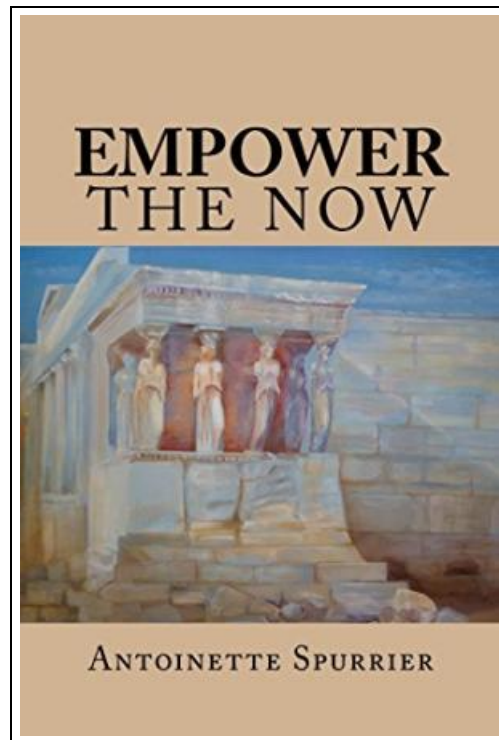


## Empower The Now



Filesize: 4.1 MB

### ***Reviews***

*Completely one of the best ebook I actually have possibly study. It can be writter in simple phrases and not confusing. You can expect to like the way the author write this book.*

*(Josefa Ebert)*

## EMPOWER THE NOW



Antoinette Spurrier. Paperback. Condition: New. 140 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. In this companion book to *Creating Deliberate Happiness: The Complete Guide*, author Antoinette Spurrier asks you to remember that you are a spiritual creature, first and foremost, and that this is the source of your great power. The journey toward reclaiming this identity, she writes, requires recognizing that you are always connected to Spirit and as such, possess a vast inner power radiant in its potential to create, inspire, and lead you to deliberate happiness. Achieving this sense of empowerment means making yourself a creative actor in your own life. Spurrier describes spiritual principles along with practical approaches and techniques—journaling, meditation, affirmations—that can help transform any feelings of impotence, aloneness and deficiency into a strong sense of your own value. She analyzes other primary obstacles to empowerment, most notably the individual's lack of awareness of humanity's dual nature as a Limited (human) Self, and Eternal (spiritual) Self. And she offers effective tools and many specific affirmations that can help to resolve conflicts between these two selves and eventually can lead you to integrating into a whole and empowered human being, who you truly are. Consistently applied, such techniques will lead to greater self-knowledge, self-claiming, and self-love. *Empower The Now* closes with a sacred invitation to journey toward the direct experience of touching the face of the Infinite in whatever conceptualization you may attach to that experience. This is the fifth in a series of shorter books that distill the wisdom, practical techniques and effective tools described in much greater detail in Spurrier's *Creating Deliberate Happiness: The Complete Guide*. Each smaller book revolves around a theme developed in *Creating Deliberate Happiness*, but is not meant to replace the larger book with its detailed analysis of the background to these...



[Read Empower The Now Online](#)



[Download PDF Empower The Now](#)

## Related PDFs



**Kidz Bop - A Rockin' Fill-In Story: Play Along with the Kidz Bop Stars - and Have a Totally Jammin' Time!**

Adams Media. PAPERBACK. Book Condition: New. 144050573X.

[Save eBook »](#)



**Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .**

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This historic book may have numerous typos and missing text. Purchasers can usually...

[Save eBook »](#)



**Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)**

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Klara is a little different from the other...

[Save eBook »](#)



**The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds**

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds, Nicola Baxter, Geoff Ball, This is a super-size first reading book for 3-5 year...

[Save eBook »](#)



**California Version of Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package**

Pearson, United States, 2015. Loose-leaf. Book Condition: New. 10th. 249 x 201 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies...

[Save eBook »](#)

**The Official eBay Guide: To Buying, Selling and Collecting Just About Everything**

Simon & Schuster Ltd. Paperback. Book Condition: new. BRAND NEW, The Official eBay Guide: To Buying, Selling and Collecting Just About Everything, Laura Fisher Kaiser, Michael Kaiser, Omidyar, Pierre, HAPPY HUNTING(TM) ON eBay Aunt Fannie's

[Download ePub »](#)

**Anything You Want: 40 Lessons for a New Kind of Entrepreneur**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Anything You Want: 40 Lessons for a New Kind of Entrepreneur, Derek Sivers, Anything You Want is Derek Sivers' iconic manifesto on lessons learned while becoming

[Download ePub »](#)

**Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]**

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to

[Download ePub »](#)

**Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!**

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford s post The Day I Stopped Saying Hurry Up was a true phenomenon on

[Download ePub »](#)

**You Wrong for That**

Time Warner Trade Publishing, United States, 2006. Paperback. Book Condition: New. Reprint. 168 x 106 mm. Language: English . Brand New Book. After leaving her cheating husband, Rhea thinks she ll be alone forever. Then,

[Download ePub »](#)