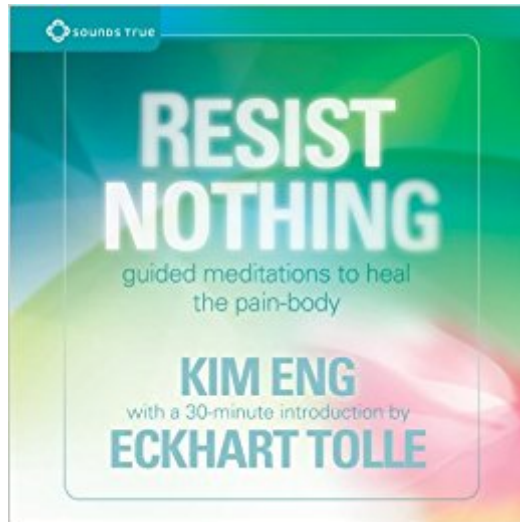




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Resist Nothing: Guided Meditations To Heal The Pain-Body



Synopsis

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

Book Information

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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.

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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pain treatment, ... pain relief, stretching, back pain Book 1) Heal Your Pain Now: The Revolutionary Program to Reset Your Brain and Body for a Pain-Free Life Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Psychosomatic Wellness: Guided Meditations, Affirmations and Music to Heal Your Bodymind Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Emotional Healing, Heal the Pain from Your Past: Sleep Learning, Guided Meditation, Affirmations & Relaxing Deep Sleep Bulletproof Your Knee: Optimizing Knee Function to End Pain and Resist Injury Chakra Breathing Meditations: Three Guided Practices to Unify Body, Breath, & Mind Yoga Body and Mind Handbook: Easy Poses, Guided Meditations, Perfect Peace Wherever You Are Increasing Wholeness: Jewish Wisdom and Guided Meditations to Strengthen and Calm Body, Heart, Mind and Spirit Freedom from Pain: Guided Practices to Overcome Physical Pain PAIN: SOFTENING THE SENSATIONS -- Deep Relaxation/Meditation, Guided Imagery Affirmations Proven to Relieve, Reduce, Manage Chronic and Acute Pain ... CD/Booklet) (Relax Into Healing Series) It's MY Body: A Book to Teach Young Children How to Resist Uncomfortable Touch (Children's safety series & abuse prevention) The Permanent Pain Cure: The Breakthrough Way to Heal Your Muscle and Joint Pain for Good (PB) (NTC Self-Help) Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence,& I.B.S, and Other Symptoms Without Surgery (All Other Health) Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence,& I.B.S, and Other Symptoms Without (All Other Health) Mindfulness Meditation for Pain Relief: Guided Practices for Reclaiming Your Body and Your Life

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