

Living Responsibly...It's Only Natural!

Sheryl Eaglewoman

Welcome! This week our topic is “Surrender”. To surrender unto... To surrender is not always easy. To surrender is a blessed freedom when we have achieved our giving up of our will. To surrender... to allow recognition of something apparently outside of our selves that seems to have control over us. To surrender... to realize that one cannot wrest free of an antagonistic energy, one cannot wrest free from that which we feel is controlling us. To surrender...to be able to let go of all that matters dearly to us, even unto our ego, unto our very life. To surrender...is to accept that which appears antagonistic; accept that which we feel controlled by; accept the gift of the lesson we “know” is coming forth from the Universe; coming forth only if we can surrender. That’s right. It’s impossible to receive when our hands are clenched tightly shut, holding onto what it is we want, desire, need...gotta have. So here, hands clenched tightly, we find our selves in battle stance, ready to fight to the finish for all that we are, all that we dream of, all that we have. And finding ourselves in battle stance, we go forth into battle. And battle, we do. Battle is easy. We battle our demons of “ill health” and “ill will”. We battle the loss of control. We do battle with just about every aspect associated with our feelings of loss of control. And what happens? We waste an amazing amount of energy that could have been sent / spent on regaining and / or maintaining the balance we seek. And... we bring down our own vibrations because we are focused on a downward spiraling process. And we wonder, why am I not in a better space / place? Why are “things” not improving in my world? Can I not be happy?

Well, probably not. Not if we stay “in battle” throughout our day, throughout our entire lives. This is where surrender comes in. Why surrender anyway? Because, when we surrender, we allow our selves to be enveloped by what appears antagonistic. Scary? Possibly. Yet, through this enveloping process, we develop an understanding of the energies that brought this situation to us. Coincidence in our lives isn’t. Period. By allowing ourselves a glimpse of the antagonist, we accept the knowledge, willingly, of the message...without killing the messenger. Fortunate for us...as we are the messenger, sending lessons via the Universe to aid in our own expansion. A profound teacher, Susun Weed, taught that we should be like a sponge, absorbing everything around us, then periodically squeezing out all that we don’t really need and keeping that which we do. It is a great teaching. Awareness is where the answers are. And we aren’t being “aware” on a Universal level of expansion if we are doing battle, focused inward only, where the ego desires control. Here is the culprit. Our egos will build us up or tear us down, whichever doesn’t matter, so long as “we succumb”. It is our ego that doesn’t want to let go of that which we know. It is our ego that assures us, we can win. Win what?

Looking at surrender, we also need to look at persistence. Persistence is really the ability to move through surrender. For as we are willing to live and revel in that which we do have, we find that our persistence has brought us here to this newfound place of understanding. Persistence is the road of good fortune. For as we persist in our longing for that which is right for us, for those Universal offerings of our very design, we will find them, already within...because our persistence allows for our expansion. Our persistence becomes our expansion. Because, when one feels the realization of true expansion, no matter how big or small, one knows...expansion is my self, becoming more understanding of “ All that is, is within”.

What about the letting go part? Letting go so we can receive...how else could we? Remember, receiving and understanding a message from the Universe is not the same thing as giving up the cause. Want to change our situation? Heighten our awareness so that we have a clear vision as to where we need to “go”. Persist in being the person of health or wealth or whatever that we want to be. Our persistence will guide our thoughts to manifest that which we do want verses our battles only drawing us closer to that which we prefer to not be. Through our focus we attract. Focus on where we want to be, not on where we were. Time is not linear, nor are we. So surrender willingly to that which we do not know so that we can grow in our awareness of the Universal messages that inspire and heal our being. Surrender to receive your very self, as it is through our surrender that we really know who we are.

Question of the week: How can one “best” achieve a healthy pregnancy?

Answer: Nutrition, nutrition, nutrition, nutrition...organic food, clean water, clear thought.

Book of the Week: *Rainbow Green Live-Food Cuisine*; Cousens, M.D., Gabriel; North Atlantic Books; 2003

Have a question you'd like to see addressed by Sheryl Eaglewoman? E-mail your question to sheryleaglewoman@livingresponsibly.com for “The Question of the Week”.

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