

Surrender
Mirabai Devi Membership Program
November 2018

Premium Package: Written Exercise

Journal: If you have not yet started a journal for this program, now is the perfect time to do so. It is helpful to write down your experiences and homework over the course of the year. For this month's class, you can begin by walking through the following written exercise.

Reflect upon the teaching and guided visualization. Write down these different reflections in your journal and print out this exercise sheet.

Awareness is the first step in changing a belief system or pattern. Examine your patterns and write down your answers to the questions below:

1. Reflection: What are some instances where you've surrendered in the past in the following areas where you have ever surrendered: Physically, Emotionally, Mentally, Spiritually:

2. What does surrender mean to you? What is your personal relationship to the practice of surrender?

3. What area in your life or situation is presenting itself as the next area to surrender into?

4. What are you noticing around the edges of this situation that expand your conscious awareness of the need to surrender?

5. What are the thoughts that come up with the resistance to surrender? List them.

6. Can you feel where the tension, discomfort or resistance is located in your body? And identify the emotions that are coming up?

7. Can you see and identify the the discontent, pain, difficult emotions are related to holding too tightly?

8. What are some concrete ways to support yourself through the process of surrender? (For example, do you need more information? External support? Self forgiveness? Self love?)

9. Can you imagine what it would feel like to surrender this particular situation, thought or belief? Or simply let it be?

10. Can you connect and feel into a state of love as a place to surrender from and to?
