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David Hawkins

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elaborates a path to healing and letting go of 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 us

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David Hawkins, lighter,
freer stages of human
development.

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Dr Hawkins's previous
books focused on
advanced states of
awareness and
Enlightenment. Over the
years, thousands of
students had asked for a

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practical technique by
which to remove the
inner blocks to
happiness, love, joy,
success, health and,
ultimately,
Enlightenment. This
book provides a
mechanism for letting
go of those blocks.

~~Letting Go: The
Pathway of Surrender
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Hawkins, Ph. D in philosophy, Director of the Institute for Spiritual Research teaches the Letting Go technique as a 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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~~Letting Go: The
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Description of Letting
Go by David R.

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Go is the self-help,
cognitive psychology,
relationship and

motivational book

which shares the proven
methods and techniques
to heal your body.

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David R. Hawkins is the author of this impressive book. He is a bestselling author in the New York Times. David is a well-renowned researcher, spiritual teacher, physician and psychiatrist whose life aim is to guide people. He did his job unbelievably well and he helped the millions of people ...

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~~How to Overcome Your
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Letting Go gives us a process for evolving our emotional and spiritual selves according to that natural, evolutionary pattern explained in Power Vs. Force.

Letting Go provides a framework and a process for letting go of

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Old negative emotions, such as guilt, anger, or fear, which frees up our energy, makes us much happier, and lets us evolve spiritually.

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Published on Jul 3, 2019

In this video I share some breakthroughs and clarifications on the

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Letting go technique as
taught by David R.
Hawkins. Specifically
on surrendering the
juice that your ego...

~~Clarifications on the
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taught by ...~~

□ David R. Hawkins,
Letting Go: The
Pathway of Surrender.
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David Hawkins
and have somebody test your muscle strength, you will see that the muscle instantly goes weak. Your cerebral hemisphere has become desynchronized and all of your energy meridians are thrown out of balance. Nature, therefore, says that ...

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David R. Hawkins~~

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Letting Go gives us a process for evolving our emotional and spiritual selves according to that natural, evolutionary pattern explained in Power Vs. Force.

Letting Go provides a framework and a process for letting go of old negative emotions, such as guilt, anger, or fear, which frees up our

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energy, makes us much
happier, and lets us
evolve spiritually.

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This is the level of
lifetime service to
humanity. Think
Gandhi, Mother Teresa,
Dr. Albert Schweitzer.
At this level you also
begin to be guided by a

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~~David Hawkins~~
force greater than
yourself. It's a feeling
of letting go. Your
intuition becomes
extremely strong.

Hawkins claims this
level is reached only by
1 in 250 people during
their entire lifetimes.

Joy

~~The 17 Levels of
Human Consciousness
with Dr. David Hawkins~~

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Dr. Wayne Dyer turned me and Hay House on to Dr. David Hawkins book Power vs Force quite a while ago and it helped many people improve and understand their lives and now I would like to let you know about another book by Dr. David Hawkins that you may want to consider adding to your library and that

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is Letting Go...Letting Go is a guide to helping you remove the obstacles we all have that keep us from living a more conscious life, it is truly a life changing book.

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To escape the trap of
Plato's cave, Hawkins

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explains one must use their senses to accept the mind's perception of reality and continually let it go until its negative power disappears. An example would be one who gets angry over some event or action and accepts the anger; looks at it, accepts it, uses the mind to understand why there is anger, where it is

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coming from, and then
letting it go.

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Letting Go Summary

About The Author:

David Hawkins

(1927-2012) was a
psychiatrist, author and
"spiritual teacher".

There is not so much
information about him

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and when I Googled his name and

“SpiritualWiki” came up instead of Wikipedia.

Needless to say, that’s not necessarily a bad thing, so let’s dissect this book.

~~Letting Go: Book
Summary, Review &
Criticism | The Power
Moves~~

Dr. David R. Hawkins is

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an internationally
renowned spiritual
teacher, author, founder
of Veritas Publishing
and developer of the
Map of Consciousness.
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