

TAKEOFF

HOLISTIC HEALTH

SURRENDERING

A Returning to Your Natural State of Being

Surrendering is the foundational practice upon which transformation is built. Unlike the many tools offered to alleviate stress, confusion, and suffering — psychotherapy, meditation, breathing techniques, retreats, and more — which target the mere *symptoms* of the problem, continuous surrendering cuts out the roots entirely. **Surrendering is a way of being.** For the vast majority of human beings, the natural state has become clouded by conditioning: the blind have led the blind, creating even greater confusion. But being confused is a blessing — it means we intuitively know there is truth to be found. Through surrendering, we can find it. We can return to our natural state and remember who we are.

WHAT SURRENDERING IS — AND ISN'T

In this context, surrendering does not mean defeat or giving up. Rather, it is a subtle shift of perception — a returning to Awareness rather than identification with the ego-mind. It is a gentle acceptance, an allowing of whatever state we find ourselves in: a state of nonresistance and non-attachment, and, at the deepest level, **unconditional love**. When we unconditionally love even the darkest parts of ourselves, they instantaneously transmute and dissolve into Awareness. Surrendering always returns us to love — our natural state of being.

"Surrendering reveals the impulses of spirit beneath the mask of ego."

— Deepak Chopra, *The Path to Love*

THE EGO-MIND & THE CHOICE TO SURRENDER

The ego-mind does everything it can to survive. It has successfully infiltrated the vast majority of human beings, thriving on incessant thinking, defensiveness, vigilance, and negative emotional states. With surrendering, as soon as we feel the ego-mind beginning to take over, we simply **accept it**. We shine the light of Awareness upon it — observing it, witnessing it, and watching its energy unravel before conscious awareness.

Choosing to surrender is choosing spirit. It brings the ego into union with spirit through the means of unconditional love. The ego's likes, dislikes, preferences, beliefs, and desires must be sacrificed for a new reality to enter.

HOW IT WORKS: THE PRACTICE

When constant, incessant thinking is happening, we have the opportunity to surrender it immediately in the present. The process is simple, yet it can seem incredibly difficult when the voices are loud. The key is to remember: **these voices are not the entirety of you**. They are remnants and fragments of the past that need release in the presence of your consciousness — your inner light. Once you shine your loving light upon them, accept them, and allow them to run their course, they can be released entirely.

■ LAUNCHPAD TIP

Because reactions are automatic, we often don't recognize they've taken over before they've already played out. There is always a moment of opportunity — a pause before the reaction fully ignites. By going into it, you'll naturally question it: Is this necessary, or can it be let go? There is always a choice. This takes practice. Do not be discouraged. Have grace when a reaction takes over, knowing that your commitment to the path is what matters.

WHEN TO SURRENDER: THE CRITICAL MOMENTS

It is essential that surrendering is applied whenever it is *most difficult*. When patterns from the past surface in the present, this is **the** opportunity to let them arise, allow them to be, and ultimately — when they've run their course — let them go. When resistance is felt, remember: this is an opportunity to become acutely aware of the Now. Shining the light of your consciousness upon your inner universe is the way through.

The critical moment to surrender is when there is a strong urge to hold on. When fear, anger, pride, or distrust take hold, we react by clinging tightly. It is at the grips of these energies it is this clinging by the ego that keeps us blinded, seemingly forced to react from the past while ignoring what is possible here and now. Remember: there is always an opportunity for a new path, for love to enter. There is always an opportunity for a new choice to be made. We are not victims to our past, we are **Pilots of Presence**, navigating our cosmic way through alignment with unconditional love.

"Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future."

— Deepak Chopra, *The Path to Love*

RECOGNIZING THE EGO'S TACTICS

The mind may desperately keep your attention with thoughts like: *"I hate being here. This can't go on. I can't do this anymore. Everyone's wrong and I'm right. Why do you do this to me?"* The ego-mind often uses the word **"always"** to keep you in its grip. Always is never true. At any given moment, we have the choice to break out of the trap — our unconscious, conditioned reactions from the past.

A WAY OF BEING, NOT A ONE-TIME PRACTICE

Surrendering is not a one-and-done practice, nor merely a tool. It can be applied to any and all moments — including this one. It requires no perfect conditions, no ritual, and no external authority. The moment you become aware that you've been lost in thought, in longing, in avoidance of the present — that awareness itself is the beginning of surrendering. For even a moment, you may experience no-mind: pure, open, luminous presence. This is our natural state.

REFLECTION PROMPTS

1. Where in your life do you feel the strongest urge to hold on or resist?
2. What recurring thought patterns or reactions signal that the ego-mind has taken over?
3. When was the last time you noticed a reaction beginning — and chose differently?

4. What does it feel like — even briefly — to simply allow and not resist?

■ HAVE GRACE, OH CAPTAIN

Surrendering is not a destination. It is a continuous return to our natural state of being. Every moment of awareness, every gentle release of resistance, is its own success. You do not need to be perfect at this. You only need to be willing. The light of your consciousness is always enough.

SOURCES:

Hawkins, David R. — Letting Go
Chopra, Deepak — The Path to Love
Tolle, Eckhart — The Power of Now