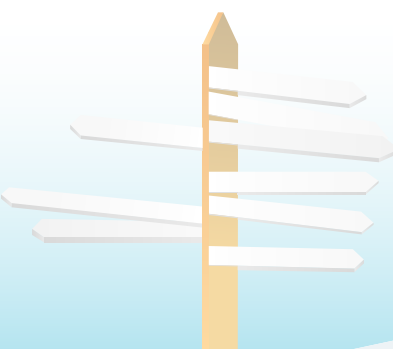


Jonathan Parker's
**The Secret of Letting Go For
Spiritual Breakthroughs**

Session 6
The Power of Soul Alignment



Day Six Overview

The perception may be that you are overcoming, growing, and evolving, but in reality you are discovering what you already are at your core. For below the surface perceived by your senses and analytical mind is a deeper truth of your being which can only be discovered and explored by attuning to it through surrendering any resistance that keeps you out of touch with it.

And once you are attuned to the soul and aligned with it, the natural consequence of that is greater peace, happiness, contentment, joy, love, mercy and truth.

People sometimes say, "I try so hard, and don't seem to get the results I want." The struggle that is implied by that statement is part of the very block to the desired goal. When you are struggling, you are in resistance and that keeps the goal away.

The state you want to move into is sometimes called, "Effortless, Effort." What that means, of course, is that some effort is required to do anything, even if you are just relaxed and breathing, but the effortless aspect refers to allowing a natural flow by offering no resistance, and that comes through being surrendered

We are always attuned and aligned to something, so we want to consciously choose to always be attuned and aligned to our heart space and soul.

This is a skill that can be learned. It requires that you carefully witness your choices, your actions, your beliefs, your desires, and align them with your soul.

To develop this skill, throughout the day, turn your attention inward and ask "Where am I living from right now?"

Surrender the need for anything that isn't love.

Besides the way you hold yourself in surrendered alignment, it is helpful to give to others what you have received. That is one way to know what you have received. To give is to also receive. You do that through all your interactions throughout the day. Send love, acceptance, peace, kindness, and blessings to yourself, and then to others.

By putting your attention of the subtle aspects of your Soul, it emerges and grows in your awareness. It opens you to more happiness, peace, clarity, insight, and love.

As you become more deeply aware of the spirit presence within you...and recognize it as you, you also begin to see it in everyone else and everything else—everywhere all the time.

You're never disconnected from it, so when you realize that, and are in touch with it, you are always at peace. You are always happy and no longer a slave to outer circumstances.

The inner guidance of the spirit and light within you is what moves you to seek it and deepen your awareness of it. Embrace the soul's love and light. Love it and feel its love for you. With practice you will find it. Once you taste the love and light of your soul, your life then become about searching for, cultivating, developing, merging with, and sharing the unique gifts of the soul and spirit that lives in you.

Our existence is all about learning to love and be love—to give and receive love...unconditionally.

It is what holds the universe together. It is what gives meaning and purpose, and what produces ever greater levels of fulfillment and happiness.

