



Empowering your Spiritual Journey

The Empowerment Program

Here  Now  this Moment



The Hidden Gift

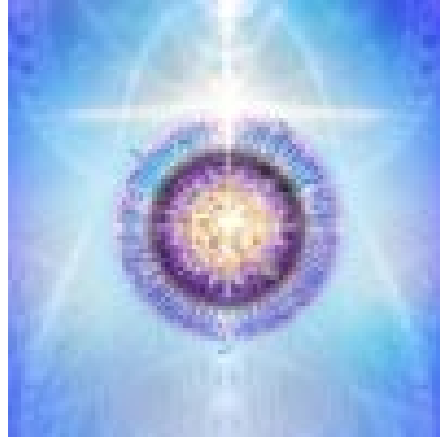
The following quotes are from Eckhart Tolle's books.
His books have Richard's Five Star Recommendation

***Whenever anything negative happens to you,
there is a deep lesson concealed within it,
although you may not see it at the time.***

*Nobody's life is entirely free of pain and sorrow.
Isn't it a question of learning to live with them
rather than trying to avoid them?
Wherever you are, be there totally.
If you find your here and now intolerable, and
it makes you unhappy, you have three options:
remove yourself from the situation, change it, or accept it totally.*

*The pain that you create now is always some form of non-acceptance,
some form of unconscious resistance to what is.*

*To complain is always
non-acceptance of what is.*



To offer no resistance to life is to be in a state of grace, ease, and lightness.

More on The Hidden Gift Part One:

<http://eempowerment.com/hidden.pdf>

The Hidden Gift in gift in discomfort

<http://eempowerment.com/discomfort.pdf>

The Hidden Value of lots of thoughts:

<http://eempowerment.com/thoughts.pdf>

“I feel like crap and I don’t know why”:

<http://eempowerment.com/symptoms.pdf>

How to shift from resistance to peace-of-mind:

<http://eempowerment.com/t2resistance.pdf>



Forward to share and to empower others

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