

A NEW EARTH

Class 4



Chapters
7 & 8

GNOTHI SEAUTON - 'KNOW THYSELF' inscribed above entrance to



Knowing
yourself is to
be rooted in
Being,
instead
of lost in
your mind

If you knew yourself to be spirit, rather than 'little me,' you would remain



I AM NOT MY E G O

- When you become aware of your ego, it means you know who you are NOT.
- WHO YOU ARE requires no



ABUNDANCE

- Outflow determines inflow
- Give and it will be given to you



The SOURCE of

is PART of WHO YOU ARE



- However, start by recognizing abundance without; see the fullness of life!

KNOWING YOURSELF AND KNOWING ABOUT YOURSELF

Nothing you can find out about yourself
IS YOU. Information about yourself –
the content of your mind - conditioned
by the past.

Content is your age, health,
relationships, finances, work/living
situations, mental/emotional state...

What is not content –

THE INNER
SPACE OF CONSCIOUSNESS.

THE DEEP
INTERCONNECT-
EDNESS
**OF ALL THINGS/
EVENTS**

**IMPLIES “GOOD”
AND “BAD” ARE
ILLUSORY**



The story of the wise man who won a lottery....
“Maybe” signifies a refusal to judge anything
that happens!

The Paradox of Time

**Everything
seems to be
subject to
time**

YET

**it all happens
in the NOW!**





DREAM

Night's Dream

Life as a Dream

Short-lived play of
forms

The world, relative

DREAMER

Absolute Reality

What makes the
dream possible

Absolute behind the
relative,

Timeless behind time,
Consciousness in and
behind form.

The Dreamer is

Consciousness itself –
WHO YOU ARE!

What does Tolle say about the Dream and the Dreamer?



**To awaken within
the dream, the
ego-created earth-
drama comes to
an end.**

**A more benign and
wondrous dream
arises**

**This is the New
Earth**

- Unhappiness/negativity is a disease on our planet.
- Negativity on the inner = Pollution on the outer!



ALLOWING THE DIMINISHMENT OF THE EGO



EGO

Be aware of
Ego-repair
mechanisms

Other Ego-Repair/Enhancement Behaviors



LET'S REFRAIN FROM:

Showing off

Wanting to stand out

Be special

Make an impression

Demand attention

Occasionally refrain from
expressing your opinion...



SPACE VS. FORM



- **Space** is no-thingness
- It doesn't 'exist
- Awareness is the inner *space* of consciousness, the kingdom of heaven, eternal life
- **Form** is things, sense perceptions, thoughts/emotions

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THE DEEPEST
TRUTH



THE DISCOVERY OF INNER SPACE



- Nonresistance -
 - Nonjudgment -
 - Nonattachment -
- are the 3
aspects of

***TRUE FREEDOM &
ENLIGHTENED LIVING***



We strive for:

To: see beauty,

**appreciate
simple things,
enjoy your own
company,
relate to others
with
lovingkindness**

**Common elements
in the invisible
background:**

**sense of
contentment,
peace,
aliveness**

**content-
ment**

Exploring Exercise

- Get with a partner (dyads). Choose who goes first, second
- #1 say “I am _____” (fill in with whatever you wish). Repeat “I am _____” (something else).
Continue....
- I will indicate when to switch and #2 do the same thing.

RIGHT ACTION

- The **e g o asks** “how can I make this situation fulfill my needs
OR get to some other situation that will?”
- **Presence asks** “How do I respond to the needs of this situation in this moment?”
 - Open to what is
 - If action is necessary, right action happens through you
 - When action is done, the alert, spacious stillness remains.

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**ONE CONSCIOUS
BREATH**

PERCEIVING WITHOUT NAMING

- Let's try an experiment together.....



I AM



INNER &



Who wants to start the discussion, pp. 250-253?

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**NOT RESPONDING
TO CONTENT**

TOMORROW, FRIDAY

- CHAPTERS 9 & 10

