





Empowering your Spiritual Journey

The Empowerment Program

Here  Now  this Moment



How to bi-pass the mind and thinkingness

A Way Out

The following quotes are from David R. Hawkins, M.D. PhD book, *The Eye of the I: From Which Nothing is Hidden*. This book has *Richards Five Star Book Recommendation*, as does his first book, *Power vs. Force*.



*In listening to one's thoughts,
one realizes one is just listening to ones programming.*

*The primary defect of the mind is not only its content,
usually irrelevant or in error, but it also has
no means of telling truth from falsehood.*

One does not have to destroy the ego or work on it.

*The ego is neither good nor bad nor the enemy,
but merely an illusion to release so that
something far better can replace it.*



*...the way out is not to try to eliminate
the negative but instead to choose and adapt the positive.*

Gratitude as a way out:

<http://www.eempowerment.com/qbr.pdf>

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

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