

The Art of Surrender: A Control Freak Cure

Surrender Principle #1: A desire to control is based on beliefs we have about what will happen if we *give up* control (i.e., surrender). It's all about FEAR.

Surrender Principle #2: Control comes from attachment to outcomes. When we release attachment to the outcome, control goes away and we head downstream.

Surrender Principle #3: Surrender actually allows us to accomplish *more* because the energy of surrender leads us to act differently than we otherwise would

So *how* do you surrender? In many ways it can be as simple as deciding to surrender and then practicing it until it becomes a habit. Notice that you are controlling (you may know by the thoughts you're having, or because you notice a knot in your stomach or an emotion like anxiety, or because of the behavior you're doing). Then in that moment, consciously choose to let go.

Here are some questions to ask yourself in that moment that you notice your over-control. These help you shift you from control mode to surrender mode.

1) What am I afraid of? OR What am I thinking right now?

1a) Is it true?

2) Whose business am I in?

2a) Mine, someone else's, or the Universe's?

2b) Would letting go feel like freedom?

3) Surrender and Release (from Tulen Foundation).

"I surrender and release this fear of (fill in the blank)"

"I surrender and release the desire to (fill in the blank)"

4) What might come if I let go? (How is this situation perfect?)

4a) Look for evidence that things work out okay without your intervention