



WHAT SHAPES MY THINKING

Eckhart Tolle

The Power of Now · A New Earth

Most of what we call doing is unconscious. Presence is what makes doing real.

CORE INSIGHT

Eckhart Tolle's central teaching is deceptively simple: the present moment is the only place where life actually happens, and most human beings spend very little time there. Instead, we live in the mental commentary — past regrets, future anxieties, the continuous narrative of the ego that interprets, judges, and defends. Tolle calls the accumulated weight of this unconscious thinking the pain body — a field of emotional reactivity that colours perception and drives behaviour without our awareness. Presence — the simple act of noticing that you are noticing — is both the diagnosis and the cure.

THE CONNECTION TO DOING · BEING

The quality of doing is entirely determined by the state of being from which it emerges. A conversation held from ego — from defensiveness, from the need to be right — produces a fundamentally different outcome than the same conversation held from presence. The words may be identical. The impact will not be. At the core of the youalreadyknow.de approach: before changing what leaders do, the invitation is to inhabit a different quality of being. Not as a spiritual exercise — as a practical foundation for every conversation, every decision, every relationship.

"Realize deeply that the present moment is all you ever have. Make the Now the primary focus of your life."

This is one of the thinkers whose work shapes how Rolf-Alexander Schimrock approaches leadership, awareness, and the relationship between inner growth and outer performance. Learn more at youalreadyknow.de