





Empowering your Spiritual Journey

The Empowerment Program

Here  Now  this Moment

A dialogue:

Accept what is

I truly cannot. I'm agitated and angry about this.

Then accept what is.

Accept that I am agitated and angry? Accept that I cannot accept?

*Yes. Bring acceptance into your non-acceptance.
Bring surrender into your non-surrender. Then see what happens.*



Empowering Quotes

Stillness Speaks and all of Eckhart Tolle's Books and CDs have Richard's Five Star Recommendation



Doing one thing at time means
to be total in what you do, to give it
your complete attention. This is
surrounded action—empowered action.

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

Any disturbing noise can be as helpful as silence.
How? By dropping your inner resistance into the noise,
by allowing it to be as it is, this acceptance also
takes you into that realm of inner peace that is stillness.

You don't have to do anything.
With awareness comes transformation and freedom.



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

When you completely accept this moment,
when you no longer argue with what is,
the compulsion to think lessons.
It is replaced by an alert stillness.
You are fully conscious,
yet the mind is not
labeling this moment in any way.



Surrender is *surrender to this moment, not to a story through which you interpret this moment and then try to resign yourself to it.*

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

Surrender, one could say is *the transition from resistance to acceptance, from “no” to “yes.”*

The equivalent of external noise is *thinking. The equivalent of external silence is inner stillness.*



Whenever there is some silence around you---*listen to it... See that in the moment of noticing the silence around you, you are not thinking. You are aware, but not thinking.*

When you become aware of silence, *immediately there is that state of inner still awareness. You are present.*

Becoming aware of awareness is *the arising of inner stillness.*

*Whenever you deeply accept this moment as it is –
no matter what form it takes—you are still, you are at peace.*



*By giving your full attention to this moment,
an intelligence far greater than the egoic mind enters your life.*

*Notice how present a flower is,
how surrendered to life.*

*Have you noticed how deeply peaceful it is?
How it is surrounded by a field of stillness?
The moment you become aware of a plant's emanation of
stillness and peace, that plant becomes your teacher.*

*Watch an animal, a flower, a tree, and
see how it rests in Being. It is itself.*

Stillness Speaks Part 2:
<http://eempowerment.com/stillness2.pdf>

Eckhart Tolle
PowerPoint Video on Stillness:
<http://www.youtube.com/watch?v=TAulJ38CjfU>

Experience Stillness
[every Tuesday for 29 minutes](#)

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Forward to share Stillness

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