

# The Power of Now and A New Earth

## Eckhart Tolle

*The Power of Now and A New Earth are books written by Eckhart Tolle. Here, we discover more about the Power of Now and A New Earth. A New Earth: Awakening to Your Life's Purpose*

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### **A New Earth: Awakening to Your Life's Purpose**

A New Earth: Awakening to Your Life's Purpose is a book by New Age author Eckhart Tolle, and a follow-up his first book and bestseller, The Power of Now. The book is focused on spirituality. First published in 2005, it had reached first place on the New York Times Best Seller list for "Paperback Advice" several times by December 2008. Its huge success in 2008 coincided with Oprah Winfrey's selection of the book for her book club in January that year,[3] which was followed by a 10-week live online seminar with Tolle, which started on March 3, 2008, for which over 700,000 people from more than 100 countries, registered on Oprah.com. According to Barnes & Noble, it became the fastest-selling title in the history of Oprah's Book Club, which has selected 61 books since 1996. Within four weeks of the announcement 3.5 million copies had been shipped. By 2009, an estimated 5 million copies had been sold.

### **The Power of Now**

**The Power of Now** was meant to "play its part in ... the transformation of human consciousness," by acting as a catalyst to those who are ready for a radical inner transformation or, as he sometimes calls it, for enlightenment. This purpose has affected the format of the book. Tolle has tried to write it in such a way as to "draw you into this new consciousness as you read ... to give you a taste of enlightenment."

As a result, the book avoids intellectual discussion and argument. He tries not merely to present the reader's mind with information, which the mind might find interesting, or might not, which it might agree with, or disagree with. From Tolle's judgment, none of that would change readers, who would still be using their minds to judge these new ideas and to respond to them. Rather Tolle uses a variety of devices to try to engage with the reader at a deeper level than that of the mind.

The book does not follow a strictly linear sequence of thought. The question and answer format allows for digressions and repetitions. An earlier point can be made again in a new way, or brief summaries of earlier material may help to clarify misunderstandings the questioners still have. The terminology is also varied: Being and Unmanifested, presence and consciousness, acceptance and surrender, enlightenment and transformation. The words are used as signposts, pointing beyond themselves.



The book is cast in a question and answer format, and originated in Tolle's work with individuals and small groups over a ten-year period. Most of the questions arose while he was teaching and counseling. This format allows Tolle to engage with how his readers are likely to be thinking or responding to his teaching, and allows him to move the focus of attention away from a merely intellectual response to the readers' own consciousness.

**A New Earth: Awakening To Your Life's Purpose**

**A New Earth: Awakening To Your Life's Purpose** is a more detailed examination of the ideas introduced in *The Power of Now*. Although both revolve around the same theme, there are significant differences. *The Power Of Now* is in a question/answer format, and focuses on the self-help aspects of Tolle's work; whereas *A New Earth* is in a more traditional philosophical format, and Tolle spends more time on the societal ramifications of his ideas, culminating in tentative descriptions of a future in which enjoyment and compassion have replaced desire and conflict as the core motivating principle for humanity. Tolle's aim is to awaken, not to add to one's beliefs but to create a shift in consciousness in the reader.

With **A New Earth: Awakening To Your Life's Purpose** tells the humanity is trapped in thinking. Individuals derive a sense of identity from these thoughts, and it becomes impossible to achieve lasting happiness. As this sense of identity is fictional and static, it is subject to destruction and decay, a process Tolle sees as the main causal factor in human suffering. Tolle also sees this sense of identity as the cause of unnecessary human conflict. The escape from this ongoing prison is a direct experience of the sublime, the infinite - that which stands outside, before and beyond the categorisations and divisions of conceptual thought. A key way which Tolle suggests this can be done is to focus one's attention on the present moment.

**Sources**

Special thanks to Wikipedia, which provided the backbone of the main content of this booklet, and allows to distribute it under a Creative Common licence.

**Appendix – AmAre Way in more details**

$$\text{Happiness} = \text{Aware (Being)} + \text{Meditating} + \text{Active (Being)} + \text{Respectful (Being)} + \text{Eating (Properly)}$$

1.1

**How to calculate it?**

Aware		Meditating		Active		Respectful		Eating	
W	G	W	G	W	G	W	G	W	G

Explanation of variables:

**A:** Aware (being) of each other and couple's feelings, thoughts, needs and wants

**M:** Meditating together, or at least sharing thoughts

**A1:** Active (being) together, do things together

**R:** Respectful (being) of each other and couple's feelings, thoughts, needs and wants



E: Eating properly and support each other healthy lifestyle, and also feed the relationship with positive feelings and thoughts

(...): if there are additional aspects considered too important to be included in the rest of the formula, they can be weighted and graded here

For each variable, please specify:

w: weight, importance given to each aspect (sum of all weights should be 100)

g: grade, rating given to each aspect (each grade is a value between 0 and 1)

If you want to use a spreadsheet, where you can insert the values and see them automatically calculated, you can use: <http://spsch.amareway.org/>

1.2

### What does it mean?

AmAre formula is meant to be descriptive and preventive, but not predictive. That is, it quantifies the current situation, and the strengths and weaknesses we should be aware of and act upon. Regardless of what the number says, we are always responsible, here and now, for our happiness, so a high result means we should keep building our happiness as we have successfully done so far, and a lower result means there are aspects to act upon to improve our lives.

One of the formula's strengths is its unlikeness to reach One, the perfect score, or Zero. This formula is useful so we can improve our awareness about the situation so far, and build a better present. Once the formula served its purposes, we can move on. Because the ultimate happiness is not reaching number 1, it is in finding and renewing the appropriate life-dynamics. If we can accept the way life is, and the fact that different people assign different weights and grades to the pillars of their happiness, and still respect and care about all of us, doing our best for the mutual happiness, we are on the way to build together a lasting happy living.

This is a scale to interpret the overall result of the formula:

**0-0.3:** This is an unlikely result, so please double check each values inserted. If values are correct, it is possible the perception of your SWB tends toward emphasizing the non-positive aspects, or that there is a short-term serious issue. This means there is a need to work on all your priorities to make them more satisfying to you in the medium term.

**0.31-0.60:** Your level of SWB could be higher, if you are closer to 0.31 result. If you are closer to 0.5, you are near an exact average value where you perceive the same value of positive and non-positive components in your life. In both cases, by working on the AmAre variables (starting from the ones with higher weight and lower grade), you can substantially improve your well-being.

**0.61-0.90:** You tend towards an optimal level of SWB. You feel happy, and likely experienced most or at least many of the happiness "fringe benefits". You likely live joyfully everyday: no matter the ups and downs we all have, you can make the best of them for yourself and the people around you.

**0.91-1:** This result is unlikely to be reached, so please double check each values inserted. If values are correct, you are achieving the maximum level of SWB, which you can sustain by living joyfully .



To interpret the value of each AmAre variable, you can use the same scale. If a variable is high in weight, and low in grade, then it requires attention and action to improve it. If a variable is low in weight, and high in grade, then you may ask yourself if its grade is slightly over estimated.

We suggest to calculate your AmAre Index once per week for the first 5 weeks. Then, to calculate it once per month. Please make sure to start from scratch at each calculation, meaning you should not check values assigned in the past; after calculating your current AmAre Index, you can then check what changed compared to the previous calculations. If you want to be reminded about monthly calculation, you can register the AmAre newsletter on. <http://www.amareway.org/>

### **1.3 Where are references and further information?**

<http://www.amareway.org/>

(Official website)

<http://www.amareway.org/personal-development-free-personal-development-ebooks/>

(Free eBooks: AmAre applied to blogging, social media, etc.)

[Subjective well-being blog](#)

(Review of research about Subjective well-being)

Tags: **the Power of Now, A New Earth, Eckhart Tolle the Power of Now, Eckhart Tolle A New Earth**