

Article on Surrender

Interview with Mirabai Devi

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What does it mean to surrender?

It means to open our hearts and let go of all that is holding us in mind-ego suffering and separation, and to surrender all of our burdens to the Divine Self to take from us and transmute into peace and serenity. Surrender is a practice that we have to do as humans on a continuous basis, otherwise we get caught-up in the Maya (which is the Cosmic delusion) which is as thick as pea soup. We easily forget who we are. It's up to us to remember to Surrender, but usually most humans wait until they are suffering so much until they surrender. It would be easier to have it in our daily awareness so that we are doing it on a continual basis.

How do we know if we need to surrender in a specific situation?

When we cannot figure it out or resolve it ourselves, it's time to hand it over. Every time that you notice that you're suffering with anything or having a reaction that you cannot resolve, whether it is physically, emotionally, mentally, spiritually, and more, stop everything.

What do I do to surrender if a particular situation arises that I don't know how to handle?

Bring in a spiritual practice to interrupt your reaction. This includes mantra, forgiveness prayer, a positive uplifting thought, gratitude practice, go out in nature, focus on something beautiful, pray, talk to the Light, listen for guidance, or talk with a mentor who can redirect you.

Why do we resist surrendering?

Because it's easier for the ego to try to fix a situation and come up with solving the problem rather than turning it over to the Divine Light. The ego does this because it does not recognize that the Divine is accessible to us. The ego wants to be in charge. It wants to be the driver of the bus, even if it

doesn't have the solution. It wants to be the hero and doesn't recognize that there is any power greater than the power of its own limited, small self. In fact the ego will create diversions and drama, because it's addicted to drama and thrives on it, in order to avoid a surrender to the Divine.

It's up to us to choose to remember, to turn it over, and override the ego's limitation. Most people do not even know how to access the Divine because we are not taught how to do that. We are taught that the Divine is outside of ourselves, that we are separate and alone. So we feel powerless to surrender to the Divine because we don't know what we are surrendering to.

Do our belief systems and patterns limit us in our ability to Surrender?

Belief systems and patterns hold us in old paradigms that no longer serve us where we feel inadequate and unworthy of God's love or God's help. So we don't feel as though we can surrender and ask for help. These unworthy patterns keep us in separation a lot longer than necessary, which is why we need to focus on self-love and recognition of our own deservability to be loved.

The Divine is inside of us. It is not outside of us. It is the deepest most innermost aspect of ourselves. And because we don't love ourselves and we are disconnected from love it is impossible for us when we are identified with the ego to imagine being One with this profound, infinite source of Love and Compassion that will take all of our problems and will melt them away.

Why does it feel scary to Surrender? How can we trust it will work?

How can we have trust and faith when we don't know God and the Divine. What do we have trust and faith in? Most humans are unplugged and disconnected from anything that is not in the 3rd dimension world, so it is impossible to surrender and place your trust in an invisible source that you don't even know or understand.

In order to surrender a human being either has to be desperate or have some idea or inkling to know who they are surrendering to in order to do it. Most humans live in fear and cannot identify what is of the Light and what is not. So it feels scary when you don't know what you don't know.

What is the purpose of Surrendering on the spiritual path?

There is an old quote, "To know God is to Love God." The more that you surrender the more you come to allow the Divine to work through you and flow into every area of your life. The Divine is Love. To surrender to Love feels good. It gets us out of the ego, the mind and the limitation of the small self.

Is Surrender the same as giving up?

In a way it's the same because giving up indicates that one is defeated. In this case the ego is defeated. The ego cannot fix the problems that the individual self has, only the Divine can fix and bring solutions to our problems. So it's best for the ego to give up and allow the Divine to take over.

Yet this is different in a way since it's not because we are defeated because we are wise and choosing a more direct route. It's not easy to surrender because the ego is so invested and insistent to be in control, yet we get direct results of success when we choose the higher path.

What is an example of surrender versus giving up?

Let's take the example of a woman who is stuck in an abusive relationship. She wants to leave the relationship but doesn't know how to get out. When this woman *surrenders* she offers all of her burdens and suffering over to the Divine Light, and trusts that she will have the strength and resources to leave the relationship. She allows the Divine Light to enter the situation and has faith that she will have help. She has hope that she will receive help.

In this same example if the woman *gives up* this means she resigns and stays in the abusive situation, allowing the cycle to continue. She doesn't have the ability to step outside of it and has lost hope that there will any help. To *give up* is to feel defeated and feel that there is no hope.

Will I lose something precious to me by surrendering?

Loss comes with letting go of what is not in the highest and best good for us or for the higher order, we don't always know what is best for us, and sometimes unhealthy relationships and abusive situations may be precious to us and yet not good for us, so it may involve a loss but that can also be best for us when we let go of control. Especially when our ego has old programs that run that involve attracting hurtful situations or people into our lives, because we have not developed the worthiness yet to grow beyond them.

I have tried to surrender but it's not working.

It's not working either because:

- A) You don't really let it all go
- B) You are holding back because you are afraid and you don't know who I the Divine is and who you are surrendering too.
- C) It is working and it takes time sometimes for the karma to play out and the situation to get intervened by the Divine.

Why is it so hard for me to surrender when it seems easy for my spouse, partner or loved one to surrender?

All human beings are attached to the need to control. Some are more able to let go of control than others. Some feel safer to be in control because of more trauma or wounding making us desire to be in control in order to feel safe. Some are closer to God, some people are less mental therefore easier to face emptiness...it just depends on the person.

Attachments are a part of human nature. How do these attachments to things, people and situations play into our ability to surrender?

Being attached to outcomes doesn't work because we set our sites on things in the material world, limited goals and dreams when actually its best to let the Universe bring to us and allow these things to come to us in a form that is for our highest and best good. These attachments to outcomes bring us into the ego, and as we have said above the ego is invested in being in control and being the hero and therefore the ego wants us to be attached, so that it can gain more power. When in fact we want the ego to lose power and for the Divine to be in control of our lives, so attachment vs. surrender is moving us from the ego into the Divine Self.

When we are in a more enlightened consciousness our dreams and desires are more in alignment with Natural Law and the Universe.

Expectations are also a part of human nature. How do expectations impact my ability to surrender?

Its very human to expect things to be the way that we want them to be. However, Swami SatChitAnanda used to say” Have no Expectations, have no disappointments” because expectations lead to disappointments and we cannot limit the Divine Universe to bring to us our limited version of reality, when the Divine has something different or better in store for us. Our Ego sets up expectations for us so that we can create MORE DRAMA. Our Society is built on these egoic structures of expectations and attachments. We see it in everything starting with our birth and our family and then in every aspect of our lives.

Are there any specific prayers or spiritual practices that I can use to help me to surrender?

We will be including two specific forgiveness prayers in this month's program that will help to cleanse blockages to Surrender. One of the prayers will be a Forgiveness Prayer by Howard Wills and the other will be a forgiveness prayer that I will write specially for this month.

I will also offer an Affirmation statement that when used daily will change your subconscious belief systems and reprogram them into a more positive version of what you want to release, ultimately helping you by raising your vibrational frequency out of the ego and its illusion.

Light transmissions are also very helpful for this. Light transmissions are particularly effective in breaking up old stagnant belief systems, habits, fear-based programming and behavior & family lineage karma.