



The Art of Presence

By Eckhart Tolle

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The Art of Presence By Eckhart Tolle

Is it possible that the simple act of being is not actually that simple? That to really be here now requires practice, like any other skill worth learning? On *The Art of Presence*, Eckhart Tolle invites you to a six-session audio retreat to teach you how to deepen the moment-to-moment realization of your essential nature—the unified consciousness that lives in all things.

What Is Your Relationship to the Present Moment?

When Eckhart Tolle wrote his international bestseller *The Power of Now*, he pointed us in the direction of something that's always been right under our noses: life in this very instant.

Yet why do so many of us continue to feel like we're missing it? Attention, he teaches, is the answer: a quality of relaxed alertness that you can progressively sharpen and sustain. In so doing, you overcome the judgments and limitations of the mind-made sense of self with its endless stream of thoughts about past and future, and find an expanse of peace and renewed purpose in each and every moment.

Course objectives:

- Discuss different degrees of presence and different degrees of absence
- List some exercises you can do to help you achieve presence
- Describe the difference between quality and quantity
- Describe some of the feelings of presence
- Explain the difference between presence and absence
- Discuss different forms and different levels of the egoic mind
- Describe the pitfalls of the ego
- Identify thoughts of the growing ego

On *The Art of Presence*, Eckhart guides you through more than seven hours of transformational insights that allow presence to naturally arise in you. With his one-of-a-kind instruction, you will learn how to ground yourself in the vibrancy

of your inner body while simultaneously breaking free from the illusion of separation from the outside world, how to connect to the perceiver of all your experiences to realize the wisdom of spiritual surrender, how to access the higher intelligence that empowers right action, and much more.

Discovering the Extraordinary in the Ordinary

In every seemingly ordinary moment, explains Eckhart, a profound depth and beauty awaits your discovery. *The Art of Presence* is your opportunity to join him for a simple retreat from the chaos and uncertainty of the story of your life into the ever-expanding awareness of the fullness of life in the Now.

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Editorial Review

About the Author

Eckhart Tolle

Spiritual teacher and author Eckhart Tolle was born in Germany and educated at the Universities of London and Cambridge. At the age of twenty-nine, a profound inner transformation radically changed the course of his life. The next few years were devoted to understanding, integrating, and deepening that transformation, which marked the beginning of an intense inward journey. Later, he began to work in London with individuals and small groups as a counselor and spiritual teacher. Since 1995 he has lived in Vancouver, Canada.

Eckhart Tolle is the author of the #1 *New York Times* bestseller *The Power of Now* (translated into 33 languages) and the highly acclaimed follow-up *A New Earth*, which are widely regarded as two of the most influential spiritual books of our time.

Eckhart's profound yet simple teachings have already helped countless people throughout the world find inner peace and greater fulfillment in their lives. At the core of the teachings lies the transformation of consciousness, a spiritual awakening that he sees as the next step in human evolution. An essential aspect of this awakening includes transcending our ego-based state of consciousness. This is a prerequisite not only for personal happiness but also for the ending of violent conflict endemic on our planet.

Eckhart is a sought-after public speaker and teaches and travels extensively throughout the world. Many of his talks, intensives, and retreats are published on CD and DVD. Most of the teachings are given in English, but occasionally Eckhart also gives talks in German and Spanish. In addition to *The Power of Now* and *A New Earth*, Eckhart has written a book designed for meditative reading entitled *Stillness Speaks*. A book consisting of selections from *The Power of Now* entitled *Practicing the Power of Now* is also available. For more information on Eckhart Tolle, please visit eckharttolle.com.

From [AudioFile](#)

This workshop with renowned spiritual teacher Eckhart Tolle was recorded live. Tolle brings a natural humor and practicality to his instruction, and the audiences reactions and laughter enhance the listening experience. Tolles humor punctuates his points, and he laughs often at his admittedly tautological statements about mindful existence. His humor is infectious and makes adopting the practice of mindfulness seem effortless and natural. Tolle guides listeners to abandon the minds ceaseless wanderings into the past or the future. The production purposefully includes periods of silence that force participants to slow down through the very act of listening. The technique is effective, enhancing the transformative power of this workshop with a mindfulness master. J.T. © AudioFile 2008, Portland, Maine-- Copyright © AudioFile, Portland, Maine

Users Review

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Joshua Lippert:

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Marian Perkins:

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