



Empowering your Spiritual Journey

The Empowerment Program

Here  Now  this Moment

Part 3

Stillness Speaks



The following quotes are from
Stillness Speaks by Eckhart Toole

All of Tolle's Books and CD'S have
received Richard's Five Star Recommendation

Words are no more than signposts

Become at ease with the state of "not knowing."...

*The Truth is far more all-encompassing than
the mind could ever comprehend.*



This one moment—Now—is the only thing you can never escape from...
*Since there is not escape from the Now, why not welcome it, become friendly
with it...When you make friends with the present moment, you feel at home...*

***The present moment is as it is.
Can you let it be?***

*When the Now is the foundation and primary focus of your life,
then your life unfolds with ease.*



***The truth is
you don't have a life, you are life.***

*As you go about your life,
you can be the awareness in which
the entire content of your life unfolds.*

*By knowing yourself as the awareness
in which phenomenal existence happens, you become free...*

*When you completely accept this moment,
when you no longer argue with what is, the compulsion to think
lessons and is replaced by an alert stillness.*



***Surrender comes when you no longer ask,
"why is this happening to me?"***

*Even within the seemingly most painful situation is
concealed a deeper good, and within every disaster is
contained the seed of grace.*

***Acceptance of the unacceptable is
the greatest source of grace in this world.***

***Sometimes surrender means trying to
understand and becoming comfortable with not knowing.***

When you surrender, your sense of self shifts from being identified with a reaction or mental judgment to being the space around the reaction or judgment.

Wherever you accept completely will take you to peace, including the acceptance that you cannot accept, that you are in resistance.



Leave Life alone. Let it be.

*When you pronounce judgment upon someone...
You give them a conceptual identity...*

If her past were your past, her pain our pain, her level consciousness your level of consciousness, you would think and act exactly as she does. With this realization comes forgiveness, compassion and peace.

***Without the conceptual barriers,
love is naturally present...***

Far more important than what you are listening to is the act of listening itself, the space of conscious presence that arises as you listen. That space is a unifying field of awareness...without the separate barriers...

*Human interaction can be hell.
Or it can be a great spiritual practice.*

*When you appreciate an object for what it is,
when you acknowledge its being without mental projection,
You cannot not feel grateful for its existence.*

*...acknowledge their being
by giving your full attention.*



*Nothing that happens is an isolated even;
it only appears to be.*

*...the totality of life has brought this event about. It is all a part of
the web of interconnectness... This means whatever is
could into be otherwise.*

*...inner acceptance of what is and thus
a realignment what the wholeness of life.*

***True freedom and the end of suffering is
living in such a way as if you had completely
chosen whatever you feel or experience in this moment.***

***Situations don't make you unhappy. They may cause you physical pain, but
they don't make you unhappy...Your interpretations, the stories
you tell yourself make you unhappy.***

*When you are suffering, when you are unhappy, stay totally with what is Now.
Unhappiness or problems cannot survive in the Now.*

*Suffering begins when you mentally name or label a situation in
...Naming something as bad causes an emotional contraction within you as
some way as undesirable or bad.*

*This is the miracle: behind every condition or situation that appears "bad" or
"evil" lies concealed a deeper good.*

[Stillness Speaks: Part One](#)

[Stillness Speaks: Part Two](#)