

## *Three Modalities of Awakened Doing - Eckhart Tolle*

(Consciousness flows into what you do **Aligning your life with the Universe** with these **Vibrational Frequency of Consciousness** from the **Most Simple Task to the Most Complex**)

- 1) *Acceptance*: Whatever you cannot enjoy doing you can at least accept that this is what you have to do. **Acceptance means**: For now, this is what this situation requires me to do, and so I do it willingly. Inner acceptance of what happens, and acceptance of what you have to do is just another aspect of it. For example, you probably won't be able to enjoy changing the flat tire on your car at night in the middle of nowhere and in pouring rain, let alone be enthusiastic about it, but you can bring acceptance to it. **Performing an action in the state of acceptance means you are at peace while you do it.** That **Peace** is a **Subtle Energy Vibration**, which then flows into what you do. On the surface, acceptance looks like a passive state, but in reality it is active and creative because it brings something entirely new into this world. That **Peace**, that **Subtle Energy Vibration**, is **Consciousness**, and one of the ways in which it enters this world is through **Surrendered Action**, one aspect of which is **Acceptance**. **If you can neither enjoy nor bring acceptance to what you do—stop doing it.** Otherwise, you are not taking responsibility for the only thing you can really take responsibility for, which also happens to be one thing that really matters: your **State of Consciousness**. And if you are not taking responsibility for your state of consciousness, you are not taking responsibility for life.
- 2) *Enjoyment*: The **Peace** that comes with surrendered action turns to a **Sense of Aliveness** when you actually enjoy what you are doing. **Enjoyment will replace wanting as the motivating power behind people's actions.** Wanting arises from the ego's delusion that you are a separate fragment that is disconnected from the power that lies behind all creation. When you make the present moment, instead of past and future, the focal point of your life, your ability to enjoy what you do. When the creative power of the universe becomes conscious of itself, it manifests as joy. Expansion and positive change on the outer level is much more likely to come into your life if you can enjoy what you are doing already. **The misperception that joy comes from what you do is normal, and it is also dangerous, because it creates the belief that joy is something that can be derived from something else, such as an activity or thing. You then look to the world to bring you joy, happiness. But it cannot do that.** You will enjoy any activity in which you are fully present, any activity that is not just a means to an end. It isn't the action you perform that you really enjoy, but the deep sense of aliveness that flows into it. That aliveness is one with who you are. This means that when you enjoy doing something, you are really experiencing the joy of Being in its dynamic aspect. **Make a list of routine activities that you perform frequently and consider uninteresting, boring, tedious, irritating, or stressful. But not that you hate or detest doing. That's a case either for acceptance or for stopping what you do. Then let them be a vehicle for alertness. Be absolutely present in what you do and sense the alert, alive stillness within you in the background of the activity. You will soon find that what you do in such a state of heightened awareness actually becomes enjoyable. The Joy of Being is the Joy of Being Conscious.** Awakened consciousness then takes over from ego & begins to run your life. Sometimes for a few years their sphere of influence remains small; then it can happen that suddenly or gradually a wave of creative empowerment flows into what they do, & their activity expands beyond anything they could have imagined & touches countless others. You are still an ordinary human. What is extraordinary is what comes through you into the world.
- 3) *Enthusiasm*: Enthusiasm means there is deep enjoyment in what you do plus the added element of a **Goal or a Vision** that you work toward which changes the **Vibrational Frequency** adding structural tension to enjoyment turning it into enthusiasm. There will be enormous intensity and energy behind what you do. Unlike stress, enthusiasm has a **High Energy Frequency** and so resonates with the creative power of the universe. The word enthusiasm means, "to be possessed by a god." It brings an **Enormous Empowerment** into what you do. When enthusiasm encounters obstacles in the form of adverse situations or uncooperative people, it never attacks but walks around them & turns the opposing energy into a helpful one. **Enthusiasm** knows where it is going, but at the same time, it is deeply at one with the present moment, the source of its aliveness and power. **Enthusiasm** "wants" nothing because it lacks nothing entering into full alignment with the outgoing creative principle of the universe, but without identifying with its creations without ego. Where there is no identification, there are no attachments. Once a wave of creative energy has passed, structural tension diminishes again but joy in what you are doing remains. **Enjoyment of what you are doing, combined with a goal or vision that you work toward becomes enthusiasm.** It is not wanting to become a movie star instead of see yourself as a famous actor inspiring countless people with your work and enriching their lives. **Feel how that activity enriches or deepens not only your life but also that of countless others.**