

Spiritual Exploration Class (Eckhart Tolle 201)

We will discuss 5 themes of Eckhart Toole: “Present Moment Living”, “Consciousness”, “Peace”, “Surrender”, and “Inner Purpose”. We will also look at the thoughts of 2 wisdom leaders in their respective religions, Jesus and Pema Chodron, Buddhist nun. It would be helpful, but not mandatory, for you to understand a bit about Eckhart Tolle’s thoughts, so read his books if you have them or watch some short YouTube videos.