

Journeys into Stillness

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Synopsis

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It's one thing to talk about different states of mind or higher levels of awareness. It's another thing entirely to *experience* a shift in consciousness beyond how we ordinarily perceive ourselves and the world around us. As Eckhart Tolle puts it, when it comes to the realization of Presence, *œwords are only pointers.* Scientifically studied, tested, and refined in the decades since Robert A. Monroe first created it in the 1950s, the audio technology known as Hemi-Sync® (or hemispheric synchronization) has become one of the most trusted, reliable tools to help us optimize brain states for a broad range of applications—including meditation, relaxation, creativity, sleep, concentration, and more.

With *Journeys into Stillness*, now for the first time you can experience the wisdom of Eckhart Tolle in tandem with the transformational power of Hemi-Sync audio guidance.

This three-hour program brings you 12 distinct tracks of soothing music and inspiring teachings with Eckhart:

Session One

1. More than meets the eye

2. Losing yourself

3. Who am I?

4. Your essential Self

Session Two

5. The depths of Presence

6. Comfortable with nothing

7. Deeper than happiness

8. Realizing the essential I

Session Three

9. Being the Presence behind the thinking

10. Becoming an instrument of Presence

11. Liberation from the self

12. Pure awareness

Find your favorite pair of headphones or earbuds and a quiet, comfortable place, and prepare for an illuminating and wholly unique immersion in the Now, with *Journeys into Stillness*.

Reader's comments

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