



Empowering your Spiritual Journey

The Empowerment Program

Here  Now  this Moment

*Life itself has no opinion; life just 'is'.
...nothing in and of itself has any 'meaning'.*

~ David Hawkins, M.D, PhD. Author of *Reality and Subjectivity*



Thoughts

*If life just "is"; everything else is meaning added to what "is".
This understanding is designed to free you
to be and to do what is important to you.*

~ Richard Alan, *Empowerment & The Book of e-Games*

Having thoughts
are a natural part of the process

It is easy to shift from a mind full of thoughts to a mind full of peace. Shifting your relationship from something-is-wrong to nothing-is-wrong is as easy allowing everything to be as it is... and as it isn't. Please be aware...

Acceptance does not require denial...

~ David Hawkins M.D., Ph.D., author of Power vs. Force

Freedom of thought: A game would be to grant your thoughts the gift of existence, to allow thought freedom to be. Allowing means not to resist, resent, encourage or discourage.

*This "allowing to be" takes you
beyond the mind with its resistance patterns...*

~ Eckhart Tolle, The Power of Now

Observing thought: As you begin to be *the Observer* of thought, rather than interact or participate with it, you are left free to act on what is important to you. Consider that over 90% of all thoughts are from the static of your past or the anxiety of your imagined future.

*... focus on what is in front of you rather than letting the mind drift to
illusions we call the "past" and "future." Past is illusion.
Future is imagination. Now is real.*

~ Dan Millman, author of *The Way of the Peaceful Warrior*

It is no secret that trying to block out thoughts is not useful. This is because the opposite works. It's best to allow observation, without favoring either participation or non engagement.

Instead of endlessly dialoging with your thoughts say "yes" to life... get into life...participate in the journey called your life. If you need a reason to engage in life, do it for no reason other than for the love of the game. Say "yes" to the journey called your life. Begin to be and do what is important to you NOW.



*Enlightenment...
It means saying yes to what is.*

~ Eckhart Tolle,
a New Earth: Awakening to Your Life's Purpose

The Ego: one student's perspective:

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

From resistance to peace-of-mind:

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

On Discomfort:

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

"I feel like crap and I don't know why":

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

Forward with thought to Empower Others

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