

New Earth Inner Space Exercises - Eckhart Tolle

Exercise 1: This, Too, Will Pass

Once you see and accept the transience of all things and the inevitability of change, you can enjoy the pleasures of the world while they last without fear of loss or anxiety about the future. By using the words: **This, Too, Will Pass** brings detachment and with detachment another dimension comes into your life—inner space. Through detachment, as well as non-judgment and inner nonresistance, you gain **Inner Space**.

Exercise 2: Look & Gaze

Choose an object close to you—pen, chair, cup, plant—and explore it visually, look at it with great interest & curiosity. Avoid any objects with strong personal associations that remind you of the past, where you bought it, who gave it to you and anything that has writing on it (book or bottle). It would stimulate thought. Without straining, relaxed but alert, give your complete attention to the object, every detail of it. If thoughts arise, don't get involved in them. After a couple of minutes, let your gaze wander around the room or wherever you are, your alert attention lighting up each thing that it rests upon, you gain **Inner Space**.

Exercise 3: Pause & Listen

Listen to any sounds that may be present. Listen to them in the same way as you looked at the things around you. Some sounds may be natural—water, wind, birds— while others are man-made. Some may be pleasant, others unpleasant. However, don't differentiate between good and bad. Allow each sound to be as it is, without interpretation. When you listen, you become aware of a subtle hardly noticeable sense of calm. When consciousness is no longer totally absorbed by thinking, some of it remains in its formless, unconditioned, original state. This is **Inner Space**.

Exercise 4: Expanding Breath

Be aware of your breathing & the sensation of it. Feel the air moving in and out of your body. Notice how the chest and abdomen expand and contract slightly with the in and out-breath. One conscious breath is enough to make some space where there was the uninterrupted succession of one thought after another bringing **Inner Space** to you. Breathing isn't really something that you do but something that you witness as it happens. Breathing happens by itself. The intelligence within the body is doing it. All you have to do is watch it happening. There is no strain or effort involved. Notice the still point at the end of the out-breath, before you breath in again.

Exercise 5: Compulsive Behavior Pattern Management

When you notice the compulsive need (Smoking, Overeating, Drinking, TV or Sex Addiction) arising in you, stop and take 3 conscious breaths generating awareness. Then for a few minutes be aware of the compulsive urge itself as an energy field inside you. Consciously feel that need to physically or mentally ingest or consume a certain substance or the desire to act out some form of compulsive behavior. Then take 3 more conscious breaths. After you find that the compulsive urge has disappeared or you find that it still overpowers you, and you cannot help but indulge or act it out again. Don't make it into a problem. Make the addiction part of your awareness practice for **Inner Space**. As awareness grows, addictive patterns will weaken and eventually dissolve.

Exercise 6: Body Awareness

Close your eyes & take 2-3 conscious breaths. See if you can detect a subtle sense of aliveness that pervades your entire inner body. Feel your body from within sensing briefly specific parts of your body. Feel your hands, then your arms, feet, and legs then feel your abdomen, chest, neck, and head then become aware again of the inner body as a whole finding **Inner Space**.

Exercise 7: Disconnecting from Form Identification

Detect some unconscious patterns within yourself: demanding recognition for something you did and getting angry if you don't get it; trying to get attention by talking about your problems, or making a scene; giving your opinion when nobody has asked for it and it makes no difference to the situation; being more concerned with how the other person sees you than with the other person, trying to make an impression on others through possessions, knowledge, good looks, status, physical strength, and so on; bringing about temporary ego inflation through angry reaction against something or someone; taking things personally, feeling offended; making yourself right and others wrong through futile mental or verbal complaining; wanting to be seen, or to appear important. Find out what it feels like when this happens and what happens if you let go of that pattern. Just drop it giving room for **Inner Space** and see what happens.