



Surrender Exercise

This exercise helps you to get out of your own way, open to inner guidance and find solutions with clarity and ease.

- When you are struggling
- Racking your brain to find a solution to life's problems
- You feel like the world is on your shoulders
- What you are doing is not working or enjoyable

Try this exercise:

Close your eyes and center yourself by taking a few deep cleansing breaths. Focus on the center of your heart and say: "I release the need to control...God/Universe/Nature, show me a better way...show me the next right thing. I will be patient as I surrender the need to know all the pieces to the puzzle, before I am willing to make a move. I trust that I will be led to each step in perfect timing. I surrender *the need* to struggle and open up to experiencing grace and ease."

Then be patient and pay attention to what opens for you.