

# surrender

song: *Sweet Surrender* – Sarah McLachlan

week #46

**surrender:** (v: do it)

- to give over or resign (oneself) to something, as to an emotion: surrendered herself to passion
- to give up or abandon: *'surrender all fear'*

*acquiescence, dedication, delivery, relenting, resignation, submission, succumbing, yielding*

*"The greatness of a man's power is the measure of his surrender."  
–William Booth*

You may initially relate this word to thoughts of doubt or defeat. However, this week I invite you to consider a new context for this word: unlock an innate reserve of passion and enthusiasm.

Surrendering is something you can do (verb) to harness greater clarity, focus and devotion.

Surrendering is gaining freedom from what limits you.

Surrendering is awakening to what drives you...you close your eyes, and jump...learn to fly freely.

*"The important thing is this: to be able at any moment to surrender what you are for what you could become." –Charles Dubois, philosopher*

Often, simple things are miracles waiting to be recognized. A lifetime of choices and decisions have brought you to this powerful moment of Now, sitting at your computer to discover this week's Word. It is not a coincidence that you are reading this today. Today...let go unto yourself.

*"Sweet, sweet surrender is all I have to give. I will be wonderful."  
–Sarah McLachlan*

**Action:** This week, muster the courage to look inside yourself; to examine the good and the not-so-good. Surrender those habits that may not be in your best interest. Resign your fear to the past, and explore the art of surrendering to your Hopes and Dreams.



*Resign your fear to the past. Devote yourself to a cause that elevates your spirit! Surrender to this free spirit you connect with as you practicing your Full-Circle. In time, surrendering to what makes you uncomfortable will eventually ground you.*

## November Color: Claret Red

Claret red helps you stay inspired as you build your dreams and ambitions.

## November Chakra: Root Chakra

The main function of the root chakra, our chakra this month, is rooting or grounding. Surrender to Earth energy as it zips through your legs and spine starting in your feet.