



Stillness Speaks and The Findhorn Retreat

Eckhart Tolle

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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 this work is what the author calls "the state of presence," a living in the "now" that is both intensely inspirational and practical. 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." Whether listened to individually or in topic clusters, these entries take on a rare transformative power.

This collection also includes a remarkable audio program recorded at a two-day retreat at Findhorn, Scotland—a community on the leading edge of personal and global transformation. Eckhart Tolle's talks, create a deeply moving experience for listeners. Speaking on the subject of stillness, which he describes as a doorway into the Now and to true personal enlightenment, Tolle shows listeners how to find stillness in the present moment and enter a deeper dimension of peace and fulfillment.

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