

Jonathan Parker's
The Secret of Letting Go

Session 1
Notes & Study Guide

The Importance and Power of Surrender & Letting Go

Day One Overview

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

In this session, I will discuss the concept of deep letting go which is referred to as surrender and clear up any misconceptions or misunderstandings of what surrender really means.

Surrendering does 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. Basically, you are just letting go of what you don't want anyway, including negative emotions and patterns that keep you blocked and stuck.

When you surrender, you are surrendering to unlimited possibilities, not anything finite or limited. The will of the divine can only be for your greater life, greater love, greater happiness, greater abundance, and greater expression.

How the Process Works

All releasing methods have an underlying commonality which involves letting go of all the forces holding the issue, block, or limitation in place. The mind, at both a conscious and subconscious level, prefers to hold on to it's current beliefs and situations even if there is pain and suffering.

You are no doubt wondering why it would do that, right? The mind likes the status quo because it knows what conditions are, and it erroneously thinks that change could be worse. Why does it think change can be worse than what is currently experienced? Because the future is unknown and therefore

something could happen which is even more threatening or dangerous than the present. Therefore, the mind puts out warnings to be cautious or it might even trigger fear of what might happen.

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 healing, enriching experiences, 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 your life can be.

In the meditative session I'll guide you on what words to say to yourself that set the releasing intentions in motion.

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. So, these lessons are best repeated numerous times until you reach a state where you know you are free and clear.

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 me, 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 you are willing to let go of how you think something should be, the more you are to open the underlying reality of your deepest inner guidance.

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.

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Let Go of Ego Layers

Day Two Overview

Reading something in a book is not sufficient for the shifts in consciousness necessary for spiritual evolution. It is our experiences that provide the insights, realizations, and wisdom that reveal our Truth.

Practice attuning to the subtle energy of your inner space. Be a relaxed neutral observer as you tune in to what your inner experience is.

You may start off with an active mind which may be distracting. Know that this is part of the preparation for meditation and as you continue it will become more peaceful. Hold the intention to keep letting go of everything you notice.

Once your mind settles (which may sometimes take more than a few minutes) make a notation in your mind as to what the state you arrive at is like, (Peaceful, mellow, pleasurable, blissful, spacious, vast, expanded, open-hearted, a sense of presence, loving, quiet, energy, warmth, vibration, radiance, lightness).

The more you put your attention on these qualities and sensations the more they will emerge and the better you will be able to access the soul.

In the beginning you may not notice much, but if you stay with the practice for weeks and months, you will find you are more aware of the qualities of the inner dimensions.

Write down what you are noticing and experiencing. This is really important because by putting your attention on describing your experience with specific words, you are then able to more easily attune yourself and move deeper into the experiences. Once you are conscious of this process, with practice you can be even more conscious of it. List a few of the words you would use to describe your experience.

You can reinforce the connections you make by creating a trigger or anchor to keep you aware. For example, when you have been meditating for awhile, make note of the feelings and sensations, and ask them to integrate fully into your being. You can then touch your thumb and forefinger together and use that signal as an anchor for the experience.

Then the next time you meditate you can put your thumb and forefinger together and it will help tune you in to your inner realms a lot faster.

At the conclusion of your meditations say to yourself "*fully present, here and now.*" This helps to bring you back to your full normal aware state with the new realizations integrating into your everyday life.

*Close your eyes and put your attention in your heart space. Make this invocation...

- *I ask for a full integration of body, mind and soul...*
- *I ask my Soul to merge into all of my thoughts and feelings*
- *I ask the highest enlightened awareness of my Soul to guide me*
- *I ask the highest enlightened awareness of my Soul to emerge more fully*
- *I ask the Soul to let me know it is present*
- *I open my heart to the full presence of the Soul*
- *I allow myself to be absorbed into the Soul's divine presence*

Pause, allow, and feel the sensations of connecting intentionally to your peaceful Soul presence.

You make the request to tune into your Soul and then you allow the presence to guide you deeper and deeper into yourself.

There is no wrong way to do this, so just experience whatever it is you are feeling.

You can trust your very own Soul as it naturally responds to your requests.

The feelings are very gentle and subtle, so don't expect the soul to rock your world. Generally, the most noticeable sensation is deep peace, but sometimes you might feel something else such as blissful, content, happy, warm, spacious, or radiant.

The more you open to receive, the more you will receive, so surrender yourself fully to the opening process.

Practice relaxing and being a neutral observer of whatever presents itself, and keep exploring the positive sensations and they will emerge more over time.

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Session 3
Study Guide

Mindfulness, Letting Go & Living in the Flow

Day Three Overview

Mindfulness may not usually be thought of as a method of letting go, but it certainly is. When you cease to energize something with judgments and merely observe, you become involved with all of the goodness of life and become one with the flow of life.

Problems are no longer seen as problems, but are opportunities to expand your understanding of life and others. Each situation then becomes an opportunity to practice living a higher life of freedom

For most people, life consists of a series of stories, beliefs, and conclusions repeated over and over.

When you shift into being the observer of your life, you'll notice that you become more interested, amused, and in a state of wonderment by just about everything that happens. Each experience reveals itself to you for what it offers, rather than what you project onto it.

Often the unfortunate occurrences of life lead to our greater good. When you observe life and trust the flow you live in peace.

The underlying mechanism that causes unhappiness is either judging ourselves, others, or the conditions and circumstances of life. The reason the mind does this is our judgments are defense mechanisms.

The ego driven mind needs to do this to feel safe; which is it's primary concern. The ego is basically a survival mechanism trying to keep us safe. It tries to evaluate the potential threat level of every person and circumstance, so it forms judgments, conclusions, and beliefs about everything.

When you cease to energize something with your judgments, you are in the flow and experience happiness and peace. In fact, letting go of all judgments, and fixed opinions, effectively lets go of the ego. Problems are not seen as problems, but are opportunities to expand your understanding of others and life.

As long as you cling to a need for anger, guilt, hatred, blame, criticism, and other judgments, as well as fixed beliefs and unbending positions, you can never know true inner peace and happiness.

The way we perceive reality is interpretive and there is no single definitive truth.

When you are fixated on your perspectives, conclusions, and beliefs you are confined by their positions which hold you in separation from deeper truths.

Peace only comes when we let go of fighting and release attachments to our perceptions and judgments about what we think is important and valuable. It is not sufficient to repress our thoughts and feelings about what we think we have to have; we need to let go of the hold they have on us.

As you release strong opinions, conclusions, and beliefs, you come to harmonize yourself with life, and you are free as never before to unfold your soul and true self within.

Mindfulness Exercises

1. This mindful exercise is designed to open your ears in a non-judgmental way. Mindful listening helps us leave the past where it is and come into a neutral, present awareness.

Select a new piece of music from your music collection, something you've never heard before but makes you wonder what it might sound like. (If you don't have any music on hand that you've never listened to before, go to YouTube, or turn on the radio and turn the dial until something catches your interest.)

Close your eyes and use headphones if you can. Don't think about the genre or the artist. Instead, allow yourself to get lost in the journey of sound for the duration of the song. Allow yourself to explore the intricacies of the music. Let your awareness climb inside the track and play among the sound waves.

The idea is to just listen and allow yourself to become fully entwined with what is being listened to without preconceptions or judgments of the genre, artist, lyrics, instrumentation or its origin.

This may be more challenging than you imagine, because you undoubtedly have opinions about what you like and don't like in music.

2. In this mindfulness exercise, all you have to do is notice five things in your day that typically go unnoticed and unappreciated. These could be things you hear, smell, feel or see.

For example, hear the birds in the trees, feel the texture of your clothing on your skin, smell the flowers outdoors, see the walls in your home. Be aware of the connections these things have with the world.

- Are you aware of how these things benefit your life and the lives of others?
- Have you ever noticed their finer, more intricate details?
- Have you thought about what life might be like without these things?
- Have you thought about how amazing these things are?
- Have you expressed gratitude for them?

Let your mind be creative and explore the wonder, impact, and possibilities these things have on your life. Allow yourself to fall awake into the world and fully experience moment without judgment.

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How Your Soul Eliminates the Ego
Through Surrender

Day Four Overview

No matter what other spiritual or psychological practices you may engage in, transformation, and shifts in consciousness will all come through deep letting go and surrender. It's really the only path there is.

Your inner truth is composed of your greater good, which is greater fulfillment, greater love, greater happiness, greater peace, greater joy, greater fun, greater creative expression; in fact, as much life as one can conceive will become more and more a part of the surrendered person's experience. Here's why...

When you surrender, you are releasing and letting go of what prevents you from experiencing more of what life can be. Sometimes spiritually-minded people think they are supposed to be happy with less and think they are surrendering and resigning to less. They think renunciation is the path, when the exact opposite is true. The path of renunciation may be helpful for some, but the nature of existence is abundance in every way.

The Path of Our Evolution

Our soul is known by many names such as true self, essential self, authentic self, awakened self, divine essence, enlightened self, or higher self.

Our false self is known as the small self, the persona, the impostor, the veiled self, small mind, illusion, or the most common label, the **ego**.

Our spiritual task in life is to overcome the ego. We can't actually get rid of it, because in truth it doesn't exist other than as a collection of beliefs and ideas. It's just a mortal hallucination that we have all bought into. The way to the soul, is to dis-identify from all the characteristics of the ego until all that remains is our soul or essential self.

Asking the question, “who am I?” will usually produce answers rooted in external identities defined by what our society and culture values. These identities primarily spring from what the ego thinks it needs.

The ego is a complex program of beliefs rooted in the desire for safety and security, but it is important to recognize that it is a mechanism created by our minds. As such, it is only real to the extent that we believe it and succumb to it.

The ego's needs are rooted in whatever supports its survival. Hence, it erects a array of defense mechanisms rooted in a variety of fears.

If the ego feels relatively safe and secure, it will then pursue pleasure, affection, and recognition. If these needs are not met, then it engages in anger, hatred, depression, guilt, greed, pride, lust, apathy, etc.

Everyone experiences the manifestation of the ego in his or her own unique way. The above negative reactions and experiences seem to arise automatically and spontaneously, and therefore a person feels caught and trapped by it.

If left unchecked and unattended to, these ego drives will progress and multiply. As a result, you feel as though you are being jerked around by life on an invisible chain. This attests to the power of the ego.

On the other hand, the soul feels connected with all creation and existence. This is called Unity Consciousness because it is a sense of being one with all there is while transcending the pettiness of the ego.

When you live your life soul centered, you tend to have less of the drives of the ego, which are about safety and survival. In fact, the soul is actually able to dissolve the misperceptions of the ego, and gradually replace all the ego drives and needs with peacefulness.

A person awake to their soul has a deeper awareness and clearer perceptions. Situations and people are seen with less judgment and they have less need to control. There is more of a broad-minded approach to everything and there is a natural emergence of essential goodness in the forms of love, peace, patience, kindness, generosity, other virtues, and higher expressions.

How to Approach the Ego

Since the ego is in pain and struggling, when we approach the ego with love, compassion, and healing it relaxes its grip of fear and merges into the healing presence of the soul.

The simplest and most complete way to become free from the pain, suffering and limitations of life is to release our past and our perceptions of the past. The best way to do this is through surrender.

The most powerful, liberating thing we can do is to surrender.

To the ego mind, surrender means giving up.

To the spiritual mind, surrender means receiving.

You can start from where you are until it becomes who you are. When you surrender you let go of any resistance which keeps you from experiencing the peace and love in your core.

If you have been struggling with limiting patterns repeating in your life, become an expert in surrender. When you are surrendered you allow the universe to bring you every good thing.

Surrender is only effective if it is done from the heart.

You cannot think your way to surrender.

To be effective, surrendering must be an ongoing practice.

Surrender doesn't necessarily require you to change your positions or stop doing something you are doing. It just requires that you let go of your **attachments** and hold on them.

Exercises

1. You can acknowledge your willingness to let go at any time in any number of ways. For instance, holding a word or phrase on your lips that helps you connect with your soul is perhaps one of the easier and most important ways. Try using the words, "deep love," the word "Peace," or "Stillness." Or you could use a sentence such as, "I feel my soul deeply in my heart."

Each time you repeat your statement hold the intention of surrendering more and more deeply into all the meaning of the words. You should do this for at least 20 minutes at a time. If you can do it longer, it will work even better. Some people report noticing an internal shift around 45 minutes of utilizing this approach.

As you delve more deeply into your core soul presence that already lives in and through you, the mind's attachments gradually relax and release the fear-based attachments it has been holding.

2. Another way to clear whatever is in the way, is to notice where in your body you sense you are holding the resistance, reaction, or emotion. Feel it and speak to it from your heart with words similar to these:

I acknowledge you sadness, anxiety or tightness.

I bless you with love and light.

I surrender and release the need for you.

The next statements initiate giving the mind permission to let go, and it will relax its need to hold on to it. Continue speaking the following from your heart:

I am willing to surrender and release the need...

For my fear of the future

Fear of the unknown

For my past

For my need to be right

For my need to figure things out

I am willing to surrender and release the need...

*For my need for questions
For my need for answers
For my anger and frustration*

Sense and feel all resistance lifting from you.

I am willing to surrender and release the need...

*For everything I like
For everything I don't like
For my pain
For my shame and guilt*

Sense and feel all resistance lifting from you.

*I am willing to surrender and release the need...
For my lack
For my impatience
To be enlightened*

*I am will to surrender all that I think and believe that I am
I surrender my need to surrender
I surrender my need to control*

Sense and feel all resistance lifting from you...

*My heart and soul are pure.
I feel safe
I feel trust*

*I feel my soul deeply in my heart
I love and appreciate every moment of life
I live in a quiet state of surrender*

*I feel deep Love
I feel embraced by my soul*

*I feel deep completeness
I feel deep appreciation*

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Karma
The Reality, Illusion & Release

Day Five Overview

Karma is a word derived from Sanskrit meaning “to do.” All of our thoughts, feelings, and actions create energy patterns which create effects. A simple definition is “energy that has been set in motion.”

One of the main aspects of karma is continuance. Meaning that the type of experiences we have will continue in the same direction until something happens to change it or eliminate it.

The way this applies to your life is that whatever trait, attitude, or belief you hold will continue to attract and create its experiences until it is altered or stopped.

If the energies were negative such as lying, cheating, stealing, hating, judging, fearing, hurting, or in any other way going contrary to one’s soul’s inner goodness, there are natural balancing forces that will cause that person to try to compensate for or balance the negative. This is the law of balance and consequence.

The differences in the effects of karma are dependent on the attitude of the person when they put the energy into motion.

For example, it is one thing to accidentally bring harm to another, but it is quite another to do it intentionally with hatred.

Everything you experience is karmic. By that I mean everything is derived from energies you have set in motion.

That includes: What you did, the choices you made, what you disliked, how you suffered, what you enjoyed, what you hid and what you exposed, what you denied and what you took credit for, every feeling you had, and every judgment you made has set in motion the powers of creation that have led to what you experience lifetime after lifetime.

You can see that this can work to bring you favorable and enjoyable experiences, or things which you would rather not have to deal with.

And most of all of these factors are what are going on at an unconscious level. That is, people are usually not aware of what they are doing that is causing their situation. So this is where meditation processes specifically designed to find and release the patterns are vital.

Karma Releasing Exercise

This process is more effective when you set an intension and you are connected to your heart, as opposed to just repeating statements from an intellectual place. In the subtle realms, intentions rule. Intentions determines the outcome.

Karma is not just an idea. It has accrued your lifeforce energy into patterns that act like programs to create and attract what you have in your life. These energy patterns can be removed with this technique.

You are going to ask all the karmic energies in and around you related to specific people or the cause of negative experiences to turn dark blue. Then using your imagination you will vacuum off all the dark blue energy.

[Remember: it is your intention that makes this work more than if you "see" anything in your mind's eye. If you don't see anything in your imagination this will still work. Just have the intention for the vacuum to remove the karmic energies.]

Using your imagination create a vacuum hose vortex 6" in diameter and attach it to the center of creation. Send it up and down your aura, front and back, and have the intension to collect all the dark blue karma energy you are wanting to release which is related to the people or conditions below.

Have the intension to go over your entire aura from head to toe.

- Karma energy from old or current relationships
- Karma energy from people you work with, or have worked with
- Karma with relatives and children

- Karma from anyone who took advantage of you, betrayed you, stole from you, hurt you, caused you emotional, mental or physical pain or loss (including those you no longer even remember.
- Karma from weakness, illness, accidents, injuries
- Karmic patterns that have held you back in lack or limitation

Now acknowledge silently to yourself...

- “I know that everything is energy. All karma is just energy.”
- “I give myself permission to surrender and release all negative karmic energies in my physical body, emotional body, mental body and causal body.”
- “I give myself permission to surrender and release all karmic contracts, agreements, promises, oaths, and vows.”

Next bring to mind anyone you have a grievance with and say...

- “I give myself permission to surrender, release and let go of all negative karma with this person.”
- “I call upon and invite the Soul presence to energy through me now and to dissolve all negative patterns.”
- “I call on my Soul to merge into all grievances and difficulties”
- “I give myself permission to surrender and release all thoughts, beliefs and feelings I owe to *anyone* something from any lifetime.”
- “I give myself permission to surrender and release all thoughts, beliefs and feelings I owe anyone even more than what I have already given or done.”
- “I call to the highest enlightened awareness of my Soul and ask it to merge its fully free, awake, and enlightened consciousness through my karmic beliefs.”

Be open to receive the soul’s presence of love, light, and peace.

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Session 6
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The Power of Soul Alignment

Day Six Overview

Your perception may be that you are overcoming, growing, and evolving, but in reality you are discovering what you already always are at your core.

Below the surface perceived by your senses and analytical mind is the deeper truth of your being, your soul. Your Soul can only be discovered and explored by attuning to it through surrendering.

And once you are attuned to the soul, the natural consequence of that is greater peace, empowerment, inner confidence, happiness, and love.

People sometimes say, "I try so hard, and don't seem to get the results I want." The struggle that is implied by the 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. The effortless aspect refers to allowing whatever occurrence is occurring by offering no resistance, and there is an ease and flow.

You are always attuned and aligned to something, so consciously choose to attune and to your soul and heart space.

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 heart.

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

Surrender the need for anything that isn't love. Love is forgiving, nurturing, and supportive. It doesn't come from the mind, it comes from the heart. It deals with the whole, not the parts.

Besides the way you hold yourself in surrendered alignment, it is helpful to give to others what you receive. That's a 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 your highest potential, love, peace, inner confidence and intuition.

As you become more aware of your Soul 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 feel peace and no longer a slave to outer circumstances.

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.

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Session 7
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Our Deep Truth of Love

Day Seven Overview

The main quality of the real you is love. But it is a special kind of love very different from the emotional love most people think of.

It is a deep peaceful, creative, acceptant, and empowering presence. So self-discovery is about discovering that spiritual love because that is our nature. It is what we are below the personality traits of the ego.

So what we are wanting and looking for is the deep love because it is your the path home. Our core essence is made from a fabric of love energy, so as we delve deeper into love we discover the hidden qualities of our soul. When you feel love, you are feeling your soul.

Humans are unique in that we have the capability to be creative and innovative. We also have the capability of feeling, giving, and receiving love. What a miracle it is that we are all created with the capacity to feel love, experience love, receive love, give love, express love, and radiate love. In fact, the pulse of creation is *love and be loved*.

This then is a high purpose of your existence from the beginning of time, and simultaneously it is the direction of what we perceive as our evolution—which is actually a revelation or unfolding of the intelligence that lives in us and through us.

To feel love is to remember who you truly are. That is your true essence, and the gateway to that remembrance is through the heart center.

Of course, love can be felt and expressed in many ways, but the heart center is an important entry point within our being that enables us to most easily and completely reconnect with our Soul.

Most people try to get all their love from other human beings, but when you are connected with the deep love of the soul, it doesn't matter whether another human being is giving you love because you have the deepest love within.

Love is *the* power of creation and transformation. **Love dissolves struggle and pain. It has to. Love is the only thing that is real.**

Can the secret of life really be that simple?

Love and be loved. That's all there is!

The biggest problem with love being the answer is that everyone has heard the words, and they think they have tried it, but few have realized the deep love in the core of their soul which is best accessed through inquiry and meditation.

Self discovery is about discovering the depths of love, because love is your nature. When you feel love, you are feeling your Soul.

If you go to your Soul you will find it is filled with love. Then request that it permeate all levels of your consciousness and your physical body. Be like a sponge and totally saturate yourself with that love.

Love is a frequency that takes you to another level where you become an embodiment of love. You become an embodiment of love through total surrender to love.

Repeat these thoughts in your mind...

I open full receptivity to the deepest love.

I open every cell of my body to deep love

I am willing to surrender all my past in which I have not accepted love.

I am willing to surrender my need for all thoughts and beliefs that I am not worthy or capable of deep love.

It is my intention and desire to surrender to deep love.

The essence of your Soul is love. Allow the essence to flow through every cell and atom you are.

I invite and open myself to receive the deepest love into every atom and cell of my consciousness.

Breathe it in.

Imagine your heart space growing, and your Soul expanding all through you and around you.

Surrender any objections of the mind.

When you become the radiator of love, you activate it in others.

Bring a person to mind and hold the awareness of deep love surrounding and filling that person.

Sense them encompassed with a cloud of pink unconditional love that dissolves everything unlike itself from that person.

Everything is made out of love and sustained with love.

Hold an intention to share the grace of deep love with all.

Everything that is not love is not real.

If there is an identity to identify with, make it love.

It is who you are, what you are, and what you are made of.

The reason for life is to love and be loved.

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Awakening the Enlightened Mind

Day Eight Overview

Judgments, concepts, and ideas of the analytical thinking mind act like filters between you and a direct awareness and experience of your soul and higher consciousness.

It's kind of amazing when you look at the human condition and realize that practically everyone has allowed themselves to fall into a trance where they are enslaved by the reactions and judgments of their own minds. It is not necessary for you to be this way.

In fact, why do people even refer to a state of being free as enlightened or awakened? We should just refer to it as natural and normal, and when a person is not in that state, we should simply acknowledge they have fallen asleep or became engaged by their own thinking.

You arrive at the natural state by becoming free of the need to be right, for judging, for analyzing and trying to figure everything out, and for the need to control.

What I am calling the Natural Mind includes many of the classical states of enlightenment such as oneness, unconditional love, contentment, satisfaction, fulfillment happiness, and deep peace, and sometimes there is a feeling of inner joy and bliss.

One of the side benefits of attaining the Natural Mind state is the absence of any "charge" on past events, people or trauma. Attaining this state frees the energy bound in the past to help you achieve your dreams.

The mind likes to constantly interpret, evaluate, analyze, and condition according to past pain, past ideas, judgments, choices, beliefs, and conclusions.

These conditioned behaviors act like filters between you and the direct experience of your soul.

When the mind is fully surrendered and at peace, free of the need to judge, that is called enlightenment or the natural state.

The path to the natural state or Natural Mind is usually attained through two modalities:

- Spiritual Practices – meditation, prayer, devotion, spiritual reading, rituals, and ceremonies
- Healing or Clearing – use of techniques to remove distortions and projections of the mind. This would include negative emotions, judgments, and other ego-based reactions. (As issues come up in daily life, you must clear or heal what arises.)

The Natural Mind can also have an effortless quality to it because the process has its own intelligence and knows exactly what you need, when you need it, how you need it, why you need it, and it guides the entire process.

All you have to do is surrender and receive what is being offered.

Start by paying attention to what is going on inside and outside of you in every moment, and be a surrendered, neutral observer.

Enter a witness state where you do not attach to what is happening around you. You notice it and maintain your peace.

This doesn't mean you don't feel what you are feeling. Feel whatever is presenting wholly and completely without judgment.

Let everything be as it is, and release all resistance to what is happening.

Meditation For Awakening the Natural Mind

Assume your meditative position and begin deepening your breath.

Imagine you are breathing in light through a portal in your 6th chakra between your eyebrows. Inhale clear golden light through your brain and exhale any tension or heaviness.

Give your body permission to release anything it is holding onto.

Your soul responds to your requests and intentions. Remember it is intelligent and knows what to do and how to do it, but you must ask.

As you speak these words from your heart, pause between each statement and let it deepen in you.

I ask for the light of the Soul, and the light of highest enlightened consciousness to merge and integrate into me.

I call to the soul's light to flow into all struggles and blocks.

I ask to be awakened to the next quantum leap in my awakening consciousness.

I ask the light presence of my Soul to merge and integrate into every atom of my being

Open your heart very deeply now... and let the source of Love and light pour that love and light into your heart...

And as it fills your heart, let it melt all the places of suffering, lack, and separation... Let it melt the struggle and pain...

Open your heart very deeply and let thw source of Love and light pour that love and light into your heart...and as it fills your heart let it melt all the places of resistance, contraction, hardness, pain, and suffering...

Keep inviting the soul's presence in deeper and deeper...

Allow yourself be washed clear of any source of pain or lack.

Feel the presence in your heart space...

Remember it is your natural state, your Natural Mind ...

Set your prayerful intention to deepen your receiving...

Relax, and open your heart to receive fully...

Notice the peacefulness... Notice the sense of well-being...

Recognize these gifts and receive the blessings deeply into you...Especially into areas where they are the most needed.

Deepen into your feelings and sensations of love and light...

Say to yourself...

I invite love to fill every atom and space within me

I feel surrounded by the soul's Love.

I give myself permission to allow the soul's love and light to continually increase within me.

I fully integrate all of this meditation into the fullness of who I am.