

Russ Hudson on **surrender**

Unlocking Unlock the Power of the Enneagram for Radical Self-Acceptance and Spiritual Evolution

The Shift

Session 8, 12apr2022

In my experience, we hear that word surrender and we think like it's something we're supposed to do. "Okay, I'm going to surrender now." We think of it as like surrendering in a battle or something, or I'm going to just give up or something, or I'm going to let the other side. We really think of it as I'm going to let the other side win. That's the subconscious fear that's in it when we hear that word. I find that **surrender** in my universe **comes from seeing the truth**. That's probably even true in a battle too, in a war. These soldiers look at each other and go, you know what? We're totally losing. We've got to surrender.

But I think in terms of inner life, in terms of inner work, you see that what you put your faith and trust in can't deal with the situation, can't bring the answer, can't make the connection. The surrender is a kind of intelligent release of what I've been depending on in some sense or believing or needing to be true. That could be holding on to an emotion. It could be holding on to a grudge. It could be holding on all kinds of things. But in a moment of present seeing, embodied, heartfelt, mind awake, we just see how it really is. Then it's like we're willing to let a deeper wisdom and intelligence move through us and bring something new. That's how I experience it. Then that becomes more lifestyle.

I know that Cynthia Bourgeault and I have talked a lot about that. As you know, we're pretty good pals. We talk about that and how strange it is in a way. It's like we're operating through a different guidance system. This surrender is seeing how our ego is not the creator of this reality. It can only be the creator of this reality in the sense of creating filters through which we don't see reality. But to the degree we start to see reality, we let go and like we say in 12-step rooms, let go and let God.

We start to perceive that we're participating in larger movements than we ordinarily see. We relax. There's that sense of it can surrender. You can feel it physiologically as a relaxation of the held sense in the **body** that we don't even know we've got. We're walking around 100 times tenser than we realize. It can be in the **heart** where we're willing to let something new touch our heart. Sometimes surrender is letting

something that's been waiting there in our heart for a long time. We finally open that package.

Surrendering the **mind** is just simply, again, it's the same thing. It's a kind of not knowing, but it's a not knowing that invites knowing. It's a kind of curiosity, willingness to be informed by a bigger truth. We humans are very fond of our object relations. We'll put something else there that we're using for a while. But **over time, surrender is letting the organic intelligence of the moment lead rather than the historically based patterns in positions of our ego structures**. That's how I experience it.