





Empowering your Spiritual Journey

The Empowerment Program

Here  Now  this Moment



Source: Beth & Neil

<http://www.newageselfhelp.com>

**So how do you get
your past out of your future?**

The first thing is to believe that your future is **entirely unpredictable** and then make a commitment to stop using your past experiences to predict it. It's okay to use your past to inform your future, but not to predict it.

Now granted, this is much easier said than done because you can't ever **stop** doing anything; you can only **start** doing something else.

We suggest you start getting very clear about what values you weren't experiencing in your past by exploring these "recurring" past experiences that you don't enjoy. Once you identify what you value that is missing for you in these experiences, you can then put all of your attention on ways to get more of this in your future.

Using the information about what you value most in life is how you use your past to **inform** your future. But first you have to believe that—since your future is unpredictable—it is possible for you to have what you value in the future.



Discovering Outer Direction

If you don't know what you're passionate about, try asking yourself these questions:

- 1. What brings me the greatest joy?*
- 2. How do I most like spending my time?*
- 3. Who is the person I admire most in the world?*

Your answers to these questions will give you clues to what you are passionate about. When you learn the answer to these questions—and

get to the core of what you're passionate about—you can begin discovering ways you can experience more of these things in your life.

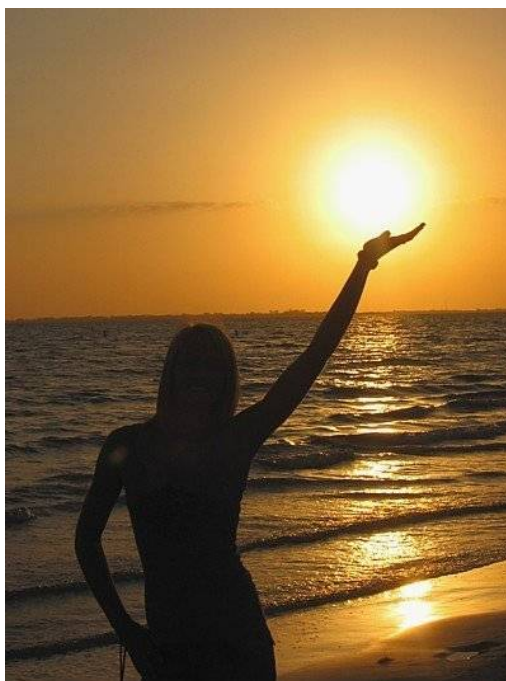


Self-Confidence

“Awareness of your personal values helps you avoid feeling confused, and avoid the stress that comes along with that confusion...”

“We’ll make a rather bold assertion here that most of the distress people feel is a direct result of not being clear about what they most deeply value, and then behaving in ways that are contrary to these undiscovered values.

“We can’t emphasize this enough and will actually bring it up again and again: understanding your personal values and living in harmony with them is key to a life of healthy self-appreciation, good self-esteem, and a strong sense of self



*“In the measurement world, we set a goal and strive to achieve it.
In the universe of possibility, we set the context and let life unfold.”*

~ B. Zander, The Art of Possibility

Start creating big picture intentions instead of focusing on just one particular outcome.

The kind of intention we’re talking about expresses the values or quality of life you want to experience, while a specific outcome describes particular people, actions, and set time frames required to accomplish something.

This needs to circulate forever...

Visit www.eempowerment.com