

# The Ecstasy Of Surrender 12 Surprising Ways Letting Go Can Empower Your Life

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Everything Is Here to Help You Forever

The chapters of this book are nothing but mirrors for seeing your "self" from different angles. And though the journey we are about to embark on is an inner one, it will draw upon every aspect of your life. The only requirement asked of you is the willingness to honestly look at yourself in the most natural, intuitive manner. Remember, if we are seeking the root of "self," what we are actually seeking is you. As you read through these pages, you will find that you know much more than you thought you did about some very deep subjects. The fact is, you already know how to find yourself; you have just gotten distracted and disoriented. Once refocused, you will realize that you not only have the ability to find yourself, you have the ability to free yourself. Whether you choose to do so or not is entirely up to you. But upon completion of your journey through these chapters, there will be no more confusion, no more lack of empowerment, and no more blaming others. You will know exactly what must be done. And should you choose to devote yourself to the ongoing journey of self-realization, you will develop a tremendous sense of respect for who you really are. It is only then that you will come to appreciate the full depth of meaning in the advice: "This above all: to thine own self be true." ----

Introduction

Anthem Simon and Schuster

If you feel stuck with no idea what you should do next, lifestyle celebrity and TV pioneer Debbie Travis's bestseller is for you. Drawing on the lessons she learned in her own leap into a new way of living, along with a multitude of stories, tips and ideas to jumpstart your dreams, Debbie's created an inspiring roadmap for change. A few years ago, Debbie Travis realized that she was no longer challenged by her wildly successful TV career, yet she was so busy she was missing out on the people and things that made

her happy. She dared to dream about a whole new direction in life--a plan to turn a 13th-century farmhouse in Tuscany into a unique hotel and retreat for people who need a change as much as she did. And now she is not only living that dream but sharing it with others. Her new book draws directly on her own experiences (when she started, Debbie could barely make a bed, let alone run a hotel in a foreign county) and the uplifting stories of personal u-turns shared by women who have come to her retreats. Debbie's "commandments" will inspire women (and men) who have lost track of who they are or what they want to be; who are going through the motions of a career that doesn't satisfy them anymore; who are wondering what to do with themselves now that their kids are gone or their marriage is over. On every page, Debbie shares the tools that helped her transform her life. Her common-sense advice, often delivered with her trademark humour, will help motivate anyone who finds themselves standing at a crossroads wondering "What's next for me?"

Say Yes to God

ReadHowYouWant.com

What is your true purpose in life? What do women really want? What makes a good lover? If you're a man reading this, you've undoubtedly asked yourself these questions but you may not have had much luck answering them. Until now. In *The Way of the Superior Man* David Deida explores the most important issues in men's lives from career and family to women and intimacy to love and spirituality to offer a practical guidebook for living a masculine life of integrity, authenticity, and freedom. Join this bestselling author and internationally renowned expert on sexual spirituality for straightforward advice, empowering skills, body practices, and more to help you realize a life of fulfillment, immediately and without compromise.

*Positive Energy* Harmony

Unlock HER Mysteries...! Women have been mysteries to themselves and their husbands for too long. "Knowing HER Intimately: 12 Keys for Creating a Sextraordinary Marriage" is the ultimate how-to handbook--power-packed with hope

and help for creating the intimate and passionate relationship God intended. Taking a respectful, yet straightforward approach, this "sex-therapy-in-a-book," helps couples navigate the intricacies of intimacy to strengthen their marriages. Laura outlines 12 key areas (12 T's) of sexual wholeness to take your relationship to the next level...intimately!

Emotional Freedom Forever

From *The Story of O* to *The Sexual Life of Catherine M*, readers have been enthralled with sexually subversive memoirs by women. Here, Toni Bentley recounts her experiences when she meets a lover who introduces her to a radical and unexpected pleasure.

Sweet Savage Surrender Vintage

New York Times best-selling author Caroline Myss draws from her years as a medical intuitive to show that healing is not only physical; it is also a mystical phenomenon that transcends reason. Inspired by ordinary people who overcame a wide array of physical and psychological ailments—from rheumatoid arthritis to cancer—Caroline dove into the works of the great mystics to gain a deeper understanding of healing's spiritual underpinnings. Based on these studies, she demonstrates how conventional and holistic medicine often fall short in times of need. Both systems rely upon a logical approach to curing illness when there is nothing reasonable about the emotional, psychological, or spiritual influences behind any ailment. Integral to this mystical healing approach is the engagement of the soul, which we experience through exploring our seven shadow passions, building an empowered inner self around our seven inherent graces, and learning how to work with the mystical laws that govern it. This knowledge holds the key to understanding what it means to defy gravity and break through the boundaries of ordinary thought. You can heal any illness. You can channel grace. And you can learn to live fearlessly.

Wild Power Conari Press

At long last, an accessible little book that focuses on the teachings of Rumi's teacher and inspiration, Shams of Tabriz. Included in this slim, charming volume is a biographical sketch of the great Sufi teacher and mystic and a new translation of 500 of his core

teachings that bring into fresh focus the meaning and mysteries of life and love. There are many books on Rumi and many translations of his works and yet most readers are unaware of how Rumi became a mystic. Shams, an Arabic word that means the sun, was the catalyst that converted the rather resolute and ascetic Rumi, the cleric and teacher, into Rumi, the passionate disciple of the religion of love. He was the agent of the propulsive mystical energy that transformed Rumi the reticent into Rumi the ecstatic poet. Rumi lovers, spiritual seekers, and devotees of the mystical path will meet this little book of wisdom and mystical secrets with enthusiasm. I shall not place you in my heart For you may get hurt by its wounds. I won't keep you in my eyes For I may belittle you and expose you to the ridicule of common men. I will hide you inside my soul, not in my heart or in my eyes, so that you may become one with my breath.

**The Power of Surrender** Springer Science & Business Media

Letting Go describes a simple and effective means by which to let 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 of its many forms. The inner mechanism of surrender was found to be of great practical benefit and is described in this book. Dr Hawkins's previous books focused on advanced states of awareness and Enlightenment. Over the years, thousands of students had asked for a 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. The mechanism of surrender that Dr Hawkins describes can be done in the midst of everyday life. The book is equally useful for all dimensions of human life: physical health, creativity, financial success, emotional healing, vocational fulfillment, relationships, sexuality and spiritual growth. It is an invaluable resource for all professionals who work in the areas of mental health, psychology, medicine, self-help, addiction recovery and spiritual development.

**Trust Surrender Receive** Hachette UK

In addition to staying connected to our support systems and avoiding opportunities to use during the coronavirus pandemic, we can also keep confronting and conquering the self-destructive things we think and do that undercut our health and sanity. Concise advice on hunting down the personal culprits that sabotage sobriety and personal happiness. To grow in recovery, we must grow up emotionally. This means getting honest with ourselves and facing up to the self-defeating thoughts and actions that put our sobriety at risk. Although there are as many ways to mess up recovery as there are alcoholics and addicts, some

general themes exist, which include: confusing self-concern with selfishness; not making amends; using the program to try to become perfect; not getting help for relationship troubles; and believing that life should be easy. In simple, down-to-earth language, Allen Berger explores the twelve most commonly confronted beliefs and attitudes that can sabotage recovery. He then provides tools for working through these problems in daily life. This useful guide offers fresh perspectives on how the process of change begins with basic self-awareness and a commitment to working a daily program.

**The Power of Surrender** Simon and Schuster

Despite modern pharmaceutical medications and many different psychological therapies, military veterans and survivors of mental and physical trauma from civil society continue to suffer from post-traumatic stress disorder (PTSD). Trust Surrender Receive: How MDMA Can Release Us from Trauma and PTSD briefly chronicles the medical, legal, and social history of this misunderstood medicine, but its primary focus is to give a taste of how MDMA actually works from inside the experience, through the written and spoken words of firsthand testimonial accounts. The book takes readers through the healing processes of more than forty individuals who, often after many years of personal struggle, chose to take responsibility for their condition by turning to the medicine. In this way, accompanied by an experienced attendant, they have been able to revisit their trauma from a buffered distance and to find lasting release. These releases are made fully possible through an understanding of the biological concept of Unexperienced Experience. The truth of this profound and elegant hypothesis becomes clear throughout the testimonials and is introduced here after more than thirty years of obscurity. This medicine-work requires the attentive presence of a responsible, trusted fellow human being throughout the five- to six-hour healing process. Beginning in 2001, when Anne Other responded to a request to sit with a friend during his MDMA session, the work has grown organically into a cooperative network of attendants with whom clients can choose to engage.

ReadHowYouWant.com

Over the past twenty-five years A. H. Almaas—widely recognized as a leader in integrating spirituality and psychology—has been developing and teaching the Diamond Approach, a spiritual path that integrates the insights of Sufism, Buddhism, Gurdjieff, and

other wisdom traditions with modern psychology. In this new work, Almaas uses the metaphor of a "spacecruiser" to describe a method of exploring the immediacy of personal experience—a way of investigating our moment-by-moment feelings, thoughts, reactions, and behaviors through a process of open-ended questioning. The method is called the practice of inquiry, and Spacecruiser Inquiry reveals what it means to engage with this practice as a spiritual path: its principles, challenges, and rewards. The author explores basic elements of inquiry, including the open-ended attitude, the focus on direct knowledge, the experience of not-knowing, and the process of questioning. He describes the experience of "Diamond Guidance"—the inner wisdom that emerges from our true nature—and how it can be realized and applied. In this process Almaas looks at many of the essential forms of Diamond Guidance, including knowing, clarity, truth, love, intelligence, compassion, curiosity, courage, and determination. Also included are exercises and questions and answers from the original talks by Almaas on which the book is based.

**Defy Gravity** Harmony

Are you longing for your life to be easier and more fun? Would you like to stop pushing, micromanaging, and forcing things so you can relax? What if you could enjoy what you have instead of always lusting for 'more'? What if you could live in 'the zone', propelled by powerful currents toward the right people and opportunities? What if you could stop worrying about money and live with more emotional ease in the moment? If you answer 'yes' to all these questions and desire lasting positive change, then prepare to experience the ecstasy of surrender. Are you longing for your life to be easier and more fun? Would you like to stop pushing, micromanaging and forcing things so you can relax? What if you could enjoy what you have instead of always lusting for 'more'? What if you could live in 'the zone', propelled by powerful currents toward the right people and opportunities? What if you could stop worrying about money and live with more emotional ease in the moment? If you answer 'yes' to all these questions and desire lasting positive change, then prepare to experience the ecstasy of surrender. The art of letting go, Dr Judith Orloff explains, is the secret key to manifesting power and success in all areas of life, including work, relationships, sexuality, radiant aging, and health and healing. With her stunning gift for storytelling coupled with her unique, results-oriented approach to physical, emotional and spiritual health - marrying neuroscience, psychiatry, intuitive medicine, energy techniques and more - Judith provides a powerful, practical and accessible map for anyone who is longing to be happier but who feels stuck, burned-out, tense, worried or afraid to let go. (Previously published as The Ecstasy of Surrender, ISBN: 9781781804209) *Letting Go* The Ecstasy of Surrender "Jeanette Grey has become a must-read voice in romance. Seven Nights to Surrender is lyrical, stunningly sexy, and brings swoons for days." --- Christina

Lauren, New York Times bestselling author By day, he'll show her a side of Paris not found in any guidebook. By night, he'll introduce her to a passion beyond her wildest dreams. In this sensuous story of indulgence and desire, Jeanette Grey delivers one of the most romantic reads of the year and proves why she is fast becoming a must-read star. **SEVEN NIGHTS TO SURRENDER** Kate arrives in Paris hoping to find inspiration. Instead she finds Rylan. In a swirl of stolen kisses and hot, tangled sheets, Kate is quickly swept away by the sexy stranger, longing to surrender to his expert touch. With Rylan, nothing is forbidden—except the truth. An American ex-pat worth millions, Rylan never flaunts his fortune. Rather, he guards his identity from everyone, especially women. No strings, no commitments, no complications. But the second his lips taste Kate's soft, sweet skin, everything changes. For the first time, Rylan has found someone to share his every want and need. Yet he knows that secrets stand between them. To keep her, he'll need to confess the truth before it's too late . . . even if doing so could mean losing Kate forever.

**Dr. Judith Orloff's Guide to Intuitive Healing** Harmony

In a future world, only one man dares to think, strive, and love as an individual in the midst of a paralyzing collective humanity.

**Alcoholics Anonymous** Shambhala Publications

*The Ecstasy of Surrender* Harmony Books

**Love That Boy** Sounds True

"[A]n eloquent, brave, big-hearted book...about the timeless anxieties and emotions of parenthood, and the modern twists thereon." —James Fallows, *The Atlantic* *Love That Boy* is a uniquely personal story about the causes and costs of outsized parental expectations. What we want for our children—popularity, normalcy, achievement, genius—and what they truly need—grit, empathy, character—are explored by National Journal's Ron Fournier, who weaves his extraordinary journey to acceptance around the latest research on childhood development and stories of other loving-but-struggling parents.

*Thriving as an Empath* Inspire Book

The pioneer of Energy Psychiatry presents a complete program that will stop you from feeling constantly drained and enable you to live a more vibrant life. Are you forever rushing through your day, fending off chronic exhaustion? Are you desperately overcommitted, afraid to say no? Do you want to feel well rested and ready to conquer each day with enthusiasm, but fall short time and time again? If so, you're the victim of a hidden energy crisis. Here, at last, is the complete

prescription that will stop you from feeling constantly drained and enable you to live a more vibrant life. The Positive Energy Program will help you:

- Generate positive emotional energy to counter negativity
- Design an energy-aware approach to diet, exercise, and health—and teach you how to avoid the “energetic overeating” that sabotages attempts to lose weight
- Awaken your intuition and rejuvenate yourself—and learn the cure for technodespair: overload from e-mails, computers, and phones
- Protect yourself from energy vampires with specific shielding techniques

Filled with clear instructions for the simple, powerful exercises Dr. Orloff practices herself and shares with her patients, *Positive Energy* is your tool kit for transforming fatigue, stress, and fear into an abundance of vibrance, strength, and love.

*Seven Nights to Surrender* Tin House Books

The basic text for Alcoholics Anonymous.

**12 Stupid Things That Mess Up Recovery** HarperCollins UK

Beloved guru Ram Dass tells the story of his spiritual awakening and gives you the tools to take control of your life in this “counterculture bible” (*The New York Times*) featuring powerful guidance on yoga, meditation, and finding your true self. When *Be Here Now* was first published in 1971, it filled a deep spiritual emptiness, launched the ongoing mindfulness revolution, and established Ram Dass as perhaps the preeminent seeker of the twentieth century. Just ten years earlier, he was known as Professor Richard Alpert. He held appointments in four departments at Harvard University. He published books, drove a Mercedes and regularly vacationed in the Caribbean. By most societal standards, he had achieved great success. . . . And yet he couldn't escape the feeling that something was missing. Psilocybin and LSD changed that. During a period of experimentation, Alpert peeled away each layer of his identity, disassociating from himself as a professor, a social cosmopolite, and lastly, as a physical being. Fear turned into exaltation upon the realization that at his truest, he was just his inner-self: a luminous being that he could trust indefinitely and love infinitely. And thus, a spiritual journey commenced. Alpert headed to India where his guru renamed him Baba Ram Dass—“servant of God.” He was introduced to mindful breathing exercises, hatha yoga, and Eastern philosophy. If he found himself reminiscing or planning, he was reminded to “Be Here Now.” He started upon the path of enlightenment, and has been journeying along it ever since. *Be Here Now* is a vehicle for sharing the true message, and a guide to self-determination.

**The Way of the Superior Man** Harmony  
You have a plan for the rest of your life.

God has a plan for the rest of your life. Are they the same? Say Yes to God—formerly titled *Dangerous Surrender*—will help you find the answer. You have expectations for how your life will play out, and you hope those plans will become realities. But what if God's plan for your life is far different from what you had in mind? Can you accept that? Will you surrender your goals for God's? Kay Warren had a plan. Together with her husband, Rick Warren, author of the megaseller *The Purpose Driven Life*, she planned that after her kids were grown, she'd travel the world, teaching and encouraging couples in ministry. It was a good plan. But it wasn't what God had in mind for her. In her own startling wake-up call, Kay discovered the shocking realities of the AIDS pandemic in Africa while reading a magazine. "I want to use you!" she heard God say. That began the struggle—first to avoid God's call and then to surrender herself to God. She cried out to God, "Why are you bothering me with this? There's nothing I can do about it. I'm just an ordinary person. What could one person do about such a gigantic problem?" But God had grabbed her attention and wouldn't let go. If you've ever struggled with knowing and doing God's will, this book is for you. With raw honesty, Kay goes straight to the heart of the matter: the bottom line is surrender. Will you say yes to God? Along the way she'll introduce you to others—people like you—who have said yes to God and have made a difference in the world. Using their skills, energy, faith, and a willingness to take risks, they became powerful instruments of change and tools in God's hands. Giving in to God isn't easy. It's not for cowards. It's the boldest, riskiest step you'll ever take. This dangerous surrender can bring both joy and pain, both heartache and ecstasy, but it enables you to know God in a far deeper way than ever before. "I had to make a conscious decision. Would I retreat to my comfortable life and to my settled plans? Or would I surrender to God's call and let my heart engage with the cause to which he called me, one that I was pretty sure would include buckets of pain and sorrow? I felt like I was standing on the edge of a giant precipice; I couldn't go back, and yet the way forward looked like stepping into a void." Kay Warren took that step, choosing to say yes to God. That decision transformed her life and reshaped her future. She invites you to do the same. You'll benefit most by discussing this book with others. A Readers' Group Discussion Guide is provided in the back of the book. Additional help can be found at [www.kaywarren.com](http://www.kaywarren.com).