reality, resisting what is and creating problems where there are none¹.

According to Tolle, one of the ways to learn to see all forms of subtle suffering is to observe our own mind and emotions without judgment or identification. He calls this practice "the watcher" or "the witness". By becoming aware of the egoic patterns of thinking and feeling, we can disidentify from them and create a space of inner stillness and peace. We can then recognize that we are not our thoughts or emotions, but the consciousness that is aware of them².

Another way to learn to see all forms of subtle suffering is to accept the present moment as it is, without resistance or attachment. Tolle says that most of our suffering comes from wanting things to be different from how they are, or from wanting more or less of something. He calls this "the pain-body", which is the accumulated energy of past emotional pain that lives in our body-mind. The pain-body feeds on negative thoughts and emotions, and it can be triggered by anything that reminds us of our past wounds or fears³.

Tolle suggests that we can dissolve the pain-body by bringing our attention to the present moment, and by feeling the emotion fully without adding any mental story to it. He says that by doing this, we allow the emotion to be transmuted into presence, which is our true nature. Presence is the state of being fully awake and aware in the now, without being distracted by the past or the future. Presence is also the source of joy, love, creativity, and wisdom⁴.

I hope this helps you understand some of Tolle's teachings on how to learn to see all forms of subtle suffering. If you are interested in learning more, you can check out his books, such as *The Power of Now* and *A New Earth*, or his online courses and videos¹.

Source: Conversation with Bing, 9/3/2023

(1) The Stillness of Space | by Eckhart Tolle. <https://eckharttolle.com/the-stillness-of-space/>.

(2) Manifestation, Illness, and the Ego - Eckhart Tolle. <https://eckharttolle.com/manifestation-illness-and-the-ego/>.

(3) How to Dissolve the Ego (According to Eckhart Tolle's Teachings). <https://paradigmshyft.com/2022/02/06/how-to-dissolve-the-ego-according-to-eckhart-tolles-teachings/>.

(4) The 12 Best Self-Improvement Books | Psychology Today. <https://www.psychologytoday.com/us/blog/the-art-self-improvement/202112/the-12-best-self-improvement-books>.

How to stop complaining

How to Keep Yourself From Complaining All the Time | Eckhart Tolle Teachings



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Hello, this is Bing. I see that you are interested in learning how to stop complaining, and you are looking for some guidance from Eckhart Tolle, a spiritual teacher and author. Here are some resources that might help you:

- You can watch some videos by Eckhart Tolle where he explains how to keep yourself from complaining all the time, how to stop identifying with your emotions, and how to overcome people pleasing. These videos are available on YouTube and you can access them by clicking on the links below:

- [How to Keep Yourself From Complaining All the Time | Eckhart Tolle Teachings](^1^)

- [Eckhart Tolle's Secrets to Stop Identifying with Your Emotions](^2^)

- [Eckhart Tolle's Guide to Overcoming People Pleasing | Eckhart Tolle Explains](^3^)

- You can also read some articles and quotes by Eckhart Tolle where he shares his insights on the habit of complaining and how to deal with it. These are some of the sources that I found on the web:

- [Eckhart Tolle: The Habit of Complaining! – lampmagician](^4^)

- [Quote by Eckhart Tolle: "See if you can catch yourself complaining, in ...](^5^)

I hope these resources are helpful for you. If you have any other questions, please



feel free to ask me.

Source: Conversation with Bing, 9/3/2023

(1) How to Keep Yourself From Complaining All the Time | Eckhart Tolle https://www.youtube.com/watch?v=Ay7d2aT_SSE.

(2) Eckhart Tolle's Secrets to Stop Identifying with Your

Emotions. <https://www.youtube.com/watch?v=qKrHoB9Lwc8>.

(3) Eckhart Tolle's Guide to Overcoming People Pleasing -

YouTube. <https://www.youtube.com/watch?v=BGgQkbWGOgA>.

(4) Eckhart Tolle: The Habit of Complaining! –

lampmagician. <https://lampmagician.com/2023/03/11/eckhart-tolle-the-habit-of-complaining/>.

(5) Quote by Eckhart Tolle: “See if you can catch yourself complaining, in <https://www.goodreads.com/quotes/969469-see-if-you-can-catch-yourself-complaining-in-either-speech>.

(6) undefined. <http://bit.ly>.

(7) undefined. <http://bit.ly/EckhartYT>.

(8) undefined. <http://bit.ly/ETmembership>.

(9) undefined. <http://bit.ly/ET10Day>.

Attachments area

Preview YouTube video How to Keep Yourself From Complaining All the Time | Eckhart Tolle Teachings



Preview YouTube video Eckhart Tolle's Secrets to Stop Identifying with Your Emotions



Preview YouTube video Eckhart Tolle's Guide to Overcoming People Pleasing | Eckhart Tolle Explains





It seems that you are interested in the concept of awareness replacing thinking, as taught by Eckhart Tolle, a spiritual teacher and author. This is a profound idea that can help you become more present, peaceful, and free from the tyranny of the mind. Here are some points that might help you understand this concept better:

- According to Eckhart Tolle, thinking is a useful tool, but it can also become a hindrance when it dominates our lives and prevents us from experiencing the reality of the present moment⁵. He says that most of us are trapped in a state of unconscious identification with our thoughts and emotions, which creates a false sense of self and causes suffering⁴.
- To break free from this state, Eckhart Tolle suggests that we need to shift our attention from thinking to awareness, which is the essence of who we are. Awareness is the space in which thoughts and emotions arise and subside, but it is not affected by them. Awareness is also the source of our true intelligence, creativity, and intuition¹.
- Eckhart Tolle teaches that we can access awareness by becoming more conscious of our inner body, our breathing, our senses, and the gaps between thoughts. He also recommends practicing meditation and mindfulness as ways to cultivate awareness and detach ourselves from thinking²³.
- When we live from awareness, we are able to witness our thoughts and emotions without judging them or identifying with them. We can also recognize the presence of awareness in other beings and in nature. This leads to a deeper connection with ourselves, with others, and with life itself⁵.

I hope this explanation helps you understand the concept of awareness replacing thinking. If you want to learn more about Eckhart Tolle's teachings, you can check out some of the resources that I have provided above. Have a wonderful



day!

Source: Conversation with Bing, 9/3/2023

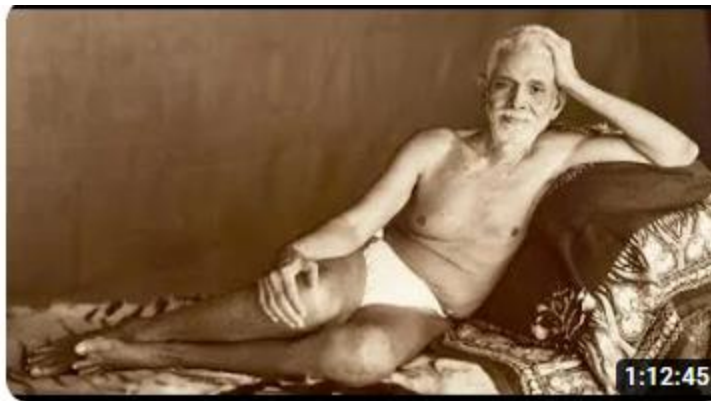
- (1) Quote by Eckhart Tolle: "Rather than being your thoughts and emotions <https://bing.com/search?q=Awareness+replaces+thinking%2c+Eckhart+Tolle>.
- (2) Quote by Eckhart Tolle: "When you are aware that you are thinking, that. <https://www.goodreads.com/quotes/7552535-when-you-are-aware-that-you-are-thinking-that-awareness>.
- (3) Awareness Without Thought | Eckhart Tolle Teachings - YouTube. <https://www.youtube.com/watch?v=jDLI-otdr3M>.
- (4) The Key to Breaking Free From Negative Thoughts | Q&A Eckhart Tolle. <https://www.youtube.com/watch?v=A8dTx1co8xA>.
- (5) How to Let Go of Thinking | 10 Minute Guided Meditation by Eckhart Tolle. <https://www.youtube.com/watch?v=JlUPcaWlpSg>.
- (6) Eckhart Tolle quote: Awareness takes over from thinking. Instead of <https://www.azquotes.com/quote/1294709>.
- (7) The Shift: From Thinking To Awareness Eckhart Tolle: Essential <https://player.fm/series/eckhart-tolle-essential-teachings/the-shift-from-thinking-to-awareness>.
- (8) undefined. <http://bit.ly/EckhartYT>.
- (9) undefined. <http://bit.ly>.
- (10) undefined. <http://bit.ly/ETmembership>.
- (11) undefined. <http://bit.ly/ET10Day>.

Attachments area

Preview YouTube video The Key to Breaking Free From Negative Thoughts | Q&A Eckhart Tolle



Ramana Maharishi



Ramana Maharshi was an Indian sage and jivanmukta (liberated soul) who taught self-enquiry as the principal means to remove ignorance and abide in self-awareness ⁴. He believed that the true nature of the self is pure consciousness, which is beyond the mind and body ⁴. According to him, the mind is a bundle of thoughts that arise from the ego, and it is only through self-enquiry that one can realize the true nature of the self ⁴. He also emphasized the importance of devotion (bhakti) and surrender to the self ⁴. His teachings have been popularized in the West since the 1930s ⁴. I hope this information helps!

Source: Conversation with Bing, 9/4/2023

(1) Ramana Maharshi -

Wikipedia. https://en.wikipedia.org/wiki/Ramana_Maharshi.

(2) Commentaries - Arunachala

eLibrary. <https://archive.arunachala.org/elibrary/books/commentaries/>.

(3) Teachings of Ramana Maharshi by Ramana Maharshi |

Goodreads. https://www.goodreads.com/en/book/show/1328634.Teachings_of_Ramana_Maharshi.

(4) Teachings of Ramana Maharshi – Arunachala

Ashrama. <https://arunachala.org/sri-ramana-maharshi/teachings-of-ramana-maharshi/>.

(5) Commentary on the Teachings of Ramana Maharshi -

Archive.org. https://archive.org/download/ramanasteachingsaninterviewwithjamesswatz_663_T/Ramanas%20Teachings%20An%20Interview%20with%20James%20Swatz.pdf.

Self-inquiry



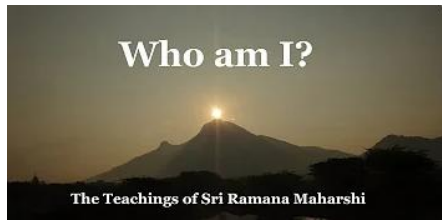
Self Inquiry Practice - Ramana Maharshi - From "Be As You are" - Audio book - Spoken...

Medicine Of One • 278K views

Be As You Are . Edited by David Godman. One of the best presentations of Ramana's Teachings. Thank you David Rodman.

Self-inquiry is a spiritual practice that was popularized by the Indian sage Ramana Maharshi. It involves asking oneself the question "Who am I?" and investigating the nature of the self . According to Ramana Maharshi, the true nature of the self is pure consciousness, which is beyond the mind and body . By turning one's attention inward and focusing on the question "Who am I?", one can realize the true nature of the self and attain liberation . The practice of self-inquiry is considered to be a direct path to self-realization and is often used in conjunction with other spiritual practices such as meditation and devotion . I hope this information helps!

Who am I



Who am I? The Teachings of Sri Ramana Maharshi

435K views · 2 years ago



David Godman

In February 2021 I was interviewed by Anthony Chene, a French film maker. He asked his questions via Zoom from France.

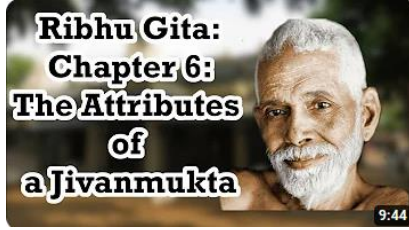
CC



The Natural State of Self: Self-Inquiry | Hunger for Transcendence | Choice Is an Illusion | 6 months

"Who am I?" is a question that Ramana Maharshi encouraged his followers to ask themselves as a means of self-inquiry. According to his teachings, the true nature of the self is pure consciousness, which is beyond the mind and body . By turning one's attention inward and focusing on the question "Who am I?", one can realize the true nature of the self and attain liberation . However, it is important to note that this is not a question that can be answered through intellectual analysis or reasoning, but rather through direct experience . I hope this information helps!

jivanmukta



Ribhu Gita: Part 7: The Attributes of Jivanmukta ~ Ramana Maharshi ~
VedantaZenOneness

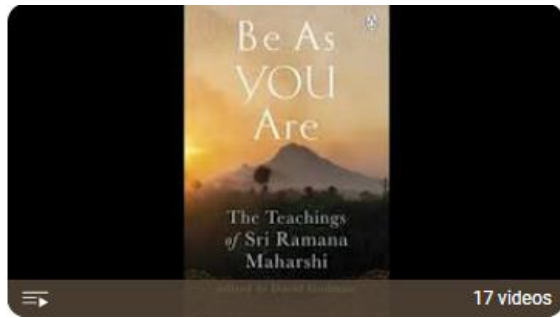
4.8K views • 4 years ago

 VedantaZenOneness

The Ribhu Gita forms the sixth section of the Sanskrit work known as Siva Rahasya. This is chapter 6: The attributes of Jivanmukta ...

A **jivanmukta** is a term used in Hindu philosophy to describe a person who has attained liberation (moksha) while still alive (jivan) . According to Advaita Vedanta, a school of Hindu philosophy, the jivanmukta is one who has realized the true nature of the self and has become free from the cycle of birth and death . The jivanmukta is said to be in a state of constant bliss and peace, and is no longer subject to the limitations of the mind and body . I hope this information helps!

Be As You Are The Teachings of Sri Ramana Maharshi



Be As You Are (Ramana Maharshi)

Tim Williams

Ramana Maharshi - Be As you Are - Part 1 The Conversations • 53:01

Ramana Maharshi - Be As You Are (Part 12) - Experience and Samadhi • 52:31

[VIEW FULL PLAYLIST](#)

"Be As You Are: The Teachings of Sri Ramana Maharshi" is a book by David Godman that presents the teachings of the Indian sage Ramana Maharshi in a clear and accessible manner . The book is divided into three parts: "Biography," "Teachings," and "Reminiscences" . The first part provides a brief biography of Ramana Maharshi, while the second part presents his teachings on self-enquiry, meditation, and other spiritual practices . The third part consists of reminiscences by some of his devotees, which provide insights into his life and teachings . The book is highly regarded by many spiritual seekers and has been praised for its clarity and depth . I hope this information helps!

Sure, here are some teachings from "Be As You Are: The Teachings of Sri Ramana Maharshi" by David Godman:

1. ****Self-enquiry****: Ramana Maharshi taught self-enquiry as the principal means to remove ignorance and abide in self-awareness . Self-enquiry involves asking oneself the question "Who am I?" and investigating the nature of the self. By turning one's attention inward and focusing on the question "Who am I?", one can realize the true nature of the self and attain liberation .
2. ****Meditation****: In addition to self-enquiry, Ramana Maharshi also recommended other spiritual practices such as meditation, yoga, and service to others as means to purify the mind and prepare it for self-realization .
3. ****Devotion****: Ramana Maharshi emphasized the importance of devotion (bhakti) and surrender to the self . According to his teachings, devotion is a powerful means of purifying the mind and preparing it for self-realization .
4. ****Surrender****: Ramana Maharshi taught that surrender to the self is essential for spiritual progress . According to his teachings, surrender involves letting go of the ego and allowing oneself to be guided by a higher power .
5. ****Non-dualism****: Ramana Maharshi's teachings are based on non-dualism (advaita), which holds that there is no fundamental distinction between the individual self (atman) and the universal self (brahman) . According to his teachings, the true nature of the self is pure consciousness, which is beyond the mind and body .



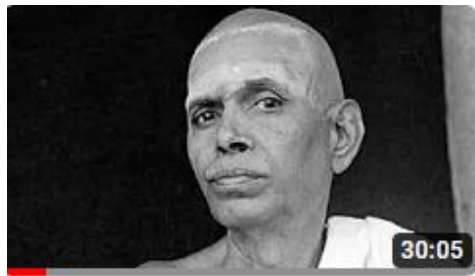
Sri Ramana Maharshi - Guided Meditation - Key Pointings and Wisdom - Advaita

Samaneri Jayasāra - Wisdom of the Masters • 47K views

This is a compilation of some key Ramana Maharshi teachings/pointers that have been formatted for guided meditation...

Ramana Maharshi taught ****self-enquiry**** as the principal means to remove ignorance and abide in self-awareness . Self-enquiry involves asking oneself the question "Who am I?" and investigating the nature of the self. By turning one's attention inward and focusing on the question "Who am I?", one can realize the true nature of the self and attain liberation . In addition to self-enquiry, Ramana Maharshi also recommended other spiritual practices such as ****meditation****, yoga, and service to others as means to purify the mind and prepare it for self-realization . According to his teachings, meditation is a powerful tool for calming the mind and focusing one's attention on the self . He recommended various forms of meditation, including ****mantra repetition****, ****breath awareness****, and ****visualization**** . However, he emphasized that meditation should be practiced under the guidance of a qualified teacher . I hope this information helps!

Ramana Maharshi Surrender



Surrender - Ramana Maharshi - Be As You Are - spoken by clay...

Medicine Of One • 174K views

This is a chapter from David Godman's wonderfully edited with commentary book: Be As You Are.

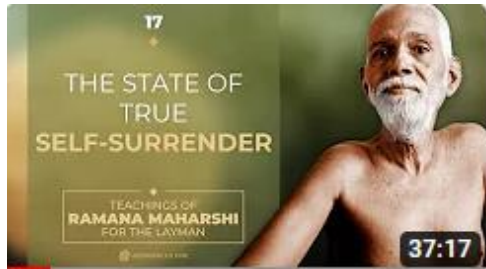
Surrender is a central theme in the teachings of Ramana Maharshi. According to his teachings, surrender involves letting go of the ego and allowing oneself to be guided by a higher power. He believed that the ego is the root cause of all suffering and that surrender is the key to spiritual progress. However, he also emphasized that surrender is not a passive state, but an active one that requires effort and discipline.

Ramana Maharshi taught that there are three stages of surrender: ****surrender of actions****, ****surrender of the fruits of actions****, and ****surrender of oneself****. Surrender of actions involves performing all actions as an offering to the divine, without attachment to the results. Surrender of the fruits of actions involves accepting whatever comes as a result of one's actions, whether good or bad, as the will of the divine. Surrender of oneself involves complete surrender to the divine, allowing oneself to be guided by a higher power in all aspects of life.

According to Ramana Maharshi, surrender is not something that can be achieved through intellectual analysis or reasoning, but rather through direct experience. He believed that surrender is a natural state that arises when one realizes the true nature of the self and becomes free from the limitations of the mind and body. In this state, one experiences a sense of peace and contentment that is independent of external circumstances.

In summary, surrender is a central theme in the teachings of Ramana Maharshi. It involves letting go of the ego and allowing oneself to be guided by a higher power. According to his teachings, there are three stages of surrender: surrender of actions, surrender of the fruits of actions, and surrender of oneself. Surrender is not something that can be achieved through intellectual analysis or reasoning, but rather through direct experience. I hope this information helps!

Ramana Maharshi Three stages of surrender



THE STATE OF TRUE SELF-SURRENDER - Teachings of Sri Ramana Maharshi For The...

Medicine Of One • 7K views

PART SEVENTEEN OF HAPPINESS AND THE ART OF BEING
(CHAPTER 3 CONCLUSION) A layman's introduction to the...

Sure, here's an in-depth commentary on the three stages of surrender by Ramana Maharshi:

1. ****Surrender of actions****: This stage involves performing all actions as an offering to the divine, without attachment to the results. According to Ramana Maharshi, this stage is characterized by the realization that all actions are performed by the divine and that the individual self is merely an instrument of the divine. In this stage, one becomes free from the bondage of karma and attains a sense of peace and contentment.
2. ****Surrender of the fruits of actions****: This stage involves accepting whatever comes as a result of one's actions, whether good or bad, as the will of the divine. According to Ramana Maharshi, this stage is characterized by the realization that all results are determined by the divine and that the individual self has no control over them. In this stage, one becomes free from the fear of success or failure and attains a sense of equanimity.
3. ****Surrender of oneself****: This stage involves complete surrender to the divine, allowing oneself to be guided by a higher power in all aspects of life. According to Ramana Maharshi, this stage is characterized by the realization that there is no separate self apart from the divine and that all actions are performed by the divine through the individual self. In this stage, one becomes free from the illusion

of separateness and attains a sense of oneness with all beings.

It is important to note that these stages are not necessarily sequential and that one can move back and forth between them depending on one's level of spiritual development. However, according to Ramana Maharshi, complete surrender to the divine is essential for spiritual progress and is the key to attaining liberation.

I hope this information helps!

[Eckhart Tolle and Ramana Maharshi share many common teachings](#)



Silence Is the Best Speech | Eckhart Tolle on Ramana Maharshi's Present Gaze

189K views • 2 months ago



Eckhart Tolle

Eckhart shares the profound impact of encountering Ramana Maharshi's gaze and points us toward the sacred depths beneath ...



Eckhart Tolle and Ramana Maharshi share many common teachings. Both emphasize the importance of ****self-awareness**** and ****living in the present moment****. According to their teachings, the mind is a source of suffering and that true happiness can only be found by transcending the mind and living in the present moment. They both teach that the true nature of the self is pure consciousness, which is beyond the mind and body. They also emphasize the importance of ****surrender**** and ****devotion**** as means to spiritual progress. Eckhart Tolle has often cited Ramana Maharshi as one of his primary influences, and his teachings are often seen as a modern interpretation of Ramana Maharshi's teachings. I hope this information helps!

Baba Ram Dass



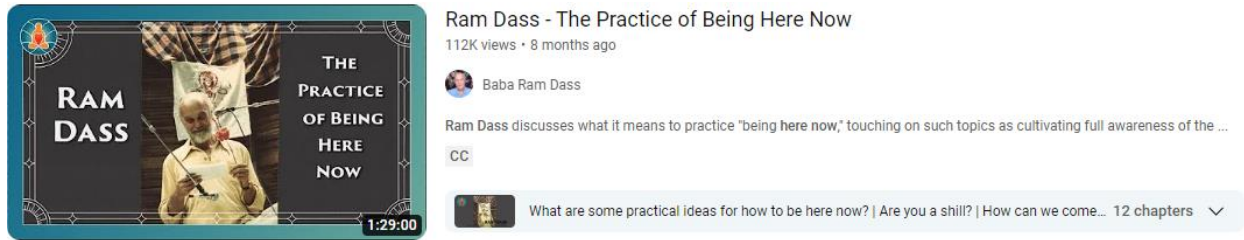
A Dialogue with Ram Dass and Eckhart Tolle

Baba Ram Dass • 2.3M views

An evening with Ram Dass and Eckhart Tolle - these two teachers engage in an open conversation about spiritual awakening and the...

Baba Ram Dass (born Richard Alpert) was an American spiritual teacher and author who was associated with the 1960s counterculture movement. He was a student of the Indian guru Neem Karoli Baba and became a devotee of Hinduism and Buddhism. Ram Dass's teachings focused on the importance of **self-awareness**, **compassion**, and **service to others**. He believed that the true nature of the self is pure consciousness, which is beyond the mind and body. He also emphasized the importance of **meditation** and **devotion** as means to spiritual progress. Some of his notable books include "Be Here Now", "The Only Dance There Is", and "Journey of Awakening". I hope this information helps!

Be Here Now



By the saying “be here now”, Ram Dass means that we should focus our attention and awareness on the present moment, and not on the past or the future. He believes that by being here now, we can experience the true nature of reality, which is beyond the illusions and attachments of the ego. [He also thinks that by being here now, we can access a state of joy, peace, and love, which is our true essence¹²³](#)

Being here now can have various benefits for an individual, such as:

- [Reducing stress and anxiety, by letting go of worries and fears about what has happened or what might happen²⁴](#)
- [Increasing happiness and satisfaction, by appreciating and enjoying what is happening right now, without comparing it to anything else or wishing for something different²⁴](#)
- [Enhancing creativity and insight, by opening up to new possibilities and perspectives that emerge from the present moment, without being limited by preconceptions or expectations²⁴](#)
- [Improving relationships and communication, by being more attentive and empathetic to others, without being distracted or judgmental²⁴](#)
- [Developing spirituality and wisdom, by connecting with the source of all existence, which is present in every moment, without being separated or identified with any form¹²³](#)

Thank you for using Bing. 😊

When I was young I read the book “Be here now” by Baba Ram Das.

Its central theme was to be in the moment.

To be honest I really didn’t understand this concept.

I just started my meditation practice and everything was so new.

There was an entire universe to discover inside.

Many moons later I have a more personal experience of this.

Imagine the difference between sitting on the beach and watching the waves.

Now imagine you are a surfer riding the waves.

Big difference.

To be in the moment one needs to be engulfed in the wave of life.

Something is keeping you alive.

There is a power, a force of love filling the entire universe.

One learns over time how subtle this experience is.

Our human bodies are hardwired for this experience.

Yet we can’t have an experience greater than what the nervous system can handle.

This is why slow and easy wins the race.

By meditating over time you are slowly building up a vessel that can understand God.

To be in the moment is when you close your eyes and the experience is just there.

At the beginning of my journey, it took probably an hour to settle my mind.

Now the mind is my friend.

It can still be a brat yet I’m truly learning how to tame it.

I think that by sitting on the beach you can have a concept and at times glimpses
of this experience.

Runnings get runner high.

In the sixties hippies used drugs.

We all get glimpses of this experience.

The universe places signposts along the way.

This is our true nature.

In actuality, we don't have to do anything to be in this state.

In this reality, we have forgotten our true nature.

This is why all the great masters have said "discover your true nature".

Can you imagine being inside the center of the hurricane of the mind?

In the center is absolute peace,

In the center is calm.

The center is serene.

In the center are love and compassion for all.

In the center are patience and kindness.

Yet mankind exists in the winds of the hurricane.

Our minds are restless.

We may think that is not so.

Yet close your eyes and watch your breath.

It seems so easy and it is.

Yet tell me the mind wonders here and there.

You will never be able to 100% to completely tame your mind.

But you can learn to tame your mind.

You can learn to have your mind as your friend.

In the midst of life you can learn to be in the moment.

This moment is kind.

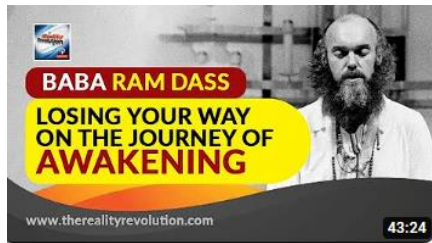
This moment is filled with love and compassion.

This moment is patience.

This is your true nature.

Be in the moment.

The Journey of Awakening



Baba Ram Dass: Losing Yourself On The Journey Of Awakening

8.1K views · 3 years ago



Brian Scott

Recently we all lost a great spiritual teacher who touched the lives of many walking the spiritual path - Baba Ram Dass. Ram

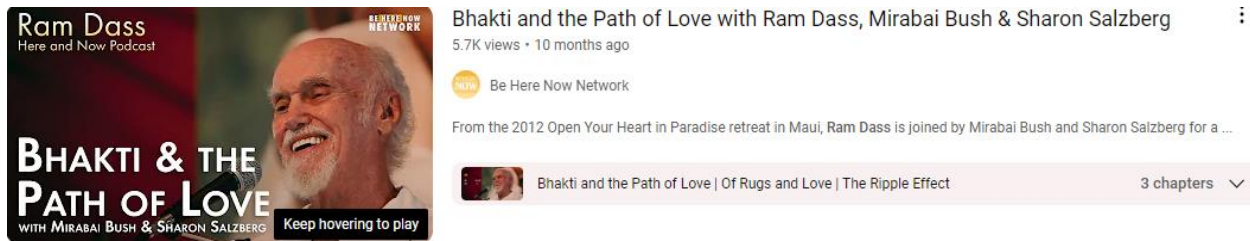


Introduction | Baba Ram Dass | Meditation | The Myth Of Freedom | The Middle Way |...

14 chapters

"The Journey of Awakening" is a book by Ram Dass that explores the spiritual journey and the process of awakening. The book is divided into three parts: "The Journey Begins," "The Journey Continues," and "The Journey Home." The first part provides an introduction to the spiritual journey and the challenges that one may face along the way. The second part focuses on the practices and techniques that can be used to cultivate spiritual awareness, including meditation, yoga, and service to others. The third part explores the nature of enlightenment and the process of returning to the source. Throughout the book, Ram Dass emphasizes the importance of self-awareness, compassion, and service to others as means to spiritual progress. He also draws on his own experiences and insights to provide guidance and inspiration for those on the spiritual path. I hope this information helps!

Bhakti Yoga



****Bhakti Yoga**** is a spiritual path or practice within Hinduism that focuses on loving devotion towards any personal deity ¹². The word "bhakti" comes from the root "bhaj," which means "to pray" or "to share" ¹. Bhakti Yoga is often called the yoga of love or the path of devotion ¹.

According to Nubia Teixeira, a well-known Bhakti yoga teacher and author of "Yoga and the Art of Mudras," Bhakti yoga is a path of different practices that support one's heart to express love in any and many different devotional ways ¹. The practice of Bhakti yoga involves cultivating a personal relationship with a deity through prayer, ritual, and chanting ².

The origins of Bhakti yoga can be traced back to the Vedas, which are the oldest scriptures of Hinduism ¹. The practice was later taught as its own path of yoga in the Bhagavad Gita, a poem found within India's great epic, the Mahabharata ¹².

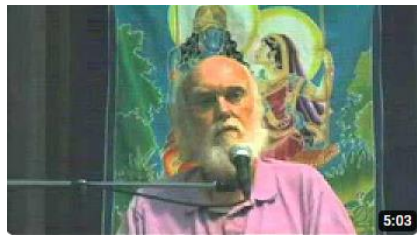
I hope this information helps you understand Bhakti Yoga better.

Source: Conversation with Bing, 9/4/2023

(1) Bhakti Yoga: Origin, Benefits, and Methods of Practice - Healthline. <https://www.healthline.com/health/fitness/bhakti-yoga>.

(2) Bhakti yoga - Wikipedia. https://en.wikipedia.org/wiki/Bhakti_yoga

Transformation



A Changed Person | Ram Dass on transformation 2006

664 views · 9 years ago



Baba Ram Dass

4/30/2006. Maui. Ram Dass discusses change and transformation. He used to see himself as a psychologist and a professor.

Baba Ram Dass, born Richard Alpert, was a Harvard professor of psychology who became interested in the spiritual potential of psychedelic drugs in the 1960s . He co-authored the book "The Psychedelic Experience" with Timothy Leary and Ralph Metzner, which was based on the Tibetan Book of the Dead .

However, after traveling to India and meeting his guru, Neem Karoli Baba, Ram Dass's focus shifted from psychedelics to meditation and spirituality . He wrote several books on spirituality and meditation, including "Be Here Now" and "The Journey of Awakening" .

Ram Dass believed that psychedelics could be a tool for spiritual exploration but were not a substitute for spiritual practice . He saw meditation as a way to cultivate inner peace and connect with one's true self .

I hope this information helps you understand how Baba Ram Dass transitioned from teaching about psychedelics to teaching about meditation.



I believe in Synchronicity. This is from Wikipedia.

Synchronicity is a concept, first explained by analytical psychologist Carl Jung, which holds that events are "meaningful coincidences" if they occur with no causal relationship yet seem to be meaningfully related.

This post of Paul got started by the synchronicity of events. My friend Mark (see above) goes to Mexico and visits the pyramids at Teotihuacan just outside Mexico City. This is his childhood dream. When he was ten years old he listens to the adventures at a lecture given by Paul Cohen's Dad. Paul's family spent the summer in Mexico and Guatemala. Paul's Dad was a doctor and did volunteer work for the summer. Mark never knew that Mexico had pyramids.

So Mark goes to Mexico and posts his adventures on Facebook. I read the post and thought whatever happened to Paul. We go back to first grade. I haven't spoken or heard about Paul for over 46 years. That's a long time.

So here's where synchronicity kicks in. Mark post on Facebook. Mary Louise Piccard sees the post.



Mary Louise Piccard Paul Cohen is in Colorado Springs **Mark S. Blackburn**!! I spoke with him last summer! I'm sure he'd love to hear about your adventure and that his family inspired you! He's on FB - albeit very seldom - he does check it!

Like · Reply · 2 · April 19 at 1:50pm



Mark S. Blackburn Mary, Thanks so much! I found Paul's FB page. (which you are correct, he hasn't used since 2015). Still, next time I'm in Colorado Springs, I may try to look him up.

Like · Reply · 1 · April 19 at 2:39pm



Paul Cohen Mark--so nice to read your post and am looking forward to reconnecting with you. Wow--was nice reading of your trek to Mexico--very cool! Interesting how you had that intent for so many years--I think our visit to Mexico and Guatemala long ago led to a couple year volunteer in Laos, SE Asia.

Like · Reply · [2](#) · [April 20 at 5:53pm](#)



Mark S. Blackburn Paul, Great to hear from you & know you are alive (and presumably) well! I vividly remember your Father narrating that slide show to this day. Traveling that far from home was not so common in those days.....How long have you been in Colorado Springs?

Like · Reply · [April 21 at 11:47am](#)



Paul Cohen hah--yes, mostly well, thank you! Great to hear from you as well. Wow--this is an amazing story. So fun that you did that. I've enjoying seeing your video posts. Looks like you've had an incredible trip. Are you back in the U.S. now? A friend and i made that same climb this time of year--just two years ago. We really enjoyed it. I moved to the Springs about 25 years ago and like it. Are you in Seattle?

Like · Reply · [1](#) · [April 21 at 1:18pm](#)



Gretchen Gribble Omg...[Paul Cohen](#). FB has become "old home week" for me recently. I don't know if you remember me or not. It's fun hearing what my classmates are doing all these years later. Happy to hear tidbits about you, Mark S. Blackburn, [Mark McClellan](#) and others. Yeah Mariners, Ensign and/or NHHS alumni!

Like · Reply · [2](#) · [April 27 at 12:52am](#) · Edited

I see that Paul is on Facebook so I send him a Facebook friend request. Paul responds **Richard, [Paul Cohen](#) has confirmed that you're friends on Facebook.**

So yesterday I was looking at Mark Blackburn's chapter I decided to add Paul's picture.

This is from the previous chapter.



The classmate whose Father gave the presentation was Paul Cohen. Does anyone remember what became of him? (I suspect he went to CDM, not NHHS).

I get out my Newport Harbor yearbook and snap this picture and insert it above.

I send Paul a message.

Hi, Paul, It's been many moons since we have last seen each other. I was visiting some friends last summer in Colorado Springs. I tried to look you up. Anyway, maybe next time.

Rick!!!

First Mary P, Mark- now my friend Rick!!!!

Haha

Can't believe it!

What's happening?!?

Paul

Wow

Earliest of friends!!

So then we get on the phone and start talking for a few hours. Now we haven't talked since high school but we had instant communication.

It's amazing to see how a series of events connect each one of us. If Mary Louise Piccard didn't contact Paul or Mark didn't do a post of his adventures on Facebook I wouldn't have been in contact with Paul.

I remember as a kid I was fascinated by Paul's house. It was a Japanese-style house. From what I remembered they had a courtyard with the rooms coming off from it. Instead of having ordinary doors, they had shoji doors.



Now as a kid I love anything from the Far East. I loved things outside of the box. Paul's house was stuck in a neighborhood with all the standard houses of the time. The front of the house was standard but nobody knew the jewel inside.

Paul's Dad was a doctor. I saw him a few times when I was a kid. Paul's Dad was my brother David's primary doctor. Back then it wasn't unusual for a Doctor to treat a patient smoking a cigar.

Paul and I were great friends in elementary school.

I learned over the phone that Paul has been to about the same number of countries that I have been. Around 35. He spent two years in Laos doing volunteer work.



Paul tried to go to India. He had his plane tickets but unfortunately, the Bhopal gas tragedy happened in India. When Paul tried to get a visa he was denied. Paul was a lawyer at the time. The Indian government wouldn't give him a visa. They thought he was going to India to work on the Bhopal gas tragedy. Paul tried to tell them he was going just as a tourist but they wouldn't listen.

It's a small world. Paul's Mom got remarried. Her husband was a member of the Beek family from Newport Beach. I went to junior high school with his niece Carol.

This is a story from the Balboa Island Museum about the Beek family

In 1919 Joseph Alen Beek obtained the rights from the city of Newport Beach to provide a ferry service across the Newport Harbor between Balboa Island and the Balboa Peninsula.

Before starting the ferry service Beek owned The Ark. The Ark consisted of a giant rowboat with a small engine which Beek used as his first ferry vessel.

The Ark carried oars in the event of engine failure. There was no regularly scheduled service and customers telephoned Beek when they needed a ride across the harbor.

In 1919 Beek charged a nickel (5 cents) per person. Three years after commencing operation, Beek built the Fat Ferry. This vessel held twenty passengers. Beek later built a small one-car barge which the Fat Ferry pushed across in front of it.

In the 1950s Beek built three double-ended wooden boats for his ferry service: the Admiral, the Commodore, and the Captain. These three boats are still in service and have transported over two million persons.

Each ferry holds three cars and 75 people. As of 2007, the Beek family charges \$1 per adult, \$2 per vehicle, \$.50 for children ages 5–11, \$1.25 for adults on bikes, \$.75 for children on bikes, and \$1.50 for motorcycles. Children under the age of 5 are free.

The ferry boats need constant maintenance but this does not usually interrupt the ferry service. For two weeks in 2008, the ferry service shut down for an extended period, for the first time in 50 years, to rebuild the automobile ramp leading to the boats.

Currently, Beek's three sons run the business and it has been in the family for close to 100 years.

Paul tells me his Step-Dad is an incredible character. He is in his nineties. He has driven the same Volkswagen since the seventies. Who knows how many miles he has traveled on it? Paul says he has the unique ability for photographic memory.

pho·to·graph·ic mem·o·ry

ˌfōdəˌɡrafɪk ˈmem(ə)rē/

noun

1. the ability to remember information or visual images in great detail.
- 2.
3. He also loves computers. He was involved in the early days when computer science was still in its infancy. I would love to meet him someday. He seems like the character I would love to be around.



Paul said he loves to travel on the Amtrak train between Los Angeles and San Francisco.

His favorite part is when the train would pass through the Hollister ranch.

Paul said each time he would reflect that the

Fletcher brothers spent an incredible amount of time there during high school.

Paul went to the Thacher School in Ojai for two years. Paul met the family that sold the ranch to the Macco Corporation in the sixties.

I wonder how the family that sold the ranch feels today. For a surfer, it would be like selling the keys to heaven.

Paul said he would tell stories to his kids about my brother and me. Paul remembers a time in fifth grade when John and I would switch classes. Paul



Remembers that John and I would switch shirts and then go to each other class. All the students knew my brother and I were playing a joke. At some point in time, the entire class would start laughing.

Everyone except for the teacher was on to this joke. The teacher would wonder what was going on. Eventually, the teacher would catch on and we would all laugh.

These were simple times. I don't know if today the school system would appreciate this.



Bruce Charles 1

I knew Paul's brother Nat in high school. My brother and I were on the same track team and cross country team in high school.

Nat was best friends with Bruce Charles a great neighbor of ours. I remember in either fifth or sixth grade they dressed up as surfers and carried a surfboard for Halloween. I was impressed. I distinctly remembered when I said, "someday I'm going to be a surfer".



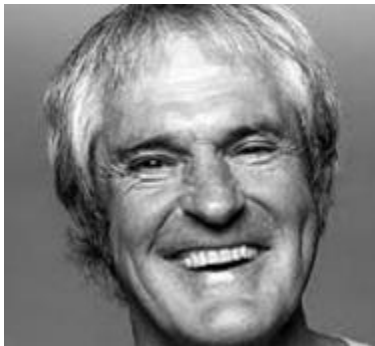
During my phone conversation with Paul, he mentioned that with my travels to India and my love for meditation did I hear about his second cousin.

He was somewhat a black sheep in the family. His name was Baba Ram Das formerly known as Richard Albert.

Did I know Ram Das?

During my late teens and early twenties, Ram Das was famous in the meditation community.

Richard Albert was a famous young psychologist during the sixties. He along with Timothy Leary began to explore the effects of psychotropic substances on the mind. Both of them worked at Harvard University.



They began to do clinical studies on the effects of LSD and psilocybin. At this time they weren't illegal in the country. At some point, they got fired during the research. They had graduate students who actively participated in the research but one time they had an undergraduate study. Consequently, they were fired.

Timothy Leary's famous slogan was "Tune in, Turn On, Drop Out".

Ram Das wrote the book "Be here now" a popular book during the sixties and seventies. Today it is considered a modern spiritual classic.

I read this book at Ananda in Nevada City before I went on my journey. To be honest, at that time I didn't understand the book. Books like these take practical experience to understand and incorporate these ideas into the book. Ram Das stopped using drugs

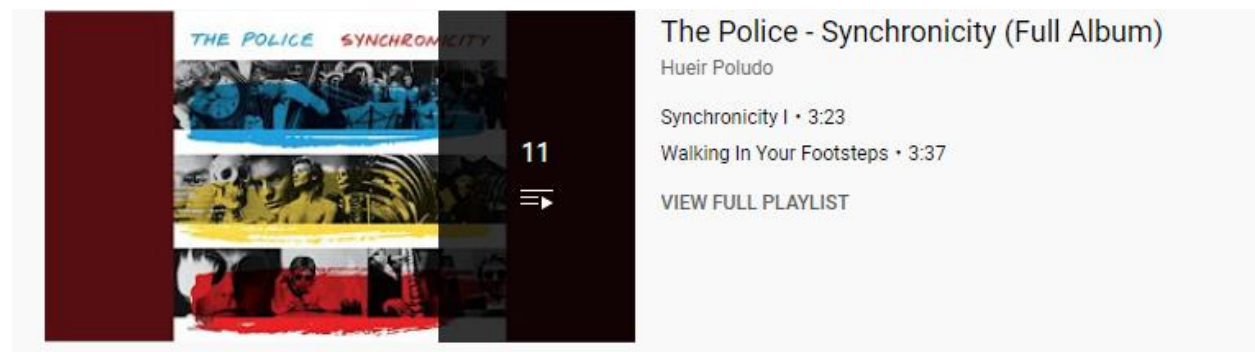


and meditated for the rest of his life. He used to say that drugs were training wheels. At some point, you don't need them anymore. I tried LSD once and never again. The state of meditation brings one into our natural state where we don't need anything artificial to open the door within.

So I was completely surprised when Paul told me his second cousin was Ram Das. I saw him speak in Santa Fe New Mexico during the seventies. I have been impressed by his work. He had a tremendous influence on the population at large. He helped to bring meditation to be common in our society. During the seventies, it was considered you were on the fringe of society if you meditated. You were strange. Now a day's yoga is mainstream. You can practice it almost everywhere.

Synchronicity is so common yet most of the time we don't see it. Signposts are everywhere yet we don't have eyes to see them.

Thanks, Paul for being my lifelong friend. I'm so happy that we are connected again. We are all on an incredible journey in life.



Jefferson Airplane -White Rabbit-

66M views • 13 years ago



http://mx.youtube.com/view_playlist?p=3FAD6DF689FC6C23 Jefferson Airplane "White Rabbit" Live on The Smothers Brothers ...

Interesting side note



Zihuatanejo Project

During my phone conversation with Paul, He mentioned he went on vacation too. Zihuatanejo Mexico. He stayed at the Hotel California.

This is where the story gets extremely interesting. He found out that Richard Albert, the black sheep of the family used this place as a retreat center in the early '60s.

They were experimenting with psychedelic drugs. 2,000 people wanted to be in the program. Only around 20 were chosen.

After 6 weeks of being open, the Mexican authorities closed the site down.

Paul told me that there were some workers at the hotel. They still remember it to this day. Richard Albert and Timothy Larry staying there. What a coincidence and synchronicity that is!



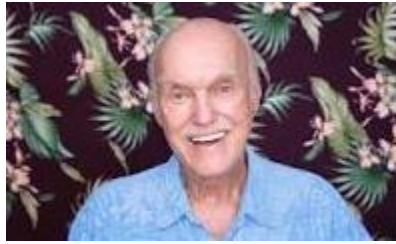
Eagles - Hotel California (Lyrics)

ALL MIXED • 16M views

Playlist-Slow Rock, Folk Rock & Country

<https://www.youtube.com/watch?...>

Ram Das



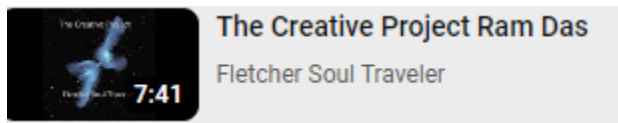
Ram Dass, also known as Baba Ram Dass, was an American spiritual teacher, psychologist, and author. His best known book, *Be Here Now*, has been described as "seminal," and helped popularize Eastern spirituality and yoga with the baby boomer generation in the West. Wikipedia

Born: April 6, 1931, Boston, MA

Died: December 22, 2019, Maui, HI

Movies: Ram Dass, Fierce Grace, 1 Giant Leap, MORE

Education: Tufts University, The Williston Northampton School, Stanford University, Wesleyan University ¹



[Quotes 1](#)

- The ego is frightened by death, because ego is part of the incarnation and ends with it. That is why we learn to identify with our soul, as the soul continues after death. For the soul, death is just another moment.
- Watch how your mind judges. Judgment comes, in part, out of your own fear. You judge other people because you're not comfortable in your own being. By judging, you find out where you stand in relation to other people. The judging mind is very

¹ https://www.azquotes.com/author/3663-Ram_Dass

divisive. It separates. Separation closes your heart. If you close your heart to someone, you are perpetuating your suffering and theirs. Shifting out of judgment means learning to appreciate your predicament and their predicament with an open heart instead of judging. Then you can allow yourself and others to just be, without separation.

- True compassion arises out of the plane of consciousness where I AM you.
- We're all just walking each other home.
- Souls love. That's what souls do. Egos don't, but souls do. Become a soul, look around, and you'll be amazed-all the beings around you are souls. Be one, see one. When many people have this heart connection, then we will know that we are all one, we human beings all over the planet. We will be one. One love. And don't leave out the animals, and trees, and clouds, and galaxies-it's all one. It's one energy.
- Our journey is about being more deeply involved in life, and yet less attached to it.
- The game is not about becoming somebody, it's about becoming nobody.
- If you think you're enlightened go spend a week with your family.
- When someone we love dies, we get so busy mourning what died that we ignore what didn't.
- Ask yourself: Where am I? Answer: Here.
Ask yourself: What time is it? Answer: Now.
Say it until you can hear it.
- All you can do for another person is be an environment in which if they wanted to come up for air, they could.

[Quotes 2](#)

- The intellect is a beautiful servant but a terrible master. Intellect is the power tool of our separateness. The intuitive, compassionate heart is the doorway to our unity.
- The sooner one develops compassion in this journey, the better. Compassion lets us appreciate that each individual is doing what he or she must do, and that there is no reason to judge another person or oneself. You merely do what you can to further your own awakening.

- When you are completely identified with your thinking mind you are totally separate from everything else in the universe.
- After meditating for some years, I began to see the patterns of my own behavior. As you quiet your mind, you begin to see the nature of your own resistance more clearly, struggles, inner dialogues, the way in which you procrastinate and develop passive resistance against life. As you cultivate the witness, things change. You don't have to change them. Things just change.
- Suffering lets us see where attachments are - and that helps us get free.
- The most exquisite paradox... as soon as you give it all up, you can have it all. As long as you want power, you can't have it. The minute you don't want power, you'll have more than you ever dreamed possible.
- The heart surrenders everything to the moment. The mind judges and holds back.

In most of our human relationships, we spend much of our time reassuring one another that our costumes of identity are on straight.

When we see the Beloved in each person, it's like walking through a garden, watching flowers bloom all around us.

- I would like my life to be a statement of love and compassion--and where it isn't, that's where my work lies.
- As long as you have certain desires about how it ought to be you can't see how it is.
- Everything changes once we identify with being the witness to the story, instead of the actor in it.
- The universe is made up of experiences that are designed to burn out your attachment, your clinging, to pleasure, to pain, to fear, to all of it. And as long as there is a place where you're vulnerable, the universe will find a way to confront you with it.
- It's very hard to grow, because it's difficult to let go of the models of ourselves in which we've invested so heavily.
- Each person tells you who they think they are, and who they think you are.

Tibetan Buddhism

Tibetan Book of the Dead



The Tibetan Book of the Dead Full Audiobook

147K views • 3 years ago



AudioBooks AndMovies

Bardo Thödol, (Tibetan: "Liberation in the Intermediate State Through Hearing") also called Tibetan Book of the Dead, in Tibetan ...

The ****Tibetan Book of the Dead**** is a Tibetan Buddhist text that describes the process of dying and rebirth . The book is also known as the Bardo Thodol, which means "Liberation Through Hearing During the Intermediate State" .

The book is intended to guide individuals through the process of dying and rebirth and help them achieve liberation from the cycle of birth and death . It describes the various stages of dying and the experiences that one may encounter during these stages .

The Tibetan Book of the Dead is considered one of the most important works of Tibetan Buddhism and has been translated into many languages . It has also been an inspiration for many artists, writers, and musicians around the world .

I hope this information helps you understand what the Tibetan Book of the Dead is.

Correlation between Six Yogas of Naropa and Tibetan Book of the Dead

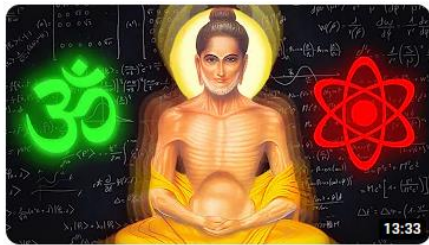
The **Six Yogas of Naropa** is a set of advanced tantric practices that originated in India and were later transmitted to Tibet . The practices are intended to help the practitioner achieve enlightenment in one lifetime .

The **Tibetan Book of the Dead** is a Tibetan Buddhist text that describes the process of dying and rebirth . It is intended to guide individuals through the process of dying and rebirth and help them achieve liberation from the cycle of birth and death .

There is a connection between the **Six Yogas of Naropa** and the **Tibetan Book of the Dead**. According to Glenn H. Mullin, a Tibetologist and author of "The Six Yogas of Naropa," the practices described in the Six Yogas are designed to prepare the practitioner for the experience of death and dying, which is also described in the Tibetan Book of the Dead . The Six Yogas are intended to help the practitioner recognize and navigate through the various stages of dying and rebirth, as described in the Tibetan Book of the Dead .

I hope this information helps you understand the correlation between **The Six Yogas of Naropa** and **The Tibetan Book of the Dead**.

Disengaging from the mind



The Secret Connection Between Quantum Physics And Buddhism

478K views • 8 months ago



Asangoham

The last 100 years of science has begun to bridge the gap between the scientific and spiritual understandings of the Nature of



The Quantum Field | Double Slit Experiment | How does this relate to Emptiness? | Empty...

8 moments



In Tibetan Buddhism, the process of disengaging from the mind is known as ****dissolving the elements****. It is a process of gradually withdrawing one's attention from the external world and focusing it inwardly on the mind and body .

The process involves several stages, which are often described as the ****four visions****. The first vision involves experiencing a bright white light, which represents the element of earth dissolving into water . The second vision involves experiencing a red light, which represents the element of water dissolving into fire . The third vision involves experiencing a dark blue light, which represents the element of fire dissolving into air . The fourth and final vision involves experiencing a clear light, which represents the element of air dissolving into space .

The clear light is considered to be the most profound and subtle level of consciousness, and it is said to be the basis for all other states of consciousness .

I hope this information helps you understand more about the stages of disengaging from the mind in Tibetan Buddhism.

The process of dissolving the elements in Tibetan Buddhism



The Death Process: Dissolution of the Elements

16K views • 8 years ago



Saraswati Bhawan

Khandro Kunzang gives a public introductory talk on the dying process according to the Tibetan Buddhist view - the dissolution of ...

The process of dissolving the elements in Tibetan Buddhism does not directly utilize the chakra system. The chakra system is a concept that originated in Hinduism and is used in various spiritual practices, including some forms of yoga and meditation. The chakras are believed to be centers of energy in the body that correspond to different aspects of physical, emotional, and spiritual well-being.

In Tibetan Buddhism, the focus is more on the subtle body and the channels and winds that are believed to circulate through it. The subtle body is said to be composed of channels, winds, and drops, which are associated with different aspects of consciousness and experience.

That being said, there are some similarities between the chakra system and the subtle body system in Tibetan Buddhism. Both systems involve the idea of energy centers in the body that can be activated through various practices, such as meditation and visualization. However, the specific practices and techniques used in each system are different.

I hope this information helps you understand more about the relationship between the process of dissolving the elements in Tibetan Buddhism and the chakra system.

Subtle body



Simon Cox on the Buddhist subtle body

173 views · 2 years ago



Claire Villarreal

Join the tribe with our fun, free biweekly newsletter launching in early 2021: <http://bit.ly/rbrthnews> I'm so pleased to bring you th...



Introduction | What is the Buddhist subtle body | The history of the subtle body | How Tibeta... 20 chapters ▾

The ****subtle body**** is a concept in Hinduism, Buddhism, and other spiritual traditions that refers to a non-physical aspect of the human body that is composed of energy or consciousness . The subtle body is said to be composed of channels, winds, and drops, which are associated with different aspects of consciousness and experience .

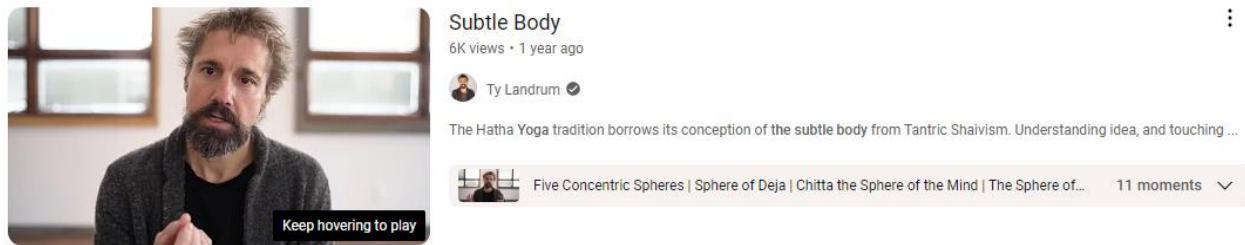
In Hinduism, the subtle body is believed to be composed of five sheaths or koshas, which are progressively more subtle layers of the self . The five koshas are:

1. ****Annamaya kosha****: The physical body
2. ****Pranamaya kosha****: The energy body
3. ****Manomaya kosha****: The mental body
4. ****Vijnanamaya kosha****: The wisdom body
5. ****Anandamaya kosha****: The bliss body

In Buddhism, the subtle body is described in terms of channels, winds, and drops, which are associated with different aspects of consciousness and experience . The channels are said to be like rivers that carry the winds (prana) through the body, while the drops are like reservoirs that store the essence of consciousness .

I hope this information helps you understand what the subtle body is.

Six Yogas of Naropa and the subtle body



The **Six Yogas of Naropa** is a set of advanced tantric practices that originated in India and were later transmitted to Tibet . The practices are intended to help the practitioner achieve enlightenment in one lifetime .

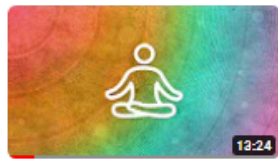
The **subtle body** is a concept in Hinduism, Buddhism, and other spiritual traditions that refers to a non-physical aspect of the human body that is composed of energy or consciousness . The subtle body is said to be composed of channels, winds, and drops, which are associated with different aspects of consciousness and experience .

In the context of the Six Yogas of Naropa, the subtle body is an important aspect of the practice. According to Glenn H. Mullin, a Tibetologist and author of "The Six Yogas of Naropa," the practices described in the Six Yogas are designed to work with the subtle body and its channels, winds, and drops . The practices are intended to purify and transform the subtle body so that it can be used as a vehicle for spiritual realization .

The Six Yogas involve various practices, such as tummo (inner heat), illusory body, clear light, and others, which are designed to help the practitioner dissolve their attachment to ordinary reality and experience the true nature of reality . The practices are considered advanced and require guidance from a qualified teacher .

I hope this information helps you understand more about the relationship between the subtle body and the Six Yogas of Naropa.

Shadow work



GUIDED MEDITATION: Meeting With Your Shadow

Arnele Philpotts MA MBACP-Accred • 10K views

This is a meditation I sometimes use face to face with my therapy clients. The video was created to help people who would like to stream it online. Feeding our shadows rather than pushing...

Shadow work is a process of exploring and integrating the unconscious parts of oneself. It is a journey of self-discovery that can lead to greater self-awareness, healing, and personal growth ¹. Shadow work meditation is a specific type of meditation that focuses on bringing these unconscious parts to the surface and integrating them into one's conscious awareness. During shadow work meditation, one may explore past wounds, connect with their inner child, and embrace their shadow self ².

If you are interested in learning more about shadow work meditation, you can try out the ****Shadow Work Guided Meditation**** by HeroRise. This guided meditation helps you get in touch with the deepest parts of yourself and embrace your shadow self ¹.

I hope this helps! Let me know if you have any other questions or need further



assistance.

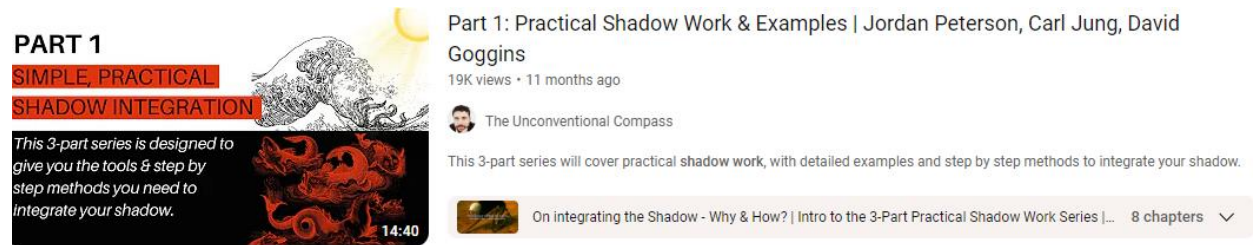
Source: Conversation with Bing, 9/5/2023

(1) Shadow Work Guided Meditation: Integrating Your Shadow. <https://www.herorise.us/shadow-work-guided-meditation/>.

(2) Shadow Work Meditation Script | Step by Step Guide 2023. <https://planetmeditate.com/shadow-work-meditation-script/>.

(3) Meditation Shadow Work: Dealing with Darkness - Yoga Medicine. <https://yogamedicine.com/meditation-shadow-work-darkness/>.


How to practice shadow work



Shadow work is a deeply personal journey that requires self-reflection, honesty, and vulnerability. Here are some steps you can take to start practicing shadow work:

1. ****Identify your shadow self****: The first step in shadow work is to identify the parts of yourself that you have repressed or denied. This can be done through self-reflection, journaling, or therapy.
2. ****Explore your emotions****: Once you have identified your shadow self, it's important to explore the emotions associated with it. This can be done through meditation, mindfulness, or other forms of introspection.
3. ****Embrace your shadow self****: Embracing your shadow self means accepting all parts of yourself, even the ones that you may not like. This can be a difficult process, but it's an important step in achieving self-acceptance and personal growth.
4. ****Work through your fears and insecurities****: Shadow work often involves confronting your fears and insecurities head-on. This can be done through therapy, counseling, or other forms of support.
5. ****Practice self-compassion****: Shadow work can be a challenging process, so it's important to practice self-compassion along the way. Be kind to yourself and remember that this is a journey of self-discovery and growth.

I hope this helps! Let me know if you have any other questions or need further

assistance. 

Shadow work can be a challenging process



Carl Jung - The Power of Knowing Your Dark Side (Written by Eternalised)

986K views • 11 months ago

After Skool

Carl Gustav Jung (26 July 1875 – 6 June 1961) was a Swiss psychiatrist and psychoanalyst who founded analytical psychology.

4K CC

Shadow work can be a challenging process that requires a lot of self-reflection and introspection. Here are some common challenges that people may face when practicing shadow work:

1. ****Fear of the unknown****: Shadow work involves exploring the parts of ourselves that we have repressed or denied. This can be a scary and uncomfortable process, as it requires us to confront our deepest fears and insecurities.
2. ****Resistance to change****: Shadow work can bring up emotions and memories that we may have been avoiding for a long time. This can make it difficult to let go of old patterns and behaviors that are no longer serving us.
3. ****Lack of support****: Shadow work can be a lonely journey, as it often involves exploring parts of ourselves that we may not feel comfortable sharing with others. It's important to have a support system in place, whether it's through therapy, counseling, or other forms of support.
4. ****Difficulty in identifying the shadow self****: Identifying the parts of ourselves that we have repressed or denied can be a difficult process, especially if we have been avoiding these parts for a long time.
5. ****Overwhelming emotions****: Shadow work can bring up intense emotions such as anger, sadness, and fear. It's important to have healthy coping mechanisms in place to deal with these emotions.
6. ****Lack of self-compassion****: Shadow work can be a challenging process, and it's important to practice self-compassion along the way. Be kind to yourself and remember that this is a journey of self-discovery and growth.

I hope this helps! Let me know if you have any other questions or need further

assistance.



Being Perfect versus being real

So many people strive for perfection.

The wise man strives for being real.

The Japanese have a great custom.

When a precious teacup breaks they put it together with real gold.

The broken teacup has a blemish yet what an incredible blemish it is.

It is filled with gold.

In the same way, our mistakes and blemishes can be so incredible for learning
how to be real.

We don't need to hide anything.

Nature is real, not perfect.

The universe is real, not perfect.

A baseball player who hits the ball one out of three times is incredible.

That means two out of three times they don't get on base.

We take two steps forward and one step backward.

This is how we grow on the journey in life.

We must accept everything in our life.

When we do we are real.

We are proud to have that precious scar.

We don't have to put the dust under the carpet.

Personally, I think our society would change for the better.

We learn at such a young age that we are competitors with each other.

Survival of the fittest.

Yet being real stops that nonsense.

We learn we are all on the same boat sailing home together.

Carry Your Meditation Into Your Daily Life

Carry your meditation into your daily life.

Day by day.

Year by year.

Each and every time you meditate allow the experience to flow into your daily activities.

Meditation isn't only when you sit down.

Meditation over time brings you to a point where it is constant.

In the beginning, you try to meditate on the source within.

Over time the source begins to meditate on you.

No words can describe how beautiful this is.

You are not alone.

Something is keeping you alive.

We are been magnetizing in love.

That is our true nature.

Debbie Ford



UNLOCKED Full Episode: Super Soul Sunday with Debbie Ford | Super Soul Sunday | OWN

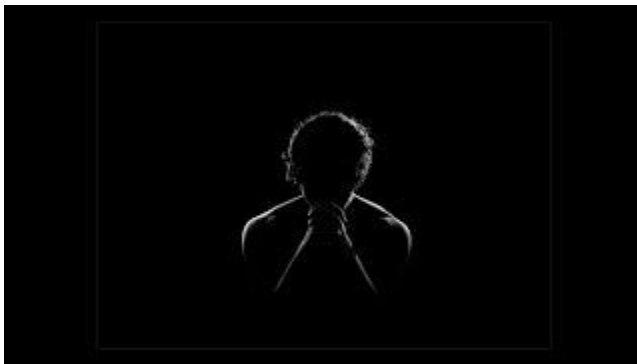
128K views · 1 year ago

OWN OWN

The OWN premiere of Debbie Ford's life-changing film [The Shadow Effect](#). Then, Debbie sits down with Oprah to reveal a secret ...

CC

Preview YouTube video [The Shadow Effect - Documentary Film Featuring Debbie Ford](#)



The Dark Side of the Light Chasers



"The Dark Side of the Light Chasers" is a book written by Debbie Ford, an American author and teacher who wrote extensively on the subject of shadow work. The book explores the concept of the shadow self and how it affects our lives.

Ford believed that by embracing our shadow selves, we can achieve greater self-awareness and personal growth. She saw the shadow self as a part of ourselves that we have repressed or denied, and that by bringing it to the surface, we can gain a deeper understanding of our emotions, behaviors, and motivations.

"The Dark Side of the Light Chasers" is a practical guide to exploring the shadow self and integrating it into our conscious awareness. The book offers exercises and meditations that can help individuals identify their shadow selves and embrace all parts of themselves.

Overall, "The Dark Side of the Light Chasers" is an insightful and thought-provoking book that offers valuable insights into the nature of the human psyche and how we can achieve greater self-awareness and personal growth. If you are interested in learning more about shadow work, I highly recommend reading this book.

Attachments area

Preview YouTube video The Dark Side of the Light Chasers



[Preview YouTube video The Dark Side of the Light Chasers Audiobook](#)



Exercises-



The Dark Side of the Light Chasers by Debbie Ford: Exercise 1

Aderyn Light • 580 views

This is a complete reading of the first exercise from The Dark Side of the Light Chasers by Debbie Ford, with some silence included to...

"The Dark Side of the Light Chasers" is a practical guide to exploring the shadow self and integrating it into our conscious awareness. The book offers several exercises and meditations that can help individuals identify their shadow selves and embrace all parts of themselves. Here are some of the exercises and meditations from the book:

1. **The Mirror Exercise**: This exercise involves looking at oneself in the mirror and identifying the parts of oneself that are being repressed or denied. By doing so, individuals can gain a deeper understanding of their shadow selves and begin to integrate them into their conscious awareness.
2. **The Forgiveness Meditation**: This meditation involves visualizing oneself forgiving others for past hurts and resentments. By doing so, individuals can release negative emotions and move towards greater self-acceptance and personal growth.
3. **The Inner Child Meditation**: This meditation involves connecting with one's inner child and exploring the emotions and experiences associated with childhood. By doing so, individuals can gain a deeper understanding of their unconscious mind and begin to integrate it into their conscious awareness.
4. **The Gratitude Exercise**: This exercise involves making a list of things that one is grateful for in life. By focusing on the positive aspects of life, individuals can shift their perspective and cultivate a greater sense of happiness and well-being.
5. **The Shadow Dialogue Exercise**: This exercise involves having a conversation with one's shadow self. By doing so, individuals can gain a deeper

understanding of their unconscious mind and begin to integrate it into their conscious awareness.

I hope this helps! Let me know if you have any other questions or need further



assistance.

Carl Yung



Carl Jung was a Swiss psychiatrist and psychoanalyst who is known for his work on the human psyche and the concept of the shadow self. He believed that the shadow self is the unconscious part of our personality that contains all the aspects of ourselves that we do not want to acknowledge or accept. According to Jung, the shadow self is made up of both positive and negative qualities, and it is important to integrate these qualities into our conscious awareness in order to achieve wholeness and balance in our lives .

Shadow work is a process of exploring and integrating the unconscious parts of oneself. It is a journey of self-discovery that can lead to greater self-awareness, healing, and personal growth . By acknowledging and embracing the shadow self, one can gain a deeper understanding of their emotions, behaviors, and motivations. This can lead to increased empathy, compassion, and self-acceptance.

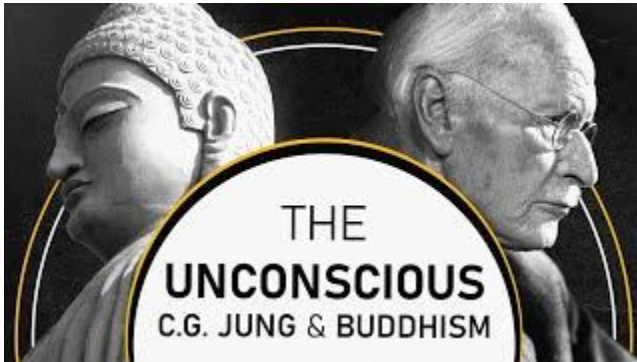
If you are interested in learning more about Carl Jung's work on the shadow self and how it relates to shadow work, I recommend reading his book "Aion: Researches into the Phenomenology of the Self" . Additionally, if you have any



other questions or need further assistance, please let me know.

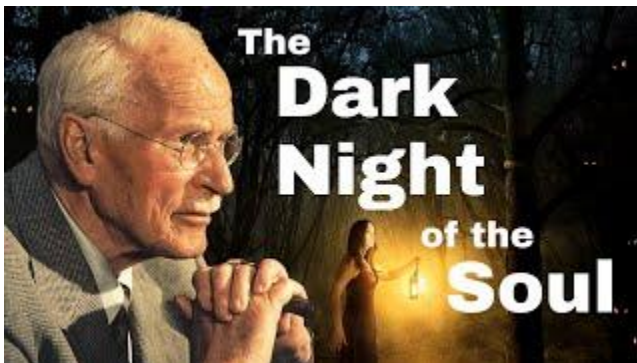
Attachments area

Preview YouTube video Carl Jung & Buddhism On The Unconscious

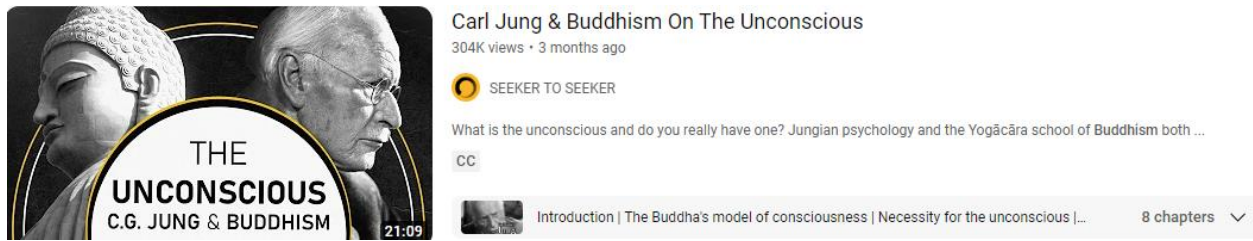


Attachments area

Preview YouTube video Carl Jung and the Dark Night of the Soul



Buddhist thought



Carl Jung, a Swiss psychiatrist and psychoanalyst, was influenced by Buddhist thought and incorporated it into his own theories of the human psyche. Jung believed that the psyche is made up of both the conscious and unconscious mind, and that the goal of life is to achieve balance between these two aspects of the self. He also believed that the ego is not the center of the psyche, but rather a small part of it, and that true self-realization requires transcending the ego and connecting with the deeper aspects of the self .

Jung was particularly interested in the concept of individuation, which he saw as a process of becoming whole by integrating all aspects of the self, including the shadow self. This process involves confronting one's fears and insecurities, exploring one's unconscious mind, and embracing one's true nature .

Buddhist thought emphasizes the importance of mindfulness, compassion, and non-attachment as a means to achieve enlightenment. Buddhists believe that suffering arises from attachment to material possessions and desires, and that by letting go of these attachments, one can achieve inner peace and happiness .

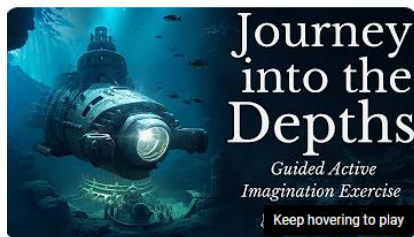
Jung saw similarities between his own theories and Buddhist thought, particularly in their emphasis on self-awareness, non-attachment, and spiritual growth. He believed that both Buddhism and his own theories could help individuals achieve greater self-awareness and personal growth .

I hope this helps! Let me know if you have any other questions or need further



assistance.

Carl Jung Meditation



Journey into the Depths of the Unconscious - Guided Active Imagination Exercise

792 views • 3 months ago

 Make It Conscious

Active Imagination is a technique developed by the Swiss psychologist Carl Jung for engaging with the unconscious mind.

Carl Jung, a Swiss psychiatrist and psychoanalyst, believed that meditation was an important tool for achieving self-awareness and personal growth. He saw meditation as a means to connect with the deeper aspects of the self and to achieve a state of inner peace and harmony. Jung believed that meditation could help individuals overcome negative patterns and behaviors by bringing their unconscious mind to the surface and integrating it into their conscious awareness.

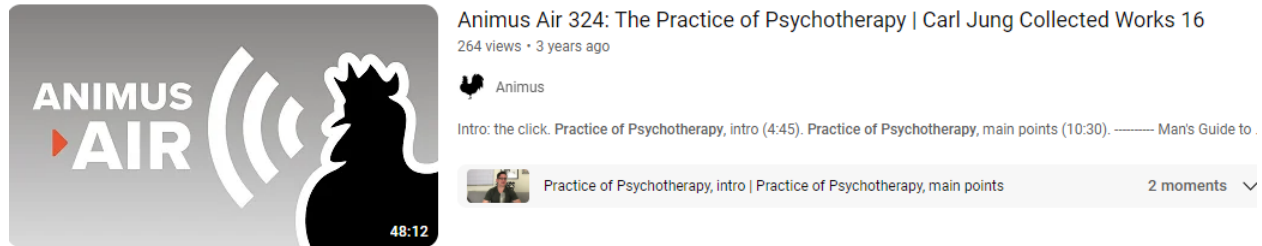
Jung also believed that meditation could help individuals develop a stronger sense of intuition and creativity. By connecting with their inner selves, individuals can tap into their innate wisdom and unlock their full potential.

If you are interested in learning more about Carl Jung's views on meditation, I recommend reading his book "The Practice of Psychotherapy". Additionally, if you have any other questions or need further assistance, please let me

know.



The Practice of Psychotherapy



"The Practice of Psychotherapy" is a book written by Carl Jung, a Swiss psychiatrist and psychoanalyst. The book is a collection of essays and lectures that Jung gave on the subject of psychotherapy. In the book, Jung explores the nature of the human psyche and how it can be understood and treated through psychotherapy.

Jung believed that psychotherapy was a means to help individuals achieve greater self-awareness and personal growth. He saw psychotherapy as a process of exploring the unconscious mind and integrating it into one's conscious awareness. By doing so, individuals could gain a deeper understanding of their emotions, behaviors, and motivations, which could lead to increased empathy, compassion, and self-acceptance.

"The Practice of Psychotherapy" covers a wide range of topics related to psychotherapy, including the role of the therapist, the importance of dreams in therapy, and the use of symbolism in therapy. Jung also discusses his own theories on the human psyche, including the concept of the shadow self and the process of individuation.

Overall, "The Practice of Psychotherapy" is an insightful and thought-provoking book that offers valuable insights into the nature of the human psyche and how it can be understood and treated through psychotherapy. If you are interested in learning more about Carl Jung's theories on psychotherapy, I highly recommend reading this book.

Common Themes



The common theme that ties together Eckhart Tolle, Fletcher from Soul Traveler on YouTube, Ramana Maharshi, Baba Ram Dass, Tibetan Buddhism, Debbie Ford's book "The Dark Side of the Light Chasers," and Carl Jung is the exploration of consciousness, self-awareness, and the journey towards personal and spiritual transformation. These individuals and concepts are all connected by their focus on inner exploration, self-discovery, and the pursuit of higher consciousness:

1. **Eckhart Tolle**: Known for his teachings on mindfulness, presence, and the power of now, Tolle emphasizes the importance of being fully present in the moment and transcending the egoic mind.
2. **Fletcher (Soul Traveler on YouTube)**: As a content creator exploring spirituality and consciousness on YouTube, Soul Traveler likely shares content related to self-discovery, meditation, and inner growth, aligning with the broader theme of this list.
3. **Ramana Maharshi**: A revered Indian sage, Ramana Maharshi taught self-inquiry (Atma Vichara) as a means to realize one's true nature and attain self-realization.
4. **Baba Ram Dass (Dr. Richard Alpert)**: A spiritual teacher and author, Baba Ram Dass emphasized the importance of love, compassion, and inner transformation on the spiritual path.
5. **Tibetan Buddhism**: Tibetan Buddhism places a strong emphasis on meditation, mindfulness, and the exploration of consciousness as key components of spiritual practice.
6. **Debbie Ford's "The Dark Side of the Light Chasers"**: This book explores the integration of one's shadow self—the hidden or repressed aspects of one's personality. It encourages individuals to confront and embrace their inner darkness for personal growth and healing.
7. **Carl Jung**: The Swiss psychiatrist Carl Jung introduced the concept of the "shadow self" and emphasized the importance of integrating unconscious aspects of the psyche into conscious awareness as a means to achieve wholeness and individuation.

The common theme among these figures and concepts is a deep interest in self-awareness, personal transformation, and the exploration of the inner dimensions of the self. They all offer different paths and perspectives on this journey, but at their core, they share a commitment to understanding and transcending the limitations of the ego, fostering spiritual growth, and achieving a deeper connection with one's true nature or higher consciousness.

Closing



We stand on the shoulders of giants. We are never truly alone, although we may think we are.

Imagine that the entire universe exists inside of you.

I hope this book helps you in just a small way to discover your true nature.

Life is so short. When we are young, we think we have all the time in the world. As I grow older, I see how precious each and every moment is.

We often take this life for granted and endure unnecessary suffering.

Sometimes, we don't want anything or anybody to rock our boats, even if the boat has a leak in it, and we refuse to fix it.

Change comes slowly. When I first started learning how to meditate over 50 years ago, practicing meditation was considered communist where I came from.

I remember taking a yoga class, and that was taboo at the time. Years later, even my mom took the same class. Today, yoga is taught everywhere.

I wish you the best in life. We have so much potential. Remember that you are a piece of the puzzle, not the puzzle itself. Your piece of the puzzle is needed.