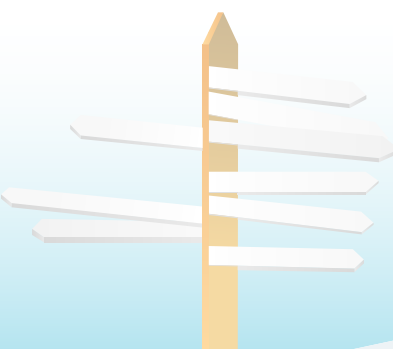


Jonathan Parker's  
**The Secret of Letting Go For  
Spiritual Breakthroughs**

Session 1  
The Importance and Power of Surrender



## Week One Overview

This retreat is designed to be experiential and interactive, rather than a passive meditative process. As you engage in deepening your understanding and realizations you will open to deeper levels of fulfillment, satisfaction, and happiness.

In this session, Jonathan discusses the concept of surrender and clears up the misconceptions and misunderstandings of what it really is.

Surrendering is not mean giving up your power. It is not resignation. It's actually the contrary. Surrendering is a process of expanding into a greater power. It does not necessarily require you to give up your positions. You are just letting go of your resistance and attachments or letting go of your reactions to the outcome.

When you surrender, you are surrendering to the Infinite, not the finite. God is not a being making decisions and judgments about your life—only you can do that. The will of the divine can only be for your greater life, greater love, greater happiness, greater abundance, greater expression.

All releasing methods have an underlying commonality which involves letting go of all the forces holding the issue, block, or limitation in place. Surrender is the process of letting go at a very deep level so there is no longer a hold on the pattern that has been causing the problem.

When this is done effectively and completely space opens to bring in the healing, enriching, and greater possibilities.

The Law of Life is this...the nature of existence is to activate and expand our gifts. So when you surrender, you are surrendering to more and more of what life can be.

The suggestion is to have the worksheets available while listening to the meditation. If you have an insight as to what you want to surrender, make notes. After you have done the meditation once, come back and work through the exercises again and again until you feel a sense of purified empowerment or space opening in your heart. The more you surrender, the more joy you experience.

Effective surrender comes from the heart (as opposed to the mind or intellect)—From being sincerely in touch with or connected with the feelings associated with what you are surrendering.

Let's get started...

1. Identify things you would like to be different in your life or things you want to release and let go of. This can include a wide range of issues such as emotional triggers, moods, fear, worry, guilt, feeling blocked, unworthy, depression, anger, the need for control, conflicts with partners or friends, every judgment on yourself or anyone else.

In short, your list can include anything you don't like, don't want, you wish were different, or you wish you had more of, such as love, time, money, happiness, fun, health, etc.

2. Now return to your list and ask yourself these question for each item you listed.

“Could I let this go, if I absolutely had to? If my life depended on it?”

“If I think I could let it go, when could I do that?”

“Does this belief or feeling serve my Soul, and if not could I let it go.”

“Who would I be if I let this go? What would I be like?”

By making these inquiries you open space around the issues, which allows you to connect with the Soul, the deeper inner truth and essence of who you actually are.

3. Return again to your list, center yourself in your heart and for each item say to yourself, “I'm willing to let go and release this to the force guiding my life.”

4. Now close your eyes and think of something that happened in your life that affected who you are and what you do that turned out to be wonderful or positive. Maybe meeting a lover or a friend or wonderful career decision.

Next, meditate a few minutes on the fact that this event did not require you to sit down and figure it out. It was most likely effortless...You didn't need to exert your will in order to make it happen.

*The more we are willing to let go of how we think something should be, the more we are open the underlying reality of our Soul which guides our lives.*

5. As you slowly read these statements to yourself pay particular attention to any internal reaction or commentary. Do them slowly and tune into your inner space and make note of any thoughts or feelings that come up.

Then take whatever reaction or commentary you notice and surrender the need for it as well by saying, "I surrender and release the need for this."

- ☞ I surrender and release the need for control.
- ☞ I surrender and release the need for doubts.
- ☞ I surrender and release the need for struggle.
- ☞ I surrender and release the need to fear the future.
- ☞ I surrender and release the need to be right
- ☞ I surrender and release the need for questions.
- ☞ I surrender and release the need for answers.
- ☞ I surrender and release the need for everything I don't like.
- ☞ I surrender and release the need for lack & limitations.
- ☞ I surrender and release the need for pain.
- ☞ I surrender and release the need for struggling.
- ☞ I surrender and release the need to be enlightened.

After you have completed the surrendering process put a hand over the upper center of your chest, relax and be open to receiving the gifts of healing and peace that begin to emerge. These are the qualities of your soul coming to the surface.

Say to yourself,

"I invite the light and presence of the soul to surround and fill me."

"I give myself permission to merge completely into the soul's presence."

Sit with this for several minutes to allow the new states being to emerge and integrate throughout your body and life.

Imagine yourself going through your day carrying this new state of being.