





Empowering your Spiritual Journey

The Empowerment Program

Here  Now  this Moment

The Present

The following quotes are from Eckhart Tolle's books.
His books have Richard's Five Star Recommendation

***Realize deeply that
the present moment is all you ever have.***

Make the Now the primary focus of your life.

*When you are present, you can allow the mind to be
as it is without getting entangled in it.*

*As it is, I would say about 80 to 90 percent of
most people's thinking is not only repetitive and useless...*

The ego isn't wrong; it's just unconscious.

*When you observe the ego in yourself,
you are beginning to go beyond it.*

Don't take the ego too seriously.

When you detect egoist behavior in yourself, smile.

At times you may even laugh.

How could humanity have been taken in by this for so long?

Above all, know that the ego isn't personal. It isn't who you are.

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

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