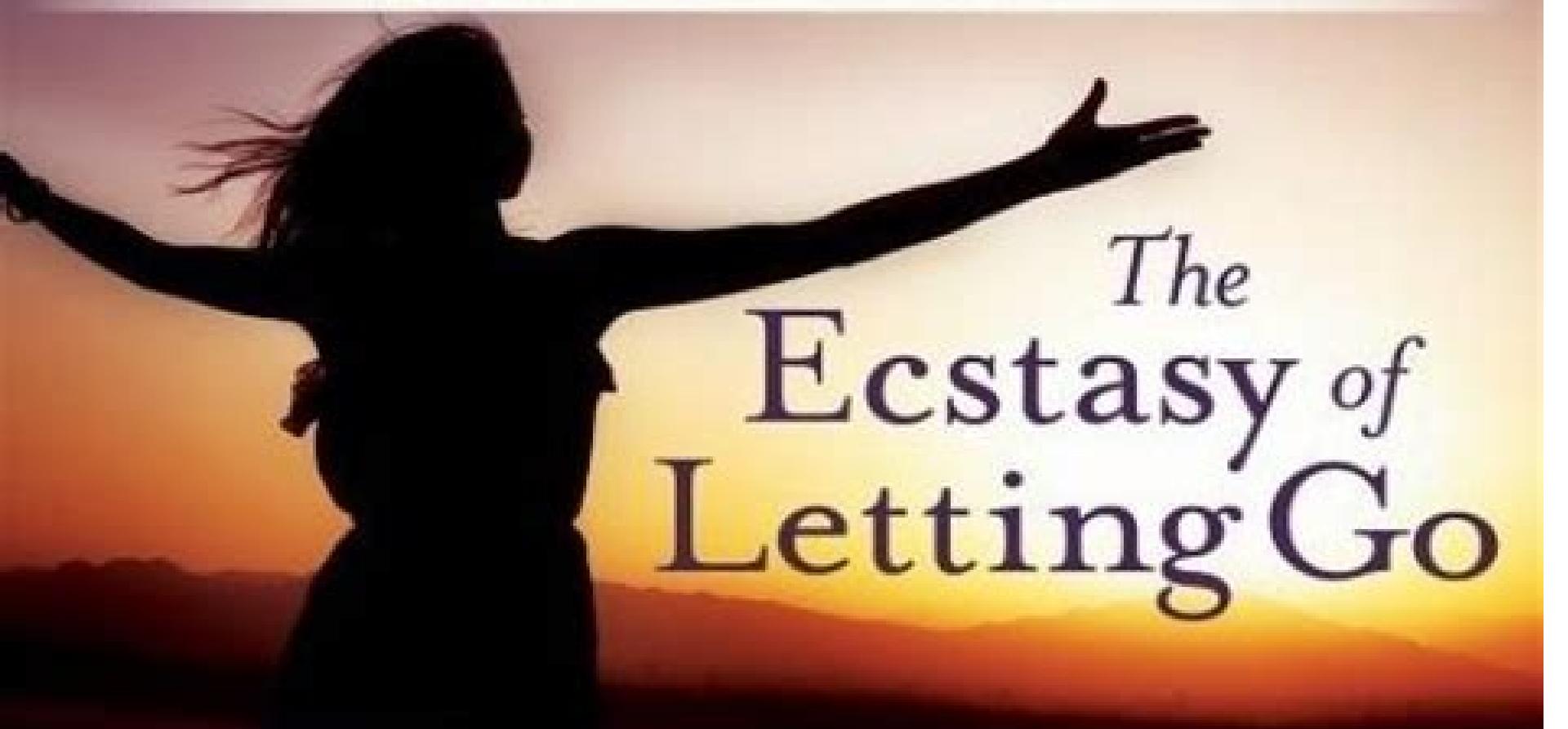




New York Times Bestselling Author of *Emotional Freedom*

JUDITH ORLOFF, MD

A silhouette of a woman with her arms raised, set against a warm, orange and yellow sunset or sunrise background.

The
**Ecstasy of
Letting Go**

Surrender Practices to Empower Your Life

Online Ecstasy Letting Go Surrender Practices

Karin Nielsen-Saines

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,1928 The New York Times Index ,2002 **The Ecstasy of Surrender** Judith Orloff,2014 New York Times bestselling author of Emotional Freedom provides an exciting new plan for reducing stress manifesting material and psychological wealth and experiencing perpetual joy The Art of Surrender: Letting Go to Embrace Divine Guidance Silas Mary,2025-01-21 Surrender is not about giving up it s about letting go of control to embrace divine wisdom and guidance The Art of Surrender explores the transformative power of surrendering to God s will and how doing so can bring peace clarity and divine purpose into your life This book teaches you how to release your fears and expectations trust the process and open yourself to the guidance that will lead you to greater fulfillment Learn how to let go of resistance and allow the flow of divine energy to guide your decisions relationships and actions With insights and practices to help you surrender gracefully this book empowers you to live with faith freedom and purpose The Power of Surrender Judith Orloff,2015

Letting Go David R. Hawkins,Veritas Publishing,2012-08-01 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

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