

Stillness Speaks

Oneness with All LifeThe complete works of W.E. ChanningStillness Speaks Inspiration DeckA Selection from the Works of William E. ChanningStillness and TimeStillness Is the KeyThoughtsGuardians of BeingBody into BalanceReportThe Works of William E. ChanningLa quietud hablaReportsNorine's RevengeExcuses Begone!The Stillness of the Living ForestA New Earth Inspiration DeckThe Power of NowLiber NovusTattvālokaH Eckhart Tolle's Findhorn RetreatPractising the Power of NowThe Mask of MasculinityUnder the OliveStillness SpeaksBiographical Sketches of the Bench and Bar of South CarolinaFresh Thoughts on Old ThemesFrom Stress to StillnessStrength in StillnessDeepening the Dimension of StillnessThe Art of StillnessThoughts, selected from the Writings of the Rev. William E. Channing, D.D. by Henry A. Miles Tenth thousandStillness SpeaksSeeds of AwakeningPracticing the Power of NowCharlotte Corday, and Other PoemsLife and Sermons of Jonathan Allen . .Unnatural Separations: A Brief Memoir About Spiritual Transformation in An Academic WorldMilton's SecretSacred odes

Oneness with All Life

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Toss Out Those Tired Old Excuses Once and for All! Within the pages of this transformational book, Dr. Wayne W. Dyer reveals how to change the self-defeating thinking patterns that have prevented you from living at the highest levels of success, happiness, and health. Even though you may know what to think, actually changing those thinking habits that have been with you since childhood might be somewhat challenging. If I changed, it would create family dramas I'm too old or too young I'm far too busy and tired I can't afford the things I truly want It would be very difficult for me to do anything differently and I've always been this way may all seem to be true, but they're in fact just excuses. So the business of modifying habituated thinking patterns really comes down to tossing out the same tired old excuses and examining your beliefs in a new and truthful light. In this groundbreaking work, Wayne presents a compendium of conscious and subconscious crutches employed by virtually everyone, along with ways to cast them aside once and for all. You'll learn to apply specific questions to any excuse, and then proceed through the steps of a new paradigm. The old, habituated ways of thinking will melt away as you experience the absurdity of hanging on to them. You'll ultimately realize that there are no excuses worth defending, ever, even if they've always been part of your life—and the joy of releasing them

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will resonate throughout your very being. When you eliminate the need to explain your shortcomings or failures, you'll awaken to the life of your dreams. Excuses Begone!

The complete works of W.E. Channing

Stillness Speaks Inspiration Deck

At 30 years old, Lewis Howes was outwardly thriving but unfulfilled inside. He was a successful athlete and businessman, achieving goals beyond his wildest dreams, but he felt empty, angry, frustrated, and always chasing something that was never enough. His whole identity had been built on misguided beliefs about what "masculinity" was. Howes began a personal journey to find inner peace and to uncover the many masks that men - young and old - wear. In *The Mask of Masculinity*, Howes exposes the ultimate emptiness of the Material Mask, the man who chases wealth above all things; the cowering vulnerability that hides behind the Joker and Stoic Masks of men who never show real emotion; and the destructiveness of the Invincible and Aggressive Masks worn by men who take insane risks or can never back down from a fight. He

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teaches men how to break through the walls that hold them back and shows women how they can better understand the men in their lives. It's not easy, but if you want to love, be loved and live a great life, then it's an odyssey of self-discovery that all modern men must make. This book is a must-read for every man - and for every woman who loves a man.

A Selection from the Works of William E. Channing

Stillness and Time

"This collection of essays by leading photographic and film theorists considers the changing relationship between the still and moving image in contemporary culture. The photograph has traditionally been seen as a quintessentially still image. Its ability to freeze and hold a moment in time has been the source of its peculiar fascination and the foundation of much of the theoretical discussion about it. New technological developments in digital media, however, have fundamentally altered the ways in which we think about photography, in particular forcing us to reconsider our assumptions about the still

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and the moving image and their relationships to differing conceptions of time. Amongst the topics addressed in these essays are: the work of artists who extend the still image in time through the use of video or narrative sequencing; the aesthetic and philosophical analyses of stasis; the place of the pose and tableau in contemporary photography and film; the iconography of photography in cinema; and the notion of the cinematic fragment and cultural memory."--BOOK JACKET.

Stillness Is the Key

Thoughts

Guardians of Being

Explores why modern-day technology is making people more likely to retreat into solitude and quiet, with growing numbers of people practicing yoga, meditation and tai chi and even taking an "Internet Sabbath" where online connections are shut down for a day. 50,000 first printing.

Body into Balance

Report

To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, "The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death." Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, *The Power of Now* is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better.

The Works of William E. Channing

In this elegant new card deck, Eckhart Tolle distills the wisdom of

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his bestselling book *A New Earth* into short, carefully chosen passages for contemplation and inspiration. Each selection reinforces the principles of the book, leading us toward personal and, ultimately, global transformation. Tolle's sage guidance will help you transcend ego-based mind-sets to awaken to your life's purpose and achieve a genuine state of peace. These powerful quotations will free you from the confines of the ego and help you experience your true essence as well as the true essence of the world. This process is not only essential to personal happiness but also the key to ending conflict and suffering throughout the world. The box includes a prop-up frame that allows you to display a favorite card or a rotation of cards for ongoing, deeper reflection. With each card, Tolle guides you to embrace stillness and remain fully present in each moment, awakening to a new consciousness.

La quietud habla

Reports

Norine's Revenge

Excuses Begone!

The Stillness of the Living Forest

It started with a personal commitment to sit an hour each week for a full year in the same spot in the woods. John Harvey's intention was to reconnect with nature and observe the flow of natural life through the four seasons. As Harvey settled into his weekly routine of visiting his "sit spot" and fully engaging his senses, rich and illuminating experiences began to unfold. His encounters with nature included seeing and listening to a plethora of birds, from tiny wrens to large hawks, from sweet-singing warblers to rattling woodpeckers; enjoying the sight of seasonal plants such as wild violets, trout lily, and skunk cabbage; sitting out in the open during weather events that ranged from glorious warm summer sunshine to an Alberta clipper in the winter; and spotting the occasional deer and even a black bear. In all cases, Harvey sought to observe, listen, appreciate, and learn.

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Learn he did—about the birds, animals, plants, and trees that surrounded and intrigued him. But his remarkable encounters with nature also facilitated self-discovery, fostered insight, and nurtured empathy and intuition.

A New Earth Inspiration Deck

The Power of Now

The essential companion volume to the phenomenal self-help bestseller THE POWER OF NOW - 'the must-read bible du jour'. Eckhart Tolle's book describes the experience of heightened consciousness that radically transformed his life - and shows how by living in the moment we can also reach a higher state of being where we can find joy and peace and where problems do not exist. The invaluable companion volume - PRACTISING THE POWER OF NOW - contains all the essential techniques we need to start to put this important book into practice in our own lives. No reader will be complete without it.

Liber Novus

Tattvālokaḥ

Silver Nautilus Book Award Winner for Health & Healing An antacid or an aspirin may soothe your pain, but it doesn't cure the cause of your symptoms. Headaches, indigestion, fatigue, allergies, anxiety, eczema, high blood pressure, and other conditions are clues to a deeper imbalance in your body, and learning to read those clues is a key step in maintaining optimal health. Herbalist Maria Noël Groves shows you how to read your body's signals and support your own wellness with herbal remedies and other natural treatments. You'll learn how each of your major body systems – respiratory, digestive, immune, nervous, memory, reproductive, circulatory, and more – optimally functions, and you'll discover how to use natural remedies to nourish and repair problem areas, restore lost vitality, support your body as a whole, and prevent future problems. Groves includes in-depth instructions, with step-by-step photographs, for making your own herbal remedies, as well as expert guidance on buying and effectively using commercial preparations.

Eckhart Tolle's Findhorn Retreat

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An introduction to the nondenominational spiritual master author's transformative concepts explores such topics as the state of stillness, the pursuit of enlightenment, and the compulsions that shape conscious experiences. By the author of *The Power of Now*.

Practising the Power of Now

Es fácil penetrar la esencia del mensaje de Eckhart Tolle: si nos conectamos con la quietud interna podemos ir más allá de nuestra mente activa y nuestras emociones y descubrir grandes y duraderas profundidades de paz, satisfacción y serenidad. Su mensaje llegó a millones de personas en todo el mundo con su primer libro de mayor venta, "*The Power of Now*". Y ahora, en este nuevo y muy anticipado libro, Tolle nos brinda la esencia de sus enseñanzas en segmentos cortos y sencillos que están al alcance de todos.

The Mask of Masculinity

Bob Roth is one of the world's most sought-after teachers of Transcendental Meditation - a highly effective form of meditation that goes beyond mindfulness to produce a deeper and long-lasting sense of

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peace. Praise for Bob Roth and Strength in Stillness: 'A masterclass. I love meditation, and I love this book.' ARIANNA HUFFINGTON 'Bob Roth taught me to meditate. This book will guide you to peace.' RUSSELL BRAND 'Bob Roth's Strength in Stillness is so needed right now. It will enhance our lives.' STELLA MCCARTNEY 'I am one-thousand per cent better when I do it. Meditation Bob: He's got it!' OPRAH WINFREY 'The most engaging guide to a technique I have come to rely on.' GWYNETH PALTROW 'It is the only time I have that stillness. I just love it so much.' ELLEN DEGENERES Every day we face a growing epidemic of stress. People of every race, age and income all make the same confession: 'I am so stressed'. There is a simple practice that dramatically changes how we respond to life's stresses: the Transcendental Meditation technique. With scientifically proven benefits, improved focus, sleep, resilience, creativity and memory, this method has a direct impact. For nearly five decades, Bob Roth has helped bring Transcendental Meditation to millions of people around the world - in 35 countries across Europe, North and South America, Asia and Africa. Once a sceptic, he learned the art from Maharishi Mahesh Yogi, the foremost scientist of consciousness and meditation. As Co-Founder and Executive Director of the David Lynch Foundation, Bob teaches frequently at inner-city schools, veterans' hospitals, battered women's shelters, homeless shelters and prisons. Bob is also the go-to meditation

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teacher for leading figures in the worlds of media and business. Beautifully presented, *Strength in Stillness* is a simple, classic guide to calming your mind and body. Further praise for *Strength in Stillness*: 'Bob's really helped us and our son, who was a stressed, anxious kid' HUGH JACKMAN 'I can't say enough about Bob Roth and TM. *Stillness*, true stillness, of both mind and body, is a gift.' MICHAEL J. FOX 'Transcendental Meditation is the single most important reason for any success I have had in my life. *Strength in Stillness* masterfully distills the essence of this technique.' RAY DALIO

Under the Olive

Most stress is created by how we think about things. From *Stress to Stillness* will help you to examine what you're thinking and change your relationship to your thoughts so that they no longer result in stress. Drawing from the wisdom traditions, mindfulness meditation, psychology, New Thought, and the author's own experience as a spiritual teacher and counselor, *From Stress to Stillness* offers many practices and suggestions that will lead to greater peace and equanimity, even in a busy and stress-filled world. You will learn:

- How we create stress and how it affects the body.
- How to recognize thoughts that cause stress.
- How to disidentify with thoughts.
- How to

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de-stress• How mindfulness meditation changes the brain• How to meditate and why• Tips for quickly moving into Stillness• How to change your lifestyle to reduce stress

Stillness Speaks

Presents the Swiss psychologist's thoughts, experiences, and everything he felt after a period of time spent seeing visions, hearing voices, and inducing hallucinations.

Biographical Sketches of the Bench and Bar of South Carolina

Developed for both spiritual students and mainstream seekers by Eckhart Tolle, world-renowned spiritual teacher, this handsome collection of four-color cards makes a thoughtful present that provides insights into living with grace and ease. It is both intensely inspirational and practical. Excerpted from Tolle's powerful lessons in Stillness Speaks, the deck divides into topics such as "Beyond The Thinking Mind" and "Suffering the End of Suffering" and features key topics on the front and short quotations on the back. Guidance to living in the now has never been more accessible.

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Fresh Thoughts on Old Themes

From Stress to Stillness

Strength in Stillness

Deepening the Dimension of Stillness

A collection of seventeen short essays on the awakening of consciousness, based on the author's personal journey and insights. It includes topics such as the essence of spirituality, the search for happiness, meditation, letting go, our true nature, the pure self, love, forgiveness, synchronicity, and the nature of consciousness.

The Art of Stillness

Thoughts, selected from the Writings of the Rev. William E.

Channing, D.D. by Henry A. Miles Tenth thousand

A Vivid Dream of the Divine. I was finishing my master's degree in philosophy when I had an extraordinary dream about the reflective nature of the universe. The dream showed the heavens or the Divine turn golden and rearrange as a reflective golden sphere in the middle of the universe with arms of golden pearl strings reflecting back each and every other one. Once in motion, they made a humming sound that penetrated my entire body. The dream provoked both awe and fear, forcing me to question my own beliefs and years of studies. The journey came full circle through slowing down from the stressful of regular life to return to the interconnection of all things through deeply observing nature. Then I was able to truly understand, the Divine is within the universe and evolving with all that exists. That all things have a piece of the Divine within them and at the same time the Divine's energy permeates any remaining space. Then each thing is so completely connected to the other they form reflective relationships. And that the only lasting theory of knowledge is defined by the creative process to surface novel conclusions.

Stillness Speaks

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New York Times bestselling author Eckhart Tolle – Learn the transformative power of living in the now Attaining Eckhart Tolle’s state of presence: In Stillness Speaks, Eckhart Tolle illuminates the fundamental elements of his teaching, addressing the needs of the modern seeker by drawing from all spiritual traditions. At the core of the book is what the author calls “the state of presence,” a living in the ‘now’ that is both intensely inspirational and practical. The power of now: When the pressures of future and past thinking disappear, fear and frustration also vanish, conquered by the moment. Stillness Speaks takes the form of 200 individual entries, organized into 10 topic clusters that range from “Beyond the Thinking Mind” to “Suffering and the End of Suffering.” Each entry is concise and complete in itself, but, read together, take on a transformative power. If you have read The Untethered Soul by Michael Singer, Buddha’s Brain by Rick Hanson, or other Eckhart Tolle books such as The Power of Now, you will want to own and read Stillness Speaks.

Seeds of Awakening

This wonderfully unique collaboration brings together two masters of their fields, joining original words by spiritual teacher Eckhart Tolle with delightful illustrations by Patrick McDonnell, the creator

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of the acclaimed comic strip MUTTS. Every heartwarming page provokes thought, insight, and smiling reverence for all beings and each moment. More than a collection of witty and charming drawings, the marriage of Patrick McDonnell's art and Eckhart Tolle's words conveys a profound love of nature, of animals, of humans, of all life-forms. Guardians of Being celebrates and reminds us of not only the oneness of all life but also the wonder and joy to be found in the present moment, amid the beauty we sometimes forget to notice all around us.

Practicing the Power of Now

Holiday, author of *The Obstacle Is the Way* and *Ego Is the Enemy* draws on timeless Stoic and Buddhist philosophy to show why slowing down is the secret weapon for those charging ahead.

Charlotte Corday, and Other Poems

Eckhart Tolle is rapidly emerging as one of the world's most inspiring spiritual teachers, sharing the enlightenment he himself experienced after a startling personal transformation. His views go beyond any particular religion, doctrine, or guru. This book extracts the essence

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from his teachings in *The Power of Now*, showing us how to free ourselves from "enslavement to the mind." The aim is to be able to enter into and sustain an awakened state of consciousness throughout everyday life. Through meditations and simple techniques, Eckhart shows us how to quiet our thoughts, see the world in the present moment, and find a path to "a life of grace, ease, and lightness."

Life and Sermons of Jonathan Allen . .

Unnatural Separations: A Brief Memoir About Spiritual Transformation in An Academic World

Milton's Secret

A young boy learns to overcome his fears by living in the present, rather than the past or the future.

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Presents author-selected inspirational passages from "A New Earth" enhanced by commissioned artwork.

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