

Feeling upset, tired, ill, fearful, disillusioned, lost or hopeless?

The Truth Centre offers David Hawkins' choice of either of 2 solutions, as follows:

1) You can:

Go to a doctor or psychiatrist, an analyst, a social worker, or an astrologer. Take up religion, get philosophy, take the Erhard Seminars Training (est), tap yourself with EFT. Get your chakras balanced, try some reflexology, go for ear acupuncture, do iridology, get healed with lights and crystals.

Meditate, chant a mantra, drink green tea, try the Penetcostals, breathe in fire, and speak in tongues. Get centred, learn NLP, try actualizations, work on visualizations, study psychology, join a Jungian group. Get Rolfed, try psychedelics, get a psychic reading, jog, jazzercise, have colonics, get into nutrition and aerobics, hang upside down, wear psychic jewelry. Get more insight, bio-feedback, Gestalt therapy.

See your homeopath, chiropractor, naturopath. Try kinesiology, discover your Enneagram type, get your meridians balanced, join a consciousness-raising group, take tranquilizers. Get some hormone shots, try cell salts, have your minerals balanced, pray, implore and beseech. Learn astral projection. Become a vegetarian. Eat only cabbage. Try macrobiotics, go organic, eat no GMO. Meet up with Native American medicine men, do a sweat lodge. Try Chinese herbs, moxibustion, shiatsu, acupuncture, feng shui. Go to India. Find a new guru. Take off your clothes. Swim in the Ganges. Stare at the sun. Shave your head. Eat with your fingers, get really messy, shower or immerse yourself in cold water.

Sing tribal chants. Relive past lives. Try hypnotic regression. Scream a primal scream. Punch pillows. Get Feldenkraised. Join a marriage encounter group. Go to Unity. Write affirmations. Make a vision board. Get re-birthing. Cast the I Ching. Do the Tarot cards. Study Zen. Cast the Runes. Take more courses and workshops. Read lots of books. Do transactional analysis. Get yoga lessons. Get into the occult. Study magic. Work with a kahuna. Take a shamanic journey. Sit under a pyramid. Read Nostradamus. Prepare for the worst. Study Orgone energy and produce tower busters and orgone pucks.

Go on a retreat. Try fasting. Take amino acids. Get a negative ion generator. Join a mystery school. Learn a secret handshake. Try toning. Try colour therapy. Try subliminal tapes. Take brain enzymes, anti-depressants, flower remedies. Go to health spas. Cook with exotic ingredients. Look into strange fermented oddities from faraway places. Go to Tibet. Hunt up holy men. Hold hands in a circle and get high. Renounce sex and going to the movies. Wear some yellow robes. Join a cult.

Try endless varieties of psychotherapy. Take wonder drugs. Subscribe to lots of journals. Try the Pritikin diet. Eat just grapefruit. Get your palm read. Think New Age thought. Improve the ecology. Save the planet, whales & dolphins. Get an aura reading. Carry a crystal. Get a Hindu sidereal astrological interpretation. Visit a trans-medium. Go for sex therapy. Try Tantric sex. Get blessed by Baba somebody. Join an anonymous group. Travel to Lourdes. Soak in the hot springs. Join Arica. Wear therapeutic sandals. Get grounded. Get more prana and breathe out that stale black negativity. Try golden needle acupuncture. Check out snake gallbladders. Try chakra breathing. Get your aura cleaned. Meditate in Cheops, the great pyramid in Egypt.

2) You can let go.

The process of surrender *clears all obstacles* to elevate one's personal path to freedom & joy. It is noted that karmic dispositions/influences can be also addressed by this procedure.

The information on this document comes from Dr. Hawkins' book Letting Go (see refs.). It is copied, with some additions.

The claim of this document has been clinically documented, personally authenticated and otherwise proven by way of kinesiology (by David Hawkins).

References:

- 1) Letting Go – The Pathway of Surrendering
Hawkins, David R., MD, PhD
- 2) Power vs. Force – The Hidden Determinants of Human Behaviour
Hawkins, David R., MD, PhD
- 3) The Holy Bible – King James Version
various contributors
- 4) The Urantia Book
various contributors
- 5) A Course in Miracles
Christ Michael