

## IN SURRENDER IS 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 ever 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. As such, surrender actually happens on its own time – and moreover, it happens whether I even surrender or not. It's a practice, and it's practice.

"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, defiance and blocks
- The emotional charge of it
- Judgment of myself
- Judgement of others
- Arrogance
- Victimhood
- Guilt
- Fear
- Anger and resentment at others
- Anger at myself
- Anger at god
- Sadness, loss, grief
- Loneliness
- Hate, rage, vengeance
- Shame
- Neediness
- Unworthiness
- Regret and remorse
- Anything other than love or gratitude
- And, there's always more. *Wash, rinse, repeat!*

### Asking for guidance

I sit. I ask for guidance from Source. I feel my feelings for however long they want to be felt – which is often more than at 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.

### 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 and connectedness with Source.

"Do I take a shower?" Yes or No.

"Do I go for a walk?" Yes or No.

"Do I share my thoughts and opinions right now in this conversation?" 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 an important learning opportunity. Or maybe nothing particular happens.

Often, whether I get a 'Yes' or a 'No,' something additional gets provoked, calling for my 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, steadfastness and kind-heartedness are vital 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 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 and with Source."

The original teaching of the ancient Enneagram is to realize how astonishing and wonderful it is that these mysterious forces of presence, awareness and surrender occur through us – in spite of ourselves – constantly supporting us in all our endeavors. It's my spiritual practice, my spiritual beingness.

