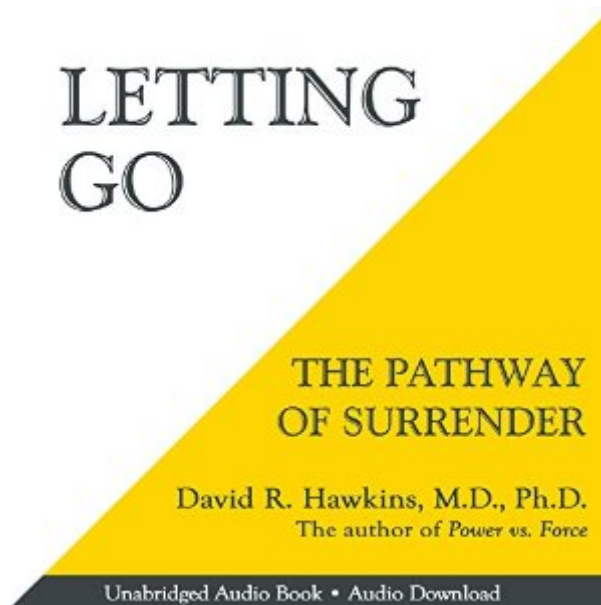


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# Letting Go: The Pathway Of Surrender



## 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' 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 audiobook 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. This audiobook 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

Audible Audio Edition

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## Customer Reviews

This book both teaches, models, and facilitates letting go. Just reading it opens new ways to become more free. The book opens with a freewheeling inventory of spiritual seeking and the resultant bewilderment. There's nothing like it in all Hawkins' work for fun and zaniness. Then the book's solution is presented through a brilliant analysis titled the Anatomy of Emotions. This is the

master key to Hawkins' work of bringing emotional peace to humanity. David discovers five strategies for dealing with emotions and shows unexpected ways to using these five strategies. Particularly empowering is the discussion of denial of surrender, which explains why the mechanism of denial whereby many former students of Dr Hawkins can "forget" the miraculous healings they experienced as a result of the work; this helps create compassion for people's baffling tendency to give false explanations for having surrendered through the enlightened Presence of a spiritual teacher. Two categories of letting go are letting go of negative emotions and letting go of resisting positive emotions: Two thirds of the book evokes and teases out these two categories experientially. Each of these chapters open with a mini inventory of similar words, which just by reading through surfaces new options and choices, new ways to get free. Rather than an intellectual or therapeutic approach, here we have crisp clinical observations, flashes of wit (Hawkins is the George Carlin of Consciousness), and recontextualizations that bring release. Subjects include love, sex, money, work, sales, and happiness. The last third of the book treats specifics and relies on experience with the previous two thirds of the book.

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.

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