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treatment for emotional pain, issues, neurosis, anxiety and depression. But more than that it is a pathway to enlightenment, or simply put surrender to who you already are.

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Dr. Hawkins book Letting Go serves as a guide to remove any barriers on our journey towards Enlightenment.

Hawkins observes how thoughts themselves are painless, and that it is

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Instead the feelings we associate with these thoughts that cause us to suffer.

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Letting go, in essence is learning to accept those emotions as they are

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and allowing yourself to feel those emotions. Once you feel them you can move on from them. Letting Go: The Pathway of Surrender Book

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Yet a light illuminates this new path to help me find my way: it is the light of gratitude. ... And then, I let it go. What I learned through the process of letting go is a profound truth: that we never really lose the most important things and people that we cherish in life when we let them go. They

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become a part of our inner landscape  
and we ...

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effective means by which to let go of  
the obstacles to Enlightenment and

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become free of negativity. During the many decades of Dr. Hawkins ' clinical psychiatric practice, the primary aim was to seek the most effective ways to relieve human suffering in all its many forms.

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Letting Go is the motivational, self-help, cognitive psychology and relationship guide which shares the benefits of letting go things in our life. Description of Letting Go by David R. Hawkins PDF. Letting Go is the self-help, cognitive psychology,

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relationship and motivational book  
which shares the proven methods  
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In Letting Go, Hawkins elaborates a  
path to healing and letting go of

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wounds/blockages that are preventing the realization of higher states of consciousness. Hawkins details a simple yet profoundly powerful technique called the ' Letting Go Technique ' that can be used anytime, anywhere to skillfully process emotions and lead

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us toward higher, lighter, freer stages  
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to book on overcoming the most  
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go of the obstacles to Enlightenment and become free of negativity. During the many decades of the author's clinical psychiatric practice, the primary aim was to seek the most effective ways to relieve human suffering in all its many forms. The letting go technique (surrender) was

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found to be of great practical benefit  
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