

A hand is shown from the bottom left, reaching upwards with fingers slightly spread. The background is a warm, golden-yellow bokeh with soft, out-of-focus light circles. The text is centered over the image.

LET GO & AWAKEN

HOW TO LET GO
OF ALL NEGATIVE EMOTIONS
& RETURN TO YOUR HIGHEST STATE OF BEING

MICHAEL MACKINTOSH

Let Go & Awaken

HOW TO LET GO OF ALL NEGATIVE EMOTIONS
& RETURN TO YOUR HIGHEST STATE OF BEING

A collection of powerful contemplative passages,
quotes and suggestions for letting go and receiving spiritual nourishment.

By Michael Mackintosh

Why Let Go & Awaken To Who You Are?

We are eternal souls; beings of infinite peace. We are like a spiritual sun, an embodiment of constant peace, infinite bliss and eternal freedom.

We are bodiless, divine light.

We're not from this world.

We are cosmic travelers, guests from another world here on an extended vacation. We came here on wings of light from another dimension, our spiritual home, the world of infinite light.

When we first arrived here on this planet, we were enlightened beings. We knew exactly who we were and we knew this whole game of life was just a game. It was simply a wondrous entertainment.

...

But over time, we began to forget who we are. We began to become attached to our bodies, our physical identities, and started wanting and needing things in the game. The game stopped being fun and became serious, heavy, stressful and all-important.

After a while, we forgot it was a game at all. We forgot our home, we forgot ourselves, and all we knew was our body and our vacation spot.

We began to falsely think our vacation was our home and it belonged to us.

We began to judge ourselves by the costume we wore and how it looked in the mirror. We began to judge others by their costume, their bodies and role, and became blind to the light and peace behind the eyes.

We fell into a deep sleep.

And soon... it turned into a nightmare.

A terrible dream where nothing was ever quite right. We always felt discontented, always worried, always irritated, agitated and confused.

But we got on with it anyway and tried to live our lives as best we could.

Over time, we saw more and more sorrow. We picked up more and more disempowered habits, beliefs and worries. We became more and more complicated. More burdened. Our inner world, that once was like a pristine, peaceful palace, filled with light and comfort and warmth, became a cluttered, dark, dank, warehouse full of useless, dangerous junk, piled up, just waiting to fall or explode.

Our inner world, our inner kingdom, was in need of a massive spring clean so we could enjoy our days of happiness again.

Love & Welcome

Many blessings, dear eternal friend,

Welcome to the Remember & Surrender Experience, the opportunity to let go and re-awaken to your original state of being.

This book was put together as an supportive aid for anyone who wishes to remember their spiritual identity and surrender and let go of all blocks to freedom and enlightenment. The intention of this book is to support you in letting go of negative emotions, memories, fears, addictions and concerns that no longer serve you so you can return to your highest state of being so you can come back home to the peace within.

This little book is a collection of powerful contemplative passages, quotes and suggestions designed to help you release and let go of negative energy within you and return once again to your original and eternal state of peace.

Thank you for being here.

Your presence is invaluable and your commitment to reaching your highest state of consciousness is a deep blessing to all.

With Love,

Michael Mackintosh e' The Remember and Surrender Group

How To Use This book

This book was originally created for the The Cosmic Traveler's Remember & Surrender Group and is designed to compliment the *Live Remember & Surrender Group Meditation Sessions* - where we meet every day (via phone) for about an hour to remember who we are and release any negative experiences that are holding us back. You are welcome to join these sessions for free.

You can read this book all the way through, or you can pick it up at random for inspiration and guidance on your letting go practice.

Does it work?

We've personally found these are methods and suggestions to be nothing short of miraculous. By practicing these methods, people have been able to let go of long standing additions, fears, worries and challenges that had plagued them for years. We've seen people overcome health problems, relationship challenges, financial blocks and countless other ailments using these methods. Also, by applying these simple practices, many souls have experienced higher states of deep peace, lightness, freedom and even intense bliss. If you want to discover the power of remembering and surrendering - then just try it out for yourself and keep doing it until you notice shifts. It's powerful.

Can I meet with others and practice together?

Yes. You can join our LIVE meditation groups by calling in from anywhere in the world.

The information about the call in times and other bonus resources are located at the end of this book.

Remember & Surrender

Awakening & Letting Go

When we awaken, we realize we are beings of peace. We are the presence behind all thoughts and sensations.

We are the eternal light of peace underneath and beyond the content of the mind.

REMEMBER

To remember means to wake up. And as we awaken to who we are we also remember where we come from and to whom we belong.

We come from a world of pristine, infinite peace. Nirvana, the land beyond soul. The great element of light.

And in our home, our sky beyond the sky, lives our eternal parent - the One - the ocean of peace, the purifier, the ocean of bliss, the ocean of love, the remover of sorrow and bestower of happiness.

This being is our eternal friend. The One who can restore us to our natural power. Some call this being God. The names people use are different, but in every culture people call out for support from this one, often without knowing who they are calling to, but knowing they need some help from beyond this world. Help from a higher power.

So as we remember this one, this being of light, like an eternal sun of peace, we receive rays of light into our soul. This light purifies us and fills us with power. It charges the battery of our soul.

It lights us up inside.

Being in this presence allows us an opportunity to release and let go of all the junk inside the soul. This being is the Purifier, and is capable of taking away all our

burdens, negativity, addictions, craving, dis-empowered habits, painful memories and fear of the future. All the dark energy we've been burdened with can be released and surrendered into this light.

And as we let it out, as we offer it up, we are freed from the negative energy inside of us.

SURRENDER

Surrender means to let go and release all worries, burdens and past actions into the light. In the light of Love we are able to face our negativity, see it, pick it up and let it go to the One. We have the courage and capacity to allow the dark energy inside of us to arise, and as it arises, we offer it up to the One. And this one purifies us and takes it away.

Manmanabhav means to offer your mind to ME. Or Be Mine With Your Mind. We offer up our mind to God and let go of everything in our way.

As we do this, we release huge stacks of burdens, worries, fears, guilt, shame, addiction, complication and other negative energy. We start clearing out the rooms filled with junk and toxic energy trapped inside our souls. We clean up our inner kingdom, feeling more at peace, lighter, more free.

With each moment of true surrender, we are blessed with the breath of peace. The sweet joy that's always bubbling up inside of us is revealed and we begin to enjoy the infinite silence and beautiful presence that we'd forgotten.

We start to feel whole again, full again, relaxed again.

We begin to feel happy for no reason. Peaceful for no reason.

With each moment of remembering and surrendering, we take one step closer to our

original state of eternal, constant peace.

We feel whole. We feel free. We feel fully alive.

The more we remember and surrender, the more powerful we become and the more life, once again, becomes a beautiful game.

We are eternal beings of light.

We are free.

We are here just for a short time.

We're guests.

We are cosmic travelers, just here for fun.

And life returns.

The wonders, the wonders, the wonders!

The Method

Our Method of Remember & Surrender is very simple, yet extremely deep and powerful.

First, we remember who we are.

We are cosmic travelers. Non-physical beings of light.

Eternal peace.

We are like a spiritual sun, blazing powerful peace in all directions, constantly and automatically.

We are invisible, indestructible light.

YES! It's amazing! And it feels amazing!

Second, we remember our spiritual home.

We come from a world of golden-red light, like a beautiful sunset.

This is infinite, spiritual light. Our home is on a higher dimension. It's underneath and beyond the physical universe. Vastly more powerful and infinitely larger than the universe we know.

It's called the Great Element of Light. The land of peace. This is what the Buddhists call Nirvana, what Hindus call The Supreme Light and why Christians put the words Rest In Peace on gravestones. This is the land of eternal peace.

We bring our awareness to this beautiful light, with our mind and heart. We focus on this light and let the other details of life fade away.

Thirdly, we REMEMBER the ONE.

We see and feel the spiritual light. The eternal peace. The Purifier.

God is light, a star of bliss. A shining being of self-luminous peace.

A beautiful being of infinite joy, profound, endless bliss, divine love and power.

We bathe in this light. We absorb this light. We are safe to relax in this light.

We are whole in this light.

Lastly, we surrender everything to the One.

As we rest in this light, we also allow any old negative thoughts, worries, concerns, memories to arise. As soon as they arise, we offer them up, to the Light. We let go and surrender everything to God. Instead of wanting to change or suppress or hide the junk inside, we just allow it to come up and be taken away, purified in the FIRE of YOGA, the fire of love, the eternal peace. This surrender is our chance to clear out all the unwanted, toxic stacks inside the soul. We allow it to be released and cleared in the light of peace.

Each moment we let go, we are liberated. Each moment, we are more free.

The Breath

It can be easier to do this remember and surrender by grounding it in with the breath.

To do this, we simply focus on two things.

With the in-breath, we fill ourselves with peace, light, purity, power and bliss. Divine light comes pouring into our soul as we breath in. This light displaces the negativity, like a bucket of dirty water being filled up with clean water.

As we exhale, we focus on releasing and letting go of whatever arises, the moment it arises. This out-breath is where we let go, let go, let go and surrender it all up to the light.

So we use the breath to ground in the practice, each breath is a transformation. Each breath is freedom.

Breathe in - filling up with peace, connected to the One

Breathe out - letting go, letting go, letting go,

Breath in - being blessed with peace, light and power from the Source

Breathe out - allowing whatever arises to be surrendered up to God, the moment it arises

Breathe in - enjoying the spiritual nourishment of peace

Breathe out - letting go, releasing and being totally free from the past

As you keep doing this - you are releasing and letting go of stacks of negativity and stress. AND you are filling yourself up with pure power.

Each breath is powerful.

Each breath is transformational.

Each breath, you are breathing in the Presence of God.

So God is with you, constantly with each breath and in each moment.

The Time

Ultimately, we can aim to remember and surrender constantly, at each moment. That is the way to radical progress. It CAN be done and the more we aim to be constant, the easier it gets and the more we do it.

However, especially at the beginning, it's extremely valuable to make time each day for remembrance and surrender.

We recommend 40-60 minutes in the morning and evening. Or as much as you are able to create.

Useful Structure

We've found it helpful to structure the sessions as follows.

1. Make sure you are somewhere comfortable and quiet - where you can focus uninterrupted.

This is often easiest early in the morning while others are asleep.

2. When seated comfortably, you can enjoy reading some of the passages in the pages that follow.

3. Enjoy remembering and surrendering for 30-60 minutes.

4. End your session with some bonus reading - and aim to continue the practice as you go into your day.

NOTE: We offer daily remember and surrender groups that you can call in live. Feel free to join whenever you can - the details of how to join are at the end of the book.

Supportive Reading

To Deepen Your Understanding And Experience

The following readings contained in the next pages are quotes and commentaries designed to clarify your understanding and experience of remembering and surrendering. You may choose to read this before your letting go session - or whenever you feel inspired to gain insight and clarity.

Enjoy.

Surrender & Remember Group Intro Reading

NOTE: This can be read at the beginning of the group to set the intention for the session.

Welcome to the Surrender & Remember Group,

We have come here today with the intention to surrender and let go of all blocks to enlightenment and freedom.

Our aim is simple. To re-awaken and re-member who we are and surrender everything else to God.

By offering everything to God, as it arises, we release all attachment and transcend the ego's positionalities that have trapped us in lower states of being.

The more we surrender everything to God, the more we naturally and automatically return back to our original and eternal state of infinite peace.

The method is simple.

Remember who you are, an eternal being of light & connect your mind and heart to God in the home of light. Then, once you are in the light of God, surrender everything, the moment it arises, offering everything directly to the One. No matter what. All the time.

And as we do this, God purifies us and fills us with Power, purity, love, bliss and peace.

This spiritual energy naturally displaces the ego positions. Selfish attachments are released and we receive profound and unlimited freedom.

Renounce and rejoice. Let it all go. Let it all go. Let it all go.

Give it all up to God, the moment it arises, no matter what. and feel the infinite Grace and eternal peace fulfilling you.

How to do it? The Method of Complete Surrender & Freedom

Our surrender and awakening is very simple.

1. We remember who we are: spiritual beings, nonphysical, eternal light. We are all the children of God. We all belong to God and to each other. We are one family.

2. We remember God in the home of peace. We connect our hearts and minds to God and come under God's canopy of protection.

3. We let go and surrender all experiences as they arise - the moment they arise.

Giving up everything, even the process of surrender itself and resistance to the process, directly to God. We release all attachments, ego positionalities and negative feelings, the moment they arise, no matter what. Whatever arises, heat and cold, pleasure or pain, we surrender it all to God. It's almost like God's hands reach in and pull out all our pain. God is the remover of sorrow and bestower of happiness. Our aim is to give ALL our sorrow and attachments directly to God, without reservation, unconditionally, the moment it arises. Give it all up, completely, no matter what it is.

Offering it all up, moving away from the experiences/actor and becoming the witness/observer.

Things no longer happen to the limited ego 'me' - they just happen, by themselves, according to the unfoldment of life - and we witness them all as a detached observer, stable in eternal awareness.

4. As we let go and release all our burdens, fears, past actions, guilt, sadness and everything else something wonderful naturally occurs. God is the remover of sorrow AND the bestower of happiness, so as we let go, we are, automatically blessed with lightness and joy. God is constantly sending light and power. We simply need to be willing to receive. It's just as the sun is always shining and we simply need to be in the light to absorb it. We don't expect anything, we don't need anything - we are simply open - we're open to receive whatever gifts the Lord wants to bestow upon us. We allow ourselves to feel how it feels to be free. We allow our mind and hearts to be like God's mind and heart. We come back home to our Divinity.

We surrender unconditionally and are also open to receive unconditionally, without expectation.

Are you willing to let go?

Are you willing to receive the gifts God wants to give you?

We will practice this surrender, of everything, as it arises, for the next 40 minutes. We are open to let it all go and receive whatever is the highest good for us to receive.

Without reservation, let it all go, let it all go, let it all go.

Questions For Surrender

Am I willing to stop blocking higher states of consciousness?

Am I willing to return back home to my own original state of deep, infinite peace?

Am I willing to stop blocking the bliss that's already inside me?

Am I willing to experience love in my heart and share love from the heart?

Am I willing to surrender to the highest good for all?

Am I willing to release intellectualizing and theory and embrace the real experience beyond all words?

Am I willing to Remember God and feel God's love, peace, power and bliss filling me?

Am I willing to release all judgments and regrets about my past and create a new path and wonderful future?

Am I willing to let it all go, give it all to God and surrender whatever arises, the moment it arises?

Am I willing to experience higher and higher states of consciousness?

Who Am I?

Your soul knows that you are immortal. The whole world has forgotten about the soul and the Supreme Soul. If you first of all consider yourself to be a soul and continue to remember the Divine, that peace can spread everywhere.

A soul is very subtle. A soul is very tiny and subtle and plays a part. This is nature. Such a big imperishable part is recorded in such a tiny soul! That part can never be erased. It is very subtle.

- *Sakar Murlī*

As the same person inhabits the body through childhood, youth, and old age, so too at the time of death he attains another body. The wise are not deluded by these changes.

When the senses contact sense objects, a person experiences cold or heat, pleasure or pain. These experiences are fleeting; they come and go. Bear them patiently.

Those who are unaffected by these changes, who are the same in pleasure and pain, are truly wise and fit for immortality. Assert your strength and realize this!

The impermanent has no reality; reality lies in the eternal. Those who have seen the boundary between these two have attained the end of all knowledge. Realize that which pervades the universe and is indestructible; no power can affect this unchanging, imperishable reality. The body is mortal, but that which dwells in the body is immortal and immeasurable.

You were never born; you will never die. You have never changed; you can never change. Unborn, eternal, immutable, immemorial, you do not die when the body dies. As one abandons worn-out clothes and acquires new ones, so does the body when it is worn out and acquires a new one by the Self, who lives within. The Self

cannot be pierced by weapons or burned by fire; water cannot wet it, nor can the wind dry it. It is everlasting and infinite, standing on the motionless foundations of eternity. The Self is unmanifested, beyond all thought, beyond all change. Even if you believe the Self to be subject to birth and death, you should not grieve. Death is inevitable for the living; birth is inevitable for the dead. Since these are unavoidable, you should not sorrow.

Every creature is unmanifested at first and then attains manifestation. When its end comes, it once again becomes unmanifested. What is there to lament in this? The glory of the Self is beheld by a few, and a few describe it; a few listen, but many without understanding. The Self of all beings, living within the body, is eternal and cannot be harmed. Therefore, do not grieve.

- *Bhagavad Gita*

Like two golden birds searched on the selfsame tree,
Intimate friends, the ego and the Self
Dwell in the same body. The former eats
The sweet and sour fruits of the tree of life
While the latter looks on in detachment.

As long as we think we are the ego
We feel attached and fall into sorrow
But realize that you are the Self, the Lord
Of Life, and you will be freed from sorrow

When you realize you are the Self
Supreme Source of Light, supreme Source of Love

You transcend the duality of Life
And enter into the united state.

- *Upanishads*

Who Is God?

God is an eternal being of light, like a spiritual sun. God is the Highest on High, the most powerful being in eternity. The remover of sorrow and bestower of happiness. The Purifier, the ocean of bliss, the ocean of peace, the ocean of knowledge, the enlightened one who is forever awake, former pure, forever loving, forever beautiful. God is the most beautiful thing that has ever existed and will ever exist. As we come to know God, we come to know everything.

God is our compassionate, forgiving, loving eternal friend, our closest heart, our true beloved. The only one who will never leave us, the only one who always loves us and blesses and cares about us.

God knows who we are better than we know ourselves. God knows we are eternal beings of light and peace, just like him and sees us as beings of light. We are all spiritual beings of light, like God. We are the Children of God and we are also originally and eternal beings of love, peace, purity.

God is safe, being with God means being in a safe place, a sacred secure home, coming back to our unlimited freedom and eternal joy. Through God all our desires are fulfilled. Everything we seek in the world is really just something we are missing from our relationship with God. God fulfills all our desires and makes us so full we are ignorant of desire.

All we have to do is give up worthless things that cause us harm - and in return - God blesses us with priceless jewels and experiences of total freedom, wealth joy and bliss.

For every little attachment we let go, we are blessed a million times back. So why not just give it all up?

Originally and eternally, I am a pure Soul.

What Is Meditation?

Those who eat too much or eat too little, who sleep too much or sleep too little, will not succeed in meditation. But those who are temperate in eating and sleeping, work and recreation, will come to the end of sorrow through meditation. Through constant effort they learn to withdraw the mind from selfish cravings and absorb it in the Self. Thus they attain the state of union. When meditation is mastered, the mind is unwavering like the flame of a lamp in a windless place. In the still mind, in the depths of meditation, the Self reveals itself. Beholding the Self by means of the Self, an aspirant knows the joy and peace of complete fulfillment.

Having attained that abiding joy beyond the senses, revealed in the stilled mind, he never swerves from the eternal truth. He desires nothing else, and cannot be shaken by the heaviest burden of sorrow. The practice of meditation frees one from all affliction. Follow it with determination and sustained enthusiasm. Renouncing wholeheartedly all selfish desires and expectations, use your will to control the senses. Little by little, through patience and repeated effort, the mind will become stilled in the Self. Wherever the mind wanders, restless and diffuse in its search for satisfaction without, lead it within; train it to rest in the Self. Abiding joy comes to those who still the mind. Freeing themselves from the taint of self-will, with their consciousness unified, they become one with Their Highest State. The infinite joy.

- Bhagwan Gita

Letting Go - The Stack Inside Of Us

When we let go, we are releasing stacks of negativity inside of ourselves. Throughout our life, we have accumulated experiences, attachments, desires, addictions, craving and various kinds of negative emotional states. All of these are stored inside of us, like karmic stacks right now. They make our lives stressful and hinder our ability to feel free and enjoy life. This stack of negativity is restricting our freedom and surpassing our joy. The Ego is addicted to negativity and wants to relish in and increase this stack of negativity even more. But our responsibility, as spiritual beings is to overcome the ego's endless trivial desires and remove this stack of negativity from within us through letting it go and giving it up to God.

So what happens is we start to let go. The ego doesn't like it. The Ego would prefer we did something else and creates resistance, confusion and reasons to not do it.

But we smile and continue to let go anyway.

First, we see God - God is a being of light, like a spiritual sun in a world of golden red light, like an infinite sunset. So we bring our awareness to Nirvana, the land of peace, the land of silence and God is in that light -the infinite power who wants us to surrender our negativity, attachments and vices.

Second, we become willing to let go. This means we are willing to admit we have a stack of negativity and are willing to face it, reveal it, hold it up into the light and give it to God. God wants us to hand over our useless stuff and receive freedom in return. What is better - negativity, misery and pain, or joy, freedom, wealth and self sovereignty?

So we sit and we remind ourselves over and over - I am willing to release lust, anger, greed, ego, attachment, guilt, shame, fear, past memories, beliefs, addictions, cravings, being right and everything else.

I am willing to surrender everything that no longer serves me, as it arises, even if there is resistance, I surrender the resistance and the resistance to the resistance. Whatever arises, a thought, a sound, an image, a guilty feeling, anger, lust, craving, fear and anxiety, or even physical discomfort or tiredness.

Whatever is coming up, instead of dwelling on the details of the thing, the content, the story, we instead choose to hand it over to God. Each thing we hand over is like giving up one stack of our big stack of negativity.

Each time we let go, we have less burdens and less resistance. Each time we release the negativity, we are a little more free and we can become more and more free by letting go of some more.

So we sit, we remember God in the world of light and we hand over stack after stack after stack, whatever it is, as it arises. And even if resistance comes or we forget or get off track thinking about something else or feeling sleepy, we just give that up too. Feel the sleepiness and give it to God.

Maybe we feel guilty about something we did, even a few moments ago, or we feel angry about having to surrender - no problem, we just feel the guilt or the anger or whatever, and acknowledge it and we surrender it up to God. We let it go. We say, here - Take this all away. Here is it - I'm giving it up - and we release that stack, feeling it being taken away...

And then we release the next stack. There is always more to let go and that's ok.

So we have determination, we stay focused and we let go, let go, let go.

The Pilgrimage of Remembrance

This spiritual pilgrimage is also remembered. The spiritual pilgrimage is one from which you don't return. Everyone goes on those other pilgrimages for birth after birth; they go there and then they return. There are physical pilgrimages Similarly this is your spiritual pilgrimage. By making this spiritual pilgrimage you don't return to the land of death. The One From Beyond teaches you the pilgrimage to the land of peace. Souls belong to the land of nirvana, the world of peace. The land of nirvana is the land of peace where souls reside. The One From Beyond says: You are now on a pilgrimage to the land of eternal peace. All of those pilgrimages are physical where they go by foot. This pilgrimage is spiritual. Only the One who resides in the land of peace teaches you this and He only comes and teaches it once. The others are something you do for birth after birth. This is the final pilgrimage back home. Spiritual pilgrimage means you are in remembrance of who you are and where you originally come from. It is remembered: Your final thoughts lead you to your destination. You only remember your home of light, the land beyond sound, your eternal home.

The more you stay in remembrance, the more your past karma and burdens are destroyed. We will go to our eternal home. The One From Beyond Says to us souls: Remember Me and remember your home from where you came and your final thoughts will then lead you to your destination. You have to go back there.

In fact, all souls are incorporeal and they then take corporeal forms here. There is no form there in the world of light. You souls reside in the incorporeal world, in the brahm element, the land of peace, the sky beyond the sky. That is the home of us souls, the great element of brahm. This is the element of sky under which corporeal parts are played.

- *Sakar Murli*

Manmanabhav
- *Complete Surrender*

Run to Him for refuge with all your strength, and peace profound will be yours through His grace. I give you these precious words of wisdom; reflect on them and then do as you choose. These are the last words I shall speak to you, dear one, for your spiritual fulfillment. You are very dear to me.

Be aware of me always, adore me, make every act an offering to me, and you shall come to me; this I promise; for you are dear to me. Abandon all supports and look to me for protection. I shall purify you from the sins of the past; do not grieve.

- Bhagavad Gita

Surrender everything to me.

Offer All You Are To Me

Surrender everything to me

Become Merged In Love with Me

Freedom In life

Those who cannot renounce attachment to the results of their work are far from the path.

It is not those who lack energy or refrain from action, but those who work without expectation of reward who attain the goal of meditation. Theirs is true renunciation. Therefore, you should understand that renunciation and the performance of selfless service are the same. Those who cannot renounce attachment to the results of their work are far from the path. When a person has freed himself from attachment to the results of work, and from desires for the enjoyment of sense objects, he ascends to the unitive state. Reshape yourself through the power of your will; never let yourself be degraded by self-will.

- Bhagavad Gita

“Let Go And Become Free”

Today, The Supreme Soul who is always the co-operative Companion of the children, will tell His co-operative children who are His constant companions about an entertaining conversation. All of you are entertaining, are you not? Therefore, the Father too tells such children entertaining things. Today, a very large, beautiful, alokik and significant-looking tree emerged. The tree was very beautiful and it had many branches - some small and some large, some thin and some thick. There were various very beautiful, colorful birds on that tree. Each one was sitting on its own branch. Because of the birds, the tree looked very beautiful. Some birds would come flying and sit on God's fingers. Some would come and sit on His shoulders and some just continued to circle around. Some just sat at a distance and met God through their eyes and were happy with just that. They were happy just to observe the pleasure the other birds had in meeting God. They themselves didn't come close. Seeing such a scene, God very sweetly invited all the birds to come. He said: "Come children, come children!" Even then, those birds wouldn't come. Although they had wings and were flapping those wings, they were still clutching onto the branches so tightly with their claws that they were unable to fly and come closer. What happened then? Even though they wanted to, they weren't able to fly. They began to call out with a lot of love, "Baba, Baba!" Then, they said something. What would they have said? They said, "Make us fly! Make us fly!", and then they said, "Free us! Free us!" BapDada said: "Instead of saying, "Free us! Free us!" just let go and become free!"

However, amongst those birds, there were some who were very clever, but others who were weak. Although they too wanted to experience the Father's company, they didn't want to let go of the branch. The clever birds wanted to do both! The weak and innocent birds wanted to become free, but they didn't know how to get their freedom. The innocent ones, in their innocence, didn't even realize that they had to let go! Seeing these birds, God repeatedly told them to let go and become free, but the birds continued to chatter in their own language. God showed them what to do and yet they would let go of the branch a little but still be clutching onto it. This is why they continued to call out. Although they continued to speak, they were unable to become

flying birds. They were unable to experience having a close meeting with the Father and tour the world, that is, they were unable to do the tour of unlimited world service.

Now, each of you can ask yourself where you were. Were you on a branch or on the Father's shoulders? Or, were you dancing on His fingers? Or, were you flying around God? Do you know yourself? Ask yourself to what extent you have made firm for yourself the lesson of "Let go and become free". Do you always remember the lesson, "Let go and become free"? Or, is it that you can become free when others let go? Or, is it that you can only become free when the Father frees you? You don't imbibe this lesson in that way, do you? You are not clutching onto any type of branch with the claw of your intellect, are you? You haven't perched on a branch just because of some old sanskars or your nature, or because you lack a particular power or because of being weak, have you?

Do you put this lesson, "Let go and become free" into practice in every situation? It was this lesson that made Father Brahma become number one. He let go from the beginning and thereby became free. He never thought that he would only become free if his companions or his relatives freed him. He never thought that he would only become free when those who were creating obstacles stopped doing that. Or, that he would become free when the various adverse situations went away. Did he ever think that? He constantly made this lesson firm for himself.

The situations are not going to go away, you yourself have to let go and become free. Even if other souls come into conflict with you because of sanskars, remember that you will only become free when you let go. Don't think that when the other person stops creating conflict, you will become free, no! If you believe that you can only become free when that person lets go, then, when that conflict ends, another one will start. For how long are you going to keep waiting for the other person to let go, so that you can become free? Obstacles of Maya and test papers are going to come in your study in different forms from time to time. So, is it that you pass if you study or do you only pass if the teacher gives you an easy paper? What do you have to do? It is correct to say that you will pass when you study well. Similarly, here too, you have to pass in every situation. Don't think that so- and-so has to pass. Don't think that such-

and-such a situation has to end. Understand that you yourself have to pass.

This is known as becoming free by letting go. Do not wait for anything, but prepare yourself. You are a bird, you have wings, you are very beautiful, you are sitting on the Father's tree. However, there is the weakness of seeing any type of your own or someone else's sanskars or nature and speaking about them. You are not independent in your efforts, you become dependent. There is attachment to a person or object; you lack a particular virtue or power. All of those are the various branches. So, you are not perched, clutching onto one of these branches are you? If you hold onto any branch, you are unable to have an experience of the closeness of constantly dancing on the Father's finger, of constantly moving along with the support of the finger of shrimat. You won't be able to co-operate in every task of the Father's, that is, you won't be able to dance on His shoulders. One is to be constantly co-operative (sahyogi) and the other is sometimes to be co-operative and at other times to be separated from the Father (viyogi). Why? It is because, instead of co-operating, you become separated from the Father by clutching onto one of those branches.

Now, ask yourself: Who am I? Do you understand? What lesson have you made firm today? "Let go and become free?" You have made this firm, have you not? You will not clutch onto the branch, will you? When you get tired, you clutch onto the branches and perch there. Sometimes, you get tired of yourself and sometimes you get tired of others. Sometimes, you get tired of service. So, you keep clutching onto that branch and crying out, "Now free me! Free me!" You yourself are clutching onto it and you are asking the Father to free you!" Why should He do this? Therefore, the Father constantly shows you ways to free yourself. You yourself have to let go. When you yourself do something, you receive the reward of that. If the Father were to do that for you too, then who would receive the reward? Is it that the Father does it for you and you receive the reward? This is why the Father becomes Karankaravanhar and makes you an instrument.

Is it, "Let go and become free"? Or, is it, "You have already let go and become free"? When you get tired, you clutch onto a branch. The birds of Rajasthan are very beautiful and very famous. You are the dancing birds, are you not? You are not

influenced by anyone, are you? To be birds who simply circle around means to be those who have many thoughts such as: “I will do this; I will do this and show them”. However, they continue to tour around; they don't fly around nearby. There are many who say: I will do it, I will do it! It will happen, I will demonstrate it, I will think about it”. They are the ones who think about doing something in the future. These are the ones who circle around nearby. So, which group have you brought? Who have you brought from Bombay? Which group have you brought from Rajasthan? Because all of you belong to the Father, you are all beautiful anyway. To become a Brahmin means to become colored. You have been colored and you have also received wings. However, it is only when you let go that you finally become free. It is good. So, today, you entertaining children have come here. This is why God has told you entertaining things of the subtle region. It is good.

To those who are constantly equal to the Father, the flying birds, to those who are constantly circling around doing unlimited service, to those who are constantly free from the bondage of any type of branch and are able to fly whenever they want, to such free birds who constantly dance on the Father's finger, that is, those who constantly have elevated thoughts, words and deeds on the basis of shrimat, to such elevated souls, God's love, remembrance and namaste.

- Avyakt BapDada

Higher States of Awareness

People wonder “How does one reach this state of awareness,” but few follow the steps because they are so simple.

First, the desire to reach that state was intense. Then began the discipline to act with constant and universal forgiveness and gentleness, without exception. One has to be compassionate towards everything, including one’s own self and thoughts.

Next came a willingness to hold desires in abeyance and surrender personal will at every moment. As each thought, feeling, desire, or deed was surrendered to God, the mind became increasingly silent. At first it released whole stories and paragraphs, then ideas and concepts. As one lets go of wanting to own these thoughts, they no longer reach such elaboration and begin to fragment while only half formed.

Finally it was possible to surrender the energy behind the very process of thinking itself before it even became thought. The task of constant and unrelenting fixity of focus, allowing not even a moment of distraction from meditation, continued while doing ordinary activities. At first, this seemed to take effort, but as time went on it became habitual and automatic, requiring less and less effort, and finally, it was effortless.

- Dr David R Hawkins, I: Reality and Subjectivity, Page XXVI

9 Central Elements

Operationally, the central elements of seriously committed inner spiritual work consist of:

1. Discipline of focus without deviation.
2. Willingness to surrender all desires and fears to God.
3. Willingness to endure transitory anguish until the difficulty is transcended.
4. Constancy and watchfulness.
5. Moving from self-interest as participant/experiencer to that of the witness/observer.
6. Willingness to relinquish judgmentalism and opinion about what is observed.
7. Identifying with the field rather than with the content of the field.
8. Proceeding with certainty and confidence by accepting that Enlightenment is one's destiny, not a goal, wish, or hope; rejecting the notion that Enlightenment is a gain; and understanding it is a condition that ensues as a consequence of decision, intention, and devotional dedication consequence to both karma and Divine Grace.
9. Avoiding glamorizing and aggrandizing the endeavor or its destination, and relying instead on devotion for its own sake.

- *Dr David R Hawkins, Discovery of the Presence of God, pg 122*

The Essential Nature of Spiritual Work

The essential nature of spiritual work is to remain focused on what arises from instant to instant and become aware of 'what' is experiencing and where it is being experienced.

There is a meditative and contemplative technique that can be used to bring about the same result. It is the process of constantly letting go of wanting to control the experiencing as well as experiencing itself. There then occurs the sudden realization that awareness is being handled by some infinite aspect of consciousness (the Self); this may have been suspected previously but not actually realized. After this realization, the awareness of the Presence occurs more frequently.

Out of this experience comes an ever greater willingness to rely on that inner Presence, with less and less reliance on the small self. Less frequently, then, does the person look to the small self to handle life's problems, as there is a progressive willingness to surrender to one's higher Self. The progressive loss of identification with the small self and the increasing identification with the Presence, along with the willingness to surrender life and all of its aspects to the Will of God, become the very core of the person's spiritual exercise and experience.

- Dr David R Hawkins, Healing and Recovery, pg 259

Surrendering Willfulness

“So to transcend the identification of the content of consciousness is the fastest way to a state where you let everything go as it arises. So this brings us back to intentionality. The intention of the devotion to God means to surrender willfulness to God. So at all times we are surrendering willfulness (...) So, the fastest way of course (...) you can either follow a lifetime of spiritual techniques and meditation and things like that or you can surrender to God at great depth. So to surrender to God at great depth can take a split second but to arrive at that split second can take lifetimes of agony and suffering (...) With spiritual preparation then, to have heard certain spiritual truth shortens that time dramatically. Now, one is at least aware of what the problem is.

“The persistence in willfulness then is what precludes Enlightenment, that and that alone. One single thing: the insistence on what I want, what I desire, how I see it. So the personal ‘i’ and its imperatives are always standing in the way. The willingness to surrender one’s willfulness to God, Devotional Non-duality means the Love of God is so intense that one is willing to surrender one’s personal will. One comes face to face with it at the final moment.

(...) one begins to transcend the ego and it begins to loosen its hold, the lessening of dominating things with one’s will and change them (...) and surrender comes up now as a style and a way of being. So, as everything arises, it is surrendered to God to be what it is at the moment without any desire to change it.

“The surrender of one’s willfulness then, pulls the props out from under the ego which weakens and collapses and one goes into an incredible state.”

- Dr David R Hawkins, The Highest Levels of Enlightenment, CD 6: Track 2 e3 3

The Razor's Edge: Staying on the Crest of the Wave

The witness/observer is a contemplative attitude of poise. Phenomena appear and disappear. One must constantly surrender the desire to experience the phenomena of the desire to 'juice' the experience of the experiencing itself.

It will be noticed that feelings and thoughts arise and fall away like waves. To anticipate the future is often the result of trying to control it based on fear. The fear, control, and anticipation are associated with focusing on the front of the wave of experiencing. In contrast, to cling to thoughts and feelings for even 1/10th of a second past the cresting wave is to focus on and cling to the past. The focus needs to be on the crest of the wave itself (...).

Awareness/consciousness is located just beneath or prior to the function of the watcher/observer. It is silent and unmoving, like the sky or space itself. By relinquishing anticipation, clinging, seeking pleasure, or avoiding unpleasantness, the focus remains poised on the razor's edge of the crest of the fleeting moment. By this poised position, mentation and imaging gradually recede and reveal that the underlying field is activated by the desire and intention of thinkingness itself (...).

Although this meditation/contemplation may seem unfamiliar or awkward at first, because it is in accord with the will and Divine energy, it eventually becomes self-positioning without resistance. If the witnessed data are neither desired, resisted, nor given value as 'mine', they begin to subside and eventually fall away. In turn each is surrendered to God as it arises, and the silent energy source that is desirous of thinking or experiencing is revealed. To de-energize it, it is only necessary to surrender the desire to God.

- Dr David R Hawkins, Discovery of the Presence of God, pg. 122

One-Pointedness of Mind

The basics have been described as a volitional process that is often confused with 'concentration'. It comes about instead as a consequence of focus rather than effort (...). The decision is actually to 'allow' rather than to 'do'. It involves the willingness to surrender either clinging to or avoiding the parade of witnessed phenomena, whether they originate internally or externally.

It is only necessary to relinquish the attraction or aversion to transitory phenomena. The term 'concentration' results in efforting as an ego focus on content which is linear, whereas the awareness should instead withdraw from content to the nonlinear contextual field itself.

This attitude results in coming closer to the question of 'who' is watching. With inner honesty, one then discovers that there is no 'who' but instead there is a 'what', which is an autonomous quality that witnesses. It becomes detached by virtue of the withdrawal of intention to 'do' something with phenomena, such as extracting pleasure or an emotion.

A more accurate term for the process is 'nonpointedness of mind' (...). One merely allows the witnessing by volitional choice rather than by effortful focus (...).

- Dr David R Hawkins, Discovery of the Presence of God, pg. 125

Sudden Enlightenment

Spiritual reality is a greater source of pleasure and satisfaction than the world can supply. It is endless and always available in the present instead of the future. It is actually more exciting because one learns to live on the crest of the current moment instead of on the back of the wave, which is the past, or on the front of the wave, which is the future. There is a greater freedom from living on the exciting knife edge of the moment than being a prisoner of the past or having expectations of the future.

If the goal of life is to do the very best one can do at each unfolding moment of existence, then, through spiritual work, one has already escaped the primary cause of suffering. In the stop-frame of the radical present, there is no life story to react to or edit. With this one-pointedness of mind it soon becomes obvious that everything merely 'is as it is', without comment or adjectives.

If, in the exact passing moment of each instant, there is a complete willingness to totally surrender to it, one can suddenly, in a flash, transcend the ego, and the way opens for Realization wherein the Light of God as Self reveals the Source of all Existence and Reality.

If the ego has neither past, present, nor future to focus on, it falls silent. It is replaced by the Silence of the Presence, and thus, the way to sudden enlightenment is available at all times. It occurs naturally when the fascination with the story of the 'me' of the past, present, or future is relinquished.

- Dr David R Hawkins, I: Reality and Subjectivity, pg.94

The Final Run

When the conditions, including mind set, intention, and dedication, are favorable, a decision may arise to drop everything in the world and throw oneself totally into an all-out 'go for it', continuous, laser-like, focused surrendering of the perceiver/experiencer aspect of the ego.

This process takes one quite rapidly beyond the mind to the very 'processing edge' of the experiencer. This 'processor' edge is the actual locus of the ordinary sense of 'I-ness' and it creates a 1/10,000th of a second delay between reality and the world as it is perceived or experienced. This separation is the crux and locus of the self's illusion and duality, which obscures comprehension of the intrinsic Reality of Nonduality (Self). With transcendence of the illusion of a separate, individual, personal self, there emerges the Radiance and Oneness of the Self by which all life, whether denoted as subjective or objective, is recontextualized into Oneness.

- Dr David R Hawkins, Reality, Spirituality, and Modern Man, pg.356

Revelation

Now all shines forth its own radiance of stunning beauty consequent to the aliveness, pervasiveness, and universality of life. All is interrelated and expressive of Oneness and Unity. All is happening spontaneously of its own. The brilliant quality of radiant beauty shines forth as the Essence of Creation. The mind becomes silent. At first hesitatingly, and then in overwhelm, it realizes that Divinity is revealing Itself like the gift of a presentation. It is uniquely Divinity's manifesting as Creation, which is continuous. All shines forth its awareness by worship and adoration of the existence of overwhelming Love as Presence.

- Dr David R Hawkins, Discovery of the Presence of God, pg. 124

Devotional Non-duality Prayer

That which is the Voice of God is silence. That we sink into the Voice of God, we sink into the silence, which is indicative of Divine Presence. Behind the thought, behind the thinkingness is an Infinite Silence and the Infinite Silence is the source of all existence, and between the thoughts, under the thoughts is the profound silence and all we have to do is become aware of that silence, all we have to do is become aware of that silence by realizing it's there:

(Pause in silence)

Behind all the sound of the universe, the silence is forever there. Behind the sounds in the woods, the woods are silent. The sound of the bird doesn't have anything to do with the silence. You see, the silence is maintained even though there's sound above it. But the only reason you can hear the sound is because it's against a background of silence. So the silence is there, right in the middle of sound. So, you focus on the silence, which is ever present.

In the middle of cacophony and catastrophe, the bullets are flying around and the planes are crashing and all hell is breaking loose, there's nothing but the Infinite Silence. So you identify with that silence and just maintain awareness. You can go about your daily life and do everything that you need to do and at all times still be aware of the presence of the silence. So that gives you a centering. A centering kind of prayerfulness is you're always aware of the silence, which is the infinite context. The reality of the Presence of God is an Infinite Silence. And then, that which you hold in mind in that silence tends to manifest, not as a result of causation, but potentiality manifesting.

And we thank Thee, O Lord for Thy Divine Presence,
as the Infinite Silence,
out of which arises our existence. Amen!

- Dr David R Hawkins, Reason vs Truth, August 2006 lecture, Disc 3, 1:44:00

Bonus Resources & LIVE Calls

This book is best used in combination with other resources. Below are free additional resources.

The Surrender & Remember Group LIVE CALLS (Free)

You can join our live calls and meet with others around the world for letting go. Click the link below for more info & additional free resources:

<http://attaineverything.com/surrender/>

The Ascension Toolkit (Free)

Get a powerful package of guided meditations and audios on how to raise your level of consciousness and experience higher states of freedom.

<http://attaineverything.com/>

Raja Yoga Mediation (Free)

Enjoy a wealth of knowledge and experiences on how to connect to God/Divine. You can take the course here:

<http://rajayogaonline.com/>

Gratitude & Acknowledgments

The remember and surrender method is a combination of the most powerful spiritual teaching and methods we know. They have worked wonders for us in our own lives and of many others. We don't lay claim to any of this information, we are simply instruments of God, sharing what's worked for us in the hope it will work for you too.

This information would not be possible without the following teachings.

Letting Go & other Books & lectures by Dr. David R. Hawkins.

The Surrender Group in Sedona, Arizona.

The Bhagavad Gita.

Raja Yoga Mediation & '*Manmanabhav*' as taught by the Brahma Kumaris, Mt Abu, Rajasthan, India. Bramakumaris.org.

The Upanishads.

Did you enjoy this book?

If you enjoyed this book then, please leave a review. Thank you and much love.

May you feel complete freedom, joy, peace and infinite love.

You are a blessing.

Thank you and namaste.