



Todos los seres vivos somos uno: Pensamientos esenciales extraídos de Un nuevo mundo, ahora

Eckhart Tolle

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En muy poco tiempo, *Un nuevo mundo, ahora* demostró ser uno de los grandes libros espirituales de los últimos tiempos. Contiene un poder que va más allá de las palabras y puede conducirnos a un lugar mucho más sereno allende nuestros pensamientos, un lugar donde desaparecen los problemas que nosotros mismos hemos creado y donde descubrimos lo que significa realmente crear una vida libre.

Todos los seres vivos somos uno es una cuidadosa selección de extractos de *Un nuevo mundo, ahora*, y nos proporciona directamente sus ejercicios y sus claves. Puede leerse atentamente el libro o abrirlo al azar por cualquier página y reflexionar sobre sus palabras para, de forma inmediata o con el paso del tiempo, descubrir algo significativo que puede cambiarte la vida.

«El mundo solo puede cambiar desde dentro.»

ECKHART TOLLE

Todos los seres vivos somos uno: Pensamientos esenciales extraídos de Un nuevo mundo, ahora Details

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Dustin says

Eckhart Tolle is a master. "The primary cause of unhappiness is never the situation but your thoughts about it. Be aware of the thoughts you are thinking. Separate them from the situation, which is always neutral, which always is as it is. There is the situation or the fact, and here are my thoughts about it. Instead of making up stories, stay with the facts. For example, "I am ruined" is a story. It limits you and prevents you from taking effective action. "I have 50 cents left in my bank account" is a fact. Facing facts is always empowering."

Andrew Archer says

Great book. With these books you want to read slow and let the wisdom sink in. I borrowed this from the library and will definitely add it to my own library.

Chriss says

A continuation of healing and understanding from Eckhart Tolle for those who have read "The Power of Now" and "A New Earth". He gives some of his most powerful quotes on each page that can be read and re-read to emphasize the powerful messages he spoke of in his series of books.

Alaa says

It all depends on how you read it and whether you are familiar with his teachings or not.

If you read it quickly without putting any thought to it, it will all sound too vague and senseless and you will reach a point where you want to scream at him and say " look at this world ! this is the reality! "

however, if you read it while being fully "conscious" you might feel a bit enlightened and at peace although for me, I still have trouble comprehending some concepts. and I also felt like it didn't really add up to what he already mentions in his talks.

what bothered me the most is the price of the book.

coming from a spiritual author they're supposed to care about getting their message across and not gain profit from it.

I can absolutely understand though when I'm looking at the paper and the printing and the pictures ... there's an effort in all of it but the question is: whether they did it for the sake of profit or are they trying to give the reader a full experience.

Faye says

An excellent book for tasting bits, day by day. I did it seaside. Couldn't get a better calm spirit than with the combination of his lovely words and the slow sound of the waves in the Caribbean. Vancouver is the richer for his presence.

Barb Kelownagurl says

I read most of this book. It's another book that my meditation instructor has read from. Thoughtful ideas.

Logospilgrim says

Very beautiful and peaceful (the illustrations are marvelous). Gives food for "non-thought," as it were!

Barbara Mayer says**Inspirational**

I consider myself an atheist but I can absolutely relate to everything Tolle says in this book. I have also read his book A New Earth. I needed a refresher. A genius writer, honest, straightforward and from the heart. I will read this again and again when I need reminding that there is a way for all of us to evolve into being better human beings. Thank you Elkhart Tolle.

Juanita says

I borrow all the books I read from the library, and then buy a very few of those. I'll be buying this one so I can continue reading the meditations everyday.

Liz. Creager Creager says

I bought this book because I really enjoyed Elkhart Tolle's book A New Earth. I read that a number of years ago when it was so popular. It was a hard read in some chapters. I had to keep rereading over and over to get what he was saying. That being said, I enjoyed his book so much I read it again and then took a 10 week class to study it more deeply with the chapters I struggled with. The group was lead by a psychologist in a small group of about ten women. We were going to do a little on each chapter, however, we kept getting stuck on one "ThePainBody", in Chapter 5. I learned so much about myself. Sharing with a group helps because we all have different ways of interpreting and understanding the way in which his message was

written. This book "Oneness with all life was a series of passages from the original book. What I liked was he picked the ones that had so much meaning to our lives, short little chapters,easy to read. The beautiful ways he had at expressing words, so meaningful, was a gift to me. I still at times Pick a chapter to read and reflect on.

Jessica says

really changes the way you look at yourself and others..

Cornell says

re-reading this book again. i need to make my own condensed version that is pocket-side and can carry around with me because i need to reminded to breathe....sometimes that is all we need to do...just breathe.

Cheryl Schibley says

A beautiful book to have at your bedside. It is inspirational and comforting. I love all of Eckhart Tolle's books.

Pallavi Deshpande says

The book really doesnt have a start or an end so any page can be picked and read. I have not read 'A New Earth' yet but I loved this book right from its packaging, it has a golden cover and a very good feel. The author explains the difference between consciousness, awareness and the gap between the two asking the readers to look internally and sense it. Basically he dissects the layers of existence to help the reader find himself. I had to read some parts multiple times to understand it thoroughly. I could sense peace and tranquility while reading this book, encourages you to make peace with the present moment.

Richard says

Eckhart Tolle is one of those authors that I simply resonate with. I enjoyed this practical guide for his previous book 'A New Earth'. Appealingly aesthetic and artfully done.

Some have mentioned his books all contain the same message, but I seem to gain new insights in each.

