

Talk by Eckhart Tolle part A: on Manifesting [extra quotes/notes in blue](#)

(AS: suggests: applying this to As-If Affirmations!)

1. **ET:** Yes, the foundation for manifesting (**living your life**) is to be **deeply rooted in the present moment, in the dimension of being**. You have no Past and no future, no age or form. You are that conscious Awareness or presence. You're very alert, so present.

Presence, Consciousness, Alertness. Begin by Being present in awareness. And make this the most important thing. You are already resting in the fullness of life and being, in the Kingdom of Heaven-- all the rest is secondary. Then you are no longer dependent on the conditions--getting or not getting anything.

Alert passivity.

We get involved in these ideas and are unable to get behind them to experience the stillness of the Self. This cannot be done by force, for that creates resistance. This can be achieved only by alert passivity, by relaxing the mind by not thinking of anything in particular, and yet not losing awareness. [Doctrines of Recognition](#) Intro Jaideva Singh, p.29

Regarding meditation's defects: if your meditation sinks and becomes dull, revive alert awareness; if it scatters and becomes wild, relax deep inside. Yet, this should not be an intentional and forcible retrieval made by the usual meditating mind keeping watch. Be simply mindful not to forget the recognition of your true nature. *Dudjom Rinpoche*

Anthony on Intense Passivity [audio/text](#)

Tolle: Am I Aware [audio/text](#) *has: alertness*

2. When you're really present, the sudden **appreciation arises for whatever is manifested**. Accept what is already here given to you, what is already here and now, and let go of it all, and let everything you do be empowered by the Presence... by the images, affirmations and everything. *So use appreciation. Praise. Yes, Amen.*

3. Once you sense the power of presence, if you want to manifest something, then you may **use affirmations**. you may speak a sentence, a few words that point towards whatever you want to manifest. In a simple form: "I am filled with spiritual power." When you pray, or imagine, or visualize or affirm, then imagine that you have already received it, that it is already there in Reality, and not just going to be in the future.

PB Exercises for As-If, Creative Visualization and Affirmation.

After you have entered on the Short Path, fit themes for meditation will be those which turn away from the personal ego. You can meditate on the glorious attributes of God, or on the essential perfection of the cosmos, or on the utter serenity of the Overself, for instance.

4.4.65

We are to remind ourselves constantly of the greater truths, whether at home in our room or abroad in the public places. "Be still and know that I am infinite power" is one such truth. "Be still and know that I am infinite joy" is another. 4.6.150 *sL16*

The exercise is merely to **repeat one word silently on the inhalation and another word on the exhalation**. The two words must be such that they join together to make a suitable spiritual phrase or name. Here is one useful example: "**God Is.**" 4.6.105 *sl 14*

This exercise requires us to imagine the Divine as, first, all pervasive and everywhere present, unbounded and limitless, and second, the hidden origin of everything in the cosmos. 23.8.131 *sl16*

The mind must constantly give itself up to the idea of its own infinity. 24.4.82 *sl15*

That is a valuable meditation which, whether at odd moments or for fixed periods, returns again and again to dwell on the nature of the Overself and disregards all lesser topics. Such frequent remembrances and such fixed meditations become indeed a kind of communion and are usually rewarded sooner or later by a glimpse. 22.5.57 *s130*

The ego to which we are so attached turns out on enquiry to be none other than the presence of World-Mind within our own heart. If identification is then shifted by constant practice from one to the other, we have achieved the purpose of life. 8.1.127

4. Because the primary thing is to touch that-- to access that dimension within yourself and stay rooted in that dimension of being presence. That in itself is so fulfilling, that anything you can manifest becomes *The icing on the cake*.

And paradoxically, **whatever you can manifest out of that becomes of secondary importance.** And in between the statements, there is a space where you can sense power itself.

Jesus used the expression. "Seek the Kingdom of heaven. Everything else that you may think you that you need will be added unto you. Seek only the Kingdom of heaven. Everything else. Will be added unto you." *The Kingdom of*

Heaven, is the realization of being, the realization of that which transcends the person or the personality, the realization of being the *I am*, without adding anything to it.

When a person comes to their real senses, they will recognize that they have only one problem: "How can I come into awareness of, and oneness with, my true being?" For it is to lead to this final question that other questions and problems have staged the road of the whole life. This answered, the way to answer all the other ones which beset us, be they physical or financial, intellectual or familiar, will open up. Hence Jesus' statements: "Seek ye first the kingdom of heaven and all these things shall be added unto you," and "To them that hath [enlightenment] shall be given [what they personally need]." 1:1.130

You find the fulfillment in the present moment. again quoting Jesus-- he said **I want you to have *the fullness of life*. In other translations it's called *abundant life*.** Going beyond the sense of lack that is an inseparable part of the ego, you need to discover the fullness of life to use that expression, which is the fullness of being which is inseparable from the present moment. So when you go there, you can see that that abundant life that Jesus used. You can sense this abundant life in the present moment. When you want something in life the wanting is very different from the Egoic wanting. Because you no longer need it to be fulfilled or happy.

5. So the most Powerful way to manifest is the **feeling that it's already here**

Then there's also a sense of detachment from the outcome.

Whenever you pray for something believe that you have received it already.

sometimes it may not appear. Or it may also appear after a much longer time gap than you might have expected. Or something unexpected may appear.

Have no expectation, needs or want-- just the pure intention. Let go of the story, the narrative, the need, the want or the not want, or any of that.

Then you act on it--do your part. You are rooted in being in the now, and now you have your part to do. Feel your enthusiasm, your full intention, your valuing others, your compassion.

Expect the unexpected, even along with or from whatever you intended.

Intention without expectation. Willing not willful. Do your work and step back

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6. ET: In this manifested dimension, you feel the abundance of life and you see, and then you when you appreciate all the countless manifestations of life that are around you, or you go out into nature appreciate that all are manifestations of the aliveness of the universe, and there's an abundance in everything.

Sense the abundance of life, that is life itself and its power, and appreciate this abundance of life and the countless manifestations of life in nature and in you.

7. ET: in the doing dimension, don't lose touch with the being-- because if you lose touch with being, you're lost in doing, you're stressed and you're not effective anymore. If the ego identity is still there, then happiness, peace, calm, joy don't follow. And even if you achieve what you wanted to achieve through sheer willpower and hard work and stress. It will make you unhappy and make others unhappy. It's pointless.