

Converging Wisdom: Eckhart Tolle and David Icke

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Preface

This series is meant to highlight similar ideas, theories and pieces of wisdom between individuals who, on the surface, seem to be quite different.

Truth, being inherently abstract, is translated through people and expressed in unique ways. My intention is to connect the dots between these unique expressions of wisdom.

There are many great teachers out there, and the most effective help you to uncover your own inner teacher. Both Eckhart Tolle and David Icke encourage you to ‘remember to remember’ in their own way.

"You come to the teacher to meet yourself." - Eckhart Tolle

Let's begin...

Introduction

“They’re talking about the same things! How did this not dawn on me earlier?” I asked myself as I listened to the audiobook version of Eckhart Tolle’s “The Power of Now.”

Who would’ve thought that the “spiritual-guy-on-Oprah” and the crazy conspiracy nut who writes about reptilians are actually saying the same things?

Well, they are. And after a lot of exposure to both of their works, the similarities became glaringly obvious to me. It’s just that they approach everything in very different ways.

Connecting the dots between seemingly unrelated subjects and/or people is exciting. It’s like putting together a grand puzzle of life and seeing a beautiful image you otherwise would never have known existed. So let’s see how this image takes form.

Methods of Expression

Both Eckhart Tolle and David Icke share potent messages that are crucial for the further evolution of humanity. Their messages are deeply empowering, re-igniting the mighty flame within us that many seem to have forgotten.

Though essentially expressing the same ideas, Eckhart Tolle and David Icke have vastly different methods of expression.

Eckhart Tolle is more metaphorical, using the type of colorful language most spiritual teachings tend to employ. He also uses language that is more accessible for everyone. Tolle phrases things so that even rigid-minded people can grasp abstract concepts and the almost incomprehensible truths of our existence. This is how he's gained so much acceptance, especially through the one-woman promotional machine that is Oprah Winfrey.

David Icke, on the other hand, is usually very direct and straightforward. He deciphers the world around us (and within us) piece-by-piece, carefully researching and connecting dots between the seemingly innumerable points that make up our picture of reality.

To illustrate this, let's say we asked both of these individuals a question. Eckhart Tolle would be more likely to respond to the question with a story that hints at an answer. David Icke would be more likely to directly answer the question with a detailed response, maybe adding a story to reinforce his point. And it's not all black and white either. Eckhart Tolle is very straightforward at times, and David Icke can be beautifully allegorical. It's just that the questions both of them answer shatter most people's belief systems and preconceived notions. That's why the more rigid people are more likely to entertain a metaphorical response, while rejecting the more straightforward response in a knee-jerk reaction.

Theme #1: The Illusion of Time

One major topic that both mystics and cutting edge scientists agree upon is that time, as we know it, is essentially an illusion.

Eckhart Tolle has an entire book dedicated to this (The Power of Now). That is a luminous testament to how important present moment awareness is.

“Time isn’t precious at all, because it is an illusion. What you perceive as precious is not time but the one point that is out of time: the Now. That is precious indeed. The more you are focused on time—past and future—the more you miss the Now, the most precious thing there is.” - Eckhart Tolle

To illustrate our concept of time, David Icke uses watching a DVD as a compelling metaphor. The whole movie exists on the DVD, but the scene currently being played is what we perceive as the present moment. Our ego-mind is like the laser reader of the DVD, keeping us locked into the movie as it plays out. So who knows what’s possible when we operate from consciousness instead of ego? Maybe we’re able to change DVD’s, or even make our own movie, as opposed to being locked into one.

Why is transcending the concept of time so important? I’ll let Mr. Tolle provide an interesting insight...

“All negativity is caused by an accumulation of psychological time and denial of the present. Unease, anxiety, tension, stress, worry – all forms of fear – are caused by too much future, and not enough presence. Guilt, regret, resentment, grievances, sadness, bitterness, and all forms of nonforgiveness are caused by too much past, and not enough presence.” – Eckhart Tolle (The Power of Now)

And this doesn't mean we can't learn from past experiences or plan when we need to. It's more about making presence your default state, while referring to the past or future only when it's relevant to the present moment.

“Only refer to the past when it is absolutely relevant to the present.” – Eckhart Tolle

“If you set yourself a goal and work toward it, you are using clock time. You are aware of where you want to go, but you honor and give your fullest attention to the step that you are taking at this moment. If you then become excessively focused on the goal, perhaps because you are seeking happiness, fulfillment, or a more complete sense of self in it, the Now is no longer honored. It becomes reduced to a mere stepping stone to the future, with no intrinsic value. Clock time then turns into psychological time. Your life's journey is no longer an adventure, just an obsessive need to arrive, to attain, to "make it." You no longer see or smell the flowers by the wayside either, nor are you aware of the beauty and the miracle of life that unfolds all around you when you are present in the Now.” – Eckhart Tolle

Presence

“Realize deeply that the present moment is all you have. Make the NOW the primary focus of your life.” -Eckhart Tolle

Eckhart Tolle and David Icke both discuss presence as a crucial aspect of personal freedom, and as a result, collective freedom.

"There is no time, there is only one infinite now." - David Icke

If you're completely present, you transcend the ego and operate from the intrinsic state of deep inner peace. Fear simply cannot exist when you're present. And you won't be able to be manipulated in any form. Think about the profound implications of that. If everyone became more present, would we hurl insults at other people? Would we make rash, hasty decisions? Would ego-based hierarchies exist? Would anyone be manipulated into fighting wars? Not a chance.

Presence is the leverage point from which you change yourself, and you are the leverage point from which the world changes.

How do you become more present? Cherish the now. It is as simple as realizing that this moment is all that exists. Flex your presence muscle by consistently reminding yourself to “be here now.” The past and future are only projections of your mind. Fully immerse yourself in the euphoric ocean of eternal now and experience the ecstasy of everlasting rejuvenation.

Presence is a gift.

“Once you have had a glimpse of awareness or Presence, you know it firsthand. It is no longer just a concept in your mind.” – Eckhart Tolle

Clock Time is Laughable

David Icke and Eckhart Tolle both refer to the time system we use as "clock time." They often take a lighthearted approach and poke fun at the ridiculousness of "clock time." Our concept of time really is laughably ludicrous if you just take a step back and contemplate it...

"How can you take clock time seriously when you can cross an invisible line in the ocean (the International Date Line) and go into tomorrow or yesterday depending on your direction of travel?" - David Icke

"Think about the Earth without humans. How silly would it be to ask a creature what time it is or ask the date?" – Eckhart Tolle

Time as a Tool for Control

Both Tolle and Icke assert that the concept of time creates a disconnect between our mind (ego-mind) and our true self (pure consciousness). This is because the ego-mind needs time in order to exist, but our true selves operate beyond time, in the timeless now. This disconnect makes it harder for your consciousness to interact with your mind, which is why most people only exist within the confines of the ego. In this situation, their consciousness has a hard time making contact. I call the result of this disconnect a “vessel without a pilot” or a “flesh vehicle without a driver.”

“Why does the mind habitually deny or resist the Now? Because it cannot function and remain in control without time, which is past and future, so it perceives the timeless Now as threatening. Time and mind are in fact inseparable.” – Eckhart Tolle

When you’re present, there is no disconnect. Your whole being integrates into a harmonious symphony of being. You can literally feel this natural harmony whenever you’re fully present.

Eckhart Tolle devotes a whole book ("The Power of Now") to transcending the illusion of time, but he doesn't really address how time came about. (Probably because it would be a gigantic tangent of hidden agendas and conspiracy theories, which would be another book in itself.) However, David Icke does go there. He theorizes that time is part of a hack on our reality imposed upon planet Earth by the Saturn-Moon matrix. That's a deep rabbit hole to go down. If you're curious, look into David Icke's work and form your own conclusions. By the way, is it a coincidence that Saturn is known as "father time"?

Whatever you want to believe about the concept of time being forced upon humanity, the solution is the same. And that is presence.

Time and Aging

Aging is another theme where both men have similarly interesting ideas. In his latest book “The Perception Deception,” David Icke refers to the aging process as a belief program. And conveying a similar point in “The Power of Now,” Eckhart Tolle states that you accelerate your body’s aging process by creating an accumulation of past in your psyche. (Basically, holding onto the baggage of the past accelerates aging.)

It’s no coincidence that two major commonalities between centenarians (people who live to be over 100) are happiness and faith. There’s a ton of research concluding that positive emotions have a tremendous healing effect on the body. Also, happy people are less likely to live in guilt of the past or worry about the future. So they’re essentially dropping all of the disruptive “time burden” and living liberated in the moment. Regarding faith, most centenarians believe that some higher power put them here for a purpose. A deep sense of spiritual purpose gives you a burning desire to keep living and expressing that purpose. It fortifies the “will to live,” to use an expression people commonly say. And the physical body is molded by the will. Mind over matter is oh-so-true. This could be another long tangent, but if you want to explore this subject in greater detail, look into the following:

“The Biology of Belief” by Bruce Lipton

“The Spontaneous Healing of Belief” by Gregg Braden

“You Can Heal Your Life” by Louise Hay

Dr. Emoto’s water experiments

And, of course, the placebo effect and its powerful implications.

Theme #2: We're All Expressions of Consciousness

“Only the truth of who you are, if realized, will set you free.” – Eckhart Tolle (And David Icke has a book entitled “And the Truth Shall Set You Free”)

We are the pure awareness (consciousness) underlying our thoughts.

We're all expressions of infinite consciousness. Both Eckhart Tolle and David Icke repeat this theme many times, inviting us to remember who we are.

"We are reflections of one another, therefore I know that you are part of me and I am part of you because we are all projections of the universal principles of creation/destruction polarities of the same infinite consciousness that we call God." - David Icke

"Everything is an expression of the divine consciousness." - Eckhart Tolle

It's really a simple, common-sense concept if you think about it in plain terms...

"Within the stillness and silence is All Possibility. All Potential, waiting to be made manifest. Hear the silence and you are hearing All Possibility. Then start talking, taking an action or making a noise and you have pulled one possibility out of All Possibility. When you stop, your manifested possibility returns to the stillness and silence of All Possibility - Infinite Love, Infinite Harmony, Infinite Balance, Infinite Intelligence, Infinite Everything. This core of existence that I call All Possibility is within all of us - it is us and we are it." - David Icke

Like waves emerging from the ocean, we're unique on the surface, yet part of the same whole. Our life is a transitory wave. We make a splash then reunite with the essence.

Eckhart Tolle refers to All Possibility as "The Unmanifested." Going on to say "look for it in the silence out of which the sounds come and into which they return."

This is why presence is so important. It's tuning into "The Unmanifested" which everything comes out of. These concepts also lend credence to the practice of meditation. Meditation is the state of no-thought. The intrinsic inner peace and stillness left when everything is cleared away. In this sense, meditation can be viewed as syncing up with our essence, "The Unmanifested."

"Within silence is All Possibility waiting to manifest." - David Icke

As the spirit of Mufasa said to Simba in The Lion King, "Remember who you are. Remember... Remember."

Theme #3: Identification, Ego and Fear

“The most common ego identifications have to do with possessions, the work you do, social status and recognition, knowledge and education, physical appearance, special abilities, relationships, person and family history, belief systems, and often nationalistic, racial, religious, and other collective identifications. None of these is you.” - Eckhart Tolle

When you're completely identified with the ego, or ego-consciousness, you live in fear. The ego's modus operandi is the perpetual fear of non-existence. It creates enemies, always feels threatened and thrives off of fear (False Evidence Appearing Real).

What is the most effective form of manipulation? Fear. Keep people locked into a fear-based, ego-consciousness and they are easily manipulated.

“If you identify with a mental position, then if you are wrong, your mind-based sense of self is seriously threatened with annihilation. So you as the ego cannot afford to be wrong. To be wrong is to die. Wars have been fought over this, and countless relationships have broken down.” - Eckhart Tolle

“We have to stop thinking in black and white and soften our rigid belief systems. This world is not black and white. Nothing is. If you have a rigid belief system that is not open to the endless subtleties of life, you become a manipulator's party trick.” - David Icke

On the other hand, if you choose not to identify, and simply be, functioning from a state of consciousness, you are immune to manipulation. Manipulation is based in fear, and if you are motivated by love, you are literally operating on a different frequency. Furthermore, when you know that you are a manifestation of infinite possibility, there is a deep sense of connection with all that is and no such thing as non-existence.

"Fear seems to have many causes. Fear of loss, fear of failure, fear of being hurt, and so on, but ultimately all fear is the ego's fear of death, of annihilation. To the ego, death is always just around the corner. In this mind-identified state, fear of death affects every aspect of your life."

- Eckhart Tolle

Choose love. Love is the answer to every question in life. Choose love over fear, in every circumstance, and experience the freedom of the life you were meant to live.

"I have been saying and writing for so many years that one sentence can encapsulate the totality of life, of existence, of being: Infinite Love is the Only Truth - Everything Else is Illusion." - David Icke

Theme #4: Pain Body/Archons (The Problem)

This idea of an intangible force, a parasite feeding off of us, is discussed in almost every culture here on planet Earth. It's just a matter of connecting the dots between what you already know...

Eckhart Tolle calls it the "pain-body" and "collective pain-body."

David Icke refers to them as archons (using the Gnostic term), some of which, he says, take on the form of reptilian-humanoids.

The Gnostics coined the term archons.

Don Miguel Ruiz calls this force "the parasite" in his book *The Four Agreements*.

Author Carlos Castaneda refers to "psychic parasites" in some of his works.

In Christianity they're called demons.

In Islam they're called djinn.

The Zulu people call them chitauri.

Central Americans refer to them as flyers.

In Sumeria they were called the annunaki.

All of these cultures are referring to the same thing. Truth is stranger than fiction, right?

Don't get all worried though. "They" are merely parasites, feeding off of the fear generated by the egoic mind. "They" simply cannot coexist with consciousness, just as fear and love cannot simultaneously exist. Both Eckhart Tolle and David Icke view this force as an annoying pest, a mere flea on the back of humanity. We just have to first realize it's there, and then simply shake it off.

And maybe this force, or entity, is actually our ego-consciousness itself. Like everything in life, form your own conclusions.

Here's how Eckhart Tolle describes "the pain-body" in *"The Power of Now"*:

"This accumulated pain is a negative energy field that occupies your body and mind. If you look on it as an invisible entity in its own right, you are getting quite close to the truth. It's the emotional pain body...

A pain-body may be dormant 90 percent of the time; in a deeply unhappy person, though, it may be active up to 100 percent of the time. Some people live almost entirely through their pain-body, while others may experience it only in certain situations, such as intimate relationships, or situations linked with past loss or abandonment, physical or emotional hurt, and so on. Anything can trigger it, particularly if it resonates with a pain pattern from your past. When it is ready to awaken from its dormant stage, even a thought or an innocent remark made by someone close to you can activate it.

Some pain-bodies are obnoxious but relatively harmless, for example like a child who won't stop whining. Others are vicious and destructive monsters, true demons. Some are physically violent; many more are emotionally violent. Some will attack people around you or close to you, while others may attack you, their host. Thoughts and feelings you have about your life then become deeply negative and self-destructive. Illnesses and accidents are often created in this way. Some pain-bodies drive their hosts to suicide.

When you thought you knew a person and then you are suddenly confronted with this alien, nasty creature for the first time, you are in for quite a shock. However, it's more important to observe it in yourself than in someone else. Watch out for any sign of unhappiness in yourself, in whatever form - it may be the awakening pain-body. This can take the form of irritation, impatience, a somber mood, a desire to hurt, anger, rage, depression, a need to have some drama in your relationship, and so on. Catch it the moment it awakens from its dormant state.

The pain-body wants to survive, just like every other entity in existence, and it can only survive if it gets you to unconsciously identify with it. It can then rise up, take you over, "become you," and live through you. It needs to get its "food" through you. It will feed on any experience that resonates with its own kind of energy, anything that creates further pain in whatever form: anger, destructiveness, hatred, grief, emotional drama, violence, and even

illness. So the pain-body, when it has taken you over, will create a situation in your life that reflects back its own energy frequency for it to feed on. Pain can only feed on pain. Pain cannot feed on joy. It finds it quite indigestible.*

Once the pain-body has taken you over, you want more pain. You become a victim or a perpetrator. You want to inflict pain, or you want to suffer pain, or both. There isn't really much difference between the two. You are not conscious of this, of course, and will vehemently claim that you do not want pain. But look closely and you will find that your thinking and behavior are designed to keep the pain going, for yourself and others. If you were truly conscious of it, the pattern would dissolve, for to want more pain is insanity, and nobody is consciously insane.

The pain-body, which is the dark shadow cast by the ego, is actually afraid of the light of your consciousness. It is afraid of being found out. Its survival depends on your unconscious identification with it, as well as on your unconscious fear of facing the pain that lives in you. But if you don't face it, if you don't bring the light of your consciousness into the pain, you will be forced to relive it again and again. The pain-body may seem to you like a dangerous monster that you cannot bear to look at, but I assure you that it is an insubstantial phantom that cannot prevail against the power of your presence."

*To connect some dots, here's an interesting excerpt from "The Active Side of Infinity" by Carlos Castaneda (quoting his mentor Dan Juan Mathus):

"We have a predator that came from the depths of the cosmos and took over our lives. Human Beings are its prisoners. The predator is our lord and master. It has rendered us docile, helpless. If we want to protest, it suppresses our protest. If we want to act independently, it demands that we don't do so. Indeed, we are held prisoner. They took us over, because we are food to them, and they squeeze us mercilessly because we are their sustenance. Just as we rear chickens in coops, they rear us in human coops. Therefore, their food is always available to them. Think for a moment and tell me how you would explain the contradictions between the intelligence of man, the engineer and the stupidity of his belief systems, or the stupidity of his contradictory behavior. Sorcerers believe that the Predators have given us our systems of belief, our ideas of good and evil, our social morals. They are the ones who set up our beliefs of

success or failure. They have given us covetedness, greed, and cowardice. It is the Predator who makes us complacent, routinary and egomaniacal. In order to keep us obedient and weak, the Predators engage themselves in a stupendous maneuver. Stupendous of course from the point of view of a fighting strategist. A horrendous maneuver from the point of view from those who suffer it. They gave us their mind. The predator's mind is baroque, contradictory, morose, and filled with the fear of being discovered any minute now."

*And another related quote...

"The human mind is sick because it has a parasite that steals its vital energy and robs it of joy... The food for the parasite is the emotions that come from fear." - Don Miguel Ruiz

While Eckhart Tolle dives into great detail about how the pain body affects our emotional state, he only hints at what the pain body is. Tolle says to view it as a separate entity, but is it really a separate entity? Or is it part of us; our fear-based, ego-consciousness? And is there even "external" and "internal"? (Quantum physics is pointing at "reality" being a product of our consciousness. Yeah, that's wild.) Again, form your own conclusions. But either way, as you'll soon discover, the solution is the same.

Archons

David Icke takes a more straightforward approach on this topic, which is also why people think he's crazy. These concepts are so far from the norm that people reflexively dismiss it without any investigation. As Albert Einstein wisely stated, "Condemnation without investigation is the height of ignorance."

Icke's theory is that these "archons" (using the Gnostic term) are entities that feed off of the frequency of fear and seek to control humanity. They are distortions of truth (love), and use compatible blood lines to manipulate humanity. This ties into all of the "royal bloodlines" throughout history and the idea of "possession." Icke focuses on how these entities manipulate individuals, as well as society as a whole. Some of them even take the form of humanoid Reptilians, which is why people automatically label him as crazy. The details of these seemingly outlandish theories are well researched and cohesively laid out in his books (along with a plethora of references) for those who are curious. I'm not going to get into those details here, as the scope of this work is the big picture in relation to that of Eckhart Tolle.

These "archons" are eerily similar to everything discussed above regarding "the pain-body." While Tolle speaks more metaphorically, David Icke tells it as a "reality is stranger than fiction" story. Is David Icke's theory just Swiftian satire, a story designed to help us understand the real problem and solve it? Or is it really an accurate, actual depiction of the human predicament? That's ultimately up to you to decide for yourself. It's obvious, however, that some force is indeed stifling humanity's potential. But what it is exactly is, in my opinion, is less important than the solution.

Both individuals hold the view that whatever this force is, it's a distortion of reality; disharmonious and deceptive.

We see the manifestations of this everywhere in society...

"Just look at us. Everything is backwards, everything is upside down. Doctors destroy health, lawyers destroy justice, psychiatrists destroy minds, scientists destroy truth, major media

destroys information, religions destroy spirituality and governments destroy freedom.” –
Michael Ellner

Another common thread is that both individuals don't say to fight the problem, as fighting only exacerbates the problem. There are far more effective solutions. Think about every time you've tried to fight your ego, using its own tactics. It only makes things worse, right?

"What you fight, you become. What you become when you fight is an expression of the distortion." -David Icke

This brings us to the solution...

Theme #5: Consciousness (The Solution That Generates Every Other Solution)

Always remember this key concept... Don't focus on the problem, focus on the solution.

It could be mentally stimulating to entertain problems, but dwelling on them is of no use. One must certainly be aware of what's going on, but focused on the solution. That is the secret of how positive change is brought to fruition.

Whether you think there are shapeshifting reptilians running around Earth or not is almost irrelevant, because the solution is the same...

Consciousness

The word “consciousness” may have a vague connotation for you, so I’ll explain it in the context of what Eckhart Tolle and David Icke discuss...

Consciousness is the presence, the underlying awareness that observes your thoughts and emotions. It is what we really are.

Remember Theme #2? We’re all expressions of consciousness.

You cannot perceive and be something simultaneously. You can perceive your body, so you’re obviously not your body. You can perceive your thoughts, so you’re not your thoughts either. You are the consciousness that is aware of your thoughts.

Quick exercise to differentiate from thought (and help break free of ego):

Think about a mountain...

Are you that mountain?

Of course not. You’re not your thoughts.

(If there are any mountains out there reading this, I apologize.)

The main point that both Tolle and Icke deem absolutely crucial is shifting your perspective from the egoic mind to consciousness.

It is essentially transcending the ego (and its partner-in-crime, fear), and operating from that state of conscious awareness.

How to operate from consciousness: (4 quick tips)

1. Meditate – Meditate every day, if you don’t already. If you’re a beginner, start with deep breathing (laying down or comfortably seated), focusing on your breath for 2 minutes, as soon as you wake up. As you deepen your meditation practice, thoughts will pop up less and less frequently. You will find yourself residing in peaceful stillness for longer and longer. That “space” experienced when meditating is what we all are on a deeper level.

2. Be aware of your thoughts and emotions - Notice that your thoughts and emotions are not you. There is no need to identify with them. You are the sky, and your thoughts are merely clouds passing by. Be aware of your thoughts and emotions as you go about daily life. Like with anything, mastery comes through consistent practice.
3. Practice presence - Be present as often as you can. Catch yourself when you're projecting into the past or the future, and gently bring yourself back to the now. You can use the mantra "Be here now" to do this.
4. Choose love over fear – In every moment, we can choose either love or fear. These are the two fundamental motivating forces. The more often you choose love, the deeper into consciousness you go. And that's when life becomes a profound experience, dipped in the magical mystique of adventure.

Through the perspective of consciousness you become an ocean of inner peace. Storms may rage on the surface, but you are always completely tranquil at your core.

You become unshakable; an unflinching force of limitless consciousness.

You are the silent watcher, pure awareness existing in infinite, peaceful stillness. From here, you observe thoughts, emotions, fears and the ego's struggles without attaching to the craziness of it all. This gives you immense power, and is your pivot point to true change.

"The pain-body doesn't want you to observe it directly and see it for what it is. The moment you observe it, feel its energy field within you, and take your attention into it, the identification is broken. A higher dimension of consciousness has come in. I call it presence. You are now the witness or the watcher of the pain-body. This means that it cannot use you any more by pretending to be you, and it can no longer replenish itself through you. You have found your own innermost strength. You have accessed the power of Now." - Eckhart Tolle

Embody that quote and your life will never be the same. It is a paradigm shift from victimhood to empowerment; from bondage to being the master of your reality.

The perspective of the conscious-awareness-presence applies on the collective level as much as the individual level. In fact, it is an inevitable outgrowth of individual consciousness, just as healthy cells make a healthy body. We, as individuals, are essential catalysts for changing the whole.

Once we expose the deceptions that are happening on planet Earth, their game is up. ("they" being the pain-bodies or archons or whatever you want to view them as.) It is shedding light on the darkness, for only light can cast out darkness. Consciousness is opening the windows to let sunlight illuminate the house, leaving the cowardly cockroaches no choice but to scurry away.

"Just as you cannot fight the darkness, you cannot fight the pain-body. Trying to do so would create inner conflict and thus further pain." - Eckhart Tolle

As I mentioned before, fighting is not the solution. Fighting is the pain-body's game, so it just plays into the agenda. What has happened as a result of every violent coupe in history? The face of oppression merely trades one mask for another.

The solution is as simple as non-compliance. Not participating in the madness of your individual pain-body, and as a result, the collective pain-body. If we do not feed the parasite, it will simply fade away.

"Sustained conscious attention severs the link between the pain-body and your thought processes and brings about the process of transmutation. It is as if the pain becomes fuel for the flame of your consciousness, which then burns more brightly as a result. This is the esoteric meaning of the ancient art of alchemy the transmutation of base metal into gold, of suffering into consciousness. The split within is healed, and you become whole again. Your responsibility then is not to create further pain." - Eckhart Tolle

David Icke reinforces Eckhart Tolle's point by affirming that you literally can't be touched, on the most fundamental level, when you're operating from that place of love-based

consciousness. Using the analogy of a radio, you're tuning in to a different station. Everything is essentially energy, frequency and vibration. Like attracts like.

“When you are working to get closer to the natural order of balance, of love, of caring, of seeking what's best for the greater good... Then you start to move out of the distortion, because you're no longer sinking with it, in terms of frequency. At that point the distortion stops influencing your perceptions... This allows space for other perceptions to come in, for other insight to come in.” – David Icke

From the place of consciousness, change is inevitable. Fears that previously ran your life fade away. You transcend internal conflict, becoming harmonious with yourself. And this naturally leads to more harmony in your relationships, which then leads to more harmony in the world at large. In this paradigm, fear-based, disharmonious systems simply cannot exist, as they will be incompatible with the state of love-based consciousness we operate from.

Conclusion

While these men have very different approaches and very different audiences, they do in fact enjoy many commonalities.

Both Eckhart Tolle and David Icke share crucial wisdom and empowering information for the expansion of human consciousness.

They remind us of who we really are. And that we came here to be free.

Keep learning.

One love.

- Stephen Parato

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- Stephen Parato