



MODULE THREE


Be Guided

Class Three: Surrendering & Embracing The Unknown



“SURRENDER IS THE ULTIMATE
SIGN OF STRENGTH AND THE
FOUNDATION OF A SPIRITUAL
LIFE. SURRENDER IS AN ACT OF
FAITH. IT IS SAYING THAT
EVEN THOUGH I CAN'T SEE
WHERE THE RIVER IS FLOWING,
I TRUST IT WILL TAKE ME IN
THE RIGHT DIRECTION.”

Debbie Ford





WELCOME TO MODULE THREE, CLASS THREE

Surrendering & Embracing The Unknown.

In this class, we will cover:

- + How practising surrender can deeply benefit and support you.
- + What it looks like to practice surrender and the many different shapes and forms this practice can take.
- + Starting steps to help you release your patterns of control, and instead learn how to let go and flow.
- + How to navigate periods of unknown and uncertainty, and find trust and faith within.
- + The balance between living in surrender, while also showing up to take action and get things done.

HOW TO USE THIS WORKBOOK

This workbook is full of questions that will help you dive deeper into the principles shared in the video class. The workbooks will help you create new levels of self-awareness, make new discoveries about yourself, work through inner blocks and find clarity.

If some questions create resistance, or you feel blocked, it is ok to leave them and return to them later. However, I would also encourage you to lean into any discomfort that arises and become curious as to why it is there for you. It could be that the question has triggered or challenged you in some way, and that is worth exploring further.

Approach these workbooks with an open mind and a willingness to think about yourself in ways you haven't before. I encourage you to enjoy this journey of self-discovery even if at some points it may be a little challenging.

Awareness is the first step to creating change, so get excited about anything you discover, as this is the beginning point for transformation.





TUNE IN



Are there any negative feelings, perceptions or judgments you hold about surrender, or what it means to surrender?

How can you shift your perspective? What can you see might be the benefits of practising surrender? How would this help you?



TUNE IN



Where do you most often find yourself caught in patterns of control?

Why do you like to be in control or control how things unfold? How does it make you feel?



TUNE IN



In these situations, how could you practise letting go, trusting and allowing, instead of controlling?

How would it feel to surrender the need to be in control, and instead deeply trust that everything will work out and be ok?



TUNE IN



Where at the moment are you being asked to release your plan, surrender to, and trust in the higher, divine plan?

Think about a time in the past where things didn't unfold according to your plan and worked out even better than you expected. Can you see how through your plan not working out, life was guiding you to something better?



TUNE IN



Where are you facing the unknown or uncertainty at the moment? What feelings has this been triggering within you?

Think about a time in the past where you faced a similar time of unknown or uncertainty and it all worked out. How can you draw on your learnings from this past experience, to help you move through your current experience of navigating the unknown?

PRACTICES TO WORK WITH THIS WEEK:

- + **Embrace surrender:** Look at any places where you can feel that life is asking you to surrender but you are resisting. Explore what it would look like to surrender a little more in this situation and trust life.
- + **Lean into the unknown:** Most of us try to avoid the unknown, as it can create feelings of fear and anxiety, and leaves us feeling very out of control. See if you can instead lean into the unknown. This simply means starting to open up to the places where life is guiding you into new, unknown territory, or is asking you to embrace uncertainty. Practise courage by gently starting to step forward even though you are afraid.
- + **Release control:** Become more aware of your tendency to want to be in control, or control how things will unfold. In each of these situations, explore what it would look like to let go instead. See if you can bring yourself deeper into the present moment and just accept and allow everything that is happening in your life right now to be as it is. When you feel the pull of control, stop and witness it. Take a deep breath and instead, lean back and let go.
- + **Tune into your guidance:** Continue using your journal to connect with your inner guidance. While your mind will want to control, plan, and be in charge of how everything unfolds, your inner guidance is guiding you to relax, let go and trust. See if you can use your journal to connect with your inner wisdom. Listen for the voice that is calming and reassuring, that is telling you everything will be ok. Work through the Q&A journaling practice with your intuition, which we spoke about in last week's class. Ask your inner wisdom for guidance and support to navigate any challenge, or period of uncertainty, you are facing. There is a deeper part of you that is certain and confident everything is going to be ok, so continue turning into that part of you wherever you can.



TUNE IN



Which practices from today's class would you like to integrate or focus on this week?

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CONGRATULATIONS!
**YOU HAVE COMPLETED
MODULE THREE - CLASS THREE.**

SHARE YOUR EXPERIENCES:

Come on over to our
Facebook community and
share about your insights,
realisations, learning or
practices from this week.



