





The Empowerment Program

*For you and for the Journey called **YOUR LIFE***

Here  Now  This moment

*My thoughts used to weigh heavily upon me,
until I became aware of the gap, no matter how small...*

~ Eckhart Tolle, *Finhorn Retreat: Stillness Amidst the World and The Power of Now*

Empowering Quotes

The following quotes are from Eckhart Tolle's books.
His books have Richard's Five Star Recommendation

***To offer no resistance to life is to
be in a state of grace, ease, and lightness.***

*To complain is always
non-acceptance of what is.*

*The pain that you create now is always some form of non-acceptance,
some form of unconscious resistance to what is.*

***Whenever anything negative happens to you,
there is a deep lesson concealed within it,
although you may not see it at the time.***

*Nobody's life is entirely free of pain and sorrow.
Isn't it a question of learning to live with them
rather than trying to avoid them?
Wherever you are, be there totally.*

*If you find your here and now intolerable, and
it makes you unhappy, you have three options:
remove yourself from the situation, change it, or accept it totally.*

**Realize deeply that
the present moment is all you ever have.**

Make the Now the primary focus of your life.

*When you are present, you can allow the mind to be
as it is without getting entangled in it.*

*As it is, I would say about 80 to 90 percent of
most people's thinking is not only repetitive and useless...*

The ego isn't wrong; it's just unconscious.

*When you observe the ego in yourself,
you are beginning to go beyond it.*

Don't take the ego too seriously.

When you detect egoist behavior in yourself, smile.

At times you may even laugh.

How could humanity have been taken in by this for so long?

Above all, know that the ego isn't personal. It isn't who you are.



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



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