

Self-Empowerment

Spring 2008

The newsletter dedicated to nurturing personal development

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\$PENDING TIME

The phrase *spending time* (as if it is money) can raise a few questions: How much time do I have? How do I spend my time? Do I invest my time wisely? Do I waste time unprofitably? Do I earn interest on time well invested?

A few years ago I attended a time management workshop. My judgement was that the “teacher” did not have a very good relationship with time. He seemed to be under the impression that there is never enough of it, and that we are engaged in a battle to get things done without “running out of time.” He was at war with time.

Despite my ambitious workload and various commitments, I feel relatively comfortable with my time management skills. It seems to me that I do everything that I value as important, and can usually let go of (not suffer over) the things that do not get handled. I make sure that I accomplish the things that are most important to me.

Before I ever read Eckhart Tolle’s book *The Power of Now* and Stephen R. Covey’s *The 7 Habits of Highly Effective People* I had an inkling of the importance of utilizing the present moment to its best use. I valued efficiency, clarity and integrity, so they became fundamental to my strategy for time management.

I continue to be a pretty good time manager, despite the occasions when I feel overwhelmed or overcommitted. Those experiences are opportunities to become clearer about what is truly important. Those are the times when I need to get quiet and listen for inner guidance. Are my choices “on the beam” or merely distractions? Am I spending time wisely or just “killing” time?

Only the Present is Real

Mystically speaking, only the present moment is Real, with a capital R. We all have memories of the past and imaginings of the future, but the present moment is the only point of power in which anything can actually be felt or done.

So what’s the deal with “spending time” as if there is a quantity of it? It’s an issue of language, the words we use to describe our experience. Language would

seduce us to believe that there is a set number of hours per day, week, month, and year to accomplish our goals. It can be a “costly” mistake to fall for that concept. We only have NOW.

When I make plans for the upcoming week, month, or year, it is important that I periodically review those choices to see if they are consistent with where I am NOW. Staying in balance and being true to the best that I know in the moment takes precedence over following through on old plans. The old plans were made in a different context, and may now require revising due to different circumstances.

2008 Plans

I have made two new major commitments that will affect a number of my activities in 2008.

I have signed up for a year-long training with Candace & DavidPaul Doyle (TheVoiceForLove.com) and I plan to work on a book that is itching to be written.

Considering how much I value staying in balance with family, work, and other activities, I considered various options concerning the continued publication of the Self-Empowerment newsletter. I do not want to stop publishing this newsletter, yet the amount of time that goes into the publication of the six-page newsletter might be too difficult to manage in a healthy way. I have therefore decided to publish a slightly shorter newsletter for the current year. As the year unfolds, I will be able to determine how well that is working. Of course, your feedback is welcome on this subject. If you would like to submit any articles or creative writings for future issues, now would be a great time.

So what shall I do with all the Now moments of the coming year? Here’s a partial list in alphabetical order – communicate, create, eat, heal from whatever comes up for healing, meditate, read, relax, sleep, study, work. I won’t bother making a chart of how much time to spend on each. There is a movement from within that leads me from one activity to another with as much grace as can be mustered.

I am reminded of the song written by Pete Seeger as adapted from the Bible’s Book of Ecclesiastes:

AN INVITATION

From best-selling author Eckhart Tolle

"Why write another book?" a friend of mine commented when I told him I had just started writing *A New Earth*. "What else can you possibly say that you haven't said already in *The Power of Now*?"

I could see his point. Countless people from all over the globe had been writing in to tell me that reading *The Power of Now* had been a life-changing experience for them. So why was I writing another book?

The process began in the same way as it had with *The Power of Now*, a strong sense that there was a book that wanted to be written. It felt almost as if the book already existed in the unmanifested realm and wanted me to bring it into this world. Many times in my life, it has been my experience that the most powerful starting point for any endeavor is not the question, What do I want?, but What does Life (God, Consciousness) want from me? How do I serve the whole?

Already in the early stages of writing *A New Earth*, I realized that, although the same essential truth was being expressed (or rather pointed to) as in *The Power of Now*, this truth was being approached in a very different way. It was pointed to through narrative rather than dialogue, and although it was expressed powerfully, it was approached less forcefully, somewhat more gently. And the teaching had been evolving. Some of the new perspectives and helpful pointers that had spontaneously arisen in hundreds of talks and teaching sessions I had given all over the world during the seven years after *The Power of Now* was first published became incorporated into the new book. But there was also an added sense of urgency, a realization that what the planet and humanity need most is a shift in consciousness, a spiritual awakening. Without it, we perpetuate the insanity of the past (which we can see most clearly in the history of the 20th century) or, at best, we only treat the symptoms of the disease, not the underlying cause. The disease, of course, is the collective dysfunction of the egoic mind.

Although *The Power of Now* reached far more people than I ever thought possible, I realized, even as I was writing *A New Earth*, that the new book would make the teaching, without diluting it, accessible to an even wider audience, including the many people who perhaps would not have dreamt of reading a spiritual book but have within them an unrecognized longing for spiritual awakening. With Oprah's support and blessings, this wider audience is now being reached. I

would like to take this opportunity to thank Oprah for her enormous contribution to the awakening of humanity and the arising of a new earth.

I invite you to join Oprah and myself in our weekly online sessions. We will be studying *A New Earth*, but not as an academic subject or in order to acquire new theories or beliefs. Our aim is to explore through the teachings of the book the most important question you can ask: What is the purpose of my life and how do I fulfill that purpose? It will be a course in self-exploration and awakening. It will help you see what the dysfunctional patterns are within yourself that create unnecessary conflict and suffering and prevent you from finding true fulfillment. Hopefully, it will also help you access a dimension within yourself that perhaps you didn't know existed or only caught glimpses of on rare occasions. Don't be trapped for the rest of your life within the narrow confines of your personal history and your conditioned personality and allow your life to be transformed from within, through the power of consciousness itself.

Eckhart Tolle

Are you ready to be awakened?

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Thank you, Oprah and Eckhart, for bringing hope and peace to millions.

Daily Word

*With enthusiasm, I reach for the stars
and accomplish the miraculous.*

Enthusiasm is the spiritual energy that inspires me to move forward with my dreams and goals. It springs forth from within me, urging me into action.

When I am impassioned about accomplishing a goal, I feel energized from within and eager to fulfill my heart's desires.

There may be occasions, however, when I feel discouraged or perceive there are obstacles in my path. Through prayer and with the enthusiastic encouragement of others, I am challenged to see through these misperceptions and move ahead with eagerness and confidence.

Enthusiasm is a spiritual force that compels me to reach for the stars and accomplish the seemingly miraculous, which all along has been possible for me to achieve.

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SPRING FUNDRAISER

Each Spring I remind my readers that it is time for the financial support of this newsletter. Readers are encouraged to send a voluntary contribution to help cover the cost of publication.

This is a golden opportunity to say "yes" to the cycle of Giving and Receiving. Take a minute to write a check payable to "Agape Interfaith Ministries" or feel free to send a book or two of postage stamps, which also give great support.

Your help truly does make a difference. Whether you send \$5 or more, every bit of support makes this sharing of inspiration possible.

Thank you for your support!



Today
is the tomorrow
you worried about yesterday.

Don't worry,
Be mindful!



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