

# 40 Days of Self Love

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*A journey of no distance...week six*

***“Something amazing happens when we surrender and just love. We melt into another world, a realm of power already within us. The world changes when we change. The world softens when we soften. The world loves us when we choose to love the world.”*** -Marianne Williamson

Webster’s definition of “SURRENDER”:

1. a : to yield to the power, control, or possession of another upon compulsion or demand <*surrendered* the fort>  
b : to give up completely or agree to forgo especially in favor of another
2. a : to give (oneself) up into the power of another especially as a prisoner  
b : to give (oneself) over to something (as an influence)

Yikes! No wonder Surrender gets a bad rap. It sounds like defeat. Yet that couldn’t be anything further from the truth. Surrender is release of the appearance of control. The appearance, the façade, that game of thinking you are in complete and total control of any situation. The limiting belief that convinces you that the world would end without you, your children couldn’t go on, you are holding so many things together...without you nothing would work right!

The truth is that things would be just fine without you, or me for that matter. I used to travel a lot for my work; mostly by plane. I hated flying long flights for fear I wouldn’t make it home, and what would my son do without a mother? The truth is he would have been fine. He would still be fine. He might be different, sad for a while, influenced by others more or less, but he would be just fine. I finally surrendered to this and trusted that God had a plan for me and I knew that my time would come when my time came and my worrying about it did not improve my chances of surviving another flight.

Surrender the worry sweet brothers and sisters! Surrender the control! Surrender the limiting beliefs that once served you. Surrender your story or being a victim, a success, a good or bad person. Surrender your attachments to everything.

What is Divine Surrender then?

Surrender is walking prayer. Surrender is intention without attachment. Surrender trusts the Divine authentic self, to be open to all possibilities, all paths, and all options.

Trust that you don’t know what Divine has in store for you, trust that whatever happens is the Divine Path you have preselected for this life. If you can surrender in any given situation, you may find you receive much more than you thought you would.

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Our limiting beliefs are the only things holding us back from our miracles. Imagine if you surrendered to the highest good. What things may you have missed because you limited yourself to what you “wanted”?

I had spent most of my life thinking I was in control of everything and many people too. When I finally woke up and realized I truly had no control of others or outcomes and only had control over my thoughts, actions and feelings. This was and is so freeing! And, I have received so many miracles since this realization. Things I didn't know were possible have become my reality.

Surrender is knowing that you are a child of God. Knowing that you are worth the miracles and being open to receive them. Surrender is always there for you. Worry only promotes that which you are worrying about. Surrender isn't “not caring,” it is caring so much that you allow Divine to take the wheel and the sky's the limit.

Answer these questions in your journal or on the page marked notes at the end of this chapter:

1. Look at your life, where are you trying to control outcomes?
2. Who do you think wouldn't survive without you?/ Wouldn't be happy without you?
3. What are the most frustrating situations in your life?
4. How do you want that situation to change?
5. Who do you want to change?
6. Do you have clear intentions? / Do you know what you want?
7. If you do, can you trust enough to surrender and let your miracles show up?
8. What if you stopped worrying? What would happen?
9. How could you surrender in this situation?

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Walking Prayer, this is taking action while you respect the illusion and allow your miracles, knowing the truth through affirmation, intention and prayer.

Know the truth but respect the illusion. Know the truth is knowing you are merely co-creating with God, trusting that God will lift you up to heights you cannot imagine when the time is right. I knew that God had something sacred in store for me. I would feel it happening on small scales during a sales training where I was teaching about a product and the words came so easy, people laughed, I touched a life with my Divine knowing of the truth and trusting the results. I surrendered to the outcome, but I knew it was greater than I could imagine, and I have a pretty good imagination!

Respecting the illusion, is taking action towards your intention/goal. For example: I took action to better myself in hopes of finding a new career that would allow me to be with my family most of the

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time and be easy on my body while serving the highest good using my talents. I studied Spiritual Psychology, I found a mentor, I learned all I could about Christ Consciousness, I practiced my gift, I spoke in front of people, I helped those in need. I began writing this book...and it all respected the illusion of moving into a new career where my family would always come first.

“Always say “yes” to the present moment. What could be more futile, more insane, than to create inner resistance to what already is? What could be more insane than to oppose life itself, which is now and always now? Surrender to what is. Say “yes” to life — and see how life suddenly starts working for you rather than against you.” - [Eckhart Tolle](#)

“The reason why many are still troubled, still seeking, still making little forward progress is because they haven't yet come to the end of themselves. We're still trying to give orders, and interfering with God's work within us. ” - [A.W. Tozer](#)

Notes on Surrender:

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