

**“I PROMISE YOU WILL LEARN HOW TO REDUCE THE NOISE OF YOUR PAST AND THE ANXIETY OF YOUR IMAGINED FUTURE WITHIN 29 MINUTES.”**

**Once learned it takes under 29 seconds to become peaceful alert in the present, anytime.**

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I am Professor [Richard Alan](#)  
Founder of The Empowerment Program and  
Publisher of The Empowerment Newsletter

And here is my story. . .

...**39 years ago** I began meditation and I never stopped... for about 25 years. I mean never stopped. I went overboard. I became fully present but not here... not in my body or even in my head.

Looking back, not being in my body sure beat being in my body with all my childhood pains. What I learned during that time that the big

game is to be here, present, in the body and fully functioning. I was not.

It took me years to get back into my body... into my heart. I have taught myself, the hard way, how to live the peaceful alertness of the present while engaged in daily challenges. I became a master at what works.

*It is my deepest desire to assist you to be fully present, living the life you choose. I will give to you the essence of everything I learned over the past 39 years in 29 minutes...* Getting started is easy and free: [Information](#)

**The Problem:** Every day, you are influenced or dominated by the noise of your past or the anxiety of your imagined future.

This problem persists because we relate to challenges from a mental position of fight or flight. This is the automatic trigger to most situations.

**What is now possible:** It is now possible to relate to your issues or circumstances with neither a fight nor flight response. It is possible to just be, to be present and peacefully alert.

It is possible for the charge associated with issues or circumstance to be neutralized. Here comes the good part...

**What makes my Empowerment Program different is...** you will learn how reduce the dominance and influence of the noise of your past and the anxiety of your imagined future... anytime by playing my Empowerment games...and mastering a few simple yet profound processes..

You will easily learn how to enjoy the peaceful alertness of the present. ..and this is just the beginning. [Begin now without charge.](#)

**I am easily accessible and can be reached at (619) 692-0238**

~ Richard Alan

P.S. My promise to you is that within 29 minutes you will easily learn how to access more of the peaceful alertness of the present. This can begin to give you a new opening to having what you want...

To order your Complementary Subscription to  
*The EMPOWERMENT Newsletter* and to learn how anyone can experience  
the peaceful alertness of the present anytime ...all free, [Click here](#)