



The Beginning of Peace

A Monthly Newsletter by Sarah Granby

A New Earth

One of the things that I love about the media is its ability to get messages out to so many people so quickly. What I love about Oprah is that she uses this powerful vehicle to spread positive, uplifting news and ideas. Oprah has now chosen to do a free online class with Eckhart Tolle to study his new book [*A New Earth: Awakening to Your Life's Purpose*](#). His first book, *The Power of Now*, is packed with powerful information, but was a little too wordy and intense for me to digest. In reading *A New Earth*, I feel a little like a spiritual Goldilocks who has found just the right amount of spiritual enlightenment - not too intense, not too simple, but just right.

As I've mentioned in previous emails, my belief is that we must find peace on an inner level, then a community level and finally on a global level. What is so exciting to me about this class is that Oprah and Eckhart are leading thousands, if not millions on a journey deep into the soul where we have the prospect of finding true inner peace. Imagine the profound effect of literally hundreds of thousands of people studying this work together at the same time. WOW!

I've learned two things from reading *A New Earth*. First, although I have been reading about positive thinking and trying my best to do it for the past 10 years or so, I became shockingly aware of a parade of random thoughts and conversations that cross my mind every second of the day that I had *never* noticed before. *Never. Ever.* I couldn't (and still can't) believe that I didn't notice this before. It's like looking out your living room window and for the first time noticing that there is a clown school across the street with thousands of clowns dancing, shouting and wiggling past your window everyday. *How could you not have noticed that all these years?*

Though the realization has been shocking, the beauty is that I can now have more control over my thoughts. I was immediately able to consciously think about more positive and uplifting ideas in a way that I had never done it before. It also made my meditations better. All of a sudden a light went on about why one needs a mantra. I feel like I can see my thoughts running around like wild horses while I madly try to hold onto their backs. A mantra feels like giving me some reins - I'm still riding a wild horse, but at least I have a tool to help me train them.

My second "aha" moment was how often I'm not in the present moment. I actually find that concept really difficult - what exactly does being in the present moment mean? Well, now that I can perceive my thoughts a little more clearly, I can see how thinking about a conversation that *might* happen in the future or dwelling on the past probably isn't "being in the present moment." I'm still not totally sure about what truly being in the present is, but I

am getting clearer on what it's not, and I guess that's progress!

So if you are interested in reading this book and taking the free online class with Oprah and Eckhart, thereby joining "the largest classroom in the world" you still have time sign up at www.oprah.com before class starts on Monday, March 3 at 6:00pm. I look forward to hearing your thoughts, experiences and insights!
See you in class!

In peace,
Sarah

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