

SURRENDER



to Your Greatest Good in 5 STEPS

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For some surrender is viewed as an act of cowardice. It is sometimes seen as a sign of weakness. However, in truth it takes great courage to surrender. Surrender takes a willingness to let go of what's not working; a willingness to give up control. Hanging onto something that no longer works gets in the way of our greatest good.

We are surrounded by infinite good. This good is always present. There isn't anything we need to do to bring our good to us; it is already here. We just need to be willing to see the good in our lives. Life is good all the time, but with all that goes on in life, it can be a challenge to see it. And if you are like me, you may, at times, have two voices going on. You know the ones I mean. That little voice on one shoulder that knows that the good is always there.

Then there's the voice on the other shoulder that sometimes screams, "Who do you think you are? This good is not for you." Or it shouts, "Surrender is for the weak-minded. Don't do it!" It takes practice to always see the good that surrounds us in all areas of our lives. It takes a deep desire and letting go to surrender to the all-good of God.

Here are five ways you can surrender to your greatest good. I must point out that willingness is not one of the five ways to surrender. Willingness flows through *all* five steps. It takes a willingness to practice all of the steps. I ask that you be willing to give these steps a try. You can change or fine-tune them in any way that works for you.

STEP 1 **Recognize the good surrounding us.** We must first recognize that there is an infinite good that surrounds us. We also recognize that this good is at the very core of our being. This may be the most important of the steps because if we do not recognize that there is good all around us, the rest of the steps will be for naught.

Start today by seeing the good in all of life. Look for the good in all things, no matter what the outer appearance may be showing. By developing this practice we train ourselves to see beyond the physical.

STEP 2 **Acknowledge that the good is there.** Recognition and acknowledgement are not the same. For example, I can recognize someone across the room and not acknowledge them. In the art of letting go, we are called to look at our lives and to recognize and then acknowledge what is working and what is not working. This takes courage. This takes a willingness to look at ourselves at a deeper level and to be honest with ourselves.

It is important that we not spend too much time looking at what is not working for us. All we are to do is recognize what is not working then be willing to let it go, to surrender it and relinquish it.

STEP 3 Trust. Trust can be an issue for some. Past experiences may keep us from trusting. This is understandable; however, lack of trust prevents us from experiencing our greatest good. We can use prayer and affirmations to build our trust. For example, we can affirm: *I trust that I am fully supported in all that I do.*

Trust in God, trusting in our good, is important. We also want to make sure that we have trust in ourselves. Have trust in your abilities. Have trust that you are guided and directed. Trust that you have all that you need to bring forth your greatest good. This is not a blind trust, this is a trust that comes from deep within yourself. We sometimes don't trust others because deep down we do not trust ourselves. Be willing to look and see if you have a mistrust of self. I can try my hardest to trust that the all good of God surrounds me, but if I don't trust myself to see the good, I may have a difficult time in experiencing that good.

STEP 4 Allowing. Once we start trusting, we can now begin to allow ourselves to receive the good that is always present. We allow the good to fill our lives. Again, this takes willingness. Are we willing to allow ourselves the experience of God's greatest good for our lives? Are we willing to allow ourselves to let go? For some, this will be easy. For others, this may not be so easy.

If you find yourself in the latter category where allowing is not so easy, there is something that can be done. You see, this can be a great opportunity to work with a Religious Science practitioner who is trained to help you break through the barrier or become a prayer partner with someone.

Prayer works to center us in our truth. Prayer can open us up to allow ourselves to not only receive our greatest good, but also put us in the frame of mind and heart to give our greatest good. We give by sharing our gifts, talents and creativity to the world around us. And as we give, so shall we receive. Life is so good, right? Life gives us opportunities to experience so much good. And the more we allow ourselves to let go into that good, the greater our experiences become.

STEP 5 Gratitude. This really isn't a step at all, but more like a way of being. In all things be grateful. Gratitude is a creative energy that creates more for us to be grateful for. Even when life throws a curveball or a sinker, be grateful. The body-temple may experience colds, flus or worse — be grateful. The bank account may not be where you would like; still, be grateful.

Not only will gratitude create more for you to be grateful for, gratitude will lift your vibration and your vision to start seeing and experiencing your good, which is always present.

Surrendering to your greatest good is an art. And like all arts, it takes consistent practice. This consistent practice will hone your craft, your art. Dr. Ernest Holmes reminds us in the Science of Mind text that "we should learn to control our thought processes and bring them into line with Reality.

Thought should tend more and more toward an affirmative attitude of mind that is positive, stable and — above all else — toward a real unity with Spirit that is already complete and perfect."

Become proficient in the art of letting go. Know that there is nothing that can block or hinder your good from being expressed through you and as you. Shine your light. Share your gifts with the world. And by all means, surrender to your greatest good. ☸

