

Week 4 Day 4 - Surrender – This too shall pass –

Surrender is the practice of detachment, non-judgment, and witnessing inner resistance. Merge into it...the solution arises from the experience of itself.

Today we are practicing the art of surrendering to the moment. One may question why we have saved 'surrendering' to one of the last days of this practice. In part this is because we needed to experience all the lessons up until now to completely embody the meaning of true surrender. Surrender is not a passive process as we have been led to believe. It is an act of power intuitively guiding us to live consciously through our heart and opens us up to solutions beyond our minds control. Essentially, when all is lost, and we feel hopeless, it is then we practice surrender and release our idea of how the solution will emerge. We can not conceive of the miracles that can take place through the mind. This is why our minds can be helpful to a certain point on our path and then we must surrender to our intuitive consciousness to advance further on our way. This is the focus of conscious intuitive living. Practicing this understanding the last 3 ½ weeks has been required to fully understand how important and powerful 'surrender' is and how much it can enhance our entire life. We have directly and indirectly practiced surrendering throughout the program without actually identifying that this is what we are doing. Now that we know what we are up to we can really embrace our intuitive and conscious power in the 'art of surrender'. We are surrendering to the moment knowing that as we express from the heart we will be taken care of.

In the first week we embodied sensations and tuned into the frequency of our 6th sense. This sensation encompasses our entire being. Just by learning about our innate abilities we became the 6th sense. These are the sensations that can make the hairs on our arms stand up and the prickly goose bumps that go on high alert when we recognize truth. The second week we tuned into the 'icky' stuff that emerges as past beliefs and ideas lingering in our subconscious and keeping us limited. This can be the collective unconscious that we are beginning to recognize which can include the environments we live and travel in, our places we work, our families, our relationships, our ancestors and lineage too. We immersed ourselves into the reintegration of our authentic self, leading to our true selves, our WHOLE self without limitations. We may have initiated our own multi-level healing once we were aware of these unconscious behaviors. We became experts in resolving and releasing these behaviors and elevating our existence. As we named and claimed the issues, we were intuitively led to resolutions just by acknowledging our surrender.

How may this be possible? We reintegrate pieces of ourselves that were trying to figure out what happened all those years ago. Once we realized our energy was caught in a loop of trying to figure something out, once we're aware of the hamster wheel we were on, we were able to consciously get off and intuitively find the reintegration of our true self. We never needed to be on the hamster wheel it's just that we had never been taught what surrender truly means and how powerful it can be.

For example, the little boy that remained upset about his parents that left him on the sidewalk crying without understanding what was going on was in fact still crying back on the sidewalk with unresolved feelings. Then his adult self may have been playing out life trying to resolve and release something that never was taken care of with no awareness as to why. Instead, his adult self always felt an unconscious desire to be needed that never felt completely satisfied. Or maybe he felt satisfied for brief time periods but always found himself in a frequently occurring unresolved pattern that kept popping up in his life. When we finally give the boy the attention that he wants he gains back a piece of his energy that was living in another time and a piece of his life returns to his energetic system. That is why many feel an increased level of energy because of this work. In the beginning it may feel strained or awkward because we are not accustomed to surrendering into a

sensation, feeling, or moment but as we practice, we find that healing just happens. We are retraining our unconscious to what is truly going on when we suddenly realize that the understanding that all is possible is our truth. Self-actualization is our birth right.

Additionally, we can pass along 'personality traits' just like we pass along genes. We pass along Aunt Betty's fear of the darkness and inability to fall asleep at night. It may rear its ugly head, later on down the road, with our sudden inability to fall asleep because we are internally fearful of something that we don't even know where it came from. We may try to rationalize that it began after a significant event in our life or because we may have had hormonal shifts. And maybe this is true. It could be all of this. But maybe it also came from Aunt Betty who inherited this from her family that was ransacked, killed, and beaten in the villages of Nepal 100's of years ago and the trauma still runs in the family line, rising as sleep and anxiety disorders. Maybe it is connected to the concentration camps in Europe where our ancestors either starved or were led to the slaughterhouse never to return. There are millions of unresolved patterns out there lingering and wanting to be taken care of which is why when we give it the attention it wants and resolve and release for all of this and more, we find a new level of expansion that takes over. We are reintegrating our family and lineage as we work on ourselves, which lifts our entire family and lineage to living at a higher vibration even if they are no longer with us on this physical plane of existence.

Finally, we are brought to week three, which became another week of cleansing and clearing our stuff by systematically going through all our things in our outside world. We embraced the notion that what is happening on the outside of us can be a direct reflection of what is happening on the inside. Finally, when we are able too consciously see and embrace these awareness's, we are then able to recognize the importance of the lesson today...to Surrender.

Throughout the last 3 weeks you have had plenty of practice embracing all facets of surrender. Detachment, non-judgment, and being present to inner resistance all helps us with this. Now, today, we will completely embrace surrendering to every moment of life. I am not asking you to say yes to everything. I am asking you to sit with your inner resistance whenever it bubbles up and do nothing. True surrender is when we do not act; we do nothing and wait. Someone may ask us to teach a course in a subject we are completely unfamiliar with and our first reaction is to say, "No" because we are unqualified to do this. You will not go with your first reaction and instead answer with, "Let me think about this." It is now that we allow our self the space to be in the resistance, which is the moment that we allow our self to connect with consciousness. This may not make sense at first. That is ok. It is not supposed to be understood, it is to be embodied. We want to be in the inner resistance to practice being in the space between our thoughts and our actions, which is where the inner knowing resides. This allows time to just be. We want to be in the resistance to the non-resistance. Be in this. Your only practice is to witness what is happening within you without even trying to resolve and release or make anything happen to 'get rid' or 'let go' of the feeling. Just be in the inner-resistance.

This can also be done in heated conversations with others. Resist the temptation to be right and to prove that you are right. Instead, just listen and be with the inner resistance. Allow the space to drop in, in between you and the resistance that is happening within. This can be done in so many areas of life. Try not to define when this is and when this is not appropriate to use. It is appropriate to use this all day today. If you are having a hard time surrendering to the moment remember that you have practiced non-judgment and detachment for the past 3 weeks. When we allow our inner resistance to just be and not do anything we are now coming to a place of mastery within ourselves that can be a new challenge for many of us.

Before we allowed our minds to allow the reasons why we needed resolution and releasing to bubble up. We came up with the phrase or belief that was keeping us stuck. Now I'm asking you to just be with the temptation to do anything and not act on any of the resistance that happens. Do not meet a furrowed brow with a furrowed brow. When someone wants to engage in a heated conversation, your response will be to breathe into the conversation and acknowledge the resistance that wants to come up and meet the other person where they are through non-action. Instead breathe into the resistance and just notice. Surrender. An exchange of words may happen but instead allow it to just be and whatever you say come from a place of internal pause and surrender. Contrary to belief of the mind, we are not lying down on the ground and allowing a train to pass over our bodies. The response that comes from you does not need to come from the inner resistance that you are sensing within you. Merely take a moment to sense the inner resistance and then allow yourself to find the space between your resistance and the words that come to you to say to that person. How so? Breathe into the moment and surrender to the point that your body begins to relax and then simply surrender again.

Surrender is when we notice the space between our body's sensation and our thoughts, between our ideas of what is happening and what truly is happening, and the space between our breath and the experience. It is a whole-body act between the mind and heart working together to create space within our body and our actions. It is in the non-action that higher wisdom comes forth. Only through non-action will we know what higher wisdom is and then from there we can act in a way that creates space, conscious thought, and masterful living. Only in this space can we find an openness connected to a higher thought and higher way of living that drops in. This openness is the source of non-judgment, detachment, and non-resistance in all states of matter.

Today we are surrendering completely. Breathe into the moment and allow the interactions that you experience not to determine your actions. Create space to breathe, hear everything that is happening within and around you, listen to your own words as you speak, and allow the space to be within each action and word. This may seem like you have done this before. Good. The difference now is we are not trying to figure this out. We are becoming the master in the moment in every moment. Who knows, you could hear a voice within you that may be guiding you to say or do something completely different than you have ever imagined yourself to say or do. This is possible. When we allow space between everything we think and do we allow the space for this to show up. Don't be surprised. Just surrender to even that.

Write your experiences down today or record them on your phone. This will be interesting information to allow yourself to contemplate and experience. Just notice and allow and acknowledge your experiences. Remember to continue to connect with your sacred space, your journal, your intentions, and your gratitude. If you had one intention today make this your intention. I surrender to the experiences of my life. In the surrender is when everything is complete.

Mantra

I surrender and merge into each experience in my life today

I surrender and merge into each experience in my life today.

I surrender and merge into each experience in my life today.