

## **Homework**

### **Reflections Initiations by Fire, Class 3: Surrender**

Surrender is not something that makes sense to me. Why would I train myself to strive, to try, to get up again only to contemplate the act of spiritual surrender? It is anathema, contrary to every fiber in my being. What happens after I give up? Am I supposed to trust that some force will sweep into my blood and bones and lift me up out of despair and fear or panic and confusion? How do I know that I will not just feel completely humiliated, as if I have lost this game of life? Then again, in my quieter moments, I realize that I am not surrendering to some outside force but to the game I play with myself, a game in which I make up the rules and seek to control the outcome. When I fail to accomplish my goals, I look for reasons – there must be reasons why my goals have not been successful. And someone must be at fault. Perhaps faulty guidance or a faulty childhood. Surely the outcomes cannot be the consequence of my decisions made in anger or fear or to please other people. Maybe I did hear guidance but decided I could not surrender to such instructions. I need more clarity and proof of outcome. And I need a way to hold someone other than me responsible for the consequences of my decisions. Guidance is intimidating to me because I cannot blame God. I am forced to blame others.

#### **Opening prayer:**

Lord, I know I feel and sense Your guidance all the time. I recognize Your fingerprints in my feelings of guilt or fear. And I know when I am blocking these feelings and choosing to look elsewhere for what to do. I refuse to trust these feelings while always speaking about my feelings. I seek relationships with people who are able to truly know me when I betray myself constantly because I refuse to know myself completely. My addiction to reason and control will not let me come close to Your spontaneous nature. You, Lord, are not capricious but spontaneous, speaking to me through the elements of the moment. It is me. I am the one who is afraid to let go and surrender to spontaneous change. Hover over me, Lord. Grant me the courage to be in this world but not controlled by it. Help me to not be controlled by fear of other people. My life is in Your hands. I gladly surrender my life to Your keeping. Amen.

#### **Surrender implies you are in a power struggle. Why else are you “surrendering”?**

- Power is life’s fundamental ingredient.
- Everything you think, every expression and emotion or exchange is a negotiation of power.
- Realize what drives you from within: pride, fear of humiliation, anger.
- Admit your motivations might be self-serving or harmful to others.
- We end up surrendering to the realization that there is so little in life we can control.

#### **Your practice:**

- Consider everything you do/say/eat/think – every action – a negotiation of power. Every emotion and everything that activates an emotion is a signal that your power supply has been activated: You are losing, receiving or stirring up your own power.
- Observe the choices you make.

- What are your attachments?
- What/who has your power and why?
- Why do you want to be in a power struggle?
- How would detaching from a negative power connection change your life? What would prevent you from an act of necessary surrender? What is it inside of you that you need to confront?
- God and the fear of surrender: Your associations with surrendering to the Divine are what? Loss of stuff, suffering – what?

**Meditation:**

- Surrender is liberation.
- Make me an instrument, God. Guide me in all I do. Direct my day.

**Closing prayer:**

Lord, help me to stay in grace. Every moment I am participating in creation. Every thought, every feeling, every sensation is an act of creation. I am a living, breathing creature of unlimited power and that power is sacred and holy. No wonder there is karma – we are attached to our choices forever. I am not conscious enough to manage the power of my soul by myself. I am often angry, overwhelmed, and frightened. This Earth is a chaotic and frightening place and it is difficult to live in the truth that everything is an illusion. I am not a conscious and enlightened human being. I am a novice on the spiritual path. I often do not think about the consequences of my actions and my thoughts. So I ask that You stand between me and all those whom I might hurt with my actions. Let the angels stand as a firewall between my dark thoughts and fears so that others are not harmed by the fears I carry within me. I open myself to Your guidance each day and release my need to have expectations of the day and of others. In surrendering my need to control others, I entrust my life to you. Hover over me, Lord. I am new at trusting You fully. I will probably slip up but I know what the path looks like now. Keep the Light bright. I will always find my way back. Amen.