



# *Empowering your Spiritual Journey*

## The Empowerment Program

Here  Now  this Moment

### On Courage

The following quotes are from David R. Hawkins, MD PhD book, *Transcending the Levels of Consciousness: The Stairway to Enlightenment*. This book has Richards Five Star Book Recommendation, as does his first book, *Power vs. Force*.

*The development of the capacity to align with a recognized truth rather than personal gain clearly separates truth from falsehood.*

*Thus, Courage represents conquering the fear of loss of gain as well as its replacement by long long-term rewards of truth.*

*Successful self-inquiry requires a realistic appraisal of the limitations of human development and tolerance for both ambiguity and the normalcy of being less than.*

*By the increase of spiritual power, the pay-off of the lower ego positions is rejected for the pleasure that is innate to their replacement by honesty and integrity.*

*Courage is the result of an act of the will by which the decision is made to accept inner honesty and integrity as axiomatic principals of life to be followed despite all resistances, temptations and obstacles.*

Other Topics: <http://www.eempowerment.com/topics.pdf>

**Permission granted to forward to anyone...**

Copyright 2007 Richard Alan All Rights Reserved. [www.eempowerment.com](http://www.eempowerment.com)  
You may make and distribute copies of this document in any media so

long as you do not charge for it, do not alter its content, and include this copyright notice.