



# Gourasana to The Lady on Resistance

**Gourasana  
spoke this guidance  
to The Lady,  
to help her in the area of  
resistance, acknowledging  
that what was being  
asked of her was  
so very difficult.**

**The Lady  
wants you to have  
Gourasana's direction  
to The Lady  
and apply it to your  
own transformation,  
because what is being  
asked of you is also  
very difficult.**

The suffering does not come from what you have or do not have. The suffering comes from the resistance.

There is no worse feeling when coming to death than to not have let go.

Give up the way you want it to be. Accept how it is, and how it will be.

It's time to surrender your life. Time to give up your attachments and the way you want it to be. Time for you to trust completely. Trusting sometimes is not enough.

Everything will be perfect when you let go, but perfect doesn't mean the way you want it to be. Perfect means the way I want it to be, and you must surrender to the way I want it to be if you want to be with Me. You must surrender to the way I want it, or you can stay here and have it the way you want it, life after life.

Quit resisting. You're just torturing yourself with this resistance. And of course, the worst thing is it separates you from the Love. Remember, the wall is on your side. And the way to tear down that wall is to surrender. Surrender completely. To give up all of the resistance and happily accept the way it is completely, and the way it will be. This is how you will become free - through accepting, through surrender, trusting that everything is perfect. Trusting that you will have everything if you surrender.

You must take the help however it comes, from whomever it comes, and from wherever it comes. You need help to break free. If anyone is trying to help you break free - anyone - be submissive to that help.

Trust. You can have everything, but you must trust.

Trust completely so that you can surrender completely. Lack of surrender comes from lack of trust. Don't waste any more time hanging on. Just give up. Just surrender. Just let go.

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