

## *Foreword*

# The Insight and Magic of Eckhart Tolle at Findhorn

In the spring of 2004, Eckhart Tolle led an extraordinary weekend retreat at Findhorn, Scotland, a spiritual community on the leading edge of personal and global transformation. When Eckhart came to Findhorn, true magic happened. The whole retreat was captured on video and carefully edited to create two deeply moving two-hour DVD experiences.

From Eckhart's opening words on, every sentence has a unique vision and power. Many people have found that when they read or listen to his words, their lives are deeply affected. He gives us the tools we need to transform our lives and open to the stillness of each moment.

His words say it best. We have carefully selected peak moments from the DVDs and present them in print in the pages that follow. To accompany the passages, Eckhart has added his beautiful photographic images along with illuminating captions. Together, they create an inspiring and unique treasury of words, still photography, sound, and video.

Eckhart Tolle is truly one of the world's guiding lights, offering us serene sanity in a mad world.

— Marc Allen  
Publisher, New World Library

## *Introduction*

The Findhorn community in Scotland came into existence in the sixties, based upon a deepening relationship between humans and the realm of nature. A new relationship with nature is an essential aspect of the awakening of human consciousness. In our ego-based civilization, alienation from nature is normal and goes hand in hand with alienation from ourselves and each other.

When we came together for a weekend retreat in the magical environment of Findhorn, the birds, trees, flowers, the wind, the sea, the forests and rivers became our teachers. Teachers of what? Teachers of stillness. Teachers of present-moment living, of surrender to Now. Teachers of Being.

I have included in this book not only some quotations from the retreat but also some of my favorite nature photos that I have taken over the years, in England, British Columbia, and Oregon. See if you can look at these photos with little or no thinking. But don't *try* not to think. Instead, give your complete attention to the act of looking, that is to say, to the perception itself. If thoughts come, refuse to get involved in them. Regard them as no more than passing clouds. Then, when you go out into nature, perceive it in the same way as much as you are able. See the shapes and colors. Smell the air, hear the rustling of leaves, the birdsong. Use your senses fully and let the alert stillness within you be the perceiver, rather than your mind.

Sense perceptions are no more than surface phenomena, but they can become an opening into the dimension of depth, the realm of spirit. When you perceive without thought, you are open to the nameless, the deep mystery that pervades all that exists, the presence of the divine. When you sense that Presence, you realize that it is one with your own

Presence — who you are beyond form. That is what Jesus means when he says in the Gospel of Thomas, “Split a piece of wood; I am there. Lift up a stone, and you will find me there.” This does not mean that you find the man Jesus in the piece of wood or under the stone, but the I AM, the innermost essence, the Being within all beings, all things. Suddenly there is a depth, a beauty, an aliveness that goes far beyond the outer form that you perceive with your senses. When you awaken, nature awakens, too.

— Eckhart Tolle



# The Findhorn Retreat

This teaching isn't based on knowledge, on new interesting facts, new information. The world is full of that already. You can push any button on the many devices you have and get information. You're drowning in information.

And ultimately, what is the point of it all? More information, more things, more of this, more of that. Are we going to find the fullness of life through more things and greater and bigger shopping malls?

Are we going to find ourselves through improving our ability to think and analyze, through accumulating more information, more stuff? Is "more" going to save the world?



*The angel cloud,  
the pond, the fish,  
the ripples on the  
water... and  
the perceiving  
consciousness  
creating the form  
of this moment.*



In the egoic state, love gets confused with form, and so you think your love is in this form, in this other person. You don't realize that true love is the recognition of the formless in the other — which is the recognition of yourself in the other.

You can recognize it in natural things more easily, so first approach the world of nature and relate to it as much as possible through stillness, through Presence. Then gradually bring it into your relationships with other people.

Let them be. Be still with other people, as you are with nature. Sense the field of attention that flows out toward them. Listen, and while you're listening sense yourself as the awareness, the Presence.



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



When you are present in this moment,  
you break the continuity of your story,  
of past and future.

Then true intelligence arises,  
and also love.

The only way love can come into your life  
is not through form, but through  
that inner spaciousness that is Presence.  
Love has no form.



*When the mind loses its density, you become translucent, like the flower.  
Spirit — the formless — shines through you into this world.*

You can never make it on the level of form. You can never quite arrange and accumulate all the forms that you think you need so that you can be yourself fully.

Sometimes you can do it for a brief time span. You can suddenly find everything working in your life: Your health is good; your relationship is great; you have money, possessions, love, and respect from other people.

But before long, something starts to crumble here or there, either the finances or the relationship, your health or your work or living situation. It is the nature of the world of form that nothing stays fixed for very long — and so it starts to fall apart again.

Forms dissolve; new forms arise. Watch the clouds. They will teach you about the world of form.

*“My thoughts used to weigh heavily upon me,  
until I became aware of the gap, no matter how small...”*







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



When you no longer compulsively label things, when you let go of attachment to your story, you become alive to the present moment. Presence arises and replaces the conceptual sense of self.

You become quite simple. The need to be special falls away. You become ordinary. You don't need to project a sense of specialness anymore and find your identity in that.

What a freedom comes to you when you no longer need to be special to get some sense of your identity! What a freedom comes when you're in touch with the preciousness that is the essence of who you are.

When you listen to a bird, there is a moment of pure listening before the mind says something about it. If you can catch yourself whenever something new enters your awareness, you can be conscious of that first moment. There it is: the stillness, the aliveness, the awareness itself.

When you become conscious of it, you may find that the gap becomes longer. The stillness that is the background to sense perceptions becomes more vast. It is always vast, but you didn't know it. The stillness in you expands, and then, as you go about your life, that state of consciousness flows into what you do.