

Empowering your Spiritual Journey

The Empowerment Program



On Fear

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

Survival fear is eliminated by the knowledge that one's ongoing survival is already determined and guaranteed by the Self and one's karmic inheritance, the exact time of death was already set at birth. (This statement tests "true" with kinesiology.) Realize also that no 'accidents' are possible in the universe.

A profound fact that eliminates fear is the realization that one's survival is actually maintained from moment to moment by the Self which is infinitely all powerful.

The Self is like one's inner grandmother who watches over a child so it does not forget to take a raincoat or forget to mail the rent check. God is not ominous but loving. Fears arise from the imagination.

To become loving brings an end to the fear of the loss of love, for lovingness engenders love wherever it goes.

Forward to Empower Others...

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