

Letting go is like the sudden cessation of an inner pressure or the dropping of a weight.

It is accompanied by a sudden feeling of relief and lightness, with an increased happiness and freedom.

It is an actual mechanism of the mind, and everyone has experienced it on occasion.

We carry around with us a huge reservoir of accumulated negative feelings, attitudes, and beliefs.

The accumulated pressure makes us miserable and is the basis of many of our illnesses and problems. We are resigned to it and explain it away as the "human condition."

We seek to escape from it in myriad ways. The average human life is spent trying to avoid and run from the inner turmoil of fear and the threat of misery. Everyone's self-esteem is constantly threatened both from within and without.

Introduction

The great value of knowing how to surrender is that any and all feelings can be let go of at any time and any place in an instant, and it can be done continuously and effortlessly.

What is the surrendered state? It means to be free of negative feelings in a given area so that creativity and spontaneity can manifest without opposition or the interference of inner conflicts. To be free of inner conflict and expectations is to give others in our life the greatest freedom.

It allows us to experience the basic nature of the universe, which, it will be discovered, is to manifest the greatest good possible in a situation. This may sound philosophical, but, when done, it is experientially true.

See yourself in relationship with clients as their most trusted advisor for life...

fall in love with your client not your product, service or company

definitive expert source field of endeavour area of expertise area of product/service at work/business Even if you're not going to make money from them

at life, be there for them family loved ones

Jay Abraham's Strategy of Preeminence

authority never allow your client to purchase... less than they should in less quantity or combination that they should in less qualitative levels than they should less frequently than they should to allow them to do the above is to breach their fiduciary responsibility as their trusted advisor and make you a disservice to them

confidant recognize where somebody has been not criticize them but say, that's ok, we are going to do this together at a pace that you you need to go trust that you're on a journey together.

Taken responsibility Governance council Decisions fiduciary

Energy Level 20: Shame

Energy Level 30: Guilt

The feeling state of apathy is associated with the belief, "I can't." The mind doesn't like to hear it, but in reality most "I can't's" are "I won't's."

The reason the mind doesn't want to hear this is because "I can't" is a cover-up for other feelings. These feelings can be brought to awareness by posing the hypothetical question to oneself, "Is it true that I won't rather than that I can't? If I accept that 'I won't,' what situations will be brought up and how do I feel about them?"

The first step out of blame is to see that we are choosing to blame

choosing to blame.

Other people who have had similar circumstances have forgiven, forgotten, and handled the same situation in a totally different way.

We earlier saw the case of Viktor Frankl, who chose to forgive the Nazi prison guards and to see a hidden gift in his experience at the concentration camps. Because others, such as Frankl, have chosen not to blame, that option is also open to us.

We have to be honest and realize that we are blaming because we choose to blame.

To overcome blame, it is necessary to look at the secret satisfaction and enjoyment we get out of self-pity, resentment, anger, and self-excuses, and to begin to surrender all of these little payoffs.

The purpose of this step is to move up from being a victim of our feelings to choosing to have them.

Energy Level 50: Apathy

If we merely acknowledge and observe them, begin to disassemble them, and surrender the component parts, then we are consciously exercising choice. In this way, we make a major move out of the morass of helplessness.

Another valuable technique for getting out of apathy, depression, and situations which are predominantly being run by the thought, "I can't," is to choose to be with other persons who have resolved the problem with which we struggle.

This is one of the great powers of self-help groups. When we are in a negative state, we have given a lot of energy to negative thought forms, and the positive thought forms are weak. Those who are in a higher vibration are free of the energy from their negative thoughts and have energized positive thought forms. Merely to be in their presence is beneficial.

In some self-help groups, this is called "hanging out with the winners." The benefit here is on the psychic level of consciousness, and there is a transfer of positive energy and relighting of one's own latent positive thought forms. In some self-help groups this is called "getting it by osmosis." It is not necessary to know how it happens, but merely that it does happen.

Grief is an experience common to us all. In grief, we feel that things are too difficult; we'll never make it; we are unloving and unlovable. We have thoughts such as, "All the years I've wasted."

It is a feeling of sadness and loss. Loneliness. The feeling of "if only." Regret. Feelings of abandonment, pain, helplessness, and hopelessness. Nostalgia. Melancholy. Depression. Longing. Irretrievable loss. Heartbrokenness. Anguish. Disappointment. Pessimism.

Instead of suppressing the feeling, if it is allowed to come up and be relinquished, we can quickly jump from grief to acceptance.

The continuing grief over a loss is due to the resistance to accepting that state and allowing the grief to expend itself. The persistence of a feeling is due to the resistance to allowing it to be relinquished (e.g., "Cry me a river"). Once we accept the fact that we can handle grief, we are already up into pride.

The feeling of "I can do it" and "I can handle it" brings us to courage. With the courage to face our inner feelings and let them go, we thus move on to the levels of acceptance and eventually peace.

Energy Level 75: Grief

Over two thousand years ago, the Buddha made the observation that the basis of all human suffering was due to desire and attachment, and human history has merely proven the truth of his teaching.

What is the solution to that dilemma? As we can see, it is only the small aspect of oneself that becomes attached. The smaller self buys into the frightened, inadequate set of programs that we have unwittingly allowed to run us.

The purpose of letting go is to de-energize these programs so that they no longer run us; then, we are free to expand into the greater awareness of our Higher Self.

The many faces of fear are familiar to us all. We have felt free-floating anxiety and panic.

Energy Level 100: Fear

We have been paralyzed and frozen by fear, with its accompanying palpitations and apprehension. Worries are chronic fears. Paranoia is its extreme. In milder forms of fear, we are merely uneasy.

When it is more severe, we become scared, cautious, blocked, tense, shy, speechless, superstitious, defensive, distrustful, threatened, insecure, dreading, suspicious, timid, trapped, guilty, and full of stage fright.

To understand how fear is self-reinforcing, we have to stop and look at another one of the laws of consciousness: What one holds in mind tends to manifest.

What this means is that any thought which we consistently hold in mind and consistently give energy to will tend to come into our life according to the very form in which our mind has held it.

Thus, fear engenders fearful thoughts. The more we hold these thoughts in mind, the more likely the feared event will happen in our life, which again reinforces our fear.

What makes the endless television programs, which are concerned with mayhem and its various forms, so attractive?

It is because what is being acted out on the screen, where it is safe, are all the forbidden unconscious fantasies in our own psyche. Once we are willing to look at the same movies on the TV screen of our own minds and see whence they really originate, the attraction of such "entertainment" disappears.

People who have acknowledged the content of their own shadow have no interest in crime, violence, and fearful disasters.

It takes a lot of energy to keep the shadow buried and to suppress our multitude of fears. The result is energy depletion.

On the emotional level, it is expressed as an inhibition of the capacity to love.

One particular form of fear is what we call guilt. Guilt is always associated with a feeling of wrongness and potential punishment, either real or in fantasy.

If punishment is not forthcoming in the external world, it expresses itself as self-punishment on an emotional level. Guilt accompanies all of the negative emotions and, thus, where there is fear, there is guilt.

If you think a guilty thought and have somebody test your muscle strength, you will see that the muscle instantly goes weak.

Most of the consciousness programs boil down to this essential point: become aware of what we are buying into, what we are accepting daily. Let's look at what we have already been programmed with and begin to question it, disassemble it, and let it go. Let's wake up and free ourselves from being exploited and enslaved by the negative programming of the world.

What is the real truth about this voyage? The real truth is that, as we go within and discard one illusion after another, one falsehood after another, one negative program after another, it gets lighter and lighter.

The awareness of the presence of love becomes stronger and stronger. We will feel lighter and lighter. Life becomes progressively more effortless.

There is often a lack of understanding of the function of wanting and desire.

The main illusion is seen in the statement, "The only way that I'll get what I want is by desiring it; if I let go of my desire, then I won't get what I want."

Actually, the opposite is true. Desire, especially strong desire (e.g., cravingness), frequently blocks our getting what we want.

In a lower state of consciousness, the universe is seen as negative and denying, frustrating, and reluctant. It is like a bad, stingy parent.

In a higher state of consciousness, our experience of the universe changes. It now becomes like a giving, loving, unconditionally approving parent who wants us to have everything we want, and it is ours for the asking. This is creating a different context.

<p>Energy Level 125: Desire</p>	<p>It is giving the universe a different meaning.</p> <p>As we free ourselves out of lower states of consciousness such as apathy and fear, we come into wantingness.</p> <p>What was formerly an "I can't" and impossible now becomes possible. The general progression of the levels of consciousness, as we go from the lowest to the highest, is to move from havingness to doingness to beingness.</p> <p>Eventually, we become convinced that our own needs are automatically fulfilled by the universe, and our actions become almost automatically loving.</p> <p>At that point, it is no longer what we do in the world but what we are that counts.</p> <p>The majority of what happens in our lifetime is the result of some decision we have made somewhere in the past, either consciously or unconsciously.</p> <p>Because this is so, it is very simple, then, to see our past decisions by looking at our life and tracking backwards.</p> <p>Anger may vary all the way from rage to mild resentment. It includes revenge, outrage, indignation, fury, jealousy, vindictiveness, spite, hatred, contempt, wrath, argumentativeness, hostility, sarcasm, impatience, frustration, negativity, aggression, violence, revulsion, meanness, rebellion, explosive behavior, agitation, abusiveness, abrasiveness, smoldering, sullenness, pouting, and stubbornness.</p> <p>When we stop pressuring others with our expectations, we create an opening for them spontaneously to respond positively to us.</p> <p>Expectation of others is a form of emotional blackmail. We can feel our resistance when others pull for certain emotional "goods" from us.</p> <p>We can get away from being emotionally blackmailed by looking at how we do it with others, and, then, we can let go of wanting to manipulate their emotional responses toward us.</p>
<p>Energy Level 150: Anger</p>	<p>Another thing that dissipates anger is our mere willingness to relinquish it.</p> <p>Willingness is our overall decision to find a better way, to stop relying on anger, and to move up to courage and acceptance.</p> <p>Anger is binding, not freeing. It connects us to another person and holds them in our life pattern.</p> <p>We are stuck in the negative pattern until we let go of the energy of anger and its little payoffs of righteous indignation, feeling wronged, and the desire for revenge.</p> <p>In common parlance, pride is often thought to be a "good thing." However, if we take a good look at it, we will see that, just like all the other negative feelings we have discussed so far, pride is devoid of love. Consequently, it is essentially destructive.</p> <p>Pride may take the form of over-valuation, denial, playing the martyr, being opinionated, arrogant, boastful, inflated, one-up, haughty, holier-than-thou, vain, self-centered, complacent, aloof, smug, snobbish, prejudiced, bigoted, pious, contemptuous, selfish, unforgiving, spoiled, rigid, patronizing, judgmental, and in milder forms, pigeonholing.</p> <p>In all of us, the prideful feeling, "I have the answers," blocks our growth and development.</p> <p>The prideful person is constantly on the defensive because of the vulnerability of inflation and denial. Conversely, the humble person cannot be humiliated for they are immune to vulnerability, having let go of pride.</p> <p>In its place, they have an inner security and self-esteem. Many people try to substitute pride for genuine self-esteem; however, genuine self-esteem does not actually arise until pride is relinquished.</p> <p>Is there such a thing as "healthy" pride? When we talk of healthy pride, we are referring to self-esteem, an inner awareness of one's true value and worth.</p> <p>This inner awareness is different from the energy of pride. Self-awareness of one's true value is characterized by lack of defensiveness. Once we have consciously contacted the truth of our real beingness—</p>

<p>"Letting Go" in relation to the Levels of Human Consciousness</p>		<p>the nature of our inner self with all of its true innocence, greatness, and nobility of the human spirit—we no longer need pride.</p>
	<p>Energy Level 175: Pride</p>	<p>We just know what we are, and this self-knowledge is sufficient for us. That which we truly know never needs defense and is different from the energy of pride that we are discussing in this chapter.</p>
		<p>The more we surrender our negative emotions, the less we will rely on the crutch of pride.</p>
		<p>In its place, there will be a quality that the world calls "humility" and that we subjectively experience as peacefulness.</p>
		<p>True humility is distinct from the paradox of "pride in one's humility," or "false modesty," seen frequently in the public arena.</p>
		<p>True humility cannot be experienced by the person who is said to possess it, because it is not an emotion. As we have said before, the truly humble cannot be humbled. They are immune to humiliation.</p>
		<p>They have nothing to defend. There is no vulnerability and, therefore, the truly humble do not experience critical attacks by others.</p>
		<p>Instead, a truly humble person sees the critical verbalization by another person as merely a statement of the other person's inner problems.</p>
		<p>Does that mean that we cannot take pleasure in expensive possessions? No, not at all. What we are talking about is pride.</p>
		<p>The problem is not that we have possessions, but that we have a prideful, possessive, and self-congratulatory attitude about them.</p>
		<p>Instead of feeling pride about our thoughts, what is wrong with just loving them? Why not just love a certain concept because of its beauty, because of its inspirational quality, or because of its serviceability?</p>
		<p>If we view our thoughts that way, we no longer need the pride of being "right."</p>
		<p>One reason for the need for humility about our opinions is because our opinions change as we get deeper and deeper into any given subject or situation.</p>
		<p>What seems to be so, upon superficial examination, often turns out to be quite different when we really get into it.</p> <p>The level of courage is very helpful in the mechanism of surrender. In courage, we know: "I can look at my feelings"; "I don't have to be afraid of my feelings anymore"; "I can handle them"; "I can take responsibility for them"; "I can learn how to accept them and be free from them"; "I am willing to take risks, to let go of old points of view and to explore new ones"; "I am willing to be joyous and share my experience with others"; "I experience myself as willing and able.</p>
		<p>With courage, there is the willingness to take chances and to let go of former securities.</p>
		<p>There is the willingness to grow and benefit from new experiences. This involves the capacity to admit mistakes without indulging in guilt and self-recrimination. Our sense of self-worth is not diminished by looking at areas that need improvement.</p>
		<p>We are able to admit the presence of problems without being diminished. As a result, energy, time, and effort are put into self-improvement.</p>
	<p>On the level of courage, we really start becoming conscious. It dawns on us that we have the freedom and the capacity to choose.</p>	
	<p>We no longer have to be the victim, and freedom in the psychological, emotional, and spiritual sense is possible.</p>	
<p>Energy Level 200: Courage</p>	<p>Therefore, much less rigidity is present, and because of flexibility and the capacity of concern and genuine love for others, people on this level make good parents, bosses, employees, and citizens.</p>	
	<p>This level of consciousness is a good one from which to look at and let go of more negative feelings. On this level, we have the energy, capacity, self-confidence, and willingness to acquire know-how and</p>	

	<p>undergo the necessary steps of learning.</p> <p>On this level, there is a desire for self-improvement and the realization that better states of mind are possible.</p> <p>On the level of courage, our capacity to love is now much stronger, and it has the power to support and encourage others, lending strength to that which is positive and constructive in them.</p> <p>Assisting their development brings us the pleasure of watching their growth and their increasing happiness.</p>
Energy Level 250: Neutrality	
Energy Level 310: Willingness	
	<p>In acceptance, we enjoy the experience of harmony. We feel as though events are flowing. We feel secure. We can be of service to others without a feeling of self-sacrifice. There is the feeling: "I'm okay," "You're okay," and "It's okay."</p> <p>It is a feeling of belonging, connectedness, fullness, loving, understanding, and the feeling of being understood. It is a feeling of caring, warmth, and self-worth. Because of the security of this state, we can allow ourselves to be soft, mellow, and natural.</p> <p>There is joy, and we feel "in tune" and relaxed. There is the feeling that it's all right just to be ourselves.</p> <p>In the state of acceptance, there is the feeling that nothing needs to be changed. Everything is perfect and beautiful the way it is. The world is to be enjoyed.</p> <p>There is compassion for others and for all living things. In this state we are automatically nurturing and supportive of others without any feeling of sacrifice.</p> <p>In this state we really begin to understand love. On the level of acceptance, love is experienced as a stable state, a permanent condition of a relationship.</p> <p>The source of love is seen to be within ourselves, emanating from our own nature and reaching out to include others. In the state of desire, by contrast, we speak of being "in love," as the source of happiness and love is thought to be outside of ourselves. When we are in the lower energy level of desire, we are looking to be loved. It seems to be something we "get."</p> <p>On the level of acceptance, however, our lovingness radiates out naturally from the essence of our being, because many of the blocks to its awareness have been surrendered.</p> <p>On the level of acceptance, because of the major change in the way we perceive others, we now become aware of the inner innocence behind the frantic, fear-driven struggles that have obscured it in ourselves and in our neighbors, friends, and family.</p> <p>The great teachers have said that the negativity which we see in a person or in society is really due to blindness, ignorance, and unconsciousness.</p> <p>This inner innocence, once it is perceived in others, is also perceived in ourselves. All that we did was done because we just didn't know any better at the time. If we had known a better way at the time, we would have done it that way. "It seemed like a good idea at the time," we say.</p> <p>We see that same blindness operating in others, and we can look past their character defects and see the innocent child within.</p>
Energy Level 350: Acceptance	
	<p>In the state of acceptance, it is possible to forgive our own past, as well as that of others, and to heal past resentments.</p> <p>It is also possible to see the hidden gift in past events about which we have been resentful—including their possible karmic significance.</p> <p>Another characteristic of the level of acceptance is that we are no longer concerned with moralistic judgment, with "good" and "bad." It just becomes obvious what works and what doesn't work.</p> <p>It is easy to see what is destructive and what is optimal, without judging anything as "evil." There is the elimination of guilt, which accompanies all judgments against others and ourselves.</p>

	<p>We then see the meaning of the statement, "Judge not, lest ye be judged."</p> <p>There is certainty that our own personal needs will be met; therefore, there is a shift in relationship so that the focus is on the welfare and happiness of others.</p> <p>This is facilitated by the fact that, at this level, there is no longer neediness in the form of dependency on other people, because there is nothing we feel we need to "get" from them.</p> <p>The hallmark of this state is the taking of responsibility for our own consciousness.</p> <p>Interest in meditation and the various methods of inner contemplation is common. Spiritual and ethical matters become important.</p> <p>We may, for instance, attend religious retreats if we are religious, or we may engage in spiritual or humanitarian endeavors if we are oriented toward those spheres.</p> <p>In acceptance, we are free to be in the present.</p> <p>Once we have accepted our own true nature and the ways of the universe as they are reflected in our world, there is no longer regret about the past, nor is there fear of the future.</p>
<p>Energy Level 400: Reason</p>	<p>Love is a way of being. It is the energy that radiates when the blocks to it have been surrendered.</p> <p>It is more than an emotion or a thought—it is a state of being. Love is what we have become through the pathway of surrender.</p> <p>Once you become loving, there are certain things you can never do again. And there are certain things you can do in the energy field of love that are impossible otherwise.</p> <p>Moreover, people do things for you that they would not do for others. Love makes possible the miraculous without labeling it "miraculous." Love has a transfiguring effect.</p> <p>People who are hateful will, in our presence, suddenly become willing to forgive others. We can see the person transform right in front of us.</p> <p>Eventually, we just become love. Everything we do and say, every movement we make, is energized by the lovingness that we have owned within ourselves.</p> <p>Whether speaking to a large audience or petting the dog, the energy of love is felt to be pouring out.</p> <p>We want to share what we hold in the heart as an experiential knowingness, and we hold it in the heart for everyone and everything, that they would be feeling it, too.</p> <p>Intuitive understanding progressively replaces "thinkingness," which begins to disappear. Over time, "thinkingness" and its mental processes are replaced by spontaneous, intuitive "knowingness." Logic is bypassed.</p>
<p>Energy Level 500: Love</p>	<p>This occurs because, at the highest level of vibration, everything in the universe is connected with everything else. Our understanding unfolds as "revelation" from this inter-connected field.</p> <p>By continual surrender, we experience the state of unconditional love (calibrates at 540), which is rare and occurs in only .04% of the population. This energy is miraculous, inclusive, nonselective, transformative, unlimited, effortless, radiant, devotional, saintly, diffuse, merciful, and selfless. It is characterized by inner joy, faith, ecstasy, patience, compassion, persistence, essence, beauty, synchronicity, perfection, surrender, rapture, vision, and openness. We relinquish seeing the personal self as a causal agent.</p> <p>Everything happens effortlessly by synchronicity.</p> <p>When love is unconditional, there's no attachment, expectation, hidden agenda, or bookkeeping of who gives what to whom.</p> <p>Our love is unconditional for whatever we are and whatever they are. It is given without requirements. No strings are attached.</p> <p>We don't expect anything back when giving. We have surrendered all conscious and unconscious</p>

	<p>----- expectations of the other person</p> <p>A key to making Love unconditional is the willingness to forgive. With forgiveness, events and people are re-contextualized as simply "limited"—not "bad" or "unlovable."</p>
<p>Energy Level 540: Joy</p>	<p>In peace, there is no longer any conflict. There is a total absence of negativity and an all-encompassing lovingness that is experienced as serenity, tranquility, timelessness, completion, fulfillment, stillness, and contentment.</p> <p>There is inner quiet and light, a feeling of oneness, unity, and total freedom. The peace is imperturbable. Actions become effortless, spontaneous, harmonious, and loving in their effect. There is a shift of perception of the universe and of our relationship to it.</p> <p>The inner Self prevails. The personal self has been transcended, with all of its feelings, beliefs, identities, and concerns. This is the ultimate state sought by all seekers, whether they are religious, humanist, or have no spiritual or philosophical identification at all.</p> <p>With continual surrender, we begin to experience these states of peace with ever-increasing frequency. At times, they may become quite profound and of greater and greater duration.</p> <p>When the clouds are removed, the sun shines forth and we discover that peace was the truth all along. Surrender is the mechanism that uncovers the true nature of our existence.</p>
<p>Energy Level 600: Peace</p>	<p>The hallmark of this level is desirelessness. There is no need to want for anything because everything manifests in our life spontaneously and automatically, without conscious will or effort. Thoughts held in mind at this level are very powerful and tend to manifest rapidly.</p> <p>The phenomenon of synchronicity is continuous. The mechanisms of cause and effect and the inner working of the universe stand forth clearly revealed, as we are now witnessing the very basis of Reality itself.</p> <p>These very high states of awareness happen spontaneously and unexpectedly, and they tend to recur and stay for longer and longer durations. Once this has been experienced, our intention automatically becomes to make the state of peace permanent.</p>
<p>Energy Levels 700–1,000: Enlightenment</p>	