The Eckhart Tolle

School of Awakening

Becoming a Teacher of Presence

A 4-Month Advanced Training Program to Teach, Lead, and Live Your Highest Purpose

eckhart tolle
SCHOOL OF AWAKENING

COURSE WORKBOOK
2025 - 2026



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INTRODUCTION

Welcome to *The School of Awakening: Becoming a Teacher of Presence*



You are about to embark on a profound, four-month training designed to make you an effective teacher of Presence. On this journey, you will catalyze the awakening of consciousness that is already happening within you, integrate this shift more fully into your daily life, and learn how to bring this wisdom to others.

This curriculum has been created for those deeply committed to their spiritual evolution and to the collective good of humankind. In order to get the most out of the experience, we highly recommend that you engage with every facet offered during the course.

In addition to the Virtual Community Opening Retreat that kicks off the course and four modules' worth of pre-recorded lessons, you will also have the opportunity to participate in two live question-and-answer sessions with Eckhart Tolle, guided and silent meditations, online forum discussions, and small group-based community sessions.

On behalf of *The School of Awakening* team, we look forward to being of service to you on your journey. May this course be a lifelong boon to you and every student you teach!

If at any point you have a question, contact us at support@eckhart.tolle.com

VIRTUAL COMMUNITY OPENING RETREAT

The School of Awakening: Becoming a Teacher of Presence

SATURDAY, DECEMBER 6, 2025

Our highest intelligence and ability to be effective as a teacher of Presence lies in our openness to whatever is arising in the present moment and our comfort with the unknown, not in teaching from the known. The Opening Retreat will combine lecture and practice, including meditation and other tools designed to strengthen your roots in Presence. This is also where you'll meet your fellow classmates during the Community Sessions and inside the private Online Community Group forum.



Saturday, December 6 | 1 - 6 pm ET / 10 - 3 pm PT

Course Welcome and Opening Talk with Eckhart Tolle
1:00 - 2:40 pm ET / 10:00 - 11:40 am PT

Break

Embodying Presence as a Teacher with Eckhart Tolle
3:00 - 4:40 pm ET / 12:00 - 1:40 pm PT

Break

Community Connection & Closing
5:00 - 6:00 pm ET / 2:00 - 3:00 pm PT

Practices



GET COMFORTABLE "NOT KNOWING"

In conventional understanding, we often use the terms "faith" or "trust" to point to an inner sense of a power that transcends the personal. This is the power of consciousness, teaches Eckhart, which we can sense within ourselves. From this power comes great wisdom—if we can learn to let go of thinking and step into the deeper awareness that emerges out of inner stillness.

When you find yourself in need of some knowledge or insight—maybe the solution to a creative problem or the right words to say to mend a wounded relationship—see if you can rest in the space of "not knowing" rather than trying to work it all out with your thinking mind. By bringing ourselves into alignment with the present moment, we make the connection to the higher intelligence that arises from the formless dimension. If you're struggling with a dilemma, observe your thoughts and emotions around the situation, which might be creating more obstacles for you. Remember that who you are is not found in your thoughts—nor is the deeper wisdom required to unravel the situation consciously.

USE WHAT YOU HAVE

Eckhart has often said that we don't need to run away from challenges or to believe that we need a more conducive environment for sustaining and integrating spiritual awakening. "Whatever it is that makes up your daily life can become part of your spiritual practice," he explains. A major theme in *The School of Awakening* is to "use what you have" for your spiritual growth. So the question is, what do you have and are you willing to work with it? Is there a specific challenge in your life right now? Are things more or less OK? A little of both? The best opportunity for spiritual growth is always right where you find yourself. Discomfort or resistance is a signal that we're not aligned with the moment.

As Eckhart teaches, without exposure to the winds and storms of everyday life, we will wither. Therefore, our practice in daily life is to embrace the moment as fully as we can in a state of nonjudgmental acceptance. This is how we begin to balance the "Surface I" and the "Deep I." Mastering this dance is the purpose of our lives.



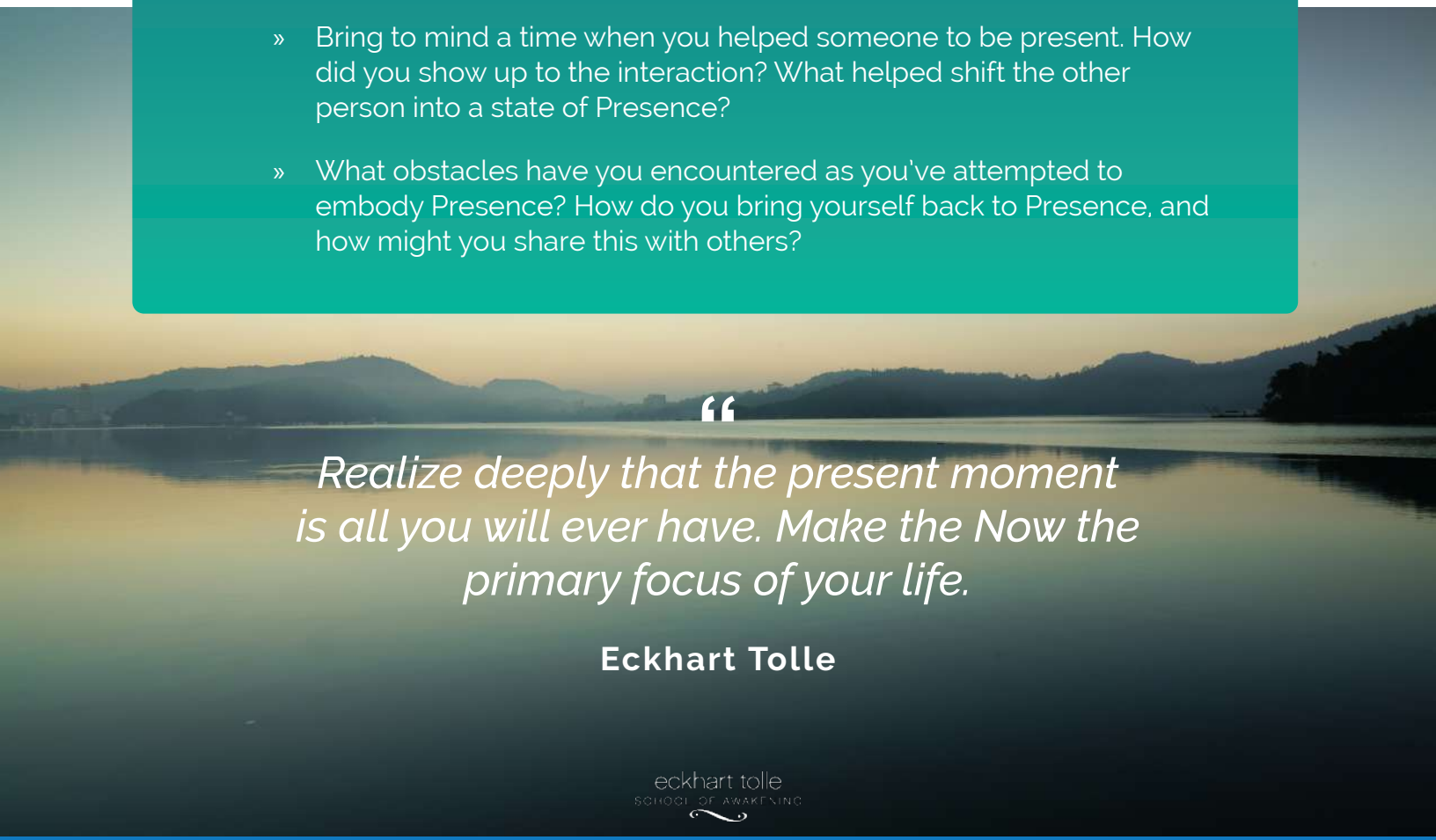


GIVE ATTENTION TO THE NATURAL WORLD

When we give our attention fully to any of the multitude of forms expressed in nature, it helps us to transcend the conceptual mind and return to Presence. Whether you're walking through a quiet forest, playing with your dog or cat, or simply looking deeply at a flower, give yourself opportunities to connect with the natural world that is continuously unfolding all around us. See if you can use nature as a practice both in serene environments and in more hectic surroundings, which will require a higher degree of alertness and inner stillness. Pay attention to the tendency to name things. If mental labels for the objects you see and hear pop up in your mind, see them for the pointers that they are, and remember that the essence of nature can never be contained by human categorization.

REFLECTIONS:

- Why do you want to become a teacher of Presence? What does becoming a teacher of Presence mean to you?
- What inspired you to become a teacher of Presence? What type of teacher do you imagine yourself to be?
- Bring to mind a time when you helped someone to be present. How did you show up to the interaction? What helped shift the other person into a state of Presence?
- What obstacles have you encountered as you've attempted to embody Presence? How do you bring yourself back to Presence, and how might you share this with others?



"Realize deeply that the present moment is all you will ever have. Make the Now the primary focus of your life.

Eckhart Tolle

MODULE 1

Overcoming the Obstacles to Becoming a Teacher of Presence

In this opening module, Eckhart discusses the call to spread Presence and the challenges inherent in becoming a teacher. More than anything, Eckhart reminds us that our students—whether in formal settings or in a brief conversation with a passing stranger—are people and come with all the inherent suffering and unconsciousness that entails.

This is a noble journey, but not an easy one. Most human beings have been conditioned to perceive their thoughts and judgments as more "real" than what's actually in front of them. As you develop as a teacher of Presence, you will discover how to respond skillfully to each learner's own context, all while pointing your students toward the "isness" of present moment reality and the Presence that underlies it.

Eckhart makes it clear that becoming a teacher of Presence is not about pursuing redemption or fulfillment as future goals. Rather, you may discover these qualities already exist within, arising spontaneously in acceptance of the form of the present moment.

TOPICS INCLUDED:

- How to recognize the most often overlooked challenges to becoming a teacher of Presence
- The core approaches of Presence practice that you can hone throughout the course
- Everyday portals to higher consciousness that you can share with others
- Ways to dispel the myth of "ideal" conditions for awakening

Practices



EXPERIMENT WITH NEGATIVE EMOTION

As an active practice, you are encouraged to note the next time you become attached to a negative emotion. Pause to take in its fullness. Perhaps it's a gnawing doubt around your ability as a teacher, or frustration with your level of progress. No matter its form, pay attention to the feeling as it passes through the span of your consciousness.

Now, try "zooming out" to observe the emotion against the boundless swath of awareness. Notice how the feeling is but one of many that are always moving through you, and all of them tiny against the sky-like infinitude of Presence. Pay attention as the negative emotion—small as a bird on the horizon now—loses its potency, recedes away from awareness, and eventually dissolves.

The amount of time this takes is unimportant. By simply observing a powerful feeling in the context of wider awareness, you drain it of its immediacy and loosen its grip on your perception.

Though this practice can be challenging to implement in the midst of truly strong emotions, it's an important tool for returning to present moment awareness. It's highly recommended that you engage with this practice daily, if not more often. In this way, you'll begin to not only move beyond egoic thoughts, but also understand how, when, and why they arise in the first place.

MEDITATE ON AN OBJECT

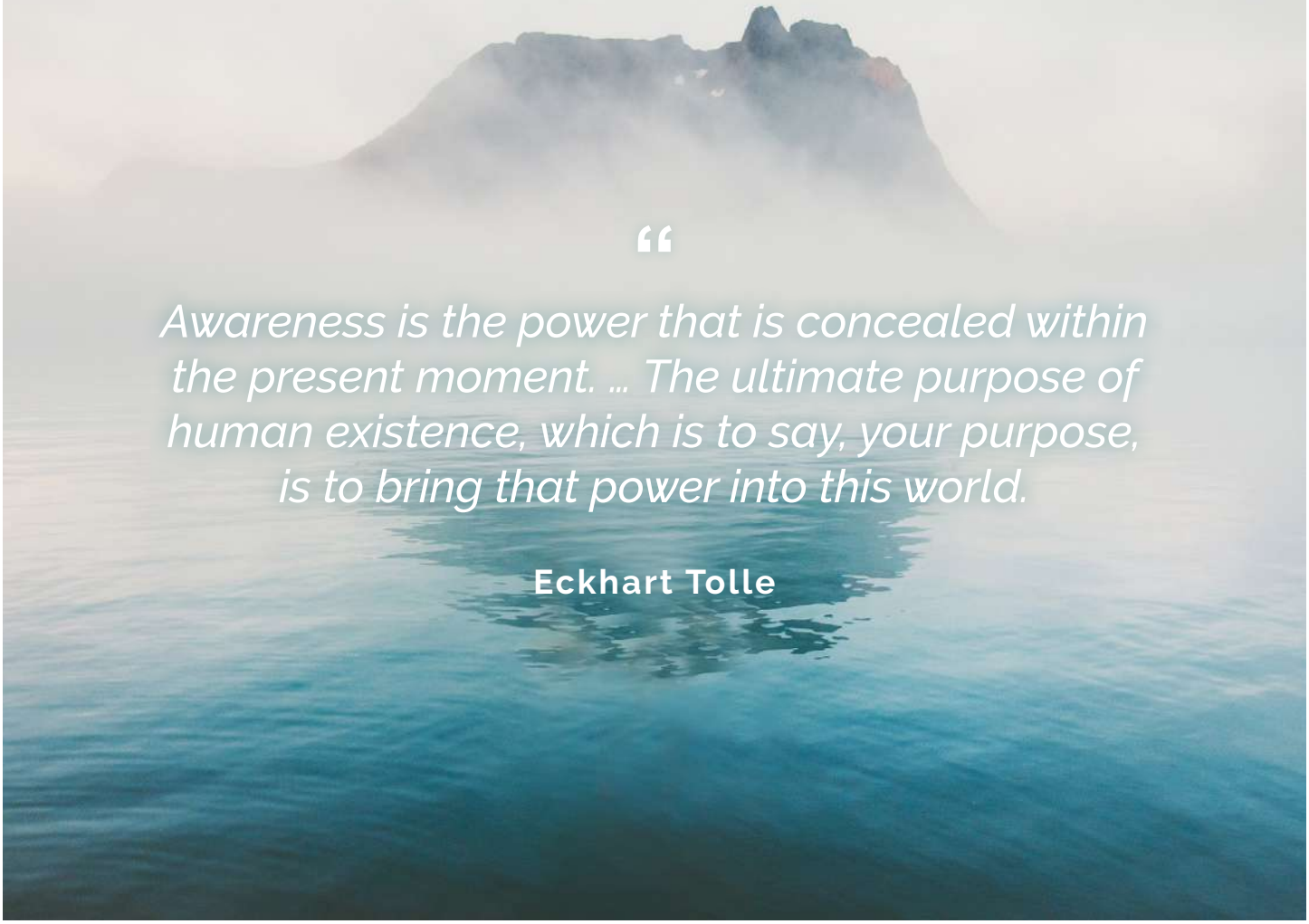
For those with a regular meditation practice, Eckhart recommends practicing "object meditation" to help cultivate focused and sustained attention and inner stillness. The object of your meditation can be anything of your choosing, from a physical object to an inner object such as a mantra, prayer, or the classic inquiry, "Who am I?" Set aside 15–30 minutes to practice, and allow stillness to naturally arise and deepen as the mind becomes more settled.

In addition, because of the commonalities between outer space and inner space, Eckhart says of meditation, "Consciousness is formless and timeless, so by focusing attention on that formless, mysterious expanse of outer space, you can become aware of that in you that is the inner equivalent: inner spaciousness, the 'Deep I.'" It is recommended that you give yourself five to ten minutes on any given evening to practice this form of contemplation, where the entirety of the nighttime sky becomes the object of your meditation.



REFLECTIONS:

- What originally brought you to this work? Now that you've engaged with Module 1, can you recognize any egoic desires you're trying to fulfill by becoming a teacher—and if so, what are they?
- Which of the obstacles to Presence mentioned in this module (such as anger, frustration, and obsession) can you most relate to? When you've encountered these challenges, what emotions arose that stopped you in your tracks? How did you move past them?
- Describe your first direct experience of Presence. When did you first have a direct experience of Presence? How did it feel? Was it fleeting? What outer circumstances prompted this experience, if any?
- In this module, Eckhart shares that if one is not an active teacher of Presence, one is in some way teaching suffering. How did you react to this teaching? What does this statement mean to you, and how do you see it arising in your own life?



Awareness is the power that is concealed within the present moment. … The ultimate purpose of human existence, which is to say, your purpose, is to bring that power into this world.

Eckhart Tolle

MODULE 2

Offering Wise Counsel and Transcending Drama

When you teach contemplative practices and deep inquiry, it's inevitable that people will approach you for advice on their personal worries and challenges. When this occurs, you will discover that being a teacher of Presence includes becoming a skillful navigator of the inner feelings, beliefs, and desires of others.

No matter whether you are a "helping professional" (a therapist, nurse, hospice worker, etcetera), a formal spiritual teacher, or an everyday practitioner, you readily model Presence to others. By simply living from Presence, you exist as a frequency holder. As a frequency holder, you naturally spread Presence through every interaction.

Nonetheless, frequency holders must interact with others in order to bring the light of awareness into their lives—and even an everyday practitioner of Presence will encounter their own students. And when these learners ask you for help, they will also bring with them personal tempests of heavy, compelling emotion.

So, how can you avoid getting caught up in these charged feelings? And just as importantly, how can you prevent students from becoming emotionally addicted to your company and embodied Presence? In this session, Eckhart speaks on these incredibly important interactions and reveals a truth vital to moving forward with this work: it is only when you recognize and resonate with another's true essence that you can provide the help they actually need.

TOPICS INCLUDED:

- How to interact with others from an open space of "not knowing"
- How to convey to students that Presence does not involve striving or achievement
- Why holding space for others is better than providing a "solution" to their problems
- The fundamental importance of empathy

Practices



CONVERSING FROM PRESENCE

When you apply the principles outlined in this module, you'll discover (or rediscover) that staying in Presence around others can be quite challenging. Here you will find an exercise intended to help you embody the principles of Presence even while navigating the unpredictable currents of interpersonal communication.

The next time you interact with another person, first take an active pause to connect with Presence. If you're meeting within the formal context of a counseling session, invite them to do the same. Use whatever on-the-spot Presence practice is most effective for you. Perhaps you can settle into the rhythm of your breath or briefly tune your attention onto a soothing point of focus, such as a tree or body of water.

Even if this makes for a short, socially awkward gap in the conversation, it's vitally important that you become rooted in the present moment. From this place of stillness, you will be able to listen attentively, more fully absorb information with your thinking mind, and respond to others more skillfully.

As you proceed through this interaction, continually check in with yourself and make certain that you are talking and acting from Presence. Even the slightest pause before speaking is a window in which you can assess your emotions, align with the present moment, and proceed with right action.

LEAVE THE "EMPTY SPACES" ALONE

Eckhart advises us to be vigilant about the many naturally occurring "cessations in activity" that we experience throughout the day. This might be while sitting at a red light, in the line at the grocery, rebooting your computer, and so on. Notice the mind's tendency to attempt to fill these seemingly "empty spaces" with thinking or planning. Often overlooked, you'll be surprised at how many opportunities the day presents to you to "simply be." On a related note, watch the mind's tendency to pull you out of the state of simply Being—for example, when that email appears in your inbox or a new text message arrives. Can you keep some awareness in the vertical dimension even as you reach for the phone?



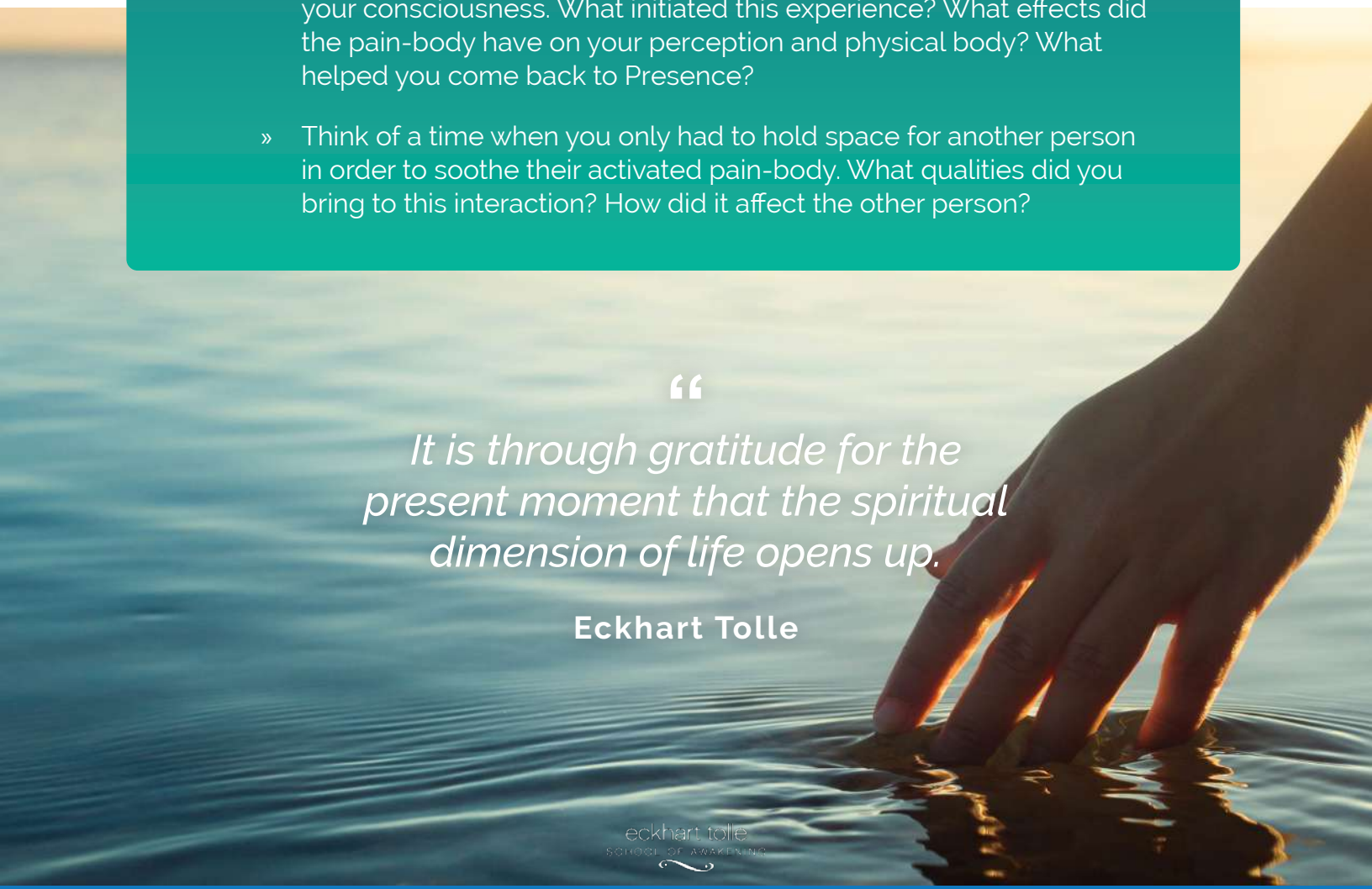


ALERT OBSERVATION

Since it's easy to be drawn back into old relationship patterns and reactivity, especially when under stress, the practice of alert observation can help you avoid falling into the same old traps (you know the ones). The practice here is to pay attention to your inner state, including your emotions, your thoughts, and your sense of the body. Relax, breathe, and at the same time, pay attention to the person in front of you even as you sense the "Deep I" you share. Alert observation keeps you grounded in the moment and able to respond from a place of higher consciousness.

REFLECTIONS:

- Consider a time when you have given wise counsel to another. What made it wise? How did it impact the other person? In what ways did Presence work through you during this interaction?
- Try to recall the last time you noticed the pain-body taking hold of your consciousness. What initiated this experience? What effects did the pain-body have on your perception and physical body? What helped you come back to Presence?
- Think of a time when you only had to hold space for another person in order to soothe their activated pain-body. What qualities did you bring to this interaction? How did it affect the other person?



"It is through gratitude for the present moment that the spiritual dimension of life opens up.

Eckhart Tolle

MODULE 3

Avoiding Ego Inflation and Other Pitfalls of Becoming a Teacher

As you deepen into Presence, you will also notice that others will look to you as a leader. Even if you intend to become an everyday teacher of Presence, you will influence others. This can present a number of challenges.

In this session, Eckhart highlights why it's so vitally important that you approach your role (no matter when and how) with open eyes, a vulnerable heart, and complete self-honesty. When egoic desires rise up—and they will, no matter how long or intensely you have practiced—you need to be able to meet them clearly and without attachment.

While this is necessary for your own well-being as a teacher, it's also important for the influence you have on others. As Eckhart cautions, "You need to have great vigilance and alertness in self-observation in order to prevent the ego from coming in the back door." With Eckhart's guidance and a foundation of present moment awareness, you will be more aware of the patterns of unconsciousness other teachers have so often stepped into.

TOPICS INCLUDED:

- How to skillfully respond to people of differing levels of consciousness
- Ways to observe when there is a gap between your teachings and your behavior
- How to recognize the egoic traps of "specialness"

Practices



OBSERVING AND UNDERSTANDING THE PAIN-BODY

This practice is meant to give you a safe, solid vantage point from which you can observe the pain-body and related egoic eruptions, defuse their power over your perception, and allow them to dissipate without further hijacking your experience.

The next time you feel a strong emotion arising in your consciousness, take the time to anchor yourself in Presence with your preferred practice. When you do, lean into the feeling and its accompanying thoughts as closely as possible. Don't try to disavow, suppress, or cast away this emotion.

As with the practice presented in Module 1, observe these strong sensations against the entire sweep of your awareness. How much of the "canvas" of your perception do they seem to take up? Why do they seem more imposing and insistent than normal emotional responses? Are there secondary thoughts and emotions that follow in their wake?

Gradually, moment by moment, transfer your focus from the intense feelings to the conscious expanse surrounding them. Notice how—even if the sensations feel monumental and all-consuming—awake Presence is infinitely larger. Take in the fact that even severe grief, rage, resentment, or despair is but a particle moving through awareness.

Normally, this kind of exercise will end as you observe a thought or feeling lose its coherence and pass out of your consciousness. However, you're not watching a flicker of annoyance or guilt. Since you are tracking an outsized emotional response, it's likely that it will also remain charged for longer. Though this is natural, it can also be dismaying if you are used to emotions dissolving more quickly and readily.

However, this observation is key to disarming the pain-body's power over your perception. By training awareness on it and contextualizing it within the vastness of Presence, it loses potency and opens a mental space large enough for you to detach (even if bit by bit) from its seemingly overpowering influence.

GIVE YOURSELF "ALONE" TIME

There's one important relationship we haven't mentioned yet: your relationship with yourself. "Especially as you awaken," explains Eckhart, "you may feel the need to have some alone time with yourself." It is wise to give yourself time alone—but not necessarily to fill that time with things to do. Spend time alone by simply exploring your Being nature—the conscious Presence that you are. Enjoy the simplicity of the moment and your surroundings without judgment. This is both restorative to mind and body and anchors you in the here and now.





NONATTACHMENT AND LETTING GO

As long as we have an attachment to form of any kind, teaches Eckhart, we will not have a deeper experience of who we really are. If we are attached to our sense of personal identity, for example, that will become an obstacle to realizing the "Deep I." The journey of awakening is a journey of letting go. Our true identity is in the formless dimension beyond the reach of the conceptual mind.

Our continual practice, therefore, is to "experience things and let them go," as Eckhart puts it. If an experience is enjoyable, enjoy it while it lasts but let it go when it's over. If an experience is unpleasant, be with it in the moment; but when it ends, let it end. Keep some awareness on your body and see if you can remain physically relaxed about letting things go. The physical body tends to contract when we mentally resist letting something go, so physical tension might be a sign of psychological attachment.

When it comes to practicing nonattachment, start with the little things and work your way up to the big ones. The formula is to experience what you're experiencing and then let go. Nonattachment is never about indifference; instead, we are able to fully experience our lives because we are deeply present for the moment in front of us.

REFLECTIONS:

- Think of a time when you were called to be a leader. What emotions arose in you while you led others? Which of these feelings, if any, tried to hook or overwhelm your consciousness?
- In this module, Eckhart described love as "the recognition of oneness." How did you react to this definition? In what ways do you embody love in your everyday life?
- When have you been hooked by egoic disruptions that aren't necessarily negative (such as pride or pleasure)? How did these emotions impact your experience of Presence?
- In this module, Eckhart comments on "the spiritual ego," or the view of oneself as somehow superior to others or completely free from unconsciousness in any shape or form. Have you noticed this tendency arising in yourself? How can you return to a place of equity and humility?

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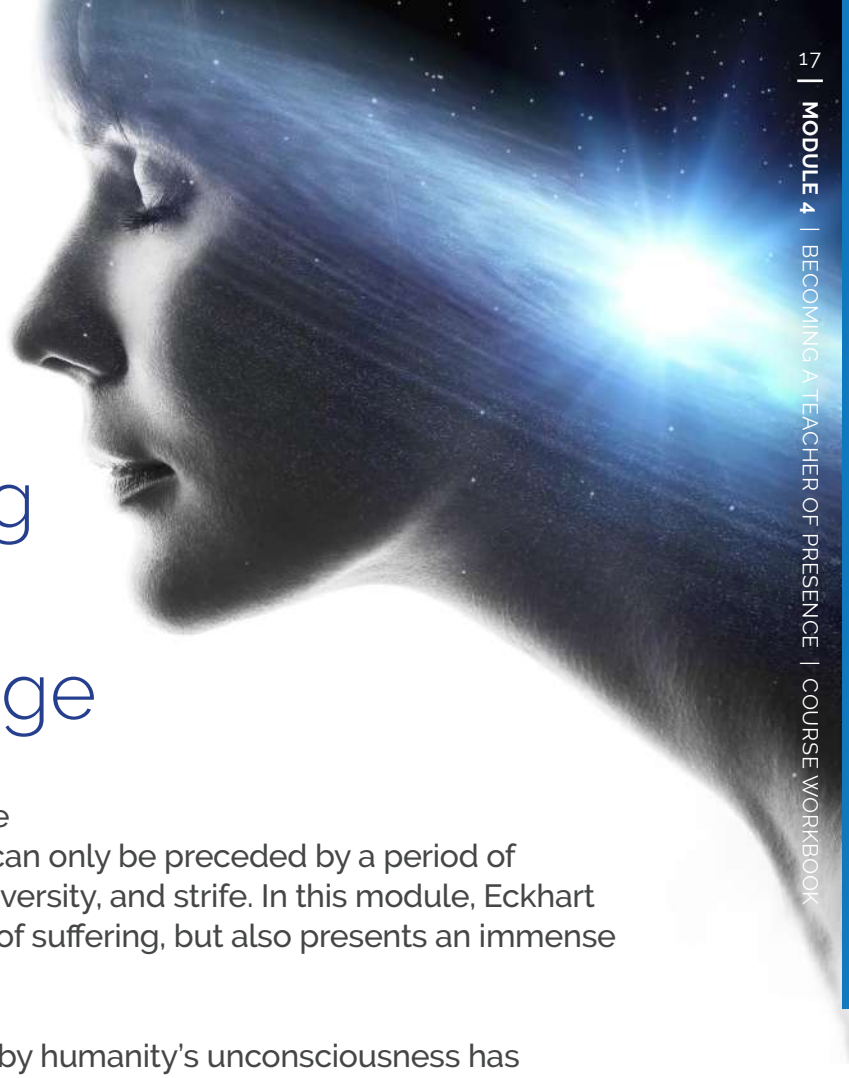
To know yourself as the Being underneath the thinker, the stillness underneath the mental noise, the love and joy underneath the pain, is freedom, salvation, enlightenment.

Eckhart Tolle



MODULE 4

Fully Embodying Being a Teacher of Presence During This Time of Collective Challenge



The path toward the New Earth is not a gentle one. The flowering of human consciousness can only be preceded by a period of deep unconsciousness—one of confusion, adversity, and strife. In this module, Eckhart discusses why this can (and will) be a source of suffering, but also presents an immense gateway to a global awakening to Presence.

Eckhart acknowledges that suffering caused by humanity's unconsciousness has accelerated in the last century. Indeed, recent years have seen many distressing events—wars, political upheaval, and a global pandemic—that have both risen from and exacerbated delusional behaviors.

All of this points to important questions: How can you stay in Presence when the environment around you is in turmoil? How do you guide students in staying present when everyday life is so full of electronic and social distractions?

TOPICS INCLUDED:

- Why this historical moment is so important to the future of humankind
- Why it's vital to cultivate an immunity to collective thought forms in both your students and yourself
- How to approach others who are attached to irrational thought forms
- Why you can't just ignore or shut out upsetting world events
- How to skillfully engage with news sources and social media
- Why suffering brings about readiness for transformation

Practices

RECOGNIZING AND REVOKING THE POWER OF IRRATIONAL THOUGHTS

As Eckhart and Kim outline in this module, humankind can often seem primed for irrational—even delusional—thinking. The egoic mind and its accompanying pain-body hungrily attach to negative beliefs, to the point that it can be difficult to even discern when they're doing so. This practice is intended to help you notice the arising of these toxic beliefs and stop the spread of their influence.

In order to engage with this practice, you are invited to stay alert for the next time an event or experience activates you emotionally and produces strong thoughts or opinions. When this inevitably occurs, pause, breathe, and anchor yourself as thoroughly as you are able. Focus on the provocative thought. In this space, ask yourself, "Is this true?"

In even the most emotionally charged and upsetting situations, it is imperative that you stop and observe your inner state. Repeat to yourself the phrase, "Is this true?" Allow yourself the time to consider the triggered thought. So long as it remains charged and overwhelming, continue to repeat, "Is this true?"

"Truth," of course, is a slippery concept. However, more often than not, the gap between irrational beliefs and material reality is readily apparent upon careful examination.
For example, say you are driving in traffic and another person suddenly cuts you off. This is naturally startling and can provoke shock, annoyance, or outrage. It may give rise to thoughts such as, "That guy must be stupid," or "They have no regard for human life!" It may cause you to believe that the other driver deliberately meant to frighten or even harm you. It's easy to attach to the idea that this was a conscious act of malice or implied violence.



But is that the truth? Was the other driver acting from malevolence or from unconsciousness? Can you decide with any certainty whatsoever what the other person was thinking? What other explanations can you imagine for their behavior beyond maliciousness?

By asking yourself, "Is this true?" you break the initial attachment to an irrational belief (in this case, that another person has consciously tried to hurt you) and prevent it from taking root in your egoic mind. While the thought may still cause you distress, your conscious attention shines the light of Presence upon it. And through Presence, true wisdom and discernment arise and allow you to eventually detach from what would otherwise become an entrenched conviction.

This is especially important to convey to your students. Your teaching sessions (even informal meetings with individuals) will inevitably occur alongside disturbing or demoralizing world events. These need not be anything as overwhelming as earthquakes or wars to pull your learners out of Presence and activate their pain-bodies. "Is this true?" is one of the simplest and most efficient ways out of egoic disruption and back into the clear sight of awakened consciousness.

Question by question, pause by pause, your students will extricate themselves from the grip of irrational beliefs. In this way, they too will be able to embody Presence for others and continue to lead the way toward the New Earth.



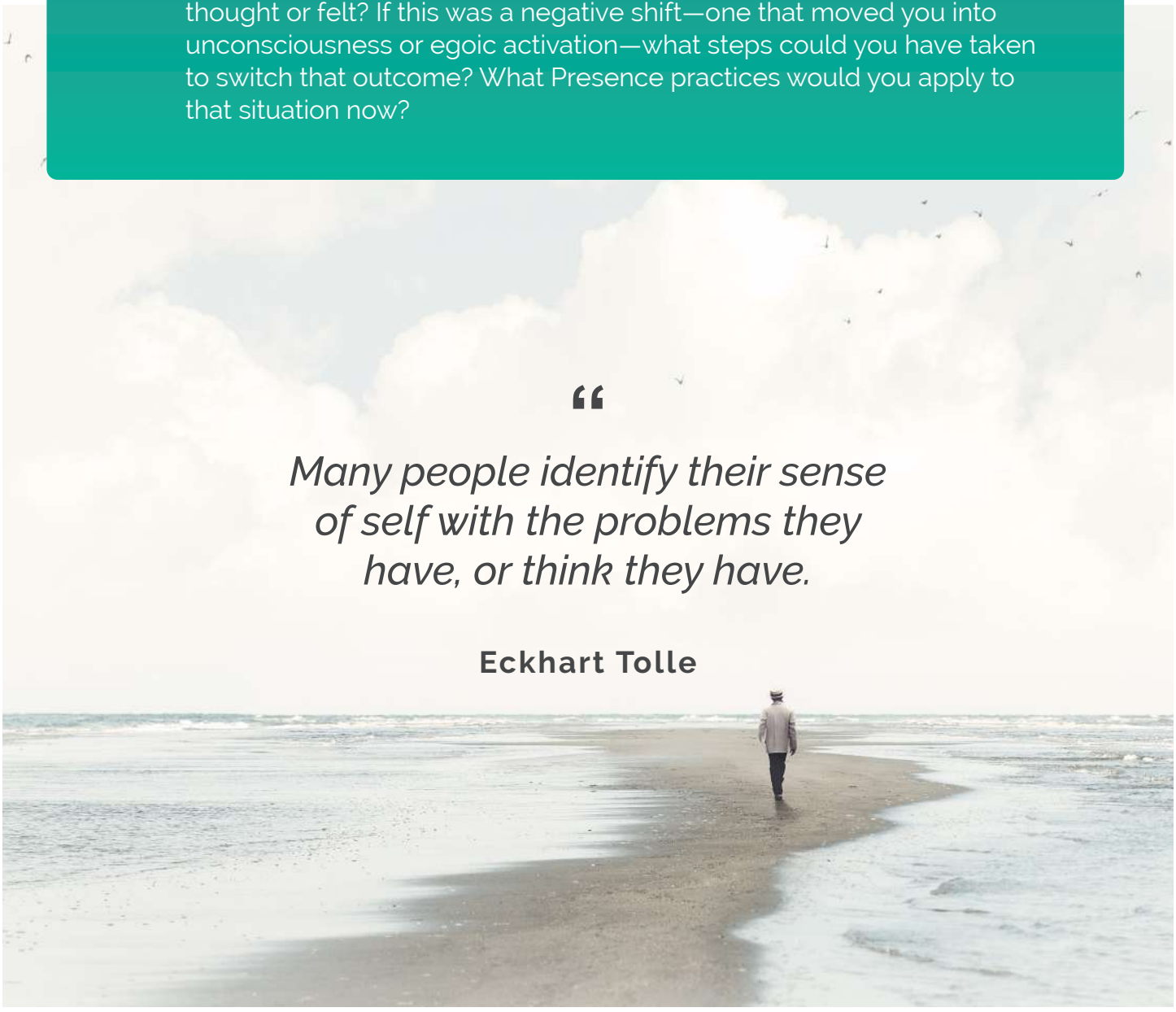
CONSCIOUS SUFFERING

There are certain situations where it is perfectly natural and understandable for us to suffer. Losing a loved one is the perfect example. However, even if we're in the midst of a major loss or life event, it is possible to practice "conscious suffering." This helps us from falling victim to any number of ways we can make a situation worse for ourselves through what Eckhart calls "an unhappy story about it."

"Conscious suffering," explains Eckhart, "means you allow yourself to suffer, which means there's a space of awareness around it. It is there in your energy field, but it does not become you." This isn't about saying, "I must surrender to my dreadful life." The practice is to be with the sensations we're feeling without creating a conceptual identity. In feeling fully without judgment whatever pain we are experiencing, we move one step to unshakable stillness at any time.

REFLECTIONS:

- When have you had to deal with a significant external challenge with awareness, patience, and equanimity? How did this experience change the way you reacted to difficult situations?
- Briefly, describe your definition of the "New Earth." Once you have written or reflected on this, take a long enough break that this description no longer occupies your thoughts. Then, return to your personal definition and read it closely. What do you notice about this description? How does it reflect your personal calling to teach Presence?
- Recall a world event or news story that precipitated a change in your consciousness. In what ways did this occurrence shift how you thought or felt? If this was a negative shift—one that moved you into unconsciousness or egoic activation—what steps could you have taken to switch that outcome? What Presence practices would you apply to that situation now?



"Many people identify their sense of self with the problems they have, or think they have.

Eckhart Tolle

CLOSING WITH ECKHART TOLLE

Live Teaching, including Q&A

TO BE ANNOUNCED DATE MARCH 2026

As we conclude *The Eckhart Tolle School of Awakening: Becoming a Teacher of Presence*, we join Eckhart live online for a teaching to inspire and illuminate our next steps to bring these teachings to the world.



While this course comes to a close, it really marks a great new beginning for the teacher of Presence that you are, sharing the light of consciousness with all those you meet.

Practices

WEAVING YOUR PRACTICE INTO THE FABRIC OF LIFE

You may have already discovered a truth that countless other spiritual seekers have previously encountered: embodying your practice in every moment of life is quite challenging. On even the most tranquil day, a dozen distractions will arise from within and without to pull you out of Presence. Most of these will be subtle and not necessarily negative. You might get a little bit too caught up in the emotions of another in conversation, or you could become attached to a single excited thought that ends up following you throughout the day.

No matter what form these disruptions take, living fully from Presence requires that you notice and detach from them. Remember that this issue compounds upon itself. The more you act unconsciously, the more challenging it is to return to Presence.

This is especially important when you are teaching, whether in a formal session or while holding Presence for a single other person. As you have learned, you cannot teach Presence unless you are in Presence.



Though it can be difficult in the heat of a highly charged moment, try to notice the next time you fall out of Presence. It doesn't matter when or how the break arises. Whether you become frustrated with traffic patterns or get caught in a feeling of regret, initiate the pause that is the bedrock foundation of Presence practice.

Recall the toolkit of practices that you have assembled over the arc of *The School of Awakening*. Each of the exercises that you have engaged with up to this point is a touchpoint for returning to Presence. Choose a fairly simple one and engage in it with your full focus.

Consider the spaces between words or musical notes. Connect with the timeless abiding Presence of plants. Observe the form of the disruption against the wideness of conscious awareness.

The individual centering practice doesn't matter beyond its efficacy and appropriateness to you in the moment. Even if it seems like you can't take the time to pause, take it anyway. At first, this may feel even more disruptive to the ego. After all, you have stuff to do and you only have so much time to do it!

However, you will also discover that consistently pausing to re-center and reestablish a foundation in Presence will gradually restructure your days. Rather than being harried by anxious or overwhelmed thoughts, you will become used to stops and starts in which you return to the spaciousness of awakened awareness. In this way, your everyday life will take on a more open-eyed, even-keeled, and emotionally nuanced rhythm.

REFLECTIONS:

- What is your greatest practical takeaway from your participation in *The School of Awakening*?
- Where has your life changed in an unexpected way? How might you continue the momentum you've built?
- What practices were the most helpful for you during the program and why?
- Where to from here? Where do you sense you are being called to serve the larger whole on our collective journey of awakening?


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I'm grateful for always this moment, the Now, no matter what form it takes.
Eckhart Tolle
eckhart tolle
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