

# Eckhart Tolle

## Quotes

*Spiritual, Thinking, People, Mind, Ego, Inspirational, Moments, Mean, Life, Consciousness, Suffering, Past, World, Self, Essence, Pain, Needs, Joy, Giving, Space*

The primary cause of unhappiness is never the situation but your thoughts about it.

~Eckhart Tolle

When you become comfortable with uncertainty, infinite possibilities open up in your life.

~Eckhart Tolle

When you complain, you make yourself a victim. Leave the situation, change the situation or accept it, all else is madness.

~Eckhart Tolle

Stop looking outside for scraps of pleasure or fulfillment, for validation, security, or love - you have a treasure within that is infinitely greater than anything the world can offer.

~Eckhart Tolle

When you live in complete acceptance of what is, that is the end of all drama in your life.

~Eckhart Tolle

In today's rush we all think too much, seek too much, want too much and forget about the joy of just Being.

~Eckhart Tolle

Observe your thoughts, don't believe them.

~Eckhart Tolle

Some changes look negative on the surface but you will soon realize that space is being created in your life for something new to emerge.

~Eckhart Tolle

Most humans are never fully present in the now, because unconsciously they believe that the next moment must be more

important than this one. But then you miss your whole life, which is never not now.

~Eckhart Tolle

You are not separate from the whole. You are one with the sun, the earth, the air. You don't have a life. You are life.

~Eckhart Tolle

You can only lose something that you have, but you cannot lose something that you are.

~Eckhart Tolle

Do not pollute your beautiful, radiant Being nor the Earth with negativity. Do not give unhappiness in any form whatsoever a dwelling place inside you.

~Eckhart Tolle

Suffering is necessary until you realize it is unnecessary.

~Eckhart Tolle

Sometimes surrender means giving up trying to understand and becoming comfortable with not knowing.

~Eckhart Tolle

We have forgotten what rocks and plants still know - we have forgotten how to be - to be still - to be ourselves - to be where life is here and now

~Eckhart Tolle

You are the Universe expressing itself as a human for a little while.

~Eckhart Tolle

Be aware of your breathing. Notice how this takes attention away from your thinking and creates space.

~Eckhart Tolle

Watch the clouds. They will teach you about the world of form.

~Eckhart Tolle

Boredom, anger, sadness, or fear are not 'yours,' not personal. They are conditions of the human mind. They come and go. Nothing that comes and goes is you.

~Eckhart Tolle

When you want to arrive at your goal more than you want to be doing what you are doing, you become stressed.

~Eckhart Tolle

You are the sky. The clouds are what happens, what comes and goes.

~Eckhart Tolle

If your relationship to the present moment is not right - nothing can ever be right in the future - because when the future comes - it's the present moment.

~Eckhart Tolle

If I find here and Now unacceptable, I have three choices: 1-Totally accept it. 2- Change it. 3-Remove myself from the situation. That is taking responsibility for my life.

~Eckhart Tolle

Ultimately what you do is secondary. But how you do it is primary.

~Eckhart Tolle

Whenever you step out of the noise of thinking, that is meditation, and a different state of consciousness arises.

~Eckhart Tolle

True intelligence operates silently. Stillness is where creativity and solutions to problems are found.

~Eckhart Tolle

Be the silent watcher of your thoughts and behavior. You are beneath the thinker. You are the stillness beneath the mental noise. You are the love and joy beneath the pain.

~Eckhart Tolle

Look at a tree, a flower, a plant. Let your awareness rest upon it. How still they are, how deeply rooted in Being. Allow nature to teach you stillness.

~Eckhart Tolle

You are here to enable the divine purpose of the Universe to unfold. That is how important you are!

~Eckhart Tolle

It may look as if the situation is creating the suffering, but ultimately this is not so - your resistance is.

~Eckhart Tolle

Always work with the present moment, not against it. Make it your friend and ally, not your enemy. This will miraculously transform your whole life.

~Eckhart Tolle

The intensity of the pain depends on the degree of resistance to the present moment.

~Eckhart Tolle

You cannot find yourself by going into the past. You can find yourself by coming into the present.

~Eckhart Tolle

Spiritual Awakening is awakening from the dream of thought.

~Eckhart Tolle

Death is a stripping away of all that is not you. The secret of life is to "die before you die" --- and find that there is no death.

~Eckhart Tolle

The word enlightenment conjures up the idea of some superhuman accomplishment, and the ego likes to keep it that way, but it is simply your natural state of felt oneness with Being.

~Eckhart Tolle

What a liberation to realize that the 'voice in my head' is not who I am. 'Who am I, then?' The one who sees that.

~Eckhart Tolle

As long as you are unable to access the power of the Now, every emotional pain that you experience leaves behind a residue of pain that lives on in you.

~Eckhart Tolle

Acknowledging the good that you already have in your life is the foundation for all abundance.

~Eckhart Tolle

All true artists, whether they know it or not, create from a place of no-mind, from inner stillness.

~Eckhart Tolle

The moment you become aware of the ego in you, it is strictly speaking no longer the ego, but just an old, conditioned mind-pattern. Ego implies unawareness. Awareness and ego cannot coexist.

~Eckhart Tolle

Life isn't as serious as the mind makes it out to be.

~Eckhart Tolle

You find peace not by rearranging the circumstances of your life, but by realizing who you are at the deepest level.

~Eckhart Tolle

Compassion is the awareness of a deep bond between yourself and all creatures.

~Eckhart Tolle

The past has no power to stop you from being present now. Only your grievance about the past can do that.

~Eckhart Tolle

The Truth is inseparable from who you are. Yes, you are the Truth. If you look for it elsewhere, you will be deceived every time.

~Eckhart Tolle

The power is in you. The answer is in you. And you are the answer to all your searches: you are the goal. You are the answer. It's never outside.

~Eckhart Tolle

Anybody who is one with what he or she does is building the new earth.

~Eckhart Tolle

Here is a new spiritual practice for you: don't take your thoughts too seriously.

~Eckhart Tolle

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.

~Eckhart Tolle

The past has no power over the present moment.

~Eckhart Tolle

The more you are focused on time-past and future-the more you miss the Now, the most precious thing there is.

~Eckhart Tolle

Awareness is the greatest agent for change.

~Eckhart Tolle

Life has no opposite. The opposite of death is birth. Life is eternal.

~Eckhart Tolle

The most decisive event in your life is when you discover you are not your thoughts or emotions. Instead, you can be present as the awareness behind the thoughts and emotions.

~Eckhart Tolle

Accept the present moment and find the perfection that is deeper than any form and untouched by time.

~Eckhart Tolle

Love is a state of Being. Your love is not outside; it is deep within you. You can never lose it, and it cannot leave you. It is not dependent on some other body, some external form.

~Eckhart Tolle

The primary cause of unhappiness is never the situation but thought about it. Be aware of the thoughts you are thinking. Separate them from the situation, which is always neutral. It is as it is.

~Eckhart Tolle



Instead of asking, "what do I want from life?", a more powerful question is, "what does life want from me?"

~Eckhart Tolle

I am not my thoughts, emotions, sense perceptions, and experiences. I am not the content of my life. I am Life. I am the space in which all things happen. I am consciousness. I am the Now. I Am.

~Eckhart Tolle

The pollution of the planet is only an outward reflection of an inner psychic pollution: millions of unconscious individuals not taking responsibility for their inner space.

~Eckhart Tolle

The ultimate truth of who you are is not I am this or I am that, but I Am.

~Eckhart Tolle

When you say "eyes" to the "isness" of life, when you accept this moment as it is, you can feel a sense of spaciousness within you that is deeply peaceful.

~Eckhart Tolle

True Power is within, and it is available now.

~Eckhart Tolle

Non-reaction to the ego in others is one of the most effective ways not only of going beyond ego in yourself but also of dissolving the collective human ego.

~Eckhart Tolle

Wisdom comes with the ability to be still. Just look and listen. No more is needed.

~Eckhart Tolle

Whatever you think the world is withholding from you, you are withholding from the world.

~Eckhart Tolle

Get the inside right, and the outside will take care of itself.

~Eckhart Tolle

The sun never sets. It is only an appearance due to the observer's limited perspective. And yet, what a sublime illusion it is.

~Eckhart Tolle

Whatever you fight, you strengthen, and what you resist, persists.

~Eckhart Tolle

The word Buddha comes from the Sanskrit word Budh, meaning, to be awake. So Buddha is not a name and ultimately not a person, but a state of consciousness.

~Eckhart Tolle

How do you let go of attachment to things? Don't even try. It's impossible. Attachment to things drops away by itself when you no longer seek to find yourself in them.

~Eckhart Tolle

To be aware of little, quiet things, you need to be quiet inside. A high degree of alertness is required. Be still. Look. Listen. Be present.

~Eckhart Tolle

You get there by realizing you are already there.

~Eckhart Tolle

Presence is when you're no longer waiting for the next moment, believing that the next moment will be more fulfilling than this one.

~Eckhart Tolle

As long as we define ourselves in terms of our pain and our problems, we will never be free from them.

~Eckhart Tolle

All you really need to do is accept this moment fully. You are then at ease in the here and now and at ease with yourself.

~Eckhart Tolle

Don't think of yourself as having a past, don't think of yourself as having a future. What's left?

~Eckhart Tolle

Surrender is the inner transition from resistance to acceptance, from no to yes.

~Eckhart Tolle

Be at least as interested in what goes on inside you as what happens outside. If you get the inside right, the outside will fall into place.

~Eckhart Tolle

Much suffering, much unhappiness arises when you take each thought that comes into your head for the truth.

~Eckhart Tolle

Sometimes letting things go is an act of far greater power than defending or hanging on.

~Eckhart Tolle

Nonresistance, nonjudgment, and nonattachment are the three aspects of true freedom and enlightened living.

~Eckhart Tolle

If you don't have a good relationship with the now, you don't have a good relationship with life.

~Eckhart Tolle

When you lose touch with yourself, you lose yourself in the world.

~Eckhart Tolle

If you are in the habit of creating suffering for yourself, then you are probably creating suffering for others too

~Eckhart Tolle

Pleasure is always derived from something outside you, whereas joy arises from within.

~Eckhart Tolle

Negative states of mind, such as anger, resentment, fear, envy, and jealousy, are products of the ego.

~Eckhart Tolle

The human condition: lost in thought.

~Eckhart Tolle

It is not uncommon for people to spend their whole life waiting to start living.

~Eckhart Tolle

I call animals "guardians of Being," especially animals that live with humans. Because, for many humans, it's through their contact with animals they get in touch with that level of being.

~Eckhart Tolle

To offer no resistance to life is to be in a state of grace, ease, and lightness.

~Eckhart Tolle

Is there a difference between happiness and inner peace? Yes.

Happiness depends on conditions being perceived as positive; inner peace does not.

~Eckhart Tolle

I have lived with several Zen masters -- all of them cats.

~Eckhart Tolle

All you need to know and observe in yourself is this: Whenever you feel superior or inferior to anyone, that's the ego in you.

~Eckhart Tolle

Pain is inevitable as long as you are identified with your mind.

~Eckhart Tolle

Pay more attention to the silence than to the sounds. Paying attention to outer silence creates inner silence: the mind becomes still. A portal is opening up.

~Eckhart Tolle

Since ancient times, spiritual masters of all traditions have pointed to the Now as the key to the spiritual dimension. Despite this, it seems to have remained a secret.

~Eckhart Tolle

To stay present in everyday life, it helps to be deeply rooted within yourself; otherwise, the mind, which has incredible momentum, will drag you along like a wild river.

~Eckhart Tolle

True salvation is freedom from negativity.

~Eckhart Tolle

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