

SURRENDER Resident Presentation 8/18/03

Introduction: Man fleeing a tiger comes to a cliff. Looks back, sees tiger. Looks down, sees alligator-infested waters. Looks up toward heaven and cries out, “Help help. Is anybody up there?” Booming voice answers, “Just trust, let go, and surrender.” Man asks, “Is anybody else up there?” Difficulty of letting go.

- I. What are associations to “surrender?”**
 - a. Positive**
 - b. Negative**
- II. Four Quadrant Model**
 - a. Positive assertive**
 - b. Positive yielding**
 - c. Negative assertive**
 - d. Negative yielding**
- III. Positive yielding**
 - a. Positive assertive – in-breath**
 - b. Positive yielding – out-breath**
- IV. Religious expressions**
 - a. Thy will, not my will**
 - b. Let go, let God**
 - c. Into Your arms, Your loving arms, I commend my soul
(not grasping upward as feeling lovingly pulled)**
 - d. Islam – means surrender**
- V. Non-theistic**
 - a. Lao-tse talks of the Way of Water**
 - b. Surrender like water, with strength and calmness**
 - c. Flexible sapling that yields to weight of snowfall, so it bends rather than breaks**
- VI. How do you distinguish between Q2 and Q4?**
 - a. Shouldn’t make a choice from anger, despair, but from a place of calmness and strength**