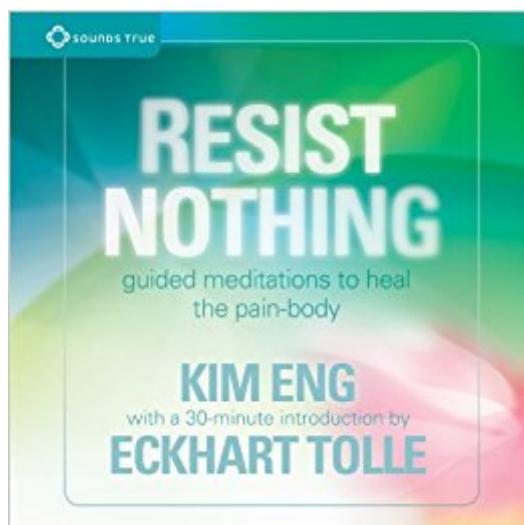


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# Resist Nothing: Guided Meditations To Heal The Pain-Body



## Synopsis

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

## Book Information

Audio CD: 2 pages

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## Customer Reviews

Kim Eng\_ is a counselor and spiritual teacher whose "Presence Through Movement" workshops focus on the integration of mind, body, and spirit. As Eckhart Tolle's teaching partner, she has helped translate his ideas into a structured practice. She is the author of *Meditations for a New Earth* (Sounds True, 2008). See [eckharttolle.com](http://eckharttolle.com).

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.

For those that have been identified with their pain and learned to push feelings away, these guided meditations are a wonderful tool. Kim gently guides with love and patience making the arising physical and emotional feels and pain to be ok. It is like having a friend with you telling you that it is alright to feel everything.

Eckhart Tolle is a true Spiritual teacher, genuine and yes, it sounds true. I persuaded my skeptical brother to try it, he kept it and gave me the money to buy another, and anything else I thought was good, he won't let go of it. I only listen to the 45 min. intro. by Eckhart, but my Brother thinks highly of Kim too.

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.

You have to listen to this CD. It will help you change the way you look at things and situations for the better.

I love this set of CDs. Kim's meditations have really helped me accept and love my own pain body. Realizing that we give words, stories and judgments to our emotions, I was able to let those go and just experience the raw motion. These CDs will continue to help me along my spiritual path.

This was for my husband and he loves it!

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