

**Type's "Wake-Up Call" and
Movement toward Liberation**
"So... at what point do I surrender?"

One: Awareness of feeling a sense of personal obligation to fix everything themselves—so that they can rise to a profound acceptance of and genuine tolerance for reality.

Two: Awareness of believing that they must go out to others to win them over—so that they can rise to unconditional love of self and others, irrespective of others' reactions to them.

Three: Awareness of always driving themselves to be the best and to get validation—so that they can rise to genuine embodiment of real values and an authentic expression of who they really are.

Four: Awareness of holding on to and intensifying feelings through the imagination—so that they can rise to a self-regenerating connection with reality and endless creativity.

Five: Awareness of withdrawing from reality into concepts and mental worlds—so that they can rise to a profound and objective understanding of how reality really is.

Six: Awareness of becoming dependent on something outside the self for guidance—so that they can rise to become grounded in their own inner guidance and feeling of endless support.

Seven: Awareness of feeling that "something better" is available somewhere else—so that they can rise to a true resting in the moment and a joyous celebration of life.

Eight: Awareness of feeling that they must push and struggle to make things happen—so that they can rise to a true self-surrender to something greater and more lasting than themselves.

Nine: Awareness of the tendency to accommodate themselves outwardly to others—so that they can rise to a genuine remembering of themselves and their own strength, value, and dignity.