

SURRENDER FROM WITHIN THE BODY.

SURRENDER IS NOT DEFEAT, IT IS OPENNESS.

RECEIVING. ALLOWING WHAT IS TO BE HERE TO BE.

FEELING THE TRUTH OF THE MOMENT AS EXPERIENCED AS SELF—WHAT WE

ARE ACTUALLY FEELING, NOT NEEDING ANYTHING TO

BE DIFFERENT IN THIS MOMENT THAN IT ACTUALLY IS.



The opposite of surrender is arguing with reality. If we are feeling something we don't like, we often judge it or try to change it. This denial prolongs the deliverance of the message within the feeling that the self needs.

**CAN YOU SHOW UP TO THE BODY NOT KNOWING?**

**CAN YOU BE OPEN TO FEELING EMOTIONS, THOUGHTS  
AND SENSATIONS IN AN UNDIRECTED WAY?**