



# Resist Nothing: Guided Meditations to Heal the Pain-Body

*Kim Eng*

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

Why do our negative experiences seem to stay with us so persistently? It is because they are the fuel for what Eckhart Tolle calls the pain-body, an energetic field that actually feeds on toxic thoughts and emotions. Liberation from the pain-body is not about repressing or denying our thoughts. Instead, as Eckhart's teaching partner Kim Eng reveals, we must develop a complete receptiveness to all experience-rejecting nothing, judging nothing, and resisting nothing.

On *Resist Nothing*, Eckhart and his teaching partner Kim Eng present essential wisdom and practices for dissolving the pain-body. Beginning with a 30-minute exploration by Eckhart into the nature of the pain-body, you will then learn five of Kim's most effective guided meditations and on-the-spot practices for clearing blockages, releasing unhealthy attachments, and becoming fully present in any situation. Join them to learn:

- How the pain-body arises, what fuels it, and its role in the process of awakening
- Healing at the physical, emotional, and subtle levels-guided meditations from Kim Eng for relieving suffering with spacious awareness
- The Pointing Exercise-a key practice for dissolving our identification with the pain-body

Eckhart Tolle and Kim Eng teach that when we view the pain-body as a reminder to become more present, it can become a powerful ally in our awakening. With *Resist Nothing*, they offer an illuminating and practical program on one of the most important steps we can take on the journey to spiritual awakening.

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