

IET and Eckhart Tolle's *A New Earth*

By Maria Peterson

This is a big year for consciousness changing and shifting. Eckhart Tolle's new book, *A New Earth*, is making a big splash on Oprah's Book Club and through Oprah's 10 week *A New Earth* web event program. Well over 10 million people participated in the web event program that she and Tolle offered. This is awakening more and more of humanity to awareness of self and soul presence. We are changing from letting past experiences mold our future, to letting our future flow from our essence, our soul. We applaud Tolle for his work and highly recommend that you read his book or listen to his [web event program](#).

In *A New Earth*, Tolle talks extensively of the need to heal what he calls "the pain body", so that we can shift our consciousness from past and future into the now. He says that an unhealed pain body can pull us out of the now and into the pain of our past or the fear of our future. This prevents us from awakening. What Tolle's calls the pain body is what we in IET call cellular memory. They are one and the same. Un-healed trauma suppressed in cellular memory is the pain body. Both Tolle and IET agree on the fact that we must heal the pain of our past and the fear of the future in order to claim our true purpose and our true power in the now.

Another parallel between *A New Earth* and IET comes from the Advanced Level technique of the Soul Star clearing. Tolle states "*The surrendered state of consciousness opens up the vertical dimension in your life, the dimension of depth.*" This is exactly what we are doing when we do a soul-star clearing. We are assisting our clients and students in creating a highway to the inner depth of an energy center that most people don't think, feel or know about. We are creating that vertical highway to bring that essence into their physical, emotional and mental bodies. We are building soul essence in such a gentle and loving way in the lives that they exist in now. We are putting them in direct touch with their soul essence.