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# Living The Liberated Life And Dealing With The Pain Body (Power Of Now Teaching Ser.)



## Synopsis

Somewhere between the past and the future lies a dimension that is free of problems, free of suffering, free of conflict. This is the essence of all the world's spiritual teachings. And it is available to you now, in the moment you read this. In *Living the Liberated Life and Dealing with the Pain-Body*, bestselling author Eckhart Tolle points a way out of the conditioned mind that keeps us trapped, helpless, and unhappy. In simple language, he describes a deeper level of consciousness beyond the limited thinking mind, and the way to make it available to you. He teaches that only by fully accepting this moment in time can you free yourself from the pain-body, the accumulated pain of your past, and from your fears about the future. Once you achieve this state of presence, a radical inner transformation begins that connects you with an infinite potential that defies the human mind. Warmly shared, in the authentic voice that has brought him international acclaim, here is Eckhart Tolle's simple and profound gift to us, at a time when our world needs it most.

## Book Information

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## Customer Reviews

A bold new vision for experiencing the fullness of life, Tolle believes it is possible to cultivate the habit of living in the now if people can free themselves from past conditioning. Abridged. --This text refers to an out of print or unavailable edition of this title.

Spiritual author and teacher Eckhart Tolle was born in Germany on February 16, 1948. He lived in Spain and England before settling in Vancouver, Canada in 1995. He received his education at the

Universities of London and Cambridge. Following several sustained periods of depression, at the age of 29 he experienced an enlightenment that dramatically changed the course of his life. His subsequent spiritual teachings have focused on awareness of the present moment, freedom from negativity, and the attainment of inner peace. He does not align himself with any specific religion or tradition. He has written numerous books including *The Power of Now*; *A New Earth*; *Stillness Speaks*; and *Practicing the Power of Now*. He is a public speaker who teaches and travels throughout the world. In January 2008, *A New Earth* was selected for Oprah Winfrey's book club.

I'm a big fan of Eckhart Tolle's work, so of course I'd recommend this and any other books or CDs by him. It's as if he was able to condense the great teachings of the world into a simple, direct methodology for ending suffering and being happy regardless of how the mind and ego experience past, future and present circumstances. Walking the narrow path of continuously being present in the moment takes discipline, but for me it's well worth it.

I have listened to this several times...and find out something new each time.

This set of CDs talks about how the lack of being present-to-life shows up in our personal lives. I have been working on personal growth work for years and I have listened to dozens of authors. This one CD is packed with clues about where I can become more conscious and improve my experience in life. Anyone truly interested in personal introspection and willing to confront the negative aspects of their life will find this to be an excellent self-help tool.

I would recommend this as a third book after reading "The Power of Now" and "A New Earth". This book answered so many of the specific questions I had about how to bring consciousness into my life. have the audio version, and keep it in my car. For me, hearing Eckhart Tolle read his books adds a level of understanding that I just don't get when I read them myself.

Tolle takes us to the present moment - a wonderful place! I highly recommend for women especially as Tolle explains the pain body appearance that occurs as PMS. We bought this cd set after listening to library copy. Had to own it!

Excellent--I recommend it to anyone interested in growing consciousness.

I love Eckhart. Wouldn't recommend listening while utilizing heavy machinery. But I never tire of hearing him and his wisdom shared over and over again.

Very good. I purchased to gain understanding of my ex and ended up discovering more about myself.

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