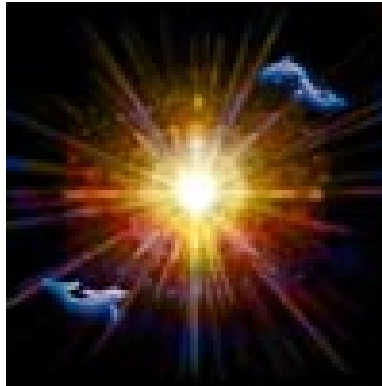




Empowering Your Spiritual Journey

The Empowerment Program

Here ✨ Now ✨ This Moment



Peace of Mind

*Discomfort is resistance.
Resistance is discomfort.*

*Peace of mind comes from not wanting to
change others, but by simply accepting them
as they are. True acceptance is always
without demands and expectations.*

~Gerald G. Jampolsky, *Love is Letting Go of Fear*

Introduction: It is human to react to resistances. It is uncomfortable. It is human to always be in and around resistance. Chances are you'd rather this not be the case, but it is the way it is.

We all have our own different points of view and positions about what happens. The lenses we have over our eyes are generally tinted by our history, our environment, our education, etc., projecting what *appears* to be.

A good approach would be to recognize *that what appears to happen and what appears to be* has as much right to exist as you. On one level, all discomfort is energy solidified. In essence it is all One. This explains why it is o.k. to allow everything to be as it is. This means you are o.k. exactly the way you are...me too!

The good news is...within everything negative is a miracle waiting to be uncovered. What you are continuing to resist remains with you, serving a specific function. Its purpose is for you to learn something specific. Once you get it, it disappears.

I know I'm not seeing things as they are, I'm seeing things as I am.

~Laurel Lee

O.K., you don't have a clue why the same resistances keep showing up over and over again, year after year, in different forms. The discomfort is your lesson to learn, and it will keep showing up until you get past it.

*I have learned silence from the talkative,
tolerance from the intolerant
and kindness from the unkind.
I should not be ungrateful to those teachers.*

~Kahlil Gibran

The moment you begin to offer no resistance to any upset, it begins to disappear. The moment you get completely present, it disappears.

*You cannot cause a shadow to disappear by trying to fight it...
in order to cause a shadow to disappear, you must shine light on it.*

~Shakti Gawain

How do you do that? [e-Games](#). One place to start is with *The e-Lens Games*.

*A reasonable way to give up your limitations is
to be willing to stop arguing for them. An
un-reason-able solution is to give up your right to be right.*

~Richard Alan, *The Empowerment & The Book of e-Games*

The good news is that now you can notice that most of the time you are looking at people, events and circumstances with your own particular set of glasses. The person standing next to you probably sees exactly what you see in a different way...shaped by his/her own unique life experiences. By appreciating that we all wear different tinted lenses over our eyes, it frees us up to be ok with *what is* and *what appears to be so*. *Thank You for that*. There is nothing you need do with this awareness, other than to express the gratitude hidden within the words of *Thank You for that*.

Here is how to play The Highest and Best e-Lens Game: Every time you notice that you are being influenced by resistance, think...this too is for my highest good. Thank You for that.

Even though I don't have a clue why, this too is for my highest good. Thank You for that.

The Hidden Gift:

<http://eempowerment.com/hidden.pdf>

Even though you may not understand why or how, in truth and on some level, all experiences are for our highest and best good. The issue then becomes; *how are you relating to* what is for your highest and best good?

*It is immaterial whether your life is easy or difficult at this time.
Every experience in the world of matter is an alchemical blessing,
for it is through the tensions of your spiritual evolution
in the worlds of matter that you create mastery.*

~Tom Kenyon

How to play IT for the love of the game

<http://eempowerment.com/2it.pdf>

Want some more

[Gratitude](#)

The Advanced Soul Support Group

<http://eempowerment.com/souli.pdf>

Picture by Daniel Holeman

<http://www.danielholeman.com/epostcard.html>

Forward and share Peace of Mind with others...

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