

Surrender or Submission

Consider the times have you obeyed the voice of fear and submitted to an inner or outer criticism and judgment?

How and why did you do this? What were the short and long term consequences?

Consider the times you have surrendered to the inner voice of wisdom, intuition and courage and lived in accordance with the law of love?

What did this take? On which inner resources did you draw? What were the short and long term consequences?

How does one integrate these fears, allow one's heart to break open and move vertically instead of horizontally in a circle of never ending fear?

Stop allowing others to judge you - see where
their anger comes from and **set limits** with their
projections
from the heart - Surrender to Truth and Love

Submission to the fear and shame created by
inner judgments of self

Submission to the fear, shame and anger
that motivates judging others



Submission to the fear and shame
created by the judgments and criticisms
of others on you - submitting to their
will out of fear

Stop self judgment by understanding
where you learnt to doubt the truth of
yourself with compassion - Surrender to
the Higher Good

Do not submit to the judgements that shame who you are into believing you are wrong and bad. Learn to surrender to the voice of Love that sees Truth and does not allow abuse of any kind - either self imposed or imposed by others.