

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.