





The Empowerment Program

For You and for the Journey Called *YOUR LIFE*

Here  Now  This Moment

You keep doing the same thing expecting different results. . .

Maybe they were right. Maybe this is the definition of insanity i.e., expecting different results without doing something different. The first step to sanity can be . . . acceptance of WHAT IS SO or WHAT APPEARS TO BE.

*Sometimes the road
to success is
not a road.*

~ Outward Bound Wilderness
Outward Bound Wilderness.org



Surrender

This can also occur by giving up your right to keep pushing, struggling and manipulating. Gently, you can automatically begin dropping into surrender. This creates a new access for the *mystery of life* to take over and to work for you in unimagined ways. It allows your Spiritual Committee to take a more active role in the journey called your life.

You have successfully gotten to this point in your journey . . .

with a head full of inherited or borrowed beliefs and concepts. Nothing is wrong here. You made it. There is nothing to change or fix. It is your life. You have a right to do it your way. You have a right to your humanity, to own, and to express your uniqueness.

***Faith is an oasis in the heart
which can never be reached by the caravan of thinking.
I know one thing more than you. I know nothing...
Imagination is more important than knowledge.***

~Einstein

You are humanly perfect . . .

In fact every-one is *humanly perfect*. Every-thing is *divinely perfect*. It is not *conceptually perfect*. Life seen from a high position or point of view is perfect. This means life is perfect as it is, and as it is not. Even if you do not accept what APPEARS to you. It is all perfect.

The first rule is to keep an untroubled spirit. The second is look things in the face and know them for what they are.

~Marcus Aurelius, *Meditations*

From your limited viewpoint. . .

based on your limited inherited beliefs and concepts, your life is far from conceptually perfect. In fact, evidence proves the world is far from perfect. The good news is it is perfect. Nothing is wrong. It only APPEARS that way.

*What you see is evidence of what you believe.
Believe it and you'll see it.*

~ Dr. Wayne W. Dyer

Choosing the perfection that life is, over your borrowed and inherited beliefs. . .

is the point where surrender begins. Favoring giving up everything in your head and favoring the life present in your heart is where shift begins. It is where new life begins. It is where life is . . . It is here, now, and in this moment.

*More and more, though, I'm coming firmly to believe it's more about
what we don't do, what we let go of and allow.*

*I can see in my own life how I used to work and try so darn hard,
and now as I let go into the life that wants to live me,
a path opens effortlessly and the invisible forces are marshaled.*

~ Rebecca

More on Surrender:

<http://eempowerment.com/surrender1.pdf>

<http://eempowerment.com/surrender2.pdf>

<http://eempowerment.com/surrender3.pdf>

<http://eempowerment.com/surrender4.pdf>



My Lord God,

*I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.
Nor do I really know myself,
and the fact that I think
that I am following your will
does not mean that I am actually doing so.
But I believe that the desire to please you
does in fact please you.
And I hope I have that desire in all that I am doing.
I hope that I will never do anything apart from that desire.
And I know that if I do this
you will lead me by the right road
though I may know nothing about it.
Therefore will I trust you always,
though I may seem to be lost and in the shadow of death.
I will not fear, for you are ever with me, and
you will never leave me to face my perils alone.*

~ Thomas Merton, *Thoughts in Solitude*

*No matter how long your journey appears to be,
there is never more than this:
one step, one breath, one moment - now.*

~ Eckhart Tolle, *The Power of Now and
The Finhorn Retreat: Stillness Amidst The World*

Picture by Daniel Holeman

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

Forward and share to Empower with others ...

Copyright 2007 Richard Alan All Rights Reserved www.eempowerment.com

You may make and distribute copies of this document in any media so long as you do not charge for it, do not alter its content, and include this copyright notice.