





Empowering your Spiritual Journey

The Empowerment Program

Here  Now  this Moment
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On Security and Serenity

The following quotes are from David R. Hawkins, M.D. Ph.D. book, *I: Reality and Subjectivity*. This book has Richard's Five Star Book Recommendation, as does Dr. Hawkins first book, *Power vs. Force*.

Life itself has no opinion; it just 'is'.

*Life,
like light,
is innately formless and
beyond preference, resistance, or reaction.*

*Detachment from positionalities, and especially
the positionalities occasioned by labeling, leads to security.*

*Greater serenity arises from relating to the context of life rather than to
the content which is primarily a game board of interacting egos.*

*With a broad view, one can remain unperturbed by either the content or
the context of life. This requires giving up judgments, expectations, or
'sensitivities'.*

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

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