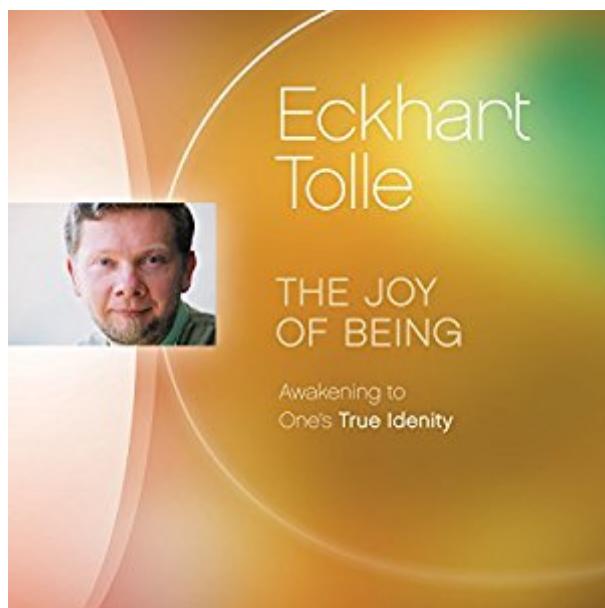


The book was found

The Joy Of Being: Awakening To One's True Identity



Synopsis

Fulfillment and Joy Through the Realization of Our Essential Identity When challenges arise in your life, what happens inside of you? For many of us, the larger the problem, the more we resist, contract, and react unconsciously. On the other hand, explains Eckhart Tolle, in any given moment we have the chance to remain open to life, align with what is, and experience the natural sense of peace and aliveness that he calls "the joy of being". The Joy of Being is a four-session program that explores the process of awakening to our identity beyond the limits of thought and the impact this transformation can have in the world. Speaking after a three-year teaching hiatus, Eckhart discusses: Working with whatever conditions arise as your guide for the continuing practice of presence Using the inner body and sense perception as anchors to the now Freedom from suffering - the spiritual seeker's best motive The practice of "being the space" for the situations and circumstances you often find difficult "The joy of being is derived not from something that happens or from some object but from the essence of who you are," teaches Eckhart. "To know yourself as that is joy." The Joy of Being points to a revolutionary phase in human development where thinking is no longer the dominant aspect of our lives, and unconditioned awareness expresses itself through and as each one of us.

Book Information

Audible Audio Edition

Listening Length: 10 hours and 35 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Eckhart Teachings, Inc.

Audible.com Release Date: November 3, 2016

Language: English

ASIN: B01MDUMVFA

Best Sellers Rank: #51 in Books > Religion & Spirituality > New Age & Spirituality > Spiritualism #129 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult #185 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

[Download to continue reading...](#)

The Joy of Being: Awakening to One's True Identity Splashes Of Joy In The Cesspools Of Life [1992 PAPERBACK] Barbara Johnson (Author)Splashes Of Joy In The Cesspools Of Life [1992 Paperback] Barbara Johnson (Author)Splashes Of Joy In The Cesspools Of Life True Ghost Stories

And Hauntings: Eerie True Paranormal Hauntings, Unexplained Phenomena And Disturbing True Ghost Stories (True Ghost Stories, Bizarre True Stories,) Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan) Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening and Balancing Your Chakras: [A Beginner's Guide to Opening and Balancing Your Chakras] (Mudra Healing Book 3) Book for kids: Awakening Of The Mobzilla: Mobzilla vs Steve & Herobrine (Minecraft Awakening 1) Book for kids: Awakening Of The Wither King: Herobrine vs. Wither King (Minecraft Awakening 3) Book for kids: Awakening Of The Burning Godzilla (Minecraft Awakening 5) [[[Awakening Osiris: The Egyptian Book of the Dead (English, Egyptian) [AWAKENING OSIRIS: THE EGYPTIAN BOOK OF THE DEAD (ENGLISH, EGYPTIAN)] By Ellis, Normandi (Author)Dec-12-1991 Paperback Samurai Awakening: (Samurai Awakening Book 1) Activate Your Joy: A Transformative Awakening to Health, Happiness, and Success. Including 12 Missions to Design a Life You Love True Paranormal Hauntings: Creepy True Paranormal Stories From America's Most Haunted Places: Accounts Of True Ghost Stories And Hauntings (True Hauntings) The Joy of Russian Piano Music (Joy Of...Series) The Joy of First Year Piano (Joy Of...Series) The Joy of Ballet Music: Piano Solo (Joy Of...Series) The Joy of Waltzes, Tangos and Polkas: Piano Solo (Joy Books (Music Sales)) The Joy of Smoking and Salt Curing: The Complete Guide to Smoking and Curing Meat, Fish, Game, and More (The Joy of Series) The Joy of Beethoven: Piano Solo (Joy Books (Music Sales)) The Joy of Home Distilling: The Ultimate Guide to Making Your Own Vodka, Whiskey, Rum, Brandy, Moonshine, and More (The Joy of Series) Hygge: The Danish Art of Living Happy, Finding the Joy in Simple Things and Escaping the Stresses of Modern Life (Hygge, Happiness, Finding Joy, Escaping Stress)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)