



The Empowerment Program

For you and for the Journey called **YOUR LIFE**

Here  Now  This moment

*My thoughts used to weigh heavily upon me,
until I became aware of the gap, no matter how small...*

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

Eckhart Tolle: Empowering Quotes

The following quotes are from Eckhart Tolle's book, *Finhorn Retreat: Stillness Amidst the World*. This book has Richard's Five Star Recommendation, as does his first book, *The Power of Now*.

You are the sky.
*The clouds are what happens,
what comes and goes.*

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

*When you are present in this moment,
you break the continuity of your story,
of past and future.*

You allow everyone to be as they are.
*You don't need to change the other; you don't need them
to behave differently so that you can be happy.*

*Only when the fleeting of all forms are recognized and
accepted can the world be accepted ...
can the world be enjoyed for what it is...the divine play...*

Eckhart Tolle: Empowering Quotes 2: <http://www.eempowerment.com/tolle.pdf>

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

Permission granted to forward to anyone...

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.

