

# ART OF SURRENDER

## *Ishwara Pranidana – surrender to a higher power*

**Surrender** is the letting go of the fruits of our labour, whilst still being in the game.

It is being open to an experience of something higher than ourselves working through us.

It is the ability to release the need to be in total control of an experience that we have yet to experience.

It is the ability to hold a highest desire for an abundance of joy, health, happiness and opportunity without expectation or a sense of loss if it doesn't happen.

**It is NOT** giving over your power to someone else.

It is not being in faux flow, waiting for life to happen to you.

It is not resignation.

**Surrender in society:** What do you observe in society when others don't surrender?

Is there a time when it is not okay to surrender?

Where do you see surrender as giving up? What is the difference?

**Surrender in relationships:** Observe whether you hold onto points of view, ideas, pet theories and assumptions in relation to/with others.

Can you surrender the need to be right, be open to other viewpoints?

Can you surrender the need to be liked?

Can you surrender the need for validation by others?

Can you surrender control of duties – ie/ with a partner let go of control around...cooking, childcare, schedule, etc.

Has it ever not felt safe to surrender?

**IN YOU:** Surrendering your thoughts or fears to gain equanimity of mind and act in accordance with your dharma (divine expression and purpose).

How do you seek to hold on or control?...Where, what, why, when, with whom?

What core fear triggers this?

As we move along the path, there is revealed a way of experiencing ourselves that is akin to our true identity, a surrender into a higher power/GOD. It is a natural progression, a way of truly surrendering into ourselves.

We become one with the mystery.

Layers of illusion and misconception fall away, surrendering to the highest Self.

***What holds us back is the EGO's fear of losing what we currently possess, our sense of what is and it's importance.***

## SITTING WITH SURRENDER

- Come into your body, centre in wombspace and ground. From here surrender energetically down and out into the earth.
- Come into your heart centre and surrender energetically up through vertical core and out.
- Connect heart centre and womb space and surrender in both directions.
- Bring into your mind something that you feel a resistance around letting go of or of happening.
- Take it step by step to the edge of worst case scenario, sitting with the reality of each step, can you stay in surrender and be okay with that?

What was your experience?

**PRACTICE** Holding an awareness of continually ‘checking in’, with stepping beyond your preconceptions and learned beliefs, with releasing control.

What key aspect of surrender is relevant to your life right now and your next level of expansion?

Use the embodied surrender practice in your meditation and when fear based thoughts come in.

You may like to explore a particular affirmation to assist you:

*“I surrender to a higher power...”*

*“I am open to...”*

*“Not my will but Gods will”*

*“May I be an instrument of thy peace”*

*“Show me how I can be of highest service”*

*“It is safe for me to surrender”*

