



Empowering your Spiritual Journey

The Empowerment Program

Here  Now  this Moment

Part 2

Stillness Speaks

by Eckhart Tolle...

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

Empowering Quotes



Just be receptive to the stillness that is already there, but is obscured by mental noise

If stillness is there, it can contain anything.

... listening is a rare skill.

Human interaction can be hell.

Or it can be great spiritual practice.

...true listening goes far beyond auditory perception.

It is arising of alert attention, a space of presence in which the words are being received. The words now become secondary.



*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 them your full attention.*

*Death is not the opposite of life. Life has no opposite.
The opposite of death is birth. Life is eternal.
When you see and accept the impermanent nature of all life forms,
a strange sense of peace comes upon you.*



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

*Yet the totality of life has brought this event about it is a
part of the web of interconnectedness that is the cosmos.*

*This means:
whatever is could not be otherwise.*

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

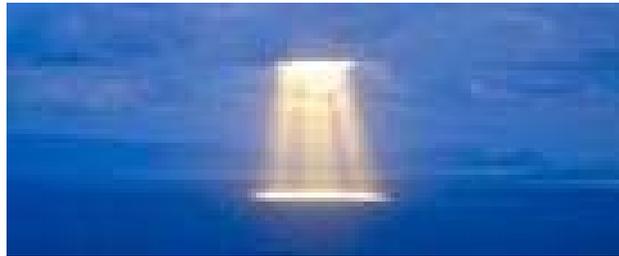


*True freedom and the end of suffering is living in
such away as if you had completely chosen whatever
you feel or experience at this moment.*

***This inner alignment with Now is the end of suffering.
Suffering is necessary until you realize it is unnecessary***

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

*Watch what happens when you don't name
an experience as "bad" and instead bring an inner acceptance,
an inner "yes" to it, and so let it be as it is.*



***This is the miracle:* behind every condition,
person or situation that appears "bad" or "evil"
lies conceals a deeper good That good reveals itself to you—
both within and without—through the inner acceptance of what is.**

Eckhart Tolle

PowerPoint Video on *Stillness*:

<http://www.youtube.com/watch?v=TAulJ38CjfU>

Stillness Speaks Part I:

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

The EMPOWERMENT Newsletter

[Complementary Subscription](#)

Forward to share and to empower others...

Copyright 2007 Richard Alan All Rights Reserved <http://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
you include this copyright notice.