

The Beingness Project - Surrender

1. Make a list of things you are trying to make happen, goals you are working towards (*write them on a separate piece of paper*).
 - *Now look at each one of the things you have listed one by one.*
 - *As you read each one take the time to notice how you feel. Do you feel excited, frustrated, disappointed, creative...?*
 - *Next notice, do you Believe sincerely that what you want will become? Or do you find your mind caught between determination and doubt? Explore what you believe and why.*
 - *Now allow yourself to relax, feel the sensation of letting go, believe without a doubt that it is manifesting. Then Surrender. This does not mean you don't take action, it means you take inspired action.*
 - *Inspired action will only arrive in the open space of trusting surrender. When we are forcing the action, our bodies tense up, our mind zooms, the flow of creating gets snuffed out.*
2. Select one or two topics from your list that you will practice the “Grace of Surrender” with.
3. Write them down (*ideally in your Beingness Project Journal*).
4. Every morning read the selected desire/goal, visualize and feel it, as if it already exist.
5. Then Surrender, let it go with complete trust.
6. In the open space created through Surrender, you may get an inspired idea, a nudge to go somewhere, do something - if it feels “good” then go for it. If it feels “forced” let it go.
7. Soon you will be able to decipher between an action that is Inspired and one that is Forced.

To help bolster your experience, take the time to dig into your “Domesticated” beliefs and interpretations with regard to Surrender.

*What did your family say and think about it? Your peers and friends? Community?
Country? Media? Etc...*

The Super Surrender Challenge!!

Investigate and test how Surrender could impact your most important relationships, especially if you let go of “Expectations”?