

Where To Download Eckhart Tolle Oneness With All Life Ebook

### Eckhart Tolle Oneness With All Life Ebook

#1 New York Times bestselling author Eckhart Tolle highlights the most inspiring and beautiful insights of A New Earth When Oprah announced A New Earth as her 61st Book Club selection, it skyrocketed to #1 on the New York Times bestseller list, selling over five million copies in paperback and remaining at the top of the list for twenty-two consecutive weeks . In A New Earth, renowned spiritual teacher Eckhart Tolle describes how our current ego-based state of consciousness operates. The purpose of this book is to bring about a shift in consciousness, or in his words, an awakening. An essential part of this awakening is the recognition of the ego, and our attachment to things, the past, and enemies. In Oneness With All Life, Eckhart Tolle has picked the essential phrases and paragraphs—the gems of the book—that he feels are most important and reorganized them so readers can focus on the most powerful ideas. Beautifully packaged with evocative artwork and design, it is the perfect gift for anyone with a well-worn copy of A New Earth who wants deeper insight into this seminal work.

Important and reorganized them so readers can focus on the most powerful ideas. Beautifully packaged with evocative artwork and design, it is the perfect gift for anyone with a well-worn copy of A New Earth who wants deeper insight into this seminal work. Presents Ramprasad from Eckhart Tolle's "A New Earth" and Byron Katie's "A Thousand Names for Joy," enhanced by color photographs of flowers. Our children can be our greatest teachers. Parenting expert Susan Stiffelman writes that the very behaviors that push our buttons – refusing to cooperate or ignoring our requests – can help us build awareness and shed old patterns, allowing us to raise our children with greater ease and enjoyment. Filled with practical advice, powerful exercises, and fascinating stories from her clinical work, Parenting with Presence teaches us how to become the parents we most want to be while raising confident, caring children. “Shows parents how they can transform parenting into a spiritual practice.” – Eckhart Tolle, author of The Power of Now “Clear, wise, soulful, and poetic.” – Alanis Morissette

SEVEN LESSONS AND EXERCISES TO ESCAPE FROM ILLUSION AND FIND INNER PEACE This workbook contains 7 basic lessons and 7 exercises you can apply NOW to begin to slow down and stop your "inner chat" and experience The Power of Now, an experience that will grant you inner peace and freedom from illusion starting TODAY. It presents the basic concepts, principles and methods behind Eckhart Tolle’s spiritual instructions under the perspective of Hinduism and Buddhism, centered on the teachings of the ancient tradition of the "veil of Maya" or "veil of illusion", which he often mentions and is common to both. It is truly a book recommended for everyone interested in finding the Truth, escaping from Illusion and experiencing inner peace in the Now.

The Untethered Soul Guided Journal
Radical Acts of Love
A Guide to Spiritual Enlightenment
The Clear Light

Twenty Conversations to Inspire Hope at the End of Life
Essential Teachings, Meditations, and Exercises from the Power of Now
Awaken to a Life of Purpose and Presence with the Number One Bestselling Spiritual Author

This beautiful journal offers a wonderful way to reflect on some of the most insightful and life-changing passages from Tolle's brilliant book, and a place to write whatever thoughts one wishes to add.

Nat 's What! Reckon was the tattooed lockdown saviour we didn 't know we needed, rescuing us from packet food, jar sauce and total boredom with his hilarious viral recipe videos that got us cooking at home like champions again. Now that we 've cooked our way out of lockdown and are wondering what the hell to do next, our favourite ratbag is back - and he 's ready to teach us more about life in this thoroughly unhelpful (but maybe actually kinda helpful?) self-help guide. Nat 's already shown us that jar sauce can get f'cked. But what else is sh't - and what 's actually not sh't? Is it all as bad as we feel like it is most of the time? No part of our weird world and strange behaviour is spared as our long-haired guru tells us what he reckons about it all - and amps up the flavour with some eye-watering stories from his early years before a sweary video about pasta sauce shot him to global fame. With Nat 's nine no-nonsense rules, you 'll be on the road to being a better d'ckhead faster than you can say 'get in the bin' to jar sauce. And if you screw it up: it doesn 't bloody Parramatta! Features a small selection of Nat's favourite recipes illustrated by Sydney artists Bunkwaa, Glenn and Onnie O'Leary.

Eckhart Tolle is perhaps the most popular spiritual guru in the world. His books have topped the New York Times Bestseller List, and his core teaching-achievement of liberation via the power of Now-has become the "guiding light" of the New Age movement. But according to L. Ron Gardner, author of Beyond the Power of Now, there is a problem-a big problem-with Tolle's core teaching: Tolle never explains what, exactly, the power of Now is. Is it the same thing as Hindu Shakti or the Buddhist Sambhogakaya or the Christian Holy Spirit? Tolle doesn't say. He continually refers to the Bible and Jesus in his book, but, shockingly, never once mentions the Holy Spirit and how it relates to the Power of Now. L. Ron makes it clear that the true Power of Now is the Holy Spirit, which is the same divine Light-energy as Hindu Shakti and the Buddhist Sambhogakaya. He explains and extols the true power of Now and castigates Tolle for failing to identify and describe it. To some, Eckhart Tolle is a New Age visionary, describing a "new earth" that can materialize if mankind, en masse, awakens to the power of Now. But according to L. Ron Gardner, he is simply a historic ranter full of empty rhetoric. Throughout this book, L. Ron continually points out, from different angles, the folly of Tolle's New (or Now) Age chimera and describes the social system that represents mankind's sociopolitical salvation. Beyond Tolle's teaching about the power of Now and rhetoric about a "new earth," L. Ron takes the renowned guru to task on virtually every subject he addresses. Most significantly, he rebuts his arguments that: 1) emotions can be trusted more than thought; 2) time is a mind-created illusion; 3) psychological time is insanity; 4) the present moment is the Now; 5) the "inner" body is the direct link to the Now; 6) your cells stop aging when you live in the Now; 7) women are spiritually more evolved than men; and 8) animals such as ducks and cats are Zen masters. Eckhart Tolle's teachings are replete with erroneous ideas, and L. Ron Gardner exposes the major flaws in his principal arguments while providing readers with integral solutions.

Mikael Krogerus and Roman Tsch à ppeier have tested the 44 most important communication theories and distilled them in book form, alongside clear and entertaining illustrations. Want better conversations? Ask open-ended questions that have no right or wrong answers—make your partner feel brilliant. Want better meetings? Ban smartphones, use a timer, and make everyone stand up. Want better business deals? Focus on the thing, rather than the person; on similarities, rather than differences; and on good outcomes, rather than perfect ones. Whether you want to present ideas more clearly, improve your small talk, or master the art of introspection, The Communication Book delivers, fusing theoretical knowledge and practical advice in a small but mighty package. With sections on work, the self, relationships and language, this book is indispensable for anyone who wants to improve what they say, and how they say it.

Dynamic Techniques for Dealing with Other People and Living Your Life As You Choose

Understanding Eckhart Tolle Workbook

Parenting with Presence
Un-cook Yourself

Easyread Super Large 18pt Edition
Pulling Your Own Strings

Life-Changing Insights from Super Soul Conversations

Angels have been with us in every time and culture, and in many religious traditions. Ask Your Angels vividly chronicles how they are currently reaching out to every one of us in a totally new way, bridging our physical reality with their pure spiritual energy. From historical writings and widespread contemporary experience that includes their own workshops, the authors show us how we can draw on the power of angels to reconnect with our lost inner selves and to achieve our goals, whether they be better relationships, healing an illness, or recovery from addiction To align with the angelic energy field, you will use five simple steps, as well as exercises, meditations, and visualizations, to learn how to talk with your angels—in your mind, in letters, in dreams, on a computer—and ask their guidance in matters from the inspired to the mundane. From Gabriel, Michael, Raphael, and Uriel to the angels of birth and death, from the Earth Angel to the guardian or companion angel who is your personal teacher, comforter, and intimate friend, this guide will introduce you to humor, wisdom, and companionship that come from contact with angels, for they are a doorway to the Divine within us.

New York Times bestselling author Eckhart Tolle —A key to happiness is living in the now Practice The Power of Now: If you, like many others, have benefited from the transformative experience of reading The Power of Now, you will want to own and read Practicing the Power of Now. Eckhart Tolle: Eckhart Tolle, a spiritual teacher and author who was born in Germany and educated at the Universities of London and Cambridge, is rapidly emerging as one of the world’s most inspiring spiritual teachers. His views go beyond any particular religion, doctrine, or guru. In The Power of Now and his subsequent book Practicing the Power of Now, Eckhart shares the enlightenment he himself experienced after a profound inner transformation radically changed the course of his life. Your path to enlightenment: Practicing the Power of Now extracts the essence from Eckhart’s teachings in his New York Times bestseller, The Power of Now (translated into 33 languages). Practicing the Power of Now shows us how to free ourselves from “enslavement to the mind.” The aim is to be able to enter into and sustain an awakened state of consciousness throughout everyday life. Through meditations and simple techniques, Eckhart shows us how to quiet our thoughts, see the world in the present moment, and find a path to “a life of grace, ease, and lightness.” The next step in human evolution: 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 involves transcending our ego-based state of consciousness. This is a prerequisite not only for personal happiness but also for the ending of violence on our planet. Readers of other transformational self-help books such as The Four Agreements, The Miracle Morning, Braving the Wilderness, and The Book of Joy will want to read Practicing the Power of Now.

For the first time ever, bestselling author Eckhart Tolle brings the core of his teachings to children, ages 7 to 100. Beautifully illustrated and artfully expressed, this charming story will bring joy to children and their parents for decades to come. Milton, who is about eight years old, is experiencing bullying on the school playground at the hands of a boy named Carter. Because he is being picked on, Milton no longer enjoys going to school. In fact, he dreads each morning because of his fear of Carter. By discovering the difference between Then, When, and the Now, Milton is able to shed his fear of being bullied. Living in the Now, he no longer dreads encountering Carter—and this changes everything. Milton’s Secret will not only appeal to the millions of adult readers of Tolle’s other books, but also to any parent who wants to introduce their children to the core of Tolle’s teachings: Living in the Now is the quickest path to ending fear and suffering.

To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being. “The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death.” Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, The Power of Now is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better.

Spiritual Teachings from Our Dogs and Cats

A Ratbag's Rules for Life
The Power of Your Subconscious Mind

Deluxe Edition

Storytelling and the Search for Meaning

The Teachings of Ramana Maharshi (The Classic Collection)

Ask Your Angels

**The 10th anniversary edition of A New Earth with a new preface by Eckhart Tolle. With his bestselling spiritual guide The Power of Now, Eckhart Tolle inspired millions of readers to discover the freedom and joy of a life lived “in the now.” In A New Earth, Tolle expands on these powerful ideas to show how transcending our ego-based state of consciousness is not only essential to personal happiness, but also the key to ending conflict and suffering throughout the world. Tolle describes how our attachment to the ego creates the dysfunction that leads to anger, jealousy, and unhappiness, and shows readers how to awaken to a new state of consciousness and follow the path to a truly fulfilling existence. Illuminating, enlightening, and uplifting, A New Earth is a profoundly spiritual manifesto for a better way of life—and for building a better world.**

**In this elegant new card deck, Eckhart Tolle distills the wisdom of his bestselling book A New Earth into short, carefully chosen passages for contemplation and inspiration. Each selection reinforces the principles of the book, leading us toward personal and, ultimately, global transformation. Tolle's sage guidance will help you transcend ego-based mind-sets to awaken to your life's purpose and achieve a genuine state of peace. These powerful quotations will free you from the confines of the ego and help you experience your true essence as well as the true essence of the world. This process is not only essential to personal happiness but also the key to ending conflict and suffering throughout the world. The box includes a prop-up frame that allows you to display a favorite card or a rotation of cards for ongoing, deeper reflection. With each card, Tolle guides you to embrace stillness and remain fully present in each moment, awakening to a new consciousness.**

**A #1 New York Times bestseller. An international phenomenon. A spiritual masterpiece. Companion to A New Earth which rocketed to New York Times number one when Oprah Winfrey announced it was one of her Book Club Picks. Oneness with All Life is a portable collection of the very best inspiring passages from A New Earth. Eckhart Tolle has picked the essential phrases – the gems of the book – that he feels are most important to readers. These passages are the uplifting essence of the book - to read, re-read, savour and absorb. As you dip in-and-out of this new edition, you will discover the passages inspire a meditative way of reading, so can be pondered and revisited time and time again.**

**This indispensable guide takes students through each step of the essay writing process, enabling them to tackle written assignments with confidence. Students will develop their ability to analyse complex concepts, evaluate and critically engage with arguments, communicate their ideas clearly and concisely and generate more ideas of their own. Chapters are short and succinct and cover topics such as reading purposefully, note-taking, essay writing in exams and avoiding plagiarism. Packed with practical activities and handy hints which students can apply to their own writing, this is an ideal resource for students looking to improve the quality and clarity of their academic writing. This book will be a source of guidance and inspiration for students of all disciplines and levels who need to write essays as part of their course. New to this Edition : Brand new chapters on topics such as learning from feedback, finding your voice and using the right vocabulary - Expanded companion website featuring videos, interactive exercises, sample essays and lecturer resources - Exclusive web-only chapter on improving your memory**

**Essential Teachings, Meditations and Exercises from the Power of Now**

**The Power of Now**

**The Communication Book: 44 Ideas for Better Conversations Every Day**

**The Scientist and the Psychic**

**Practices for Raising Conscious, Confident, Caring Kids**

**An Adventure of Discovery through Then, When, and the Power of Now**

**How to Write Better Essays**

Traditional Chinese Edition of [Oneness With All Life]

An introduction to the nondenominational spiritual master author's transformative concepts explores such topics as the state of stillness, the pursuit of enlightenment, and the compulsions that shape conscious experiences. By the author of The Power of Now.

Sri Ramana Maharshi is widely thought of as one of the most outstanding Indian spiritual leaders of recent times. Having attained enlightenment at the age of 16, he was drawn to the holy mountain of Arunachala in southern India, and remained there for the rest of his life. Attracted by his stillness, quietness and teachings, thousands sought his guidance on issues ranging from the nature of God to daily life. This book brings together many of the conversations Maharshi had with his followers in an intimate portrait of his beliefs and teachings. Through these conversations, readers will discover Maharshi's simple discipline of self-enquiry: knowing oneself and looking inwards as the road to true understanding and enlightenment. This updated edition will appeal to anyone looking for peace, self-awareness, and guidance on how to embrace the self for well being and calm. The essential companion volume to the phenomenal self-help bestseller THE POWER OF NOW - 'the must-read bible du jour'. Eckhart Tolle's book describes the experience of heightened consciousness that radically transformed his life - and shows how by living in the moment we can also reach a higher state of being where we can find joy and peace and where problems do not exist. The invaluable companion volume - PRACTISING THE POWER OF NOW - contains all the essential techniques we need to start to put this important book into practice in our own lives. No reader will be complete without it.

Spiritual Reflections and Meditations

All Things Being Equal

Beyond the Power of Now

Relax Your Mind and Discover the Wonder of Your True Nature

Inspirational Selections from A New Earth

A New Earth

A Practical Guide to Working with the Messengers of Heaven to Empower and Enrich Your Life

'Insightful, wise and life-affirming' Observer 'Turns death into life, despair into hope, sorrow into joy' Stephen Fry In Radical Acts of Love, Janie Brown, oncology nurse and counsellor, offers a sensitive and wise insight into our final moments by recounting twenty conversations she has had with people who were dying.

The classic, million-selling inspirational guide is now available in a beautiful keepsake edition suited to a lifetime of use and coupled with a special bonus text: Riches Are Your Right. The Power of Your Subconscious Mind, one of the most brilliant and beloved spiritual self-help works of all time, teaches how to dramatically alter your life by changing your thoughts. Selling millions in various editions since its original publication in 1963, this life-changing classic is now available in a handsome and durable keepsake volume, to be cherished for decades. In addition to the complete original text, as published by the author in 1963, this edition features: • A stately leather casing, perfect for home display • A bonus work: Murphy's 1952 mind-power classic, Riches Are Your Right • Marbled endpapers • Gold-stamped lettering on the casing • A four-color O-card • Hubbed spine • Shrink-wrapping

Weaving together the story of his fractured relationship with his mother with research into her paranormal abilities, Dr. Christian Smith has created, in The Scientist and the Psychic, a captivating, one-of-a-kind memoir of belief, skepticism and familial love. Christian Smith realized his mother was different in the autumn of 1977 when he was eight years old. Before then, he'd witnessed séances at home and the kids at school sometimes teased him about his mom being a witch—so he sensed that his life wasn't typical. But it wasn't until he was backstage at a renowned concert venue in Toronto, watching from behind a curtain as Geraldine commanded an audience of 2,000 with her extraordinary readings, that he understood she was special. As Geraldine's only child, he would assume the role of the quiet observer while she guided a live CBC broadcast of a séance; made startling and consistently accurate predictions; and eventually moved to LA to work with the parents of murder victims—and with convicted murderer Jeffrey R. MacDonald. Over time, the high profile and emotionally depleting work affected Geraldine's health and relationships. Addiction took over her life, and her son pulled away. Fast forward to the present day: Christian is a molecular biologist and Geraldine is retired and in poor health. They are closer than they've ever been, and now he gives us the story of her undeniable perceptual abilities and pioneering work as a psychic—and endeavours to make scientific sense of it.

This wonderfully unique collaboration brings together two masters of their fields, joining original words by spiritual teacher Eckhart Tolle with delightful illustrations by Patrick McDonnell, the creator of the acclaimed comic strip MUTTS. Every heartwarming page provokes thought, insight, and smiling reverence for all beings and each moment. More than a collection of witty and charming drawings, the marriage of Patrick McDonnell's art and Eckhart Tolle's words conveys a profound love of nature, of animals, of humans, of all life-forms. Guardians of Being celebrates and reminds us of not only the oneness of all life but also the wonder and joy to be found in the present moment, amid the beauty we sometimes forget to notice all around us.

Awaken to a life of purpose and presence with the Number One bestselling spiritual author

Letting Go of Nothing

Relationship as a Spiritual Path

The Wise Heart

Oneness With All Life

Oneness with All Life

The Power of Now Journal

**INSTANT NATIONAL BESTSELLER. WITH OVER 3 MILLION COPIES SOLD** From the #1 bestselling author of Your Erroneous Zones, a directed and practical book that shows you how to stop being manipulated by others and start taking charge of your own life. Wayne Dyer reveals how we all can prevent ourselves from being victimized by others and begin to operate from a position of power at the center of our own lives. Asserting that we alone are responsible for how much we will be controlled by others, Dyer offers his practical plan for developing new attitudes toward the most common sources of victimization and manipulation, such as family members and authority figures in the workplace. For example, families can be tremendously coercive and demanding, but they can also be an immensely rewarding part of your life. Dyer shows how to cope with the negative side and contribute to the positive. In their working life, many people stay in unfulfilling jobs because they feel constrained by their present experience or because they fear change. Dyer shows that by being enthusiastic and flexible, you can find the work to be happy. Life Dyer says, is a beautiful thing as long as you hold the strings. Pulling Your Own Strings will give you the dynamic strategies and tools to master your own fate.

A guide to the transformative power of Buddhist psychology—for meditators and mental health professionals, Buddhists and non-Buddhists alike. You have within you unlimited capacities for extraordinary love, for joy, for communion with life, and for unshakable freedom—and here is how to awaken them. In The Wise Heart, celebrated author and psychologist Jack Kornfield offers the most accessible, comprehensive, and illuminating guide to Buddhist psychology ever published in the West. Here is a vision of radiant human dignity, a journey to the highest expression of human possibility—and a practical path for realizing it in our own lives.

For admirers of The Power of Now, Eckhart Tolle's wisdom now comes in a highly accessible form ? an elegant boxed set of color cards. Each inspirational card expresses a quotation from the book on one side and art on the other to aid busy people with their daily meditations. Topics covered include discovering portals to the now, rising above thought, transforming suffering into peace, and creating enlightened relationships.

As Eckhart Tolle has written, poetry "has been recognized since ancient times as a highly appropriate medium for the expression and transmission of spiritual truth." The Clear Light is Steve Taylor's latest contribution to this poetic tradition, offering short and powerful reflections as a guide to spiritual awakening and as experiential glimpses of the state of enlightenment itself. Taylor ranges widely, through subjects including "Making the Human Race Whole," "Freedom from the Past," and "The Reality of Connection," always in clear and simple language. Best of all, he reminds us of the choices we always have when life feels chaotic and overwhelming: empathy, acceptance, and love. Soothing but also challenging, Taylor's words continually affirm the profound bedrock of peace and even joy in the present that is always available. The book's eponymous reflection says it best: There is nothing that can't be undone no past injury that can't be healed no past mistake that can't be corrected in the clear light of the present. Reading this book is a transformational spiritual experience in itself.

Practicing the Power of Now

Guardians of Being

The Spirituality of Imperfection

Practices to Journey Beyond Yourself

Awakening to Your Life's Purpose

Eckhart Tolle's Findhorn Retreat

A Son's Exploration of His Mother's Gift

'An otherworldly genius' Chris Evans' BBC Radio 2 Breakfast Show This is the follow up to the bestselling self-help book of its generation The Power of Now. Eckhart Tolle's A New Earth will be a cornerstone for personal spirituality and self-improvement for years to come, leading readers to new levels of consciousness and inner peace. Taking off from the introspective work The Power of Now, which is a number one bestseller and has sold millions of copies worldwide, Tolle provides the spiritual framework for people to move beyond themselves in order to make this world a better, more spiritually elevated place to live. Shattering modern ideas of ego and entitlement, self and society, Tolle lifts the veil of fear that has hung over humanity during this new millennium, and shines an illuminating light that leads to happiness and health that every reader can follow. 'A wake-up call for the entire planet . . . [A New Earth] helps us to stop creating our own suffering and obsessing over the past and what the future might be, and to put ourselves in the now' Oprah Winfrey

Companion to A New Earth which rocketed to New York Times number one when Oprah Winfrey announced it was one of her Book Club Picks. Oneness with All Life is a portable collection of the very best inspiring passages from A New Earth. Eckhart Tolle has picked the essential phrases - the gems of the book - that he feels are most important to readers. These passages are the uplifting essence of the book - to read, re-read, savour and absorb. As you dip in-and-out of this new edition, you will discover the passages inspire a meditative way of reading, so can be pondered and revisited time and time again.

Oprah Winfrey says Super Soul Sunday is the television show she was born to do. " I see it as an offering, " she explains. " If you want to be more fully present and live your life with a wide-open heart, this is the place to come to. " Now, for the first time, the aha moments of inspiration and soul-expanding insight that have enlightened millions on the two-time Emmy Award-winning Super Soul Sunday are collected in The Wisdom of Sundays, a beautiful, cherishable, deeply-affecting book. Organized into ten chapters—each one representing a powerful step in Oprah ’s own spiritual journey and introduced with an intimate, personal essay by Oprah herself—the Wisdom of Sundays features selections from the most meaningful conversations between Oprah and some of today ’ s most-admired thought-leaders. Visionaries like Tony Robbins, Arianna Huffington, and Shonda Rhimes see their lessons in finding purpose through mindfulness and intention. World renowned authors and teachers like Eckhart Tolle, Thich Nhat Hahn, Marianne Williamson and Wayne Dyer, explain our complex relationship with the ego and the healing powers of love and connection; and award-winning and bestselling writers like Cheryl Strayed, Elizabeth Gilbert, and Elizabeth Lesser explore the beauty of forgiveness and spirituality. Paired with beautiful photographs, including many from Oprah ’ s private property in California where each episode of Super Soul Sunday is filmed, The Wisdom of Sundays promises to be a timeless keepsake that will help readers awaken to life ’ s wondrous possibilities and discover a deeper connection to the natural world around them.

I Am Not Perfect is a simple statement of profound truth, the first step toward understanding the human condition, for to deny your essential imperfection is to deny yourself and your own humanity. The spirituality of imperfection, steeped in the rich traditions of the Hebrew prophets and Greek thinkers, Buddhist sages and Christian disciples, is a message as timeless as it is timely. This insightful work draws on the wisdom stories of the ages to provide an extraordinary wellspring of hope and inspiration to anyone thirsting for spiritual growth and guidance in these troubled times. Who are we? Why so we so often fall short of our goals for ourselves and others? By seeking to understand our limitations and accept the inevitability of failure and pain, we being to ease the hurt and move toward a greater sense of serenity and self-awareness. The Spirituality Of Imperfection brings together stories from many spiritual and philosophical paths, weaving past traditions into a spirituality and a new way of thinking and living that works today. It speaks so anyone who yearns to find meaning within suffering. Beyond theory and technique, inside this remarkable book you will find a new way of thinking, a way of living that enables a truly human existence.

A Guide to the Universal Teachings of Buddhist Psychology

The LIFE-CHANGING follow up to The Power of Now. 'An otherworldly genius' Chris Evans' BBC Radio 2 Breakfast Show

A Guide To, and Beyond, Eckhart Tolle's Teachings

A New Earth Inspiration Deck

Stillness Amidst the World

Peace in the Present Moment

7 Lessons 7 Exercises to Stop Your Inner Chat and Experience the Power of Now!

*Presents author-selected inspirational passages from "A New Earth" enhanced by commissioned artwork.*

*A practical and empowering approach to the age-old quest to let go of the thoughts and feelings that block happiness, impede change, and hinder self-acceptance Anyone who has dipped a toe into any of the world's spiritual traditions knows that letting go and letting be are key. But how? In this fresh, frank, and powerful guide, Peter Russell allows readers to see that the things we get hung up on are generally not tangible problems in the present, but are instead thoughts, feelings, interpretations, beliefs, or expectations we have about them. These are not actual things; they exist only in our minds. And we can strip these "no-things" of their power and let them go by making a simple change of mind. Russell boils this letting go down to remarkably easy methods of accepting, acknowledging, recognizing, and even befriending what we tend to run from. This paradoxical practice generates peace of mind, fresh perspectives, and wisdom in action. In turbulent times like ours, this is a true power, one available to us all.*

*Learn how to successfully negotiate conflicts and deepen our most intimate relationships in this practical and thoughtful guide by an experienced Buddhist teacher, psychotherapist, and couples counselor. A committed relationship, as most people see it today, is a partnership of equals who share values and goals, a team united by love and dedicated to each other's growth on every level. This contemporary model for coupledom requires real intention and work, and, more often than not, the traditional archetypes of relationships experienced by our parents and grandparents fall us or seem irrelevant. Utilizing the wisdom of her years of personal and professional practice, Young-Eisendath dismantles our idealized projections about love, while revealing how mindfulness and communication can help us identify and honor the differences with our partners and strengthen our bonds. These practical and time-tested guidelines are rooted in sound understanding of modern psychology and offer concrete ideas and the necessary tools to reinforce and reinvigorate our deepest relationships.*

*Oneness with All Life*Inspirational Selections from A New EarthPenguin

*The Wisdom of Sundays*

*Love between Equals*  
*50 Inspiration Cards*  
*Stillness Speaks*

*Milton's Secret*  
*Practising the Power of Now*

Based on the #1 New York Times bestseller The Untethered Soul, this guided journal offers powerful new practices for inspiration, freedom, and joy. In this beautiful guided journal, you'll find brand-new exercises and prompts paired with original passages from The Untethered Soul. These prompts encourage you to fully relate Michael A. Singer's teachings to your personal experiences, allowing you to dive into the teachings and make them a part of your daily life. You'll also discover practices to help you gain distance from your noisy mind, tap into the deeper awareness that is your true essence, and work through the negative emotions that limit your potential. Grounded in traditions of meditation and mindfulness, the new exercises in this transformational journal will show you how to live more fully in the present moment, and achieve lasting joy and self-realization. If you're ready to open the door to limitless possibilities, The Untethered Soul Guided Journal will lead you to a richer understanding of your relationship to your mind, emotions, and inner energies. And by letting go of difficult past experiences you've held within yourself, you'll learn to access the profound happiness of your true, innermost Self.