

## In surrender I find peace.

We human beings are triggered and provoked every second of every day. That's what it means to be human and have our past imprinted and fixated deep in our egoic personality. We carry more than we can imagine.

### Awareness and Surrender

When my emotions get triggered and provoked, I put my hand on my chest and drop down into my heart. I breathe. *I feel* the sensations I'm experiencing – this is what I know. What I don't know is what I *need* – I just think I do. Consequently, instead of praying for something I may or may not need, I surrender what I *know* I'm feeling. Instead of praying for patience, I surrender impatience. Same with anger and fear – I surrender them, knowing that I may or may not need the energy of anger (not aggression) to complete a task or the energy of fear to keep me out of harm's way. I surrender what I'm experiencing, and it'll be lifted off my shoulders, or not. My job – my *only* job – is surrendering, which is only 5% of the work. The other 95% is the heavy lifting done by god and all the angels and saints, dakinis and devas, and my ancestors and guides.

“God, Goddess, Buddha, Jesus, Tara, Allah, Mother Earth, Source, please lift \_\_\_\_\_ from my shoulders. I've been carrying it a long time, and it's no longer serving me. Thank you.”

- Pain, physical and emotional
- Impatience
- Resistance and blocks
- The emotional charge of it
- Judgment of myself, of others
- Arrogance
- Victimhood
- Guilt
- Fear
- Anger at others, at myself
- Anger at god
- Sadness and grieving
- Loneliness
- Hate, rage
- Shame
- Neediness
- Unworthiness
- Regret
- Everything other than love and gratitude
- And, there's always more. *Wash, rinse, repeat!*

### Asking for Guidance

I sit. I ask for guidance. I feel my feelings for however long they want to be felt – which is often more than one sitting. I journal. I surrender. I'm open to messages that might want to inform me. And at some point, as a result

of letting go of at least some of my feelings, I feel a lightness and compassion and clarity. When I don't feel lighter, I have more processing and surrendering to do. It's a lifetime of exploration and discovery. It's my spiritual practice, my spiritual beingness.

### Yes or No?

I ask, “Do I \_\_\_?” Yes or No. And then I listen for the answer. It's that simple, *and* it takes a lot of practice to get the feel of it – to trust Source, to trust myself, to get the feel of my own presence and groundedness. “Do I take a shower?” Yes or No. “Do I go for a walk in the park?” Yes or No. “Do I share my thoughts and opinions right now in this discussion?” Yes or No. ‘No’ may not be ‘No’ forever. I can ask again later. Sometimes I ask, “Is it time to ask yet?” Yes or No. ‘Yes’ doesn't mean that things are going to turn out the way I want. I may get a ‘Yes,’ and have a vulnerable learning opportunity. Or maybe nothing happens. Often, whether I get a ‘Yes’ or a ‘No,’ something additional gets provoked, calling for attention, so I process and journal about *both* the ‘Yes’ *and* the ‘No’ responses around my original question. Afterwards I may have to ask my question again, and I may get a different answer. Patience and kindness are very paramount on the journey. “Do I buy \_\_\_?” Yes or No. “Do I text \_\_\_?” Yes or No. “Do I sign up for \_\_\_?” Yes or No. I've gotten better at how I phrase my questions. Instead of asking, “*Should* I or *can* I go to the store,” I ask, “Go to the store?” or just “Store?” Some days I ask a lot. Some days I feel more grounded and in the flow. Every day something is going on.

### Dialoguing

If a trigger involves a friend or family member (versus a stranger I'll never see again), the message that comes to me to communicate may be something like, “I was provoked during our conversation, and half of what you said is really about me and my mother – I was always in trouble over xyz. I need to journal more about that and how I can handle myself better in our relationship. The other half of what you said, though, is not me. It feels like it might be about *abc*, and I'm open to talking about it more whenever you are in a space to do that.”

Or, the message I receive may be something like, “wow, what they said to me is not about me. And they probably aren't going to be able to have a conversation about it, at least not for a while. I'm still provoked and hurt and angry, so I need to journal and surrender some more because I want to feel grounded and connected with myself.”

