

# 40 Days of Self-Love

“Self Love, is the **FOUNDATION** of All Evolution.”

## WEEK SIX

### SURRENDER

Surrender is living the journey without attachment to the destination.

#### Surrender

At first surrender 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, the game of thinking you are in complete and total control of any situation. Now, this is not to say sit around and “surrender” to the TV, social media, or the addictions of humanity. Nor is it to “surrender” to the abundance of millions of dollars falling in your lap so why get a job...and it's definitely not “surrender” to the ego and live blindly and ignorant your gifts from God.

*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*



*Eva Maurice*  
SPIRITUAL COUNSELOR

# 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.

Set your goals and be clear about your desires and rise your deservability to receive. Have authentic intention. Make plans, write your steps out, look for examples of those that have had the success you desire.

## **Then release the outcome.**

Trust that you don't know what Divine has in store for you, trust that whatever happens is your Divine Path. Some believe your Soul has preselected these lessons or experiences for this life. If that has a possibility of being true then live fully to have the experiences you desire, and let the lessons be received with open arms.

If you can surrender in any given situation you may find you receive much more than you thought you would. 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, I realized I truly had no control of others or outcomes. I only have control over my thoughts. And my thoughts lead to my feelings and actions but my thoughts is where it

all starts. 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 the Divine Source within you to take the wheel and there is no limit.

This final week we will put everything you have learned into action. We will set a goal and see where you are trying to control the outcome.

Some great questions to ask yourself this week while doing your Daily Pages: **Where are the most frustrating situations in your life? Do you have clear intentions? Do you know what you want? If you do can you trust enough to surrender and let your miracles show up?**

Walking Prayer, this is taking actions towards your goals while you allow your miracles, through affirmation, intention and prayer.



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## Surrender Exercise:

*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*

- Set a goal that doesn't depend on anyone else.
- Use your 3 SoulCore words to align your goal.
- Write down the goal and 3-10 obvious action steps.
- Speak to others truthfully about your goal
- Listen with your heart to your Divine Source within.
- Review this list daily and cross off the steps as you take them.
- Make sure your goal has the highest good in mind – (Seva)
- Don't shame or blame if you fall short, just keep going.
- Forgive everyday when you judge yourself or others along the way.
- Surrender the outcome to the highest good.
- Trust the process and trust that the path may take unexpected turns.



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