

Jonathan Parker's
The Secret of Letting Go

Session 4
Study Guide

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*