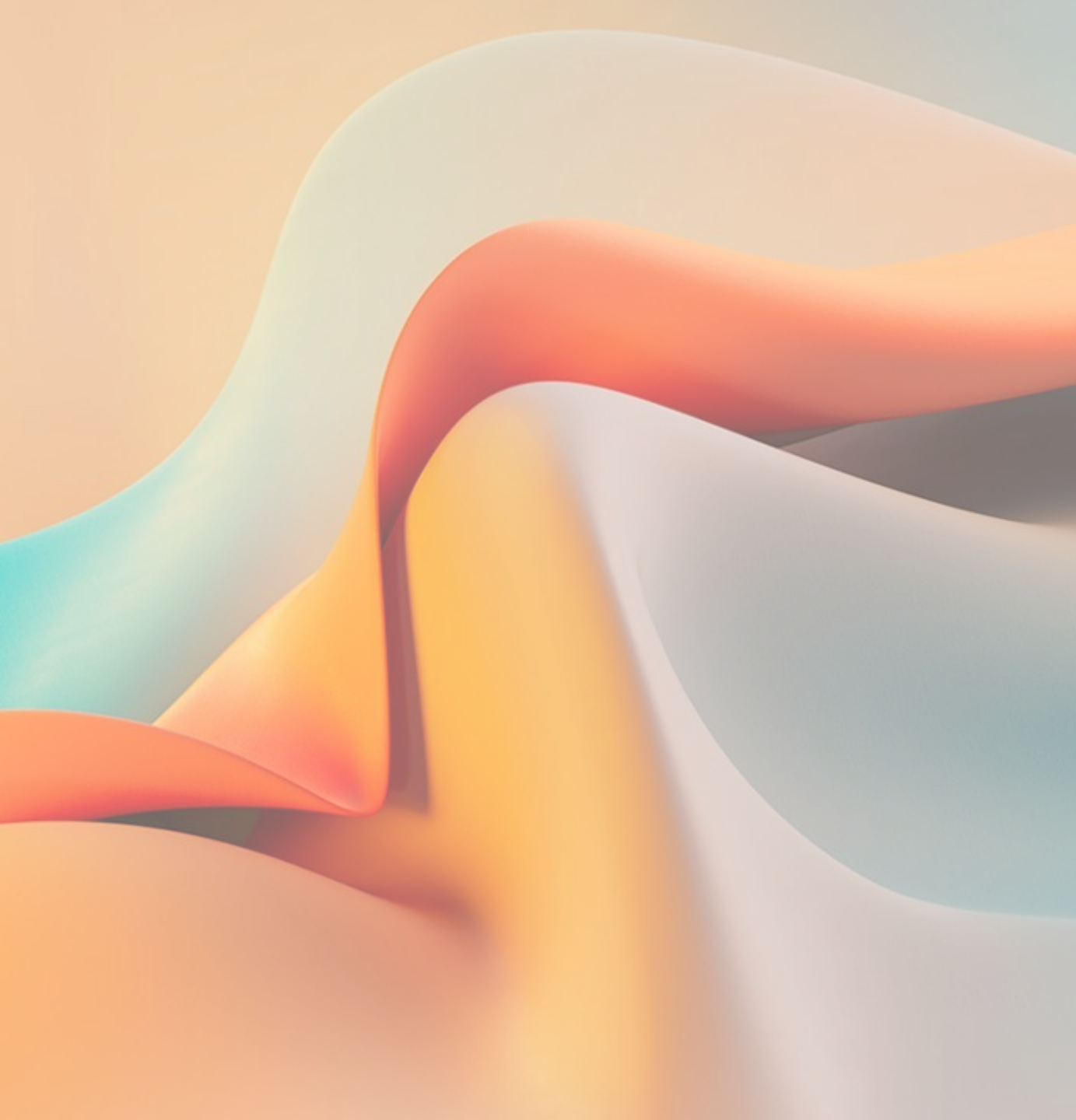




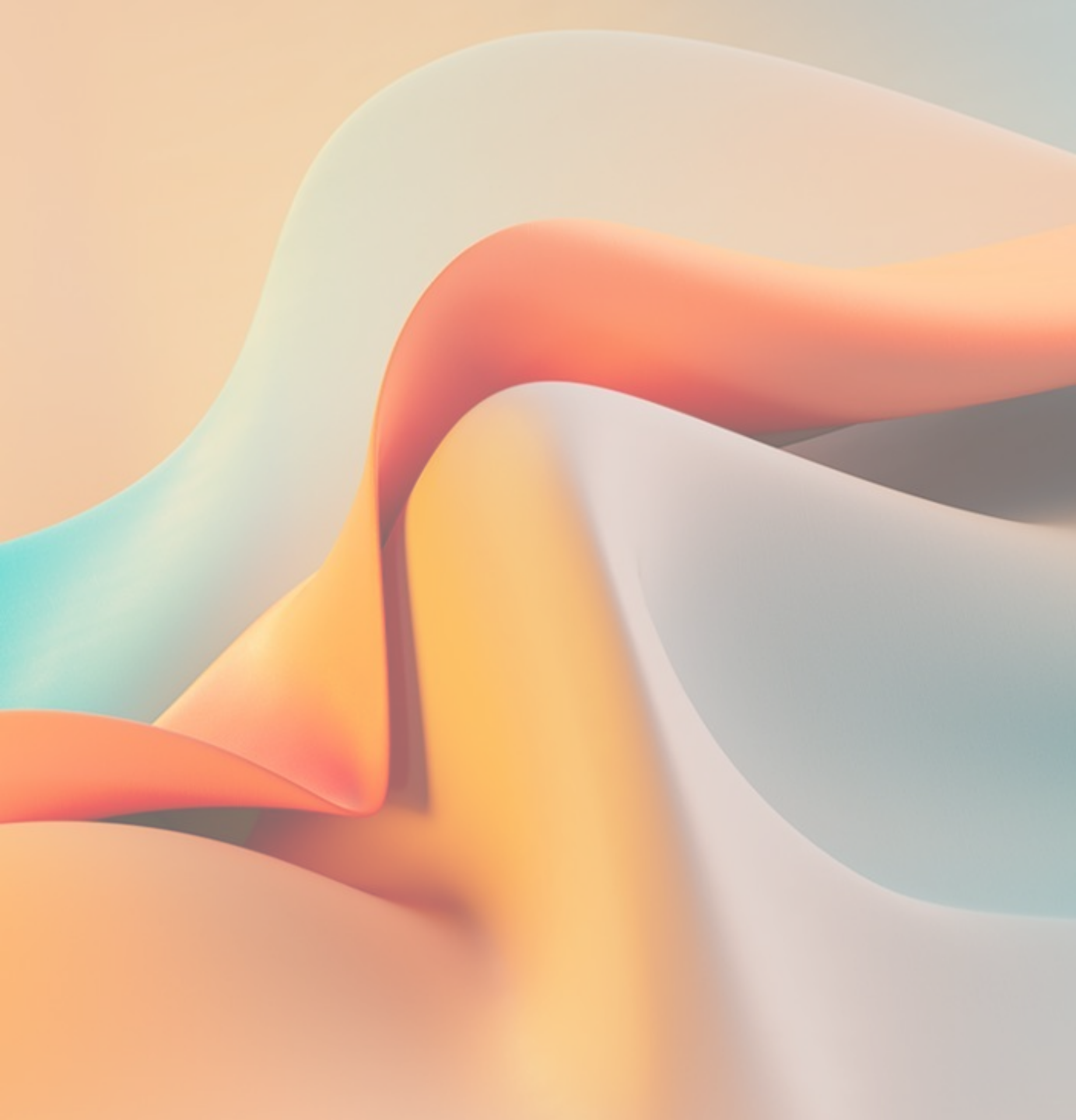
Class 3

REVIEW

Surrender
Letting Go
Growth & Transformation
Dealing with Fear

REVIEW

The Foundation
Starting the Journey
Walking the Path



Class 3

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The Mind

Emotions

Ego & Self-Concept

Witness Consciousness

The Foundation

Samskaras

Desires & Preferences

Resistance & Acceptance

Surrender

STARTING THE JOURNEY



SURRENDER- Releasing Samskaras

Getting Out of the Way

- **1. Stop trying to control**
- **2. Let go of the part of you that is always fighting life**
- **3. Trusting life knows what it is doing**
- **4. You will be o.k. whatever happens**

Surrender Is Getting Out of the Way- *In a spiritual sense, surrender isn't about giving up — it's about getting out of the way. Freedom is not changing life — it's ceasing to fight with life.*

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8-1---Are Acceptance and Surrender the same thing?

8-3---Do I let someone belittle me? Is speaking up for myself or avoiding them a form of suppression?

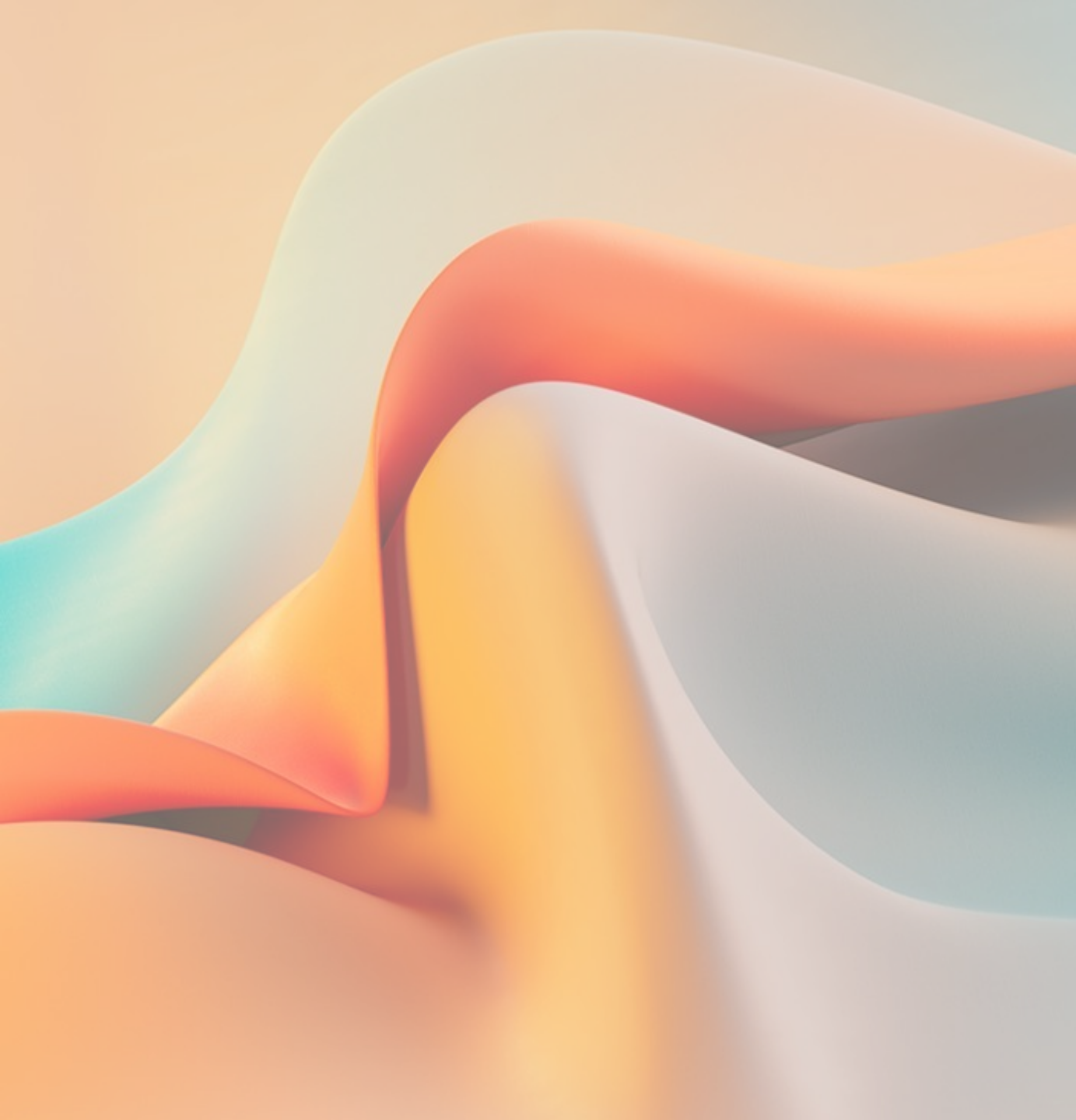
8-7---What role does trust play in surrender?

8-8---What is the highest form of surrender? Shakti moves freely

Reflection

Chapter 8 — Surrender

How do you understand surrender differently now than before you read Chapter 8 and worked through its questions? What is shakti? What does this have to do with the flow of life?



Letting go of
any part of
me that
wants to
Resist.

**Surrender &
Letting Go**

WHEN YOU LET
GO, YOU CREATE
SPACE FOR
BETTER THINGS

Letting Go...not
something you
figure out; it's
something you
do

**Relax instead of
React**



Letting Go

What we release makes room for what comes next.

Questions on Letting Go

9-2

Is there some clear way to be sure that I have let go instead of suppressing?

9-4

I struggle with consistently letting go, but sometimes it doesn't seem to work. How do I know if I am doing it correctly?

9-6

Some of my blockages seem to keep coming back — what am I doing wrong?

9-10

Can loving and thanking inner demons or past struggles be part of letting go?

Reflection

Chapter 9 — Letting Go

Why should you practice letting go when your buttons are pushed? Singer says “Letting Go” is not hard. You have just been taught to do the opposite---you hold on to everything that has ever bothered you. How do you develop the new habit if “Letting Go” to replace holding on? **Do you have to “let go” perfectly?**

Life Is Happening For You

Life is not happening to you; it is happening for you. It is showing you exactly where you're still holding on.

Growth means learning to use those moments not to protect your blockages, but to release them.

You do not grow by controlling life; you grow by letting go of the part of you that needs to control.

Let's learn to embrace discomfort, meet your edges, and allow life itself to lead your transformation from within.

Questions

10-1

How can I avoid adapting my life to fit my internal problems?

10-3

Why does my ego resist so strongly when I try to stay centered and let go?

10-4

How do I maintain a high state when I feel like I'm backsliding?

10-10

How does setting boundaries affect spiritual growth?

Reflection

Chapter 10 Growth & Transformation

Growth means learning to use moments of every day to release your blockages---not protect them?

Think of your patterns when daily upset arises. Have you used your mind to spin a tale that protects your blockages or are you building a pattern of being aware of your upset, leaning back, letting go, & releasing blockages? How does “go with the flow” work?

Fear Is Not Your Enemy

It is a sign that you are being given a sacred opportunity to relax and let go.

Soften around the fearful energy.

Use it as a doorway.



Questions

11-1

How do I work with fear in a compassionate way?

11-3

What is the relationship between our fears and our preferences?

11-5

Fear around letting go of the ego. I am concerned I will become nothing. Is this the ego trying to hold on to its false self-concept?

11-7

I fear life tragedies. How does surrender work when someone is experiencing extreme tragedy and pain?

Reflection

Chapter 11 — Dealing with Fear

Psychological fear rises up like a wave, pulling your attention, demanding control, and convincing you that something has to change outside. But that fear isn't outside---it lives inside, buried deep within your psyche from past experiences you never fully let go of. How do you soften around it and use it as a doorway back to the part of you that was never afraid in the first place?