

From Your Resurrection to Your Ascension...Springing forth into New Life?

This exercise will require you to be honest/truthful with yourself...to be authentic. No need to do this all-in-one sitting. No need to share with anyone else, unless you feel called to.

It is best to answer the questions on a separate sheet of paper.

As you do the inner-work, just notice. No need to judge what shows up. Simply be curious and give yourself permission to be with yourself (and all parts of yourself), in this moment of now.

Surrender requires a conscious decision. It is 'Active' state of being, where ***you are choosing*** to Let Go of that which no longer supports you. Maybe it's a belief, a relationship, a behavior, a story...

Take a few deep breaths, turning your attention within...and begin when you are ready.

What are you feeling called to Let Go of in your life right now? (i.e. To Surrender to)

- What thoughts come up as you work with this?
- What feelings come up?

Do you feel any resistance to that Surrendering/Letting Go?

- If so, what does it feel like?

Many times, fear of the unknown keeps us from Surrendering/Letting Go...

- ***What fear(s) might be coming up for you?***
 - If you have some fears come up, take a moment to acknowledge them, and to thank it for showing themselves to you.

With the work above, you have become aware/conscious of that which you were previously unaware/unconscious of. And with that awareness, comes **the ability to *Consciously Choose***, and ***that is where our power lives.***

When the unconscious becomes conscious, a Resurrection has occurred.

Let's go back to that Resistance that you might have felt previously...

- Take a moment to visualize or feel into the resistance that is there and then state,
"I acknowledge this resistance and I give myself permission to Let Go."
 - As you do, open your hands so that your palms are facing upward, and say,
"Thank you! I release what I no longer need. And open that I may receive."

Take a deep cleansing breath. How do you feel now?

With that surrendering/releasing of the old, you have opened up space for something new.

With your hands held open, take a deep breath and proclaim,

***"I choose to bring forth from within, that which is longing to be seen and heard.
That it may come into the Light of Love and spring forth into life."***

Write down what thoughts or feelings came through?

What is it that is wanting to spring forth in your life?

Take a few moments to sit with what is wanting to spring forth into your life...***Allow yourself to soak it in, to feel into it.*** No one is requiring you to do anything with it. So simply notice and take pleasure in what has risen-up into your awareness, for you to see.

When you feel complete, take a moment to say,

***"Thank you for showing me what desires to be brought forth into the light.
May I give it the nourishment, light and love that it needs, that it may grow into its
fullest expression."***

If you feel complete, give one more note of thanks before moving on to other things of life.

If you'd like to go deeper, then continue on...

With the awareness of what wants to spring forth in your life, take a few moments to see how you can help to bring this from an idea into a reality:

- **What decision(s) could you make to support the growth and health of this idea?**
- **What action(s) could you take to further support the growth and health of this idea?**

Ascension is consciously taking that which you are now aware of and bringing it into the full light of love where it can be seen, valued, loved. Aligning to it decisions and actions that can be taken to support this desire, this new awareness.

If you have more than one decision or one action listed, just take the one decision or action you are most called to and ask yourself,

***"Is there anything that needs to change in the environment of my life to help support
the decision/action that you have chosen? If so, what is it?"***

(Just like a seed needs the right environment in order to grow and thrive, so do our ideas)

As with all things, one baby-step at a time, working to co-create with the flow of all that is. There is no need to do all of the decision(s) or action(s) at once.

Take a moment to breathe deeply and give yourself thanks for the courage to Ascend into all that you can become, and all that you are!

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