





The Empowerment Program

*For You and for the Journey Called **YOUR LIFE***

Here  Now  This moment

The following was written by Don Cramer,
Empowerment Program Student, for the past 9 months

Richard's Empowerment Program addresses one of life's biggest problems: how to effectively cope in a world where "ego" is so completely dominant.

All day, thoughts come and go. They seem to bubble up from nowhere. We have thoughts of the future, causing feelings of fear, insecurity and anxiety. Other times the thoughts are memories of the past, causing feelings of inadequacy, tension, regret, or of feeling incomplete.

It's how we deal with our thoughts that make for a great life or one of being constantly edgy and uneasy.

The Empowerment Program provides new access to relate to all the static from the past and the anxiety from our future. By employing Empowerment Games (e-Games), Richard teaches numerous ways to get a new handle on our lives and to slowdown or stop the fear and anxiety that always seems to be around the next corner. He teaches how to live in the Present moment, and his teachings work.

There is a definite spiritual aspect to these teachings. When attempting to be and to relate with ego, we all require help and guidance from God, plus our angels and spiritual guides. You will not find any religious dogma in this program.

With Richard you will learn techniques that will enable you to almost instantaneously be in contact with your Spiritual Committee. As this occurs you will learn how to quickly be in the present moment. By this I mean to move yourself from thoughts of anxiety... for example... to just being present to what is before you. Richard teaches that living in the present can be achieved by your intention, and then uses his e-Games to help you make it happen.

The other thing that happens during Empowerment sessions with Richard is that he actually facilitates the removal of your resistances (fears and anxieties). This is a specific and special ability he has mastered over 30 plus years, and allows him to help students move with greater ease through letting go of old ways of thinking. An example would be frequently feeling anxiety about the future. As you go through the program you will find those anxious feelings will occur with much less frequency.

Finally, as you learn more advanced e-Games, you will master specific techniques that will allow you to build special mental templates to help you in all areas of your life. As this occurs you will notice that you are more in control of things. Projects that have been stalled will suddenly come to life. Tasks that you resisted will suddenly become easy to complete. It really does happen. Resistances do drop away. The mental static of your past and the anxiety of your future lose its dominant influence on you. It frees you to be and do what is most important to you.

The Empowerment Program is unique and is not in competition with any other program. If you have been on a path to elevate your consciousness, Richard's teachings will complement what you have already learned. If you're new to personal growth, I can't think of a better way to get started.

I am writing this from the perspective of being Richard's student for the past nine months. Each time I sit down with him I learn additional ideas and processes that forward my life. I find it to be quite extraordinary to wake up every day looking forward to what the day might bring. Thank you, Richard.

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