





# *Empowering Your Spiritual Journey*

## The Empowerment Program

Here  Now  This moment



### An introduction

**Empowerment includes a state of being present**, free from the dominance of the noise from your past, and of the anxiety of your imagined future.

**Empowerment leaves you in a state of peaceful awareness.** It does not change the world or your circumstances. It shifts your relationship to it. The moment you distinguish an illusion as an illusion, shift happens...It shifts from *it* running your life... *to you* using it to forward what you want.

**Mr. Wizard** is the first illusion you will distinguish...not conceptually... but experientially. *Mr. Wizard* is your inner voice. It pretends to be you, but it is not. It only appears to be interested in *your* comfort and security. It is not. It is only interested in *its* own survival.

*Mr. Wizard* has no interest in your personal or spiritual growth, yet it pretends to. It is a master at pretending to be you and doing what is for your own good. Fully experiencing this, frees you to fully live the journey called your life.

*What a liberation to realize that  
the "voice in my head" is not who I am.*

~ Eckhart Tolle

**This is where The Empowerment Program both begins and ends: here, now and in this moment.** You learn how to become more deeply anchored into the peaceful awareness of the present. You become freer to choose the direction of your journey. You become increasingly interested in what is for your highest and best, expressed in the highest way.

**Learning how to connect with your Guidance is the cornerstone of this first step.** It is my joy and delight to give you this gift.

**The Empowerment Program offers simple tools.** I call them Empowerment Games ([e-Games](#)). Each e-Game has been carefully designed to bring you to the present moment where you are free of the influence of the past or future. Each e-Game will benefit different areas of your life. 90% of what you learn is experiential.

*The journey toward Self-empowerment isn't based on knowledge, facts or information. It is the process of being here now in this moment while engaged in our active life*

~ Richard Alan, *Empowering your Spiritual Journey*  
The above quote was inspired by *The Finhorn Retreat: Stillness amidst the World* by the author of *The Power of Now*.

**You will become skilled at knowing and freely choosing what is for your highest good.** As you act on your choices, your e-Games will support you.

*The main difference between you and someone else is how you apply your power...what you create with your power.*

~ Don Miguel Ruiz, *The Mastery of Love*

**Step one is only the beginning.** The e-Games will assist you to experientially distinguish a second illusion... that "everything is wrong"... that it should be a different way.

**e-Games are designed for you to experience that everything APPEARS to be wrong and that in fact, it is all in divine order.** This experience, that is beyond understanding, frees you to make more authentic choices, to fully self-express in the face of your circumstances.

**Support continues throughout the program.** To discover inner purpose and to create direction for your life, you will learn your *Core Values* i.e. *Essence Qualities* and be given an opportunity to release and remove limiting beliefs.

*...happiness is not an external gain but an internal self-satisfaction so that at full maturity, gratification stems from what one has become, not from what one has or does.*

. ~ David R. Hawkins, M.D., PhD. *I: Reality and Subjectivity*

I am currently taking on new students. Your inquiry is welcome. [More information](#)



Richard Alan, Founder  
The Empowerment Program and *The Advanced Souls Support Group*  
Author, 39 years Advanced Consciousness Research

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