



# *Empowering your Spiritual Journey*

## The Empowerment Program

Here  Now  this Moment

### On The Ego

*Where the ordinary ego is programmed to 'getting',  
Spiritual intention now shifts to 'allowing'...*

The following quotes are from David R. Hawkins, M.D. Ph.D. book, *I: Reality and subjectivity* This book has Richard's Five Star Recommendation, as does his first book, *Power vs. Force*.

*All forms are perfectly just what it is at any given moment...  
Everything is already exactly as it is 'supposed' to be.*

*The actual Reality is not comprehensible to the mind. Everything at every second is already the perfect expression of its karmic potentialities....*

*When it is discovered that the source of ongoing pleasure is the Self, and not the self, the result is independence from the world.*

*Much judgmentalism arises from the posing the hypothetical, i.e. that people 'should' be different; however, if they could be, they would be.*

*Subjective pleasure/gain is the secret payoff of all desires, projected values and attractions.*

*The egos survival relies on the defect of truth because it is dependant on allegiance to falsity and illusion.*

*By understanding and accepting the nature of him ego, it is transcended and finally collapses and disappears*

*Each positionality is based on the presumption that its fulfillment will bring happiness. Thus nothing is really valued*

*aside from the illusion that it will bring that about.*

*With analyses, it becomes clear that it is not the “things” one is attracted to but primarily the ‘juice’ or pleasurable emotional gratification attached to them.*

*To choose to forgive by giving up the ‘juice’ of justified resentments and grudges disconnects all the associated thoughts...*

*All false identifications can be dropped in an instant with the willingness to surrender all mentalizations to God.*

*Resistance subsides when there is a clear understanding that what is being surrendered is not of intrinsic value but is instead imagined to be of value...*

*To de-energize it, it is only necessary to surrender the desire to God.*

...



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.

