



# Enlightened Relationships: The Ultimate Training Ground for Practicing Presence

*Eckhart Tolle*

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## **Enlightened Relationships: The Ultimate Training Ground for Practicing Presence** Eckhart Tolle

If you really want to know how spiritually awake you are, spend time around other people. For each of our relationships - from the brief interaction with the barista to our bonds with lifelong partners or family members - reflect back to us our predominant state of consciousness. On *Enlightened Relationships*, Eckhart Tolle offers an insightful two-session program for bringing the transformational power of presence into this often challenging yet deeply rewarding area of our lives.

Session one explores the arising of a new consciousness on the planet, and how more and more of us are beginning to experience a shift from an egoic, thought-based identity to the realization of what Eckhart calls our essential "Being" nature. Session two offers a practical look at how this emerging awareness impacts our relationships, as well as the steps we can take to welcome "the vertical dimension" of space and stillness as the source of true connection and harmonious relationships.

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Playing with family in a park, coming to see the sea world or hanging out with buddies is thing that usually you have done when you have spare time, in that case why you don't try point that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Enlightened Relationships: The Ultimate Training Ground for Practicing Presence, you may enjoy both. It is great combination right, you still would like to miss it? What kind of hangout type is it? Oh can occur its mind hangout guys. What? Still don't understand it, oh come on its called reading friends.

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