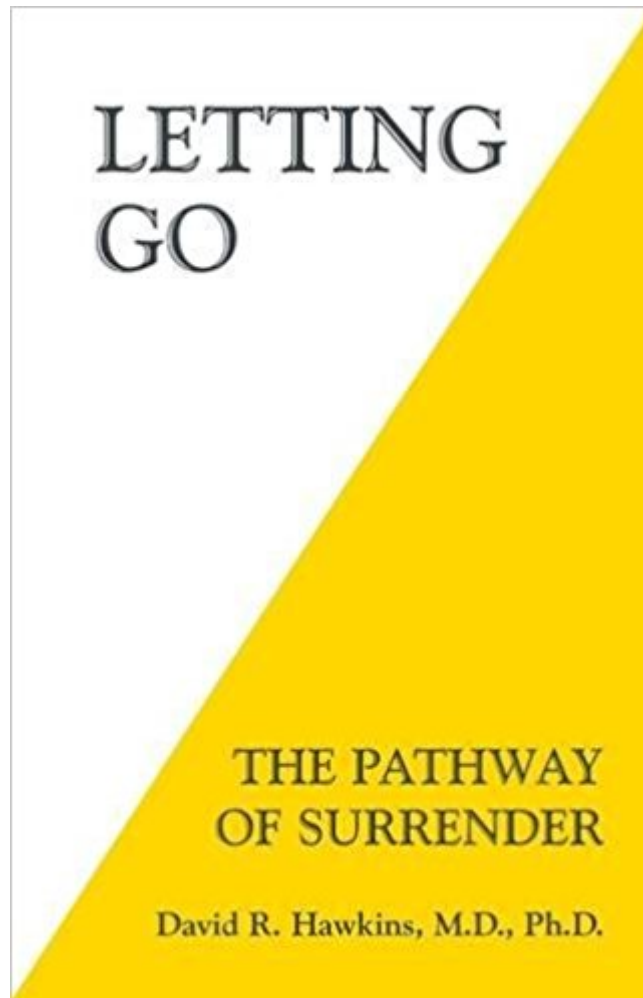




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Letting Go: The Pathway Of Surrender



Synopsis

Letting Go describes a simple and effective means by which to let go of the obstacles to Enlightenment and become free of negativity. During the many decades of the author's clinical psychiatric practice, the primary aim was to seek the most effective ways to relieve human suffering in all of its many forms. The inner mechanism of surrender was found to be of great practical benefit and is described in this book. Dr. Hawkins's previous books focused on advanced states of awareness and Enlightenment. Over the years, thousands of students had asked for a practical technique by which to remove the inner blocks to happiness, love, joy, success, health, and, ultimately, Enlightenment. This book provides a mechanism for letting go of those blocks. The mechanism of surrender that Dr. Hawkins describes can be done in the midst of everyday life. The book is equally useful for all dimensions of human life: physical health, creativity, financial success, emotional healing, vocational fulfillment, relationships, sexuality, and spiritual growth. It is an invaluable resource for all professionals who work in the areas of mental health, psychology, medicine, self-help, addiction recovery, and spiritual development.

Book Information

Paperback: 400 pages

Publisher: Hay House, Inc.; 2nd ed. edition (January 15, 2014)

Language: English

ISBN-10: 1401945015

ISBN-13: 978-1401945015

Product Dimensions: 5.4 x 1 x 8.4 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 1,022 customer reviews

Best Sellers Rank: #1,661 in Books (See Top 100 in Books) #4 in Books > Politics & Social Sciences > Philosophy > Movements > Humanism #42 in Books > Health, Fitness & Dieting > Alternative Medicine #81 in Books > Self-Help > Motivational

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[A] beautiful gift of writing... [You] spread joy, love and compassion through what you write. The fruit of these three is peace, as you know... Mother Teresa Praise for Power vs Force: Perhaps the most important and significant book I've read in the past ten years. -- Dr Wayne W. Dyer New York Times bestselling author of Wishes Fulfilled

David R. Hawkins, M.D., Ph.D., is Director of the Institute for Spiritual Research, Inc., and Founder of the Path of Devotional Nonduality. He is renowned as a pioneering researcher in the field of consciousness, as well as author, lecturer, clinician, physician, and scientist. He has served as an advisor to Catholic, Protestant, and Buddhist monasteries; appeared on major network television and radio programs; and lectured widely at such places as Westminster Abbey, the Oxford Forum, the University of Notre Dame, and Harvard University. People from all walks of life and nationalities honor Dr. Hawkins as a teacher of advanced awareness, exemplified in the title "Foremost Teacher of the Way to Enlightenment." • His spiritual evolution is briefly recounted in the "About the Author" summary at the conclusion of this book. His life is devoted to the upliftment of mankind.

I read this book hoping to learn something more about helping my patients (I'm a psychiatrist) "let go" of the negative emotions that they hold on to. Emotions that do nothing but continue to make them miserable. I found the book to be readable although a little repetitive. I also found Tolle's book *The Power of Now* to be repetitive, but his repetitiveness seemed, to me, to be more helpful. I was hoping for a more concrete "method" for letting go. The gist of it seems to be: 1) Negative feelings are the root of your problems. 2) Removing the roadblocks to allowing your inner love and compassion to emerge is the goal. 3) These roadblocks develop as a consequence of one's life experience and relationships. 4) Endeavor to be constantly aware of feelings as they arise in you, moment by moment. 5) Recognize what the feelings are, what they do to your body (basically, do a body scan), and be aware of the thoughts and thought patterns created by the feelings. 6) Surrender to the feelings (whatever that means). 7) Then let the feelings go. As far as I can tell, that's about it. Not sure it really takes more than 300 pages to get that across. He keeps talking about this technique working as long as someone takes the time to learn "the technique", but I found myself wondering "did I miss something?" Is there some description of this technique in the book that I just overlooked? Is there more to this miraculous technique that I have to get by reading one of his other books? He throws in this kinesiology stuff, too, and I'm not sure what relevance it has to "letting go" in the first place. Just seems to be something he likes to enlighten us about, and people in other reviews of other books have mentioned that there are no double blind, placebo controlled scientific studies confirming the validity of this technique anyway. I tried it with my wife, just for the heck of it, and seemed to get inconsistent results. That just might mean, though, that one or both of us was functioning below a "200", which seems like some strange arbitrary number format of levels

of vibrational energy and emotion. Anyway, I am still looking for additional ways to help my patients to let go of negative feelings that serve no productive purpose in the here and now. I have read a lot of Osho, Tolle, don Miguel Ruiz, Dalai Lama and many others, and I've found them all to be beneficial in various ways. I continue to think that a steady practice of meditation is one valid way to tame the "monkey mind" from deleterious thought patterns and associated feelings. I like the Serenity Prayer, too, but often "the wisdom to know the difference" proves to be elusive. Take care all, read it for what it's worth.

It is helpful to all who want to let go of things that are disturbing them. On the back it says " it is an valuable resource for all professionals who work in the areas of mental health, psychology, medicine , self help, addiction recovery, and spiritual development. It should have included anybody that wants less stress and more peace in their lives. Dr. Hawkins gives you solutions that have worked for him and patients for over 50 years. They have worked exceptionally well for me too. For example, I loved the can't VS won't question to put things in perspective. I can't means you have an underlying fear. He gives you ways to see through the fears and realized that you really can so it really is a won't. That question is one that I use to see what my true motives are. All the information on work, love, depression, grief, courage, happiness and etc were outstanding in helping me to recontextualize the way I was seeing things. The healing the past technique I used for over a month and couldn't see what he was trying to get me to do. I kept at it. Then wham!!! It hit me like a ton of bricks. I immediately let go of enormous anger I had about a situation that I had carried for years. WOW did that ever change things for me. I use it now and I see things with a different pair of glasses. The chapter on relationships was great also. There are so many other things that are of help in this book. Whenever some emotions come up I usually pick this book up. Then I find an answer to help get rid of the pain or emotion. You have to apply the techniques and work them to get results. They do work!! I am much calmer and have much less stress. This is a how to book on how to improve all areas of your life. Really a must read for all the professionals listed above and the average person.

Just by the act of reading through this book I could feel negative blocks becoming undone of their own. And for the more ingrained negative blocks and beliefs, there are specific techniques that I never would have thought of on my own in order to "Let Go" of negative patterns in the mind. One of them is a problem solving technique of surrendering where you don't try and surrender on the problem, but you surrender the negative charge energy of the question you are asking yourself. For

instance I was trying to get into a new career and didn't think there were many options for me. So rather than going out into the world and white-knuckle through finding a job, I surrendered on the question "Why can't I find a purposeful, prosperous career". I immediately felt an overwhelming negative surge within me that I was able to surrender using the Letting Go Technique. Now the fear has greatly lessened and options for a career seem to spring up out of nowhere. I found they were there the whole time, but I just couldn't see them when I was in the negative, self-deprecating state. There are many more great techniques to surrender in this book that have been so helpful. I cannot be grateful enough to have found this book.

I only wish I could give this book 20 stars. Must read for anyone who wants a better handle on emotional and physical well-being. The practices in this book are like the latest software upgrades for your brain. I've been teaching personal development classes since 1995. So this recommendation is coming from lots of experience and a strong preference for teachings that are PRACTICAL and that have INSTANT and LASTING impact.

What a way to let go! So simple. Even a half hearted attempt off handedly done also serves the purpose so well. I recollect Great Lao Tsu' verse "man is made to sit quiet and see the truth within." David Hawkins teaching is like spoon feeding. I do not have words to express my gratitude.

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