



## A New Earth

### Awakening to Your Life's Purpose

by Eckhart Tolle

Penguin © 2008

315 pages

#### The Big Ideas

##### Good News

& bad news.

##### Your Consciousness

Is your heaven or hell

##### Heaven and Earth

Consciousness then here.

##### The Ego

Identification is the issue.

##### "My"

My, my, my, my, my...

##### Role-Playing

You're NOT your roles.

##### Pain-Bodies

Undissolved pain.

##### Evolutionary Support

Life helps you grow.

##### Suffering

Embrace the growth.

##### Shadow

Check your projections.

##### Your Thoughts

Choose your response!

##### One With Life

Secret to the art of living.

##### Enthusiasm

God is within!

"A new heaven' is the emergence of a transformed state of human consciousness, and 'a new earth' is its reflection in the physical realm."

~ Eckhart Tolle from *A New Earth*

There's a reason Oprah decided to team up with Eckhart Tolle to create an unprecedented 10-week course to teach the principles in *A New Earth* to hundreds of thousands of people: it's a remarkable book.

Tolle has a profound ability to take the complex ideas of spirituality and consciousness and boil them down into simple, powerful lessons easily grasped and applied to our lives.

I'm excited to share some of my favorite Big Ideas from his book but I'm barely going to scratch the surface of the depth of transformative ideas Tolle presents in this book.

If you haven't read it yet, I STRONGLY recommend you take some time to curl up with this gem and dive deeper into understanding how we can transform our consciousness and create A New Earth.

First, let's start with some:

#### ■ Good News & Bad News

"A significant portion of the earth's population will soon recognize, if they haven't already done so, that humanity is now faced with a stark choice: Evolve or die."

Tolle starts *A New Earth* with some good news and some bad news.

We'll start with the bad news. We've inherited a collective dysfunction. For the history of humanity, as Tolle bluntly points out, we, as a collective society, have been acting like a criminally insane person--with "chronic paranoid delusions, a pathological propensity to commit murder and acts of extreme violence and cruelty..." Yikes.

According to Tolle, the cause of this state is simple: "Fear, greed and the desire for power."

The great traditions have named this dysfunction of the mind. Hinduism calls it *maya* which means "veil of delusion." Buddhism calls it "*dukkha*" which means suffering, unsatisfactoriness, or just plain misery" and directly translated points to being stuck like a potter's wheel that screeches as it turns. And, Christianity calls it "*Sin*" which, when stripped of all of it's cultural baggage and properly translated from its Greek origins,