



Best quotes by Eckhart Tolle

It seems almost impossible to disidentify from the mind. We are all immersed in it. How do you teach a fish to fly? Here is the key: End the delusion of time. Time and mind are inseparable. Remove time from the mind and it stops — unless you choose to use it.

To be identified with your mind is to be trapped in time: the compulsion to live almost exclusively through memory and anticipation. This creates an endless preoccupation with past and future and an unwillingness to honor and acknowledge the present moment and allow it to be. The compulsion arises because the past gives you an identity and the future holds the promise of salvation, of fulfillment in whatever form. Both are illusions.

Time is what keeps the light from reaching us. There is no greater obstacle to God than time."

You will observe that the future is usually imagined as either better or worse than

the present. If the imagined future is better, it gives you hope or pleasurable anticipation. If it is worse, it creates anxiety. Both are illusory.

The old patterns of thought, emotion, behavior, reaction, and desire are acted out in endless repeat performances, a script in your mind that gives you an identity of sorts but distorts or covers up the reality of the Now. The mind then creates an obsession with the future as an escape from the unsatisfactory present.

If it is the quality of your consciousness at this moment that determines the future, then what is it that determines the quality of your consciousness? Your degree of presence. So the only place where true change can occur and where the past can be dissolved is the Now.

All negativity is caused by an accumulation of psychological time and denial of the present.

To alert you that you have allowed yourself to be taken over by psychological time, you can use a simple criterion. Ask yourself: Is there joy, ease, and lightness in what I am doing? If there isn't, then time is covering up the present moment, and life is perceived as a burden or a struggle.

"How" is always more important than "what." See if you can give much more attention to the doing than to the result that you want to achieve through it. Give your fullest attention to whatever the moment presents. This implies that you also completely accept what is, because you cannot give your full attention to something and at the same time resist it.

do not be concerned with the fruit of your action — just give attention to the action itself. The fruit will come of its own accord.

non-attachment to the fruit of your action is called Karma Yoga. It is described as the path of "consecrated action."

You no longer depend on the future for fulfillment and satisfaction — you don't look to it for salvation. Therefore, you are not attached to the results. Neither failure nor success has the power to change your inner state of Being. You have found the life underneath your life situation.

separation is the basis for the ego's sense of identity

To complain is always nonacceptance of what is.

When you are on a journey, it is certainly helpful to know where you are going or at least the general direction in which you are moving, but don't forget: the only thing that is ultimately real about your journey is the step that you are taking at this moment. That's all there ever is.

If you delve into the past, it will become a bottomless pit: There is always more. You may think that you need more time to understand the past or become free of it, in other words, that the future will eventually free you of the past. This is a delusion. Only the present can free you of the past. More time cannot free you of time. Access the power of Now. That is the key.

even if you live totally alone, you still create your own drama. When you feel sorry for yourself, that's drama. When you feel guilty or anxious, that's drama. When you let the past or future obscure the present, you are creating time, psychological time — the stuff out of which drama is made. Whenever you are not honoring the present moment by allowing it to be, you are creating drama.

No other life

form on the planet knows negativity, only humans, just as no other life form violates and poisons the Earth that sustains it.

The only animals that

may occasionally experience something akin to negativity or show signs of neurotic behavior are those that live in close contact with humans and so link into the human mind and its insanity.

There may be a period of insecurity and uncertainty. What should I do? As the ego is no longer running your life, the psychological need for external security, which is illusory anyway, lessens. You are able to live with uncertainty, even enjoy it. When you become comfortable with uncertainty, infinite possibilities open up in your life. It means fear is no longer a dominant factor in what you do and no longer prevents you from taking action to initiate change. The

Roman philosopher Tacitus rightly observed that “the desire for safety stands against every great and noble enterprise.” If uncertainty is unacceptable to you, it turns into fear. If it is perfectly acceptable, it turns into increased aliveness, alertness, and creativity.

The other more serious reason for the illusion of separateness is compulsive thinking. It is when we are trapped in incessant streams of compulsive thinking that the universe really disintegrates for us, and we lose the ability to sense the interconnectedness of all that exists. Thinking cuts reality up into lifeless fragments. Extremely unintelligent and destructive action arises out of such a fragmented view of reality.

The brain does not create consciousness, but consciousness created the brain, the most complex physical form on earth, for its expression. When the brain gets damaged, it does not mean you lose consciousness. It means consciousness can no longer use that form to enter this dimension. You cannot lose consciousness because it is, in essence, who you are. You can only lose something that you have, but you cannot lose something that you are.

The modalities of awakened doing are acceptance, enjoyment, and enthusiasm. Each one represents a certain vibrational frequency of consciousness. You need to be vigilant to make sure that one of them operates whenever you are engaged in doing anything at all – from the most simple task to the most complex. If you are not in the state of either acceptance, enjoyment, or enthusiasm, look closely and you will find that you are creating suffering for yourself and others.

When you make the present moment, instead of past and future, the focal point of your life, your ability to enjoy what you do – and with it the quality of your life – increases dramatically.

You don't have to wait for something “meaningful” to come into your life so that you can finally enjoy what you do. There is more meaning in joy than you will ever need. The “waiting to start living” syndrome is one of the most common delusions of the unconscious state.

When you say, I enjoy doing this or that, it is really a misperception. It makes it appear that the joy comes from what you do, but that is not the case. Joy does not come from what you do, it flows into what you do and thus into this world from deep within you. The misperception that joy comes from what you do is normal, and it is also dangerous, because it creates the belief that joy is something that can be derived from something else, such as an activity or thing. You then look to the world to bring you joy, happiness. But it cannot do that. This is why many people live in constant frustration. The world is not giving them what they think they need.

Some of those people who, through creative action, enrich the lives of many others simply do what they enjoy doing most without wanting to achieve or become anything through that activity.

The word enthusiasm comes from ancient Greek – en and theos meaning God. And the related word enthousiazein means “to be possessed by a god.” With enthusiasm you will find that you don't have to do it all by yourself. In fact, there is nothing of significance that you can do by yourself. Sustained enthusiasm brings into existence a wave of creative energy, and all you have to do then is “ride the wave.”

To sum up: Enjoyment of what you are doing, combined with a goal or vision that you work toward, becomes enthusiasm. Even though you have a goal, what you are doing in the present moment needs to remain the focal point of your attention; otherwise, you will fall out of alignment with universal purpose.

Make sure your vision or goal is not an inflated image of yourself and therefore a concealed form of ego, such as wanting to become a movie star, a famous writer, or a wealthy entrepreneur. Also make sure your goal is not focused on having this or that, such as a mansion by the sea, your own company, or ten million dollars in the bank.

An enlarged image of yourself or a vision of yourself having this or that are all static goals and therefore don't empower you. Instead, make sure your goals are dynamic, that is to say, point toward an activity that you are engaged in and through which you are connected to other human beings as well as to the whole. Instead of seeing yourself as a famous actor and writer and so on, see yourself inspiring countless people with your work and enriching their lives. Feel how that activity enriches or deepens not only your life but that of countless others. Feel yourself being an opening through which energy flows from the unmanifested Source of all life through you for the benefit of all.

All this implies that your goal or vision is then already a reality within you, on the level of mind and of feeling. Enthusiasm is the power that transfers the mental blueprint into the physical dimension. That is the creative use of mind, and that is why here is no wanting involved. You cannot manifest what you want; you can only manifest what you already have. You may get what you want through hard work and stress, but that is not the way of the new earth. Jesus gave the key to the creative use of mind and to the conscious manifestation of form when he said, 'Whatever you ask in prayer, believe that you have received it, and it will be yours.'