

The Psychology of Surrender 2011 - 2012

Surrender – Adapt – Take Charge

For those us of living in Australia, we live in arguably the best country in the world!!! So how come so many of us are still chasing the illusive lifestyle that provides total happiness?

*There's the first obstacle, how often do we unwittingly keep trying to make things better and better as if it's the only choice we have – unconsciously speaking, as if we never have enough. At an even more unconscious level is it indicating **we** are not enough. Hmmm.*

The notion of *Surrender* is not a familiar one with most Westerners. In India recently I asked a Buddhist Monk about 'Self Will' in the context of Karma (karma: 'our past actions create present circumstances'). He said 'Oh, that's a Western thing isn't it' and smiled.

Many years ago in the Himalayas I contracted altitude sickness in the form of claustrophobia which at the time felt life-threatening. I met a man who had clearly been 'on the path' for some time who said, 'just surrender to it' when I told him my story. I didn't get understand.

Two days ago I advised a client of mine to *Surrender* to his Anxiety and Fear around heart activity he was re-experiencing. **Surrender is not giving up!** It is emotional acceptance of what is happening – with an intention of doing something about it – but from a Take-Charge point of view rather than a Fear point of view. If we don't surrender we will be resisting the problem, at best – 'what you resist persists' - and at worst suppressing the problem.

In my client's case he couldn't Surrender to the Anxiety (fear of possible heart failure) until a 'part of him' was adequately convinced his physical condition was definitely ok. He had been checked out at a previous time for the same condition yet wanted to go to hospital for a complete check-up to make sure everything was still ok. I wholeheartedly encouraged him to do so (**Take Charge**) as this was going to satisfy that part of him once and for all that he was ok. He did just that and received a clean bill of health structurally. This allowed him to be in Acceptance (**Surrender**) of the reality of his condition (heart irregularities) while simultaneously knowing there was no structural problem to be worried about.

Now it was about incorporating strategies (**Adaptation**) into his lifestyle to firstly reduce the likelihood of an Anxiety Attack and secondly to deal with one when/if it comes on. Of course the notion of 'Surrender – Adapt – Take Charge' doesn't only go in this order.

**As the year 2011 evolves into 2012 what is your 'Achilles Heel'
you wish to Surrender to, Break through and Take Charge of?**

Attend the breaking-through-limitations workshop 'Head Space 2012'
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Previous feedback: 'Perfectly constructed'... 'Amazing outcomes'

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