

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

**One** surrenders at the awareness of feeling a sense of personal obligation to fix everything themselves—in order that they can rise to a profound acceptance of and genuine tolerance for reality.

**Two** surrenders at the awareness of believing that they must go out to others to win them over—in order that they can rise to unconditional love of themselves and others, irrespective of others' reactions to them.

**Three** surrenders at the awareness of always driving themselves to be the best and to get validation—in order that they can rise to genuine embodiment of real values and an authentic expression of who they are at a deeper level.

**Four** surrenders at the awareness of holding on to and intensifying feelings through their imagination—in order that they can rise to a self-regenerating connection with reality and boundless creativity.

**Five** surrenders at the awareness of withdrawing from reality and into concepts and mental worlds—in order that they can rise to a profound and objective understanding of how reality truly is.

**Six** surrenders at the awareness of becoming dependent on something outside themselves for guidance—in order that they can rise to become grounded in their own inner guidance and feeling of unending support.

**Seven** surrenders at the awareness of feeling that "something better" is just around the corner somewhere else—in order that they can rise to a true resting in the moment and a joyous celebration of life.

**Eight** surrenders at the awareness of feeling that they must push and struggle to make things happen—in order that they can rise to a true self-surrender to something greater and more lasting than themselves.

**Nine** surrenders at the awareness of accommodating themselves outwardly to others—in order that they can rise to a genuine remembering of themselves and their own strength, value, and dignity.