

# THE ECKHART EFFECT



... and the Quest for  
Spiritual Accountability



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## ***The Eckhart Effect and The Quest For Spiritual Accountability***



### **This is a RenegadeGrowthPak.com E-Report**

**Purpose / Topic:** This report is written by [Barry Goss](#) and [Heather Vale](#), partners at LWLWorldwide.com. This report deeply examines, not only what media might be influencing you to do, but how certain teachings — and the way some teachers operate — border on cult-like practices that may be sucking you under their influence.

It makes you take a look at your potential need to conform, your desire to be seen in a certain light, and your quest to follow people or ideas because they make you "feel good" or let you look at the world in a rosy light.

It helps you discover how the *law of duality* is vitally important to understanding the way the world works, and lets you join in an investigation of the ego that will leave you better understanding of how this part of you works, and how to deal with it — rather than trying to run from it.

It examines the power of your thoughts, your emotions, and your actions... so you can go beyond meditation to truly achieve what you want!

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# ***The Eckhart Effect and The Quest For Spiritual Accountability***

***By Barry Goss & Heather Vale***

*Metaphysical Investigators and Agents of Higher Learning*

## ***The Critical Component of Congruency***

We're surrounded by teachers, gurus, and mentors who are willing to tell you how to live, how to cultivate rewarding relationships, how to manifest wealth, how to transcend life... but what about when the messenger doesn't live the message?

Yes, we're told that you teach best what you need to learn yourself... but when the "teacher" is barely one step ahead of the "students", that completely negates the power of congruency.

Would you go to a car mechanic who was "learning" the trade by taking apart his own car... and it sat on display, in shambles, far from ever experiencing a sputter let alone the roar of powerful engines, right in front of the garage?

"This is my car, I'm having some challenges with it," says the mechanic, "But I can certainly show you how to fix your own car... or do it for you."

Ummm.... yeah, right. No thanks!

What about going to the dentist who has rotten teeth that are about to fall out of his mouth?

"But that's not fair," you cry, "A dentist can't work on his own teeth any more than a hairdresser can work on her own hair. If there are two dentists in town, you go to the one with the bad teeth because he worked on the guy with the good teeth; and you go to the hairdresser with the bad haircut because she cut the hair of her competitor who actually looks good."

Yes, nice uncomplicated logic – if the world was so simple that there were only two people with any given skill set in any given geographic area.

But presumably someone who commits their life to dentistry places a high value on healthy teeth; and someone who is dedicated to being a good hairdresser places a high value on attractive, healthy hair. These people would NEVER allow

## ***The Eckhart Effect and The Quest For Spiritual Accountability***

themselves to be so obviously incongruent as in the above examples – and if they did, you would not use their services.

People gravitate towards being good at what they value. If someone doesn't value money, they will have financial issues. If they don't value people, their relationships will suffer.

But shouldn't they value – and hence be strong in – the topic that they teach?

So why do we listen to the wealth-building guru who can't pay his rent?

Why do we listen to the relationship expert who is in the middle of a messy divorce?

Yes, we personally know several teachers who claim to be able to show us the power of loving relationships, and yet can't keep their own marriages or partnerships together.

We also know teachers who call themselves enlightened, and yet allow a simple conversation to fester for months, growing a small molehill of a disagreement into a life-impacting mountain of a problem that they can't seem to get over, around or through.

We know teachers who write about the huge sums of money in their bank accounts, but haven't even paid their expenses from last month, and can't feed their families this month, because they're living paycheck to paycheck, and there's nothing left.

People who look for problems in other people, under the guise of helping them, when they're unable to help themselves, raise some big red flags for us. It doesn't matter whether they call themselves a teacher or not – you probably know some people who do this as just a matter of course in their day-to-day lives.

You probably also know people, or even work with people – as we do – who shy away from conversation that may reveal their own weak points. They're great at passing the buck so they don't have to take responsibility for their own situation, and they always blame external forces rather than what's going on internally.

If you ask them to do something, they might well do it... but without telling you that it's done, because that would involve communicating that, on some level, you were "right" to ask, and that they were "wrong" to not have done it without

## ***The Eckhart Effect and The Quest For Spiritual Accountability***

you asking (in fact, by just doing it, they can even pretend that it was their own idea, and they never heard your request).

If you do actually pin them down for a heart-to-heart conversation, they'll tell you what your problems are (that you "stress them out", or expect too much from them, or said or did something wrong in their eyes)... and it becomes obvious that you're really just a pawn in their blame game. As long as they can keep the focus on you, it can't turn towards their own inadequacies or shortcomings, and that leaves them feeling that you were, indeed, the source of all their problems all along.

Treating people this way, and communicating by not communicating unless it involves finding fault in others, is the spiritual equivalent of the ostrich sticking its head in the sand (okay, the ostrich doesn't really put his head IN the sand, just lays it along the top, but the metaphor holds true... trying to avoid conflict by being blind to the reality of the situation).

When searching for spiritual accountability, we need to look beyond rhetoric to the congruency of the person we're listening to. Sure, it may sound good... but what's that do for you?

And that brings us to Eckhart Tolle.

Yes, he has written bestselling books that have presumably been read (or are at least "owned") by millions of people. Yes, he has been featured on Oprah in a way nobody else ever has, drawing a huge amount of attention to his work. And yes, some of what he teaches is indeed valuable.

For the most part it's not new, of course. It's rooted in the traditions of various schools of Zen and Buddhism, and he's not the only one to draw on those traditions. Other teachers, too, tell us the importance of being in the present moment, and the power of meditation.

Other teaches also talk about "nonduality" – focusing on the part of us that's connected to the whole (our spirits or higher selves) and ignoring the importance of our physical selves while we're on this physical plane.

And that alone makes us scratch our heads in disbelief (because why would we choose to come to this planet and live a human life – which nearly all teachers agree that we do – but then spend our lives looking to get past that very human form we came here to experience?)

## ***The Eckhart Effect and The Quest For Spiritual Accountability***

Perhaps it's no wonder that Buddha was an out-of-shape and overweight man – he didn't feel his body was a temple of any sort, just something he was saddled with while seeking more and more connectedness with the universal consciousness. But modern experts have proven that the more optimally your body runs (and the better you treat it), the better you are able to manifest the life that you truly want to live while here (rather than being in a hurry to get back to the spirit world).

Fortunately, many spiritual seekers today do realize the validity of a healthy body and mind to go with their healthy spirit. So what leads teachers like Eckhart away from the holistic approach towards a nondual one?

But it's not just the antiquated ideologies – some still valid, some perhaps not so much – that Eckhart draws his inspiration from that inspired us to investigate "The Eckhart Effect". More so it's the way he teaches – the envelope he pushes (not that there's anything wrong with pushing envelopes, when it's done for all the right reasons) – that leads us to the question:

Just how congruent is he?

How enlightened is he truly – and does he really "turn off his mind" for two hours at a time, not thinking in any way, shape or form, as he claims? If you wanted to find out... would there be a way to verify what's going on (or not going on, as the case may be) in his mind?

Ah, yes, the mind... a terrible thing to waste? No, just a terrible thing, according to Eckhart. It's what keeps you from being "enlightened" and finding the true path.

It's worth noting here that Eckhart seems to look at "enlightenment" as a destination, whereby you receive some kind of stamp or tattoo saying "I am now enlightened"... whereas our discussions with world-renowned metaphysical teachers have led us to believe that enlightenment can come in any moment of joy, or self-reflection, or meditation, and that it's not a state you perpetually remain in, but one that you can discover and rediscover at any time.

Even more noteworthy... it's funny how he has no problem with Oprah's mind, or her ego (another bad thing in Eckhart's world) – a woman who has a constant need to show how clever SHE is, how enlightened SHE is, and how much she has learned on her own, through her own experiences.



## ***The Eckhart Effect and The Quest For Spiritual Accountability***

Yes, she very rarely asks a question that is not a close-ended yes-and-no question, to validate her own views, and spends more time telling her own experiences and commenting on how right she thinks the teacher is – which, to her audience, is actually her validating the teacher’s views. That’s one step beyond him or her validating Oprah’s.

But this is the kind of interview Eckhart likes... the kind that doesn’t engage the mind.

On his website, you’re invited to host a “Local Group”... no, not a “Discussion Group”, just a “Group”.

Here’s the official verbiage on how to do it:

- 1) Eckhart recommends following the Silent Group format. The group may begin with ten to twenty minutes of silence (silent meditation), 1 to 1 ½ hours of an Eckhart Tolle audio or visual recording, ending with ten to twenty minutes of silence (silent meditation). It’s best not to engage in discussion, as it tends to stimulate the mind and ego.

Okay, we have to ask why... why is it bad to discuss what we’ve learned from a teacher, to dissect it, pull it apart, and see how it fits into our own lives? Compare and contrast the teachings to what we’ve learned before, rather than blindly accepting it – like that aforementioned ostrich would?

Oops, that’s bad to ask a question – we just engaged the mind! Oops, and that shows we’re not enlightened yet, because we’re questioning rather than just accepting.

Come onnnn!!!!!!!!!!!!

If you’ve personally read the work of Eckhart Tolle, or any other teacher, and found yourself blindly accepting it rather than questioning it... perhaps it’s time to question yourself.

Why do you feel a need to accept what you read or hear as the ultimate truth?

Is it because you figure the teacher must be more advanced, more evolved, more enlightened, more knowledgeable than you? And if so, is that a valid assumption?

Is it because the mass media, or a talk show host you love, has told you that this is the latest, greatest thing, and that you need to experience it? If so, does that

## ***The Eckhart Effect and The Quest For Spiritual Accountability***

mean you also try every new soft drink and microwaveable burrito that comes out for the same reason?

Is it because your friends say it's cool, or desirable, or perfectly ideal, and there aren't any flaws in it whatsoever? If so, do you find you have a tendency to look at the world through rose-colored glasses, only seeing the upside of life and ignoring the down, and never exploring the truth for yourself... as long as someone you trust recommends it?

Is it because your father once told you that if it's printed in a book (or the New York Times, or both) that it must be true – and hey, if it's both in a book AND on the New York Times Bestseller list, then it must be REALLY good? And if so, well... haven't you ever read a book or a newspaper article that just wasn't up to par?

Well, why not live a little... and explore?

The point is, we're all on a journey of discovery here during this life, and if we don't have the right to make our own decisions, figure out what's best for us, keep what works and throw away what doesn't... then who's pulling our puppet strings?

### ***Mindlessness... or Mind Control?***

Eckhart Tolle has a brilliant marketing campaign in place; you have no way of arguing his views or questioning his teachings, because if you do, you're "not enlightened" and that's why you really need it. In *A New Earth*, he writes, "This book is about you. It will change your state of consciousness or it will be meaningless. It can only awaken those who are ready."

As one reviewer points out:

Something most readers don't pick up on, but which is very much between the lines, is the implication here that no criticism of his work could possibly be valid, since anyone skeptical of it is confused and delusional anyway by mere virtue of being skeptical. It looks very much like Tolle is providing his believers with an easy answer to any criticism people such as myself may pose, and anyone who reads this passage and really stops to think about it will find it intellectually appalling and insulting.



## ***The Eckhart Effect and The Quest For Spiritual Accountability***

So in essence, although we just encouraged you to always question what you hear from teachers, authors, speakers and so forth, see what resonates with you deep inside, pay attention to your gut reactions, and follow only the advice that makes sense to YOU – Eckhart makes it very difficult for you to do that.

It's like if your doctor said, "Only complete morons refuse to get the flu shot," you'd probably feel pressured to get the shot so you wouldn't be labeled a complete moron. It's compliance by force, and it takes away your freedom to choose with no strings attached.

Sure, you can say no, and you might not even care what other people called you... but it's not presented as your own open choice to make.

If this is a free world – and we have any sort of free will – then why should we be subjected to that kind of all-or-nothing thinking?

Reviewers of his book also find this off-putting, like this one:

Some parts of the book do get hard to follow. While Tolle acknowledges this, he also tells us that if we find the book incomprehensible and meaningless, it means that we have not begun the process of awakening - i.e. any fault is with the reader, which strikes me as a cop out. Tolle also implies that his view is the only correct way of viewing the world, with sentences like: "If you don't become speechless when looking out into space on a clear night, you are not really looking, not aware of the totality of what is there."

My main criticism of this book is that I didn't find it of much help in a practical sense. Tolle talks a lot about how you can effect change in yourself by bringing awareness to situations. This has not been my personal experience - while I agree it's the first step, I think sometimes we need a little more "how-to" guidance if we are to make real change.

And according to cult specialists, who are well-versed on mind control, Eckhart's way of encouraging you to remove your mind from the process, ironically enough, allows for mind control to take place.

Before speaking, Eckhart tells his audience, "Your mind will feel bored and restless in this session... and it won't excite your emotions either." He then talks in a slow, low-key, monotonous voice that causes his audience to drift off (some say "go into a meditative state" because of his presence, but it's more likely "fall asleep from boredom").

## ***The Eckhart Effect and The Quest For Spiritual Accountability***

If you aren't completely engaged by what he says, does that imply that you're unenlightened, not ready for it, or that your mind is getting in the way to keep you from the truth, as Eckhart suggests?

Or is it all part of tried-and-true advanced mass-hypnosis techniques?

Experts say the latter is true, as evidenced by how he starts his speeches with silence (just as he suggests the "Groups" do), then lulls people to sleep by talking in a boring, monotone voice – or rather, puts them into a deep trance, where any suggestion implanted into the mind is readily accepted.

So as he talks on about his views, you really have no choice but to accept them as the ultimate truth, because that's how the mind works in trance state. You've just given up your ability to question, to ponder, to make up your own mind – because your subconscious just made it up for you.

As for the emotions not being excited by his talks... by that time the emotions are likely spent, since it's alleged that he purposely over-sells his events and creates a situation where there's a lack of seating, to trigger emotions in people. Then he uses that emotional reaction against them to make them feel guilty about not being enlightened. Meanwhile, he avoids this onslaught of emotion himself by being escorted in and out in a private limo, with no crowd interaction, question-and-answer sessions, or even book signings.

Similarly, in his book *A New Earth*, Eckhart says, "this book is not 'interesting.' Interesting means you can keep your distance, play around with ideas and concepts in your mind, agree or disagree."

And while we would always encourage you to do just that, it goes against Eckhart's agenda of presenting you with what you are to believe is the ultimate truth. In other words, he's taking away your own spiritual accountability, your own right to investigate, explore and choose, and feeding you pablum to survive on.

The critics support the idea that the book is not "interesting", too... one newspaper book reviewer said:

Even by the standards of the self-help book industry, Eckhart Tolle's *A New Earth* is unutterable twaddle... Oprah Winfrey's golden touch has turned a stinker into a bestseller for Penguin.

Yes, good point... we have to wonder how many copies of *A New Earth* would have sold without Oprah's fawning devotion and endorsement. How many people

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## ***The Eckhart Effect and The Quest For Spiritual Accountability***

only buy books on her Book Club list? And buy everything she recommends, because she's Oprah?

Basing your decisions on what a popular public figure says or does is very nearsighted. Those recommendations may, in fact, be good products; and yet, you don't know what companies paid for those endorsements behind the scenes, making for tainted rather than honest reviews.

Now of course, that's not to say that honest media personalities routinely accept sponsorships from companies that are not reputable, or don't have a valuable product; chances are most are very picky about what they put their name or stamp of approval on. They may even examine and scrutinize things as much as we do. But still, this is also something worth questioning before making your own decisions.

Otherwise, it's just another form of mind control and manipulation.

Another critic said:

Its 313 pages are, frankly, baffling – a mix of pseudo-science, New Age philosophy and teaching borrowed from established religions.

Does Eckhart care? No, probably not...

All of this is clever mastery of Marshall McLuhan's assertion over 40 years ago that "the medium is the message." Eckhart's medium (whether that's his speeches or his books) seems, without a doubt, designed to be mind-stopping. To make sure that effect is achieved, he tells you that you'll be bored by what you're about to read or listen to.

So you might find yourself daydreaming (or even full out dreaming)... but not engaging your mind. You take in his content in that sponge-like trance state.

And because of that – because the medium is the message – he has done what he teaches you to do for yourself, and stopped you from thinking.

The message is that thinking is bad. Don't think, just accept what he tells you. Read his book again and again if it doesn't sink in the first time... just don't think about it while you read.

Sound like brainwashing? Hmm....

In his first best-seller, *MindControlMarketing.com*, online marketing guru Mark Joyner says:

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## ***The Eckhart Effect and The Quest For Spiritual Accountability***

Humans, like cattle, tend to move in herds. In action and opinions, *Homo sapiens* are natural followers. We like to act and think in groups.

Looking at 20<sup>th</sup> century history alone, there are numerous examples of herd decision-making, both good and catastrophic. In the 1930s, our herd instincts in personal financial behaviour plunged a nation into the Great Depression. During that same generation, another herd followed Hitler as he sowed the seeds for World War II.

And now... is that same herd mentality – the want to conform to group norms – influencing people to follow Eckhart, as they follow Oprah, and accept all as law because she and he say so?

Well, let's look at this a little deeper. The talks may be designed to follow mind control tactics, and implant certain suggestions in your mind (the very mind you're not supposed to engage, to keep you from questioning the process); but his teachings in general seem designed to instill a cult-like mentality into the follower.

First of all, you are urged to give up pleasure; when you're "enlightened" (which you will only be by following his teachings), you'll experience "joy" instead, but stay away from pleasure.

You are also urged to give up your individuality; separateness is seen as an illusion created by the ego, so it's bad. You are told that "we are a species that has lost its way," so that you seek guidance from anyone who might be able to help you find that way again.

These are the same types of conditions found in cults like "Heaven's Gate"... the one where everyone died with their matching sneakers, trying to get on a space craft following the Hale-Bopp comet. And years later, surviving members say the teachings were accurate – and they wished they went too.

So do we have a "spiritual cult"... or "spiritual totalitarianism"?

Sound too extreme for a gentle man like Eckhart Tolle? We wonder... there's nobody that could deny that Eckhart currently has a "cult following", by pop culture definitions, even if he's not running a true organized cult; but investigation shows that there are at least some cult-like practices going on.

And as for totalitarianism... well, that just means "absolute control by an authority figure", and if Eckhart is telling you to give up your thoughts, your

## ***The Eckhart Effect and The Quest For Spiritual Accountability***

emotions, your mind, your ego, your individuality... is that not "absolute control"?

### ***Duality vs. Nonduality***

But wait... it's not just thoughts, emotions and the ego that are "bad" in Eckhart's world... negative thoughts are "bad" too (that sounds redundant, but it's actually something that needs to be deeply looked at – and yes, questioned).

The most powerful teachers we've found so far talk about the law of duality; that for every up there's a down, for every mountain there's a valley, for every front there's a back, and that you (obviously) can't have one without the other.

Show us the front of ANYTHING that doesn't have a back... even if you rip the back off, it now has a new back. There is no destroying a back without destroying a front, because they co-exist in harmony, the way the universe designed it.

Likewise, some of the most thought-provoking and life-changing lessons we've heard have come from mentors who say it's not "bad" to think negative thoughts, it's part of life. "Bad" and "good" are labels we give things as a result of judging them, rather than letting them be as they are, and investigating further what's behind them (ever hear that "every cloud has a silver lining"? Well, that's actually very true).

Those thoughts are not the result of your Ego Gone Wild... and no matter what any guru tells you from their ivory tower, it's not something you need to overcome, just something you need to deal with.

Eckhart does agree that "Emotions... being part of the dualistic mind, are subject to the law of opposites. This simply means that you cannot have good without bad."

The distinction he's trying to make is that "Love, joy, and peace are deep states of Being, or rather three aspects of the state of inner connectedness with Being"... in other words, not emotions. It's the emotions, which are ruled by the law of duality, or the law of opposites, that are a problem in Eckhart's teachings; he goes on to say, "So in the unenlightened, mind-identified condition, what is sometimes wrongly called joy is the usually short-lived pleasure side of the continuously alternating pain/pleasure cycle."

## ***The Eckhart Effect and The Quest For Spiritual Accountability***

He wants you to experience pure joy, but not pleasure, because pleasure is fleeting. Yeah, so? There's always another pleasure around the corner, and another, if we are grateful for the pleasures that come our way.

Uh oh, we might feel some pain along the way? Well, isn't that a part of the life we came here to experience? Pain can bring us our biggest growth, our most profound changes, and our greatest a-ha moments.

Pain is not something that needs to be avoided in this life, any more than the ability to feel, experience and convey to others a wide range of emotions.

What happens if you try to think positive all the time? You end up suppressing the negativity until it bursts forth from the seams in ways that you really do not want to deal with it... kind of like trying to deny the fact that you're blowing up a balloon, until you can't ignore it anymore because it pops with a loud bang.

It's okay to experience anger in one moment, sadness in another, and to let those emotions wash over you and be let go, just as naturally as a wave coming in on the beach, and then receding harmlessly back into the ocean.

Again, if you try to bottle up those waves, eventually the container will get full and can't take anymore.

You can deal with them in a healthy way by experiencing and exploring them, and confronting the cause if need be (which may very well be yourself), rather than trying to run away from them or bury them.

Of course, you also want to experience waves of happiness, gratitude, excitement and love... and you will, because the universe is in a natural 50-50 balance of ups and downs, highs and lows.

That's the law of duality.

As one reader describes it:

This book basically states "become a robot with no feelings or identity, and you will be happy too!"

Okay, now let's take a step back for a minute. We are not in any way, shape or form saying that it's bad to "turn off the mind" and escape from your thoughts – sometimes.

## ***The Eckhart Effect and The Quest For Spiritual Accountability***

We agree that meditation is one of the most powerful ways to tap into your inner soul, your higher self, and the greater collective unconscious – and to learn more about yourself and your life than you could ever imagine.

But the key here is: “your life”.

Yes, you came here to this planet to experience life as a human, not to escape from it. Your individuality as a person is just as important during this journey as your connectedness to the whole. It’s another duality in the perfect balance of the universe – the duality between your outer world and your inner world, the physical and the metaphysical, your body and soul.

As opposed to the “nonduality” teachings that lead you to seek a spiritual existence often at the expense of your physicality, the law of duality shows that we are dual creatures – both spiritual and physical, living as one. Again, both parts co-exist in harmony as they’re meant to.

Another reader says:

The problem with Tolle’s view is that he believes matter (form) is bad. People are bad. Our bodies are bad. Money is bad. We need to escape from all this and live in “enlightened minds”. There is a reason we were given bodies, and I believe our bodies are a gift. I also believe our thoughts, our possessions, our world, all of these things are gifts. Yes, people misuse them, but that doesn’t mean there is no room for redemption in the world, so we should just “mentally escape”.

Meditation will help you tap into the start of the manifestation process... but then you have to finish it off by letting your mind and body take you through the next steps. Sitting on the couch meditating all day will result in you sitting on that couch on the curb as the garbage truck approaches, and you’ve been evicted or had your house repossessed.

(Or... sitting on a park bench for two years, like Eckhart reportedly did, will make certain that the park bench becomes your new home).

So after you turn your mind off, you need to turn it back on. In fact, the better part of your day needs to involve the mind in some way – and don’t forget that the mind is so powerful that the subconscious can’t tell the difference between real and imagined events. So not only is a mind a terrible thing to waste, but you’ll be doing yourself a huge disservice – and having a harder time manifesting what you want – by trying to always turn it off.



## ***The Eckhart Effect and The Quest For Spiritual Accountability***

In fact, we have a formula for manifestation success that popped into Heather's mind when transitioning from a thoughts-off meditative moment to a thoughts-on brainstorming session, shortly after interviewing her 50<sup>th</sup> success expert.

It's called the **TEAR Formula** (as in **TEAR** down the boundaries that stand in your way):

**T + E + A = R**

**Thoughts + Emotions + Actions = Results**

Each step in the formula is more powerful than the last when it comes to manifesting what you want; the Thoughts are powerful, but the Emotions are more powerful, and the Actions even more powerful than that (you can have the best Thoughts and Emotions in the world, spurring towards that manifestation, but if your Actions counter the Thoughts and Emotions, you can undo the whole thing).

All three together give you your Results in life. If the Thoughts, Emotions and Actions are in alignment, you'll get the Results you want; if not, then you'll get different Results than you anticipated.

If you leave the T off the TEAR Formula, you're just left with "air".

When people leave the T off (and just operate out of Emotions and Actions with no Thought behind them):

- Business people make illegal business decisions
- Students make vital mistakes
- Drivers make the wrong turn onto one-way streets
- People fight — sometimes with violent results
- Parents instill limiting beliefs in their children

... and the list goes on and on.

### ***The Madness of the Mind, Ego and Emotion?***

But Eckhart doesn't just want you to turn your mind off... he wants to convince you that it's evil.

## ***The Eckhart Effect and The Quest For Spiritual Accountability***

In *A New Earth*, he claims, "The first part of this truth is the realization that the 'normal' state of mind of most human beings contains a strong element of what we might call dysfunctional or even madness."

He goes on to say, "No doubt: The human mind is highly intelligent. Yet its very intelligence is tainted by madness."

Well, congratulations, my friend. You thought you were smart, but now you know that you're just MAD! Well, that's an inspiring thought, isn't it? (Or aren't we supposed to think about it, because that's just the mad part of us perpetuating more madness?) Hmm...

Wait, it gets even better than that... but first we have to make the connection between mind and ego, because Eckhart's shunning of the mind is deeply tied into his shunning of the ego.

He says, "Through complete identification with the mind, a false sense of self – the ego – came into existence. The density of the ego depends on the degree to which you – the consciousness – are identified with your mind, with thinking." He then goes on to say, "In addition to the movement of thought, although not entirely separate from it, there is another dimension to the ego: emotion."

Now to begin with, that assertion is quite interesting, because popular spiritual belief is that the mind (and both the thoughts and the emotions) is part of what we call our "soul"... and the ego is not. The mind can either help you manifest what you want, or what you don't want; it can allow you to soar to new heights, or it can keep you down as low as you can possibly go.

But the ego only keeps you down. You know the ego – the part of your "personality" that represents reason and common sense, according to Freud, or that is designed to protect you, according to many spiritual teachers.

So why does the ego get a bad rap? Well, because in the course of keeping you "safe", the ego also likes to keep things the same, which means you stay in your comfort zone or the drudgery of the rut you've dug for yourself. The ego doesn't like change, but growth and development and improvement and achievement require change; hence the ego stops you from being all that you can be.

But to listen to Eckhart describe it, you would think that the ego was something that:

## ***The Eckhart Effect and The Quest For Spiritual Accountability***

- a)** Possessed your body beyond your control
- b)** Has nothing to do with you whatsoever
- c)** Needs to be overcome, and can actually be gotten rid of
- d)** Is just as dysfunctional as he claims your mind is
- e)** Is the equivalent of evil

Yes, Eckhart says that "Ego is no more than this: identification with form which primarily means thought forms. If evil has any reality – and it has a relative, not an absolute reality – this is also its definition: complete identification with form – physical forms, thought forms, emotional forms... if the structures of the human mind remain unchanged, we will always end up re-creating fundamentally the same world, the same evils, the same dysfunction."

Later he says, "Recognize the ego for what it is: a collective dysfunction, the insanity of the human mind."

And in *The Power of Now*, Eckhart refers to the "collective egoic mind" as the most "dangerously insane and destructive entity ever to inhabit this planet."

So he's saying your ego (an intrinsic part of you) is evil and dysfunctional and insane. Not just the part of you that does its job by trying to keep you safe, but evil and dysfunctional and insane.

Oh, yes... again and again, he tries to convince you that your ego is dangerously insane, which of course has the potential to make you certifiably insane just thinking about it. After all, if a part of you (which he says is not really a part of you, but we all know that it is) is insane, what does that make the rest of you?

Now to us, that's the dangerous premise!

Here's how one reviewer sees it:

My biggest issue with both of these books is that Eckhart is trumpeting a message of despair. He talks about how our whole world is mad, how we are surrounded by crazies, and that we better rise up against them and claim our minds or we're all going to go insane. It gets a bit much. He talks about the madness accelerating, when really if you look at history things are MUCH calmer now than pretty much any time. People actually try to talk out issues now. Yes we have a few wars - but look back to when EVERYTHING was settled by war. We are making huge progress. But that wouldn't sell books.

## ***The Eckhart Effect and The Quest For Spiritual Accountability***

Oh, but it's not so bad, says Eckhart... because the ego isn't you. "Above all," he writes, "know that the ego isn't personal. It isn't who you are."

But look out, he says, because it will try to pretend that it is: "Unless you know the basic mechanics behind the workings of the ego, you won't recognize it, and it will trick you into identifying with it again and again. This means it takes you over, an imposter pretending to be you."

Umm... excuse me? Remember, we're here to experience that separate identity. The ego is not some alien creature impersonating you – it IS you (or, at least, the basis of what makes up the physical you).

And how about this... "Most of the time it is not you who speaks when you say or think 'I' but some aspect of that mental construct, the egoic self."

Wow... if that's not setting people up to have split personalities ("it's not me that doesn't like you, it's my ego;" or "I didn't cause the car accident, it was my ego!") then we don't know what is. Yes, seeing the ego as "separate" from you goes far beyond the "dysfunctional" "madness" he says you already have inside you, and gets us into the realm of truly psychopathic and schizophrenic.

Oh, but wait... Eckhart says you're already schizophrenic! "Ego comes about through a split in the human psyche in which identity separates into two parts that we could call 'I' and 'me' or 'me' and 'myself.' Every ego is therefore schizophrenic, to use the word in its popular meaning of split personality."

Umm... yeah, so calling ourselves by different pronouns for different situations, based on grammatical rules, makes us schizophrenic?

Although his over-the-top wording and scare tactics are completely unnecessary and possibly harmful to your development, we do see what Eckhart's trying to say. It kind of reminds us of the lyrics from a hit 1980s song, "Me, Myself and I" by Canadian band Chalk Circle:

**"We will stay here on the ground,  
But I'd sure love to fly.  
I'll teach myself to soar some day,  
But for me it's much too high."**

That pretty much sums up how some people wrestle with parts of themselves that want to improve and grow, while other parts (that's the ego) try to keep us safe on the ground. But that's just a normal part of life that we learn to deal with

## ***The Eckhart Effect and The Quest For Spiritual Accountability***

as soon as we recognize the little voice in our heads (again, the ego) saying, "You can't do that."

It may slow us down, and impede our ability to make sound judgments in the moment, or even stop us from achieving what we want (permanently or just temporarily); but it's part of the game of life, and part of the challenge we human beings choose to face. It doesn't make us schizophrenic, so you can relax about that.

Recognize when your ego is keeping you down, and you can always shove it aside and choose to soar to new heights anyhow.

But it doesn't stop there with Eckhart; you can't just blame the ego and let it be separate from you. When talking about people trying to change their outer world without changing their inner world first (an admittedly futile exercise), he says, "They make plans without taking into account the blueprint for dysfunction every human being carries within: the ego."

Yup, that's what it says... your ego makes you dysfunctional. Okay, more than just a wee bit harsh and extremely exaggerated, but... he's also talking in circles. If "every human being" carries this "blueprint", then how can he say in the same book:

"But the ego is destined to dissolve, and all its ossified structures, whether they be religious or other institutions, corporations, or governments, will disintegrate from within, no matter how deeply entrenched they appear to be."

And then, "The moment you become aware of the ego in you, it is strictly speaking no longer the ego, but just an old, conditioned mind-pattern. Ego implies unawareness. Awareness and ego cannot coexist."

And yes, he repeats that sentiment again later on: "All that is required to become free of the ego is to be aware of it, since awareness and ego are incompatible."

And then it becomes even simpler: "Enthusiasm and the ego cannot coexist. One implies the absence of the other."

Hmmm... okay, granted, some people let their ego rule their lives (and their lack of results) more than others, but as long as we're on this planet, WE HAVE AN EGO! It is a core part of what makes you human, and until you decide not to be human anymore, you will have your ego. And yes, it is definitely part of you – a BIG part of you!

## ***The Eckhart Effect and The Quest For Spiritual Accountability***

No matter how enthusiastically or open-eyed you approach life, it's still there.

Here's how another reviewer expresses his contention over this:

Tolle would have helped more by writing a book geared toward developing healthy egos rather than suggesting we eradicate them altogether. Our ego is what connects us to... and helps us function in... the corporeal world. No one would suggest the ego is the only component of the human psyche, but I'm wondering why Tolle has such an all or nothing attitude toward it.

And in trying to convince you that you should abolish your ego, Eckhart says, "No content will satisfy you as long as the egoic structure remains in place. No matter what you have or get, you won't be happy."

Well, that's sure a blanket statement. Many people are able to be happy, with their ego completely intact (perhaps not operating on the surface, or not being allowed to stop that person's progress, as much as in some more unhappy people... but nonetheless, the ego is there).

Even people like Eckhart who are claiming to have no ego, or to have transcended it so that it no longer exists, obviously still have an ego.

Yes, yes, by his own skewed definition, since he is aware of the ego, it no longer exists, because "awareness and ego are incompatible".

But what a pile of crock! If you're reading this, chances are you have been made aware of your own ego many times over – but that certainly does not mean that it no longer exists!

And it still exists for Eckhart, too.

Why would he change his name from Ulrich to Eckhart as a "tribute" to someone he admired; why would his name appear on his latest book bigger than the title itself; why would he promote his book and his teachings to millions; why would he ever even get up on stage, and address an audience, if he didn't have an ego?

That's right, he wouldn't. He'd be sitting on a mountain-top somewhere, contemplating his navel (or perhaps the sky, since his navel is part of his physical self which he has presumably transcended).

## ***The Eckhart Effect and The Quest For Spiritual Accountability***

As one reviewer of *A New Earth* says:

The author's vanity & EGO are sometimes shocking. He jumps to conclusions from experiences that don't appear "egoless." He has made the pursuit of being "awakened or enlightened" into a western style competitive race. Chapter 5 was drivel psychobabble & even had historical mistakes. Ex: The pre-Christian cultures he mentioned on page 156 revered females? If that was true, why did they sell their own women into slavery?

Also, the ideas the author presents are not original & his tone is a bit patronizing & contradictory: When he states that you should not dwell on the future, but stay in the present... But, a moment later he states that you must focus on a vision or goal that you are striving to reach.

Another adds:

This book is better than the first in that it is a better compilation of Buddhist thought. However, it rambles constantly, draws conclusions from encounters that are not necessarily justified and the attitude of its author (who sees himself as enlightened and continuously "conscious" and egoless), is laughable. Tolle's vanity is nothing short of astounding.

Buddhism isn't a pill, it is a practice and awakening has many layers. In spite of this, Tolle has tons of people saying that they have awakened. On one hand adherents claim to be valiantly battling their egos while on the other they flaunt their "awakening", telling others who claim to be in serious pain to simply read page such and such or tell their "pain body," to effectively shut up and go away. Yikes!!!

While it is true that you can't blame the messenger for what people do with the message (Jesus protect me from your followers!) Tolle adopts a similar attitude toward others on the streaming video. His dead pan delivery of jargon in response to questions does not impress me as enlightened or egoless.

And a third says:

I don't know what Oprah is on these days, but she has been making some embarrassing and ridiculous decisions of late...

Meanwhile, her latest endorsement is for Eckhart Tolle, a somewhat sleazy (yes, sleazy) author who insists that he is 'enlightened' and 'fully conscious'



## ***The Eckhart Effect and The Quest For Spiritual Accountability***

at every single state or stage of life (he also insists that he is 'enlightened' during every waking moment, but then what about the times he's fast asleep? But I digress). Anyway, the entire book is pretty much a direct-to-video rip-off of the basic tenets of Buddhism. Now Buddhism, which is what I dabbled with when I was in my late teens, is a beautiful faith, but the beauty of it is that its leader believed in renunciation and sacrifice, and did not state at every hour that he was 'enlightened' or 'had no ego'.

Tolle is extremely egoistic. His massive ego, for one, comes to the fore at every single stage, simply because he is so obviously in love with himself and his 'enlightened soul' that it's almost frightening. THIS is a spiritual work? Oprah, what are you on? How could you force-feed a nation such trite garbage?

Again, there's nothing wrong with having an ego... we all, even the most highly ranked and esteemed monks, have one. That's a part of life.

But claiming you don't when your ego is obviously more active than the egos of others on this planet (such as those aforementioned monks) is definitely a sign of incongruency.

Genpo Roshi, a respected Zen master and spiritual teacher, says it this way: "The ego attaches to the 'non-experience experience' of enlightenment and appropriates it. The ego becomes inflated and ignores cause and effect. It seems as if there is no ego, but there is. The ego is denying the ego in order to co-opt the enlightenment experience as its own."

So no matter how "enlightened" or "evolved" one claims to be, it's their ego that is making that claim – and keeping them attached to that state just as much as the rest of us are attached to anything in this life.

### ***Passing the Pain-Body Buck***

Another "alien" non-you that Eckhart says exists in you (and around you, and through you) is what he calls a "pain-body".

He says, "Pain-body and ego are close relatives. They need each other," and, "Whenever you get taken over by the pain-body, whenever you don't recognize it for what it is, it becomes part of your ego. Whatever you identify with turns into ego."

## ***The Eckhart Effect and The Quest For Spiritual Accountability***

Not only does he equate the pain-body with the part of us that causes people to commit crime and then plead “temporary insanity”, but he goes so far as to say, “Does this mean that people are not responsible for what they do when possessed by the pain-body? My answer is: How can they be? How can you be responsible when you are unconscious, when you don’t know what you are doing?”

Yeah... so in other words, you’re not accountable for your own life. You don’t create it, you don’t manifest it, and outside circumstances (including your “pain-body” and your “ego” which, he says, are not actually part of you) can, in fact, put you in the desperate position you might find yourself in at this moment.

Can’t pay the bills? Don’t get along with your spouse? Don’t have time for your children? Never happy?

Hey, don’t worry, it’s not your fault... it’s your pain-body and your ego running rampant. You were unconscious, and didn’t know what you were doing.

You don’t have to be accountable for your own life!

Wow... now THIS is the type of dangerous rhetoric that causes people to stay stuck in their own ruts, repeating destructive patterns, acting passive-aggressively and blaming “outside things” (the economy, the weather, their boss, their spouse, the price of gas, yadda, yadda, yadda) for where they find themselves.

It makes people think like victims rather than taking responsibility for being survivors.

This reminds us of a woman who recently purchased a product from us, then complained that she couldn’t access what she purchased. “You led me down a path that you promised would be roses, and then you just delivered rocks!” she sobbed in her voicemail. “I don’t think I’ll ever get the product, so I just want a refund!” Yes, she decided to be a victim and give up completely... and this was a whole five minutes after she purchased it.

A screen-capture video was made for her, showing her how to log in to her account and download the materials – and it was made with her own account so that she could see that, in fact, the product had been delivered and was waiting for her to access it.

Her response was:

## ***The Eckhart Effect and The Quest For Spiritual Accountability***

I would have to buy a new computer and then your website would not recognize it--please refund the money as requested. I paid through paypal--they will refund and will come after you for the reimbursement is it is necessary.

Yes--I purchased the package because I wanted what it promised--what I am getting now is more of the same nothing. Refund the money.

Yes, this is victimitis-thinking and non-accountability to the max. And this is precisely what Eckhart's teachings prompt people to do... because it's "not them", it's never them, it's always something else (like the ego, which is "not you").

So back to this woman – the customer service department explained why her assumptions were not correct, and that she would be able to log in from any computer in the world, whether hers or someone else's, to access the product she purchased which was waiting in her account.

And her response to that was:

the fact is that you have NOT delivered the product and you have not offered any alternatives to pdf files

--I am running a Pentium 2 computer loaded with win 98 and it does not support newer adobe; and as I discovered yesterday, adobe version 6.0 which used to support my OS, is no longer available from Adobe.

Don't you presume to analyze me or my motives--and stop the abuse, I don't need it and it contributes to your own lower vibrations

So to her, a customer service department offering advice and support was "abuse" and "analyzing her motives". And while she was clearly angry and upset, and the only one with "lower vibrations", she chose to see that in somebody else instead.

She was offered more suggestions for accessing the product, but continued to send more correspondence, each saying basically the same thing – "Deliver the product or give me a refund" – while refusing to acknowledge the proof that the product had been delivered all along, and that it was her own refusal to take action or responsibility (because in her mind, the problem couldn't possibly be

## ***The Eckhart Effect and The Quest For Spiritual Accountability***

with her, even though she admitted her computer was out of date) that was preventing her from accessing what she had bought.

Then she asked why we hadn't offered to send the product on a disc (which she still wouldn't have been able to open on her system), saying:

But that would take a techie and I suspect that you don't have anyone who is technologically competent to do that.

So again, she was seeing her own technological shortcomings in somebody else.

This is a classic "mirror effect" in action, whereby we see in others what we don't like or are avoiding seeing in ourselves. Eckhart talks about this too, saying, "Very unconscious people experience their own ego through its reflection in others."

Except that it's not just "very unconscious" people, but ALL people who experience this phenomenon – it's just that some don't recognize it, and others can make shifts and have amazing breakthroughs because of it. It's a very useful personal development tool to have in your tool belt... but the way he says it's "not you" that you are learning about through the effect removes the accountability from the equation, and can cause people to not bother changing as a result.

No wonder millions of people flocked to Eckhart's latest book... now they don't have to be responsible for the mess they've made of their own lives. They're supposed to focus on the now, not what they've done in the past – so they can wipe the slate clean, place the blame elsewhere, and continue on their merry way, until the next "now" moment that is upset due to the external world beyond their control.

Well, get this... YOU are responsible for your own life. YOU are the one who created the situation you're in. YOU are not "possessed" by outside forces that make you "insane" and unable to function... those "outside forces" all start within YOU!

That's not to say that "things" don't happen in this world that affect you; but you're the only one who can determine HOW they can affect you.

That's right, as Jack Canfield says, **E + R = O**

**Event + Reaction = Outcome**

## ***The Eckhart Effect and The Quest For Spiritual Accountability***

You can't always control the Event, but you can control your Reaction, and that determines your Outcome. Yes, YOUR Reaction determines YOUR Outcome.

Eckhart seems to flip-flop a bit on this idea. Yes, he agrees that you are able, in the middle of suffering, to realize what's happening and stop it. "You will be free to let go of your unhappiness the moment you recognize it as unintelligent," he says.

And yet, at another point in the book, he says we need to acknowledge our unhappiness, and not deny it by saying we're "fine". Wow, imagine the issue he'd have with people who say, "Terrific!" or "Never better!" in response to the question, "How are you?"

He writes, "'Just fine' is a role the ego plays more commonly in America than in certain other countries where being and looking miserable is almost the norm and therefore more socially acceptable."

What??? On the one hand he's telling us to overcome the "pain-body" and on the other he's telling us to be miserable, to look for and explore our unhappiness?

If attitude and emotions start in the mind, why on earth would we want to do this? And if unhappiness is indeed caused by the ego, why should we cater to it?

Sure, we told you it's best not to suppress emotions like anger, upset or sadness, but rather to deal with them and let them go... but that's not the same as walking around looking and being miserable because it's the "status quo" and you need to fit in, or refusing to say you're "fine" or "great" lest someone say, "That's your ego talking!"

That just doesn't seem to make sense... just like a lot of other things we've been exploring throughout this report.

Now, there may be some validity to the concept of the "pain-body", although it's really just another way of describing a part of what most of us call the ego. And certainly none of this is a 3<sup>rd</sup>-party entity that is not a part of you; you're responsible for your thoughts and emotions, on some level, no matter what label you choose to slap on them.

Perhaps Eckhart's followers just love the fact that they don't have to take responsibility for what they feel or how they react, because they can simply say, "It wasn't me, it was my pain-body!" But if they had gotten anything out of his teachings, and if a pain-body could indeed be deactivated as quickly and easily

## ***The Eckhart Effect and The Quest For Spiritual Accountability***

and Eckhart says it can, then shouldn't they have "broken free" of it already?

### ***Anger or Enlightenment?***

What's really intriguing, though, is the way his fans ironically seem to be, not only enshrouded in "pain-body" negativity, but some of the angriest people we've ever heard from!

A short time ago we posted some "Manifestation Myth Busters" on our blog, and happened to mention some of these same concepts. Many of the comments were supportive; but as soon as we mentioned Eckhart's name in any light besides glowing and heavenly, the sparks started to fly:

I am not one to post on blogs, but I felt I had to reply to this post of yours. Although I have been a fan of you both and a portal member for 2 years, I was totally shocked at your attack on Eckhart Tolle in your 5th myth.

Obviously Eckhart pushed some of your buttons on page 68 of his book "A New Earth", and your interpretation of what you read caused you to embark on a series of judgements, dismissing the rest of his teachings and see them in a negative light.

I doubt very much that you finished reading the book, or even watched the entire 10 part series with Oprah, as you would not have come up with your savage comments. Although I have not finished the book, I watched the webcast every week, and I definitely did not come to your conclusion. Nothing of what Eckhart and Oprah said was any different of the material in your portals. It was quite obvious to all watching the webcast that Eckhart is totally congruent with what he teaches, as is Oprah, and they have to be commended for putting this webcast together, and bring this material to the masses. The millions of viewers are the proof that the information resonated with the many, and the many testimonies of "aha" moments, including Oprah's, are proof that what Eckhart was saying was helping others to some breakthrough.

If you could get down from your high horses for while, and listen to Oprah's webcast and finish the book, then interview Eckhart and challenge him with the incisive questioning you have been legendary for, it would be far more interesting and enlightening for everyone. If he is what you said he is, this will show through. If he isn't, then the least you can do is apologise and give him right of reply.

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## ***The Eckhart Effect and The Quest For Spiritual Accountability***

Paul

I have to agree with the comment by Paul. I find that the judgmental tone of this video was very off-putting for me. I have enjoyed many of your interviews and was impressed with the impartial perspectives you have taken until now. The negative attitude towards Eckhart just made me want to put you both in the category of people who aren't living what they are teaching. In fact, it's quite humorous and ironic that you would criticize those "spiritually arrogant" people and then follow up with spiritual arrogance of your own.

Margot

I am not a portal member but I do receive your emails. I am posting to agree with Paul and add my two cents. I feel your Eckhart bash had a negative charge to it. In self esteem 101 I learned that one does not make himself bigger by knocking someone else down. I respect your disagreeing with his (what I consider) confidence but I wouldn't term it spiritual arrogance.

I personally liked and found the information in A NEW EARTH very interesting and helpful. I also watched the 10 week series via Oprah's Website and thought Eckhart was genuine and embodied the PRESENCE he was alluding to. I especially appreciated his responses to questions asked of him by confused individuals whose beliefs were threatened by things he said in his book. Like any information we are free to take it or leave it. What is truth? Ultimately, you get to decide, so do I.

I personally believe that this Life I have been given is spiritual school and my chance to get some stuff in order, so that is how I spend every day. I live in the NOW because that is all there is. I will never be judged for how much stuff I amassed or lacked by anyone. I will manifest my own destiny however, by what I do for others and how I contribute the energy that I am grateful to receive. I accept all information that I am graced with that helps me change my beliefs for the better. I consider A NEW EARTH in this category and worth reading.

I would recommend finishing A NEW EARTH and maybe even watch the Oprah series (still available to download) and not be so judgmental. Something that may not resonate for you might really help somebody else.

Steve

It is very unfortunate that you are feeling animosity towards a man who is completely harmless. There are some of us on this earth who have



## ***The Eckhart Effect and The Quest For Spiritual Accountability***

experienced a similar awakening as Eckhart has. It is hard to explain to someone who has not gone through this process. Manifesting things, money, experiences is part of the spiritual evolution of humanity, but we are only in the beginning phases of this. Eckhart is actually much further in the process of evolution than 'law of attraction' followers are. It is only a small part of this evolution.

Your fear and negativity towards Eckhart is reflective of your own internal, presently subconscious knowledge of these facts. I work in the medical field and have been able to hear many near death stories, what Eckhart says is very familiar to me, I hear it often from people who have gone through this process silently. Don't feel threatened by Eckhart's teachings, these posts on your websites have turned a few of us away from your site. Your attacks on this man's teachings seem very immature. You just come out sounding like you are threatened.

Carol

I really think that you've missed the whole point of Eckhart Tolle. If you read his stuff properly, you will see that he encourages us to be in the world and to think, However, we have mastery over our minds and it is just a tool.

You people appear to be very irresponsible in your interpretations and are giving a distorted view. In other words, you are too much in your 'mind', Eckhart works really well for me and I'm very much in the world, running my own business etc.

Dianne

So words like "negative", "attack", "bash", "judgemental", "animosity", "immature", "irresponsible" and so forth were thrown around in reaction to what we had said – which was an examination of his teachings, and their validity when held up against other teachings (and that, my friend, is what we DO as metaphysical investigators) and not a personal attack on him whatsoever.

In fact, he was just one example that we mentioned, and just a few minutes' worth of content in a complete 40-minute presentation, and yet his fans got very riled up and defensive over the whole thing.

## ***The Eckhart Effect and The Quest For Spiritual Accountability***

Is that just them expressing their anger rather than suppressing it, so their balloon doesn't pop? Possibly, but it was so out of proportion to what they were reacting to, that it wouldn't be considered a "constructive" or "releasing" anger, but the type that festers and does more harm than good.

It's even more interesting that these people seem to be fulfilling Eckhart's assertion that "There is nothing that strengthens the ego more than being right. Being right is identification with a mental position – a perspective, an opinion, a judgment, a story... Not only a person, but also a situation can be made wrong through complaining and reactivity, which always implies that 'this should not be happening.'"

So if Eckhart's followers react so strongly to the things we say – judging us for what they perceived as us judging him – then what have they truly learned about his teachings?

"Well, you're the ones reacting," you might say in defense of your own reaction. "You're reacting to his teachings by even putting this report together."

So let's make a clear distinction between "reacting" and "responding". "Reacting" involves a core emotional "fight or flight syndrome", something that Eckhart would say is related to the "pain-body" if that helps you understand it more. Definitely we can all agree it's rooted in the ego, whether that ego is doing its job of keeping you safe (as most spiritual teachers assert) or being "evil" (as Eckhart claims).

"Responding", on the other hand, involves thoughts rather than emotions; it's about thinking rationally and looking at something from all sides. That's what we do – we don't react emotionally, we respond with logic, based on the facts. Even Eckhart admits that "Facts undoubtedly exist... Is there any ego involved in this? Possibly, but not necessarily."

However, in this case, Eckhart would probably say we're "identifying with" our response, and hence that's ego-driven. So that would lead him to conclude that both we and his followers are dysfunctional and insane, whether we react or respond, because one involves base emotions and one involves the mind, and both are tied to his "evil" ego concept.

But we don't care, and we don't identify with this "dysfunctional" or "evil" label. And while we, as metaphysical investigators, may be fine with turning off the emotions while doing our work – we'll never turn off the mind.

## ***The Eckhart Effect and The Quest For Spiritual Accountability***

Like we said before, there's a time to turn off the mind, and a time to leave it running. Researching, investigating and reporting (and in fact, even the daily tasks of running a business) require a clear and active mind.

Of course we answered the above responses, and pointed out where they had misinterpreted what had been said, and we also invited everybody to post their personal experiences about how Eckhart's teachings had helped them or enhanced their lives...

But only one person was able to offer anything concrete. The rest just kept saying things like, "He's had a profound effect on me, and on other people that I know too."

We find that really intriguing, since most teachers spark a-ha moments in students that cause them to say things like, "After listening to that teacher, I was able to do his exercises and manifest a house (new job, soul mate, etc)!" or "Now my relationship with my father has definitely improved, and we can hang out together without fighting at all!"

But with Eckhart, there were no such results to share.

And, as could be predicted, he would have a problem with that type of results, anyhow.

He says, "Make sure your vision or goal is not an inflated image of yourself and therefore a concealed form of ego, such as wanting to become a movie star, a famous writer, or a wealthy entrepreneur. Also make sure your goal is not focused on *having* this or that, such as a mansion by the sea, your own company, or ten million dollars in the bank. An enlarged image of yourself or a vision of yourself *having* this or that are all static goals and therefore don't empower you. Instead, make sure your goals are dynamic, that is to say, point toward an *activity* that you are engaged in and through which you are connected to other human beings as well as to the whole."

He claims that's the only way to make your goal "already a reality within you, on the level of mind and of feeling." But it's not the only way, it's just one way.

Many metaphysical mentors will tell you how you deserve to enjoy wealth, prosperity, and abundance in this life... or even that God wants you to be rich. They will tell you that health and rewarding relationships can also be yours – and that you deserve those too.

## ***The Eckhart Effect and The Quest For Spiritual Accountability***

And you know what? They're right. You do deserve to manifest whatever you want.

But Eckhart says, "You cannot manifest what you want; you can only manifest what you already have. You may get what you want through hard work and stress, but that is not the way of the new earth."

Well, tell that to the millions of people who HAVE manifested, nearly effortlessly, exactly what they wanted. Okay, yes, you have to *feel* that you have already achieved it... and you don't want to remain in that state of "I want it, I want it," because that's what you'll manifest – still wanting it.

But that's completely different from saying you can only get what you want through hard work and stress.

There is no need to deny yourself any of the riches of this earth, and no reason to feel bad or guilty for setting any goal or intention you desire.

So does any of this spark a reaction in you?

Or better yet, does it spark a thoughtful response?

Can you see how labeling yourself (or just your ego) as insane, dysfunctional, or evil can only lead you further into the life you DON'T want to live, rather than one that inspires and enlightens you the way WE (and many teachers) define enlightenment?

### ***Enlightenment by Association***

To summarize, Eckhart's entire book, *A New Earth*, is purportedly about not identifying with "things". And yet there's a lack of congruency when he says, "The people in the advertising industry know very well that in order to sell things that people don't really need, they must convince them that those things will add something to how they see themselves or are seen by others; in other words, add something to their sense of self. They do this, for example, by telling you that you will stand out from the crowd by using this product and so by implication be more fully yourself. Or they may create an association in your mind between a product and a famous person... The unspoken assumption is that by buying this product, through some magical act of appropriation, you become like them, or rather the surface image of them. And in so many cases you are not buying a product but an 'identity enhancer.'"

## ***The Eckhart Effect and The Quest For Spiritual Accountability***

Yes... and what exactly is Eckhart's latest book, if not all that? Are you not told that getting *A New Earth* will help you become more enlightened, uncover the true you, and become more like Eckhart (the "famous person" in question, or the "spokesmodel" if you prefer) himself?

Perhaps that's why the Eckhart followers get so angry... because they've attached their own egos to the very book they're vehemently protecting. It's their own "identity enhancer" (as in, "I'm more enlightened than you because I've read this book") and they can't see the irony in that.

Oh, and by the way... if the book doesn't allow you to sponge up the association with the "spokesmodel" enough, you can go to Eckhart's website and attend one of his seminars that allow you to bask in his presence.

Specifically, his marketers describe it this way:

More importantly than any words, however, these sessions represent an invaluable opportunity to allow yourself to be drawn into the awakened state by the intense conscious presence of the teacher and thus experience it firsthand.

Ahh, yes... enlightenment by association.

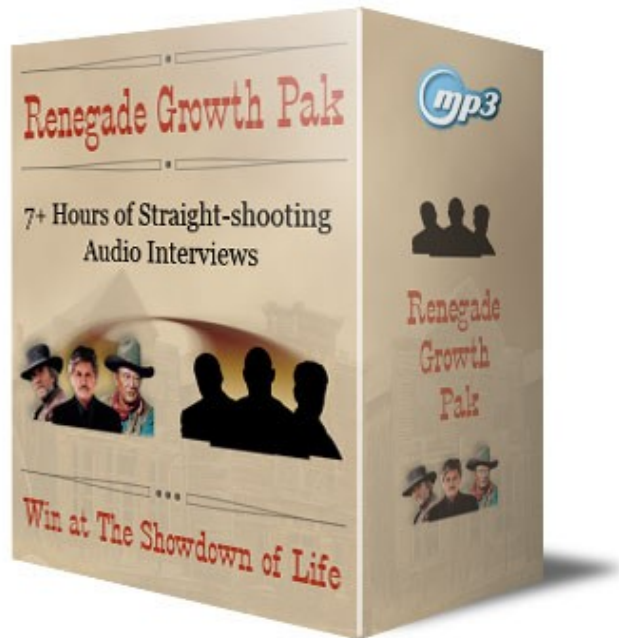
Now, that's the epitome of a product promising magical results!

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**Ready To Experience Practical Enlightenment?**



## ***The Eckhart Effect and The Quest For Spiritual Accountability***



**If you're bold, daring, and ready for something *different*, [click here](#)**