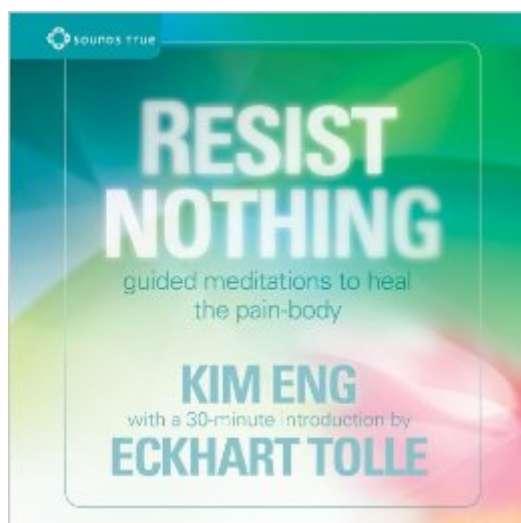


The book was found

Resist Nothing: Guided Meditations To Heal The Pain-Body



Synopsis

No Judgment, No Resistance-the Path to Liberation from the Pain-Body

Book Information

Audio CD: 2 pages

Publisher: Sounds True (February 28, 2012)

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Best Sellers Rank: #71,104 in Books (See Top 100 in Books) #8 in [Books > Books on CD >](#)

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Customer Reviews

After just two weeks of guided meditation I was able to dissolve a subconscious belief that had held me back most of my whole life. Now, I am free of it and am enjoying the bliss of life, the "now". The intro by Eckhart Tolle is very helpful to prepare one for your meditation journey and also helps in the understanding of what is ego and what it is to be truly living in the present. Eckart Tolle is a fantastic teacher when the student is ready to learn...Kim Eng has the most soothing voice as she guides one through the meditations that helps relax the mind and body for "awakening". Very effective meditations that open the door to clarity and awareness and ultimately the release of the pain-body. When Eckart Tolle stated that at some point the pain-body would be dissolved, I was not 100% sure. So much to ask for I thought, but really I felt the biggest shift of my life. One note that it is really also helpful is to read at least one of Eckhart Tolle's books or watch online talks so you can get the full picture of how to live a more conscious life. Enjoy your awakening...

I have listened to the first CD in this two-CD set over two listening sessions. The introduction by Eckhart Tolle shows so much empathy for the pain we humans at times experience at one another's hands. He doesn't pull punches. and doesn't hesitate to use the word "evil" to describe some hurts we can have inflicted on us or inflict on others, even if such hurts are not so much physical as psychological. How to "rise above?" Kim Eng provides a beautiful meditation based on ancient Zen

practices to prove we are so much more than our history or circumstances. I could be satisfied for quite some time with only this one CD, so it's a bonus knowing a second one awaits.

Everyone should take a listen to this! Product received timely and with no damage. Enjoy the meditation exercises. I recommend for anyone open to listen with their heart and maybe in a challenging time of life with change forced on one or experiencing health issues or other challenges. Good for the soul/spiritual growth. Thank you!

There are two discs. The first one has an explanation of the pain body by Eckhart Tolle, which is fine; and, Kim Eng leads a process in which you are supposed to point at things and realize you are the one pointing and the one being pointed at, which was confusing to me, and I am well into Eckhart Tolle's work. The second disc is a series of processes led by Kim Eng to help you get that you are not your thoughts and to find where your pain is and what life experience it came from. (thusly, creating your pain body). She goes too far in suggesting what your experience might be..., i.e. if you are mentally scanning your body, she asks do you have a headache? Or a stomach ache? etc. I would rather locate the type of pain I have without prompts. She does this a lot, in my opinion. She uses "headache" in more than one process, so I'm wondering if she has headaches.

Fantastic CDs about the pain body and working with the pain body. For me, it is new material. Always wanted to know more about the pain body and how to work with it and this CD set does just that. Extremely worthwhile and transformational!

I listen to these teachings frequently. They are tremendously freeing. We become increasingly aware of how much the ego is, in fact, resistance itself. It can be freed physically, emotionally and energetically through letting go.

I couldn't hear this a year ago my pain body/judgements wouldn't let it in, May my/our pain body be still so we can hear & receive this. Today this is so, so perfect like a week end retreat in 2 1/2 hours-ish. That can be heard over & over. I'm grateful to the Pain Body, who would have ever thank it! All the Best ~

Thank you for the chance to completely relax with this perfect disk of peace. I recommend you don't listen while you're driving though. It makes you want to just let go of all stress. Love to Eckhart, and

thank you

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