**A NEW EARTH: Awakening to Your Life’s Purpose by Eckhart Tolle**

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*A New Earth* attempts to lead mankind upon a journey of spiritual awakening. This book presents the reader with a refreshingly new way of experiencing life as a contented human being. Tolle purposefully engages the reader with poetic conversations of the transcendence of the mind to attain spiritual awareness of the highest kind:

‘Is humanity ready for a transformation of consciousness, an inner flowering so radical and profound that compared to it the flowering of plants, no matter how beautiful, is only a pale reflection? Can human beings lose the density of their conditioned mind structures and become like crystals or precious stones, so to speak, transparent to the light of consciousness? Can they defy the gravitational pull of materialism and materiality and rise above identification from form that keeps the ego in place and condemns them to imprisonment within their own personality?’

In this book, Tolle explores the current state of humanity as a dysfunction of mind identification. He urgently prompts the reader to become aware of the illusory self (ego) as *mind identification* with things, ownership, needs, and the body. By addressing the core elements of the ego such as complaining and resentment, reactivity and grievances, being right and making wrong, Tolle presents the reader with an alternative state of being—that is, going beyond the ego to experience one’s true identity.
Tolle masterfully exposes the ego for what it is – slavery to ego driven self-
definitions and roles. By letting go of these mind created structures functioning as
the ego, one can consciously experience life on a higher level of spiritual awareness.
He stresses the importance of the parent-child relationship in the development of
spiritual consciousness by encouraging children to live fully in their own truth. Tolly
reminds parents to remain aware of their own degree of living in the present moment
in order to avoid repeating the past as an ego-driven human being.

The book further encourages the reader to let go of destructive self definitions
and roles by revealing that the secret of happiness lies within the discovery of
the true nature of reality. Reality is presented as a function of the mind, which
creates different pathological ego forms– ego in illness, collectiveness and death
are depicted as the main sources of human suffering. Tolle calls this ego-state the
pain body – the unobserved ego in which a person judges emotional experiences as
negative. The pain body functions on both an individual and collective level, causing
individual suffering permeating collective consciousness. Feeding off the vibrations
of the negative energy caused by human suffering, human phenomena such as
entertainment and the media become nothing more than a collective dysfunction
affecting nations and races on a global scale.

Tolle proposes that freedom from this collective enslavement to mind identification
can only be attained on a personal level as an inner awakening to the true nature of
being. Tolle invites the reader to stop regarding knowledge of the self as aspects of
a conditioned mind. By ceasing identification with the content of the mind, a person
may awaken to the realisation, ‘knowing yourself is being yourself, and being
yourself is ceasing to identify with content’.

Through practicing living in the moment of now, the ego is released since the
experience of the present moment transcends the mind identification of the ego into
higher levels of consciousness. Tolle prompts the reader to go beyond this limitation
of the mind and discover the abundance of inner space. A detailed discussion on the
nature of inner space and ways to rise above thought leads the reader to discover
his/her inner purpose. The last part of the book teaches the practice of spiritual
modalities such as acceptance, enjoyment and enthusiasm as ways of accelerating
and intensifying the spiritual awakening of humankind.

Tolle’s thought-provoking and easy conversations on the nature of time, the present
moment, stillness and awakening, have the potential to stir the reader into spiritual
awareness. This book presents an alternative way of looking at, and experiencing
human suffering. It also addresses the transcendence of collective human suffering,
in order to promote a better and more loving world to live in.

Promising a rich experience of spiritual growth and awakening, Eckhart Tolle’s A
New Earth is highly recommended.
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**BIOGRAPICAL NOTE**

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