

# LETTING GO

THE PATHWAY  
OF SURRENDER

David R. Hawkins, M.D., Ph.D.

# LETTING GO

ALSO BY DAVID R. HAWKINS, M.D., PH.D.

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The Pathway of Surrender

David R. Hawkins, M.D., Ph.D.



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## FOREWORD

This book provides a mechanism by which to unlock our innate capacities for happiness, success, health, well-being, intuition, unconditional love, beauty, inner peace, and creativity. These states and capacities are within all of us. They do not depend on any outer circumstance or personal characteristic; they do not require belief in any religious system. No single group or system owns inner peace, as it belongs to the human spirit by virtue of our origin. This is the universal message of every great teacher, sage, and saint: “The kingdom of heaven is within you.” Dr. Hawkins says frequently, “What you are seeking is not different from your very own Self.”

How can something innate to us—part and parcel of our true being—be so difficult to attain? Why all the unhappiness if we were endowed with happiness? If the “kingdom of heaven” is within us, why do we often “feel like hell”? How can we get free of the sludge of non-peace that makes our journey to inner peace seem so arduous, like molasses running uphill on a freezing cold day? It’s nice to hear that peace, happiness, joy, love, and success are intrinsic to our human spirit. But what about all of the anger, sadness, despair, vanity, jealousy, anxieties, and daily little judgments that muffle the pristine sound of silence within us? Is there really a way to shake off the sludge and be free? Dance with unimpeded joy? Love all living things? Live in our greatness and fulfill our highest potential? Become a channel of grace and beauty in the world?

In this book, Dr. Hawkins offers a pathway to the freedom that we long for but find difficult to attain. It may sound counter-intuitive to get somewhere by “letting go”; however, he certifies from clinical and personal experience that surrender is the surest route to total fulfillment.

Many of us have been raised to correlate worldly and even spiritual accomplishment with “hard work,” “keeping our nose to the grindstone,”

“living by the sweat of our brow,” and other self-stringent axioms inherited from a culture steeped in the Protestant ethic. According to this view, success requires suffering, toil, and effort: “no pain, no gain.” But where has all the effort and pain gotten us? Are we truly, deeply at peace? No. There is still the inner guilt, the vulnerability to someone’s criticism, the wanting to be assured, and the resentments that fester.

If you’re reading this book, you’ve probably already reached the end of your rope with the mechanism of effort. Perhaps you’ve seen that the more you pull on the rope to hitch yourself up to where you want to be, the more frazzled and frayed it becomes. Possibly, you might be wondering, “Isn’t there an easier, better way?” Are you willing to let go of the rope? What would it be like to utilize the mechanism of surrender instead of the mechanism of effort?

I can share what it was like for a highly educated person who had already tried many different methods of self-improvement. Despite professional success, there were physical and emotional problems that never seemed to improve and, eventually, reached a breaking point. The encounter with Dr. David R. Hawkins and his writings catalyzed a healing effect that was unexpected and dramatic.

At first, there was skepticism. Having explored various spiritual, philosophical, and religious avenues with unfulfilling or only temporary results, I approached my study of Hawkins with the thought, “It will probably turn out like the rest.” However, the conscientious seeker in me said, “I’ll check it out. What have I got to lose?” So, I read *Power vs. Force: The Hidden Determinants of Human Behavior*. When the book was finished, there was the inner realization, “I’m a changed person from the one who picked up this book.” That was in 2003. Now, many years later, the catalytic effect is still operating in all areas of life.

What convinced me of the truth of his work, ultimately, were the transformations in my own physical and nonphysical consciousness. There were empirical facts that I could not deny: the healing of an addiction that had been previously impossible to overcome, despite many sincere attempts;



freedom from several allergies (pet dander, poison ivy, mold, hay fever); letting go of long-standing resentments, with a capacity to see the hidden gifts within the various life traumas I had been through; alleviation of several life-long fears and an anxiety disorder that had severely limited my career and personal life; resolution of several inner conflicts related to self-acceptance and life purpose. These major breakthroughs at the physical and nonphysical levels were concretely observable not only by myself but by those around me. They would ask, “How do you explain the transformation?” Now, if faced with that question, I will suggest that they read this new book, *Letting Go: The Pathway of Surrender*. It lays out the pragmatics of the inner process of transformation that was experienced upon reading his earlier books.

*Letting Go: The Pathway of Surrender* provides the roadmap to a freer life for anyone who is willing to make the trip. Your life will be changed for the better if you apply the principles described in this book. They are not difficult to understand or to implement. They do not cost anything. They do not require special attire or travel to an exotic country. The major requirement for the journey is a willingness to let go of the attachment to your current experience of life.

As Dr. Hawkins explains, the “small” part of ourselves is attached to the familiar, no matter how painful or inefficient it is. It may seem bizarre, but our self with a small “s” actually enjoys an impoverished life and all the negativity that goes with it: feeling unworthy, being invalidated, judging others and ourselves, being inflated, always “winning” and being “right,” grieving the past, fearing the future, nursing our wounds, craving assurance, and seeking love instead of giving it.

Are we willing to imagine a new life for ourselves, characterized by effortless success, freedom from resentment, gratitude for all that’s happened to us, inspiration, love, joy, win-win resolutions, happiness, and creative expression? One of the biggest hurdles to happiness, he tells us, is the belief that it isn’t possible: “There’s got to be a catch”; “It’s too good to be true”; “It can happen for others but not for me.”

The gift of a person and teacher like Dr. Hawkins is that we see and experience a being who IS that happiness; who IS that boundless joy; who IS that unassailable peace. The book was written because he himself experienced the power of the mechanism it describes. To read about and be in the presence of such a liberated being gives us the catalyst, the hope, and the launch for our own inward trek. And so, despite the cynicism of the small self, there is the Self that beckons us on. We may first hear its call as coming from an advanced consciousness such as Dr. Hawkins, a teacher, a guide, or a sage who has realized the Self. Then, as we have our own experiences of truth, healing, and expansion, we hear the call as coming from an inner place. “The Self of the teacher and that of the student are one and the same,” says Dr. Hawkins.

He radiates the truths of this book. As a serious seeker who saw much of contemporary spiritual writing as shallow, I wanted to verify the authenticity of this work. It was all-important to know: does this author speak from a true inner Realization? The answer is “Yes!” Close observations made during several years of interviews and visits confirmed the advanced state. In this book, he reminds us of the law of consciousness that says: We are all connected at the energetic level, and a higher vibration (such as love) has a powerful effect on a lower vibration (such as fear). I feel the truth of this law whenever I am with him; his energy field transmits healing love and profound peace. As he explains in this book, these higher states are available to all of us at any time.

No matter where we are in life, this book will illumine a “next step.” The mechanism of surrender that Dr. Hawkins describes is applicable to the entire inner journey: from the letting go of childhood resentments to the final surrender of the ego itself. Thus, the book is equally useful for the professional interested in worldly success, the client in therapy seeking to heal emotional issues, the patient diagnosed with an illness, and the spiritual seeker devoted to Enlightenment. The important step for all of us, he advises, is to acknowledge that we have negative feelings as a consequence of our human condition, and to be willing to look at them without judgment.

The high state of non-dual awareness may be our goal. But how do we handle the persistently dualistic “small self” that wants us to see ourselves as “better than” or “worse than” another?

In his previous ten books, Dr. Hawkins has described the non-dual state of Enlightenment with rare pristine awareness. As he says humorously at the start of many lectures, “We begin with the end.” Indeed, in his lectures and books, he has thoroughly illuminated the highest states of consciousness that are the culmination of human inner evolution.

Now, in this book published in the latter part of his life, he is taking us back to our common starting point: acknowledging the existence of the small self. We must start where we are to get to where we want to go! If we want to go from here to there, we don’t get there faster if we fool ourselves and say we are starting from nearby. By thinking we’re closer than we are to the goal, we actually make the trip longer. As he explains in the book, it takes courage and self-honesty to see negativity and smallness in ourselves. Only when we can acknowledge the negativity that we’ve inherited from the human condition will we have the possibility to surrender and be free of it. We simply need to be willing to acknowledge and accept that part of our human experience. By accepting it, we can transcend it—and Dr. Hawkins shows us the way.

In this highly pragmatic book, he illumines a technique by which we can transcend the small self and break through to the freedom for which we long. This state of inner freedom and unalloyed happiness is our “birthright,” he says. As we read, we draw encouragement and inspiration from the real-life clinical examples that he shares from his decades of psychiatric practice. In case after case, we see the power of surrender applied to nearly every area of life: relationships, physical health, work environments, recreational activities, spiritual process, family life, sexuality, emotional healing, and addiction recovery.

We learn that the answer to the problems we face is *within* us. By letting go of the inner blocks to it, the truth of our inner Self shines forth and the path to peace is revealed. Other spiritual teachers have emphasized the

cultivation of inner peace as the only real solution to personal difficulties, as well as collective conflicts: “Inner disarmament first, then outer disarmament” (The Dalai Lama); “Be the change you want to see in the world” (Gandhi). The implication is clear. Because we are all part of the whole, when we heal something in ourselves, we heal it for the world. Each individual consciousness is connected to the collective consciousness at the energetic level; therefore, personal healing emerges collective healing. Dr. Hawkins may be the first to attempt to understand this principle in light of scientific and clinical applications. The crucial point is: by changing ourselves, we change the world. As we become more loving on the inside, healing occurs on the outside. Much like the rising of the sea level lifts all ships, so the radiance of unconditional love within a human heart lifts all of life.

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Dr. David R. Hawkins is a world-renowned author, psychiatrist, clinician, spiritual teacher, and researcher of consciousness. Details of his extraordinary life are given in the “About the Author” section at the back of the book. His unique work effulges from a wellspring of universal compassion and is dedicated to the alleviation of suffering in all dimensions of life. The gift of Dr. Hawkins’ work to human evolvment is beyond what can be said about it.

The state of Enlightenment is totally complete in its bliss, such that one would never leave it except out of a total surrender of love to God and to one’s fellow human beings, to share the gift that was given. This book on letting go, and all of his work in the world, is the result of that surrender. As you will read in one of the chapters, there was a very deep surrender that allowed the resumption of his personal consciousness in order to fulfill certain commitments in the world. The state of oneness was not lost or left, but extraordinary love had to be directed toward the challenge of verbalizing the ineffable. You will notice that some of his pronouns do not fit