

How to Surrender for the Greatest Victories in Life!



Illustration contributed by Danni B

Surrender can be misconceived as giving up or giving in however it is more about acceptance and letting go to create powerful positive change in your life

“By surrendering the roadblocks of old beliefs, fears, and rigid thinking patterns, I am able to free myself to achieve my life goals and aspirations”

Research indicates the victories of peace, prosperity, achievement and balance are found by letting go of control, over thinking and too much effort. By NOT being flexible in life we increase stress which drains energy, activates fear and closes your mind.

So does that mean you become a YES person or a doormat so that everyone can take advantage of you? Absolutely NOT. Just like the deep wisdom of martial arts, real power is through non-resistance or letting go of instant reactions including preconceived ideas, judgement and fear. By letting go we can then ACT from a place of calmness, stability and clarity of thought and action.

3 suggestions on how to surrender negative thoughts, emotions and actions

NEGATIVE THOUGHTS: By being more aware of my thoughts, I will then become the witness of my mind and not the helpless victim. By stepping back in my mind, I become the detached observer of my thoughts which gives me the clarity and willpower to CHOOSE and act on my thoughts for the best result.

NEGATIVE EMOTIONS: As a negative emotions arise, I learn to acknowledge and sit with the feeling and ask myself; why am I feeling this way? I reframe the reason for the negative feeling by seeing how and what it is teaching me or what I can learn from the situation. The emotion then becomes a means to empower and not weaken me.

NEGATIVE ACTIONS: By practising awareness of my thoughts and re-framing emotions, the words & actions that follow are under my control. Just prior to reacting to any situation, I can also pause, take a deep breath and then speak and act from a calmer and more peaceful state. This is a very simple yet powerful tool that I can adopt for any situation.

A good point to ponder is that a response in anger is a response you will always regret!

Quote by Mark Nepo: “Surrender is like a fish finding the current and going with it.”

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