

The Art of Surrender and Letting Go



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Surrendering and letting go is an essential element of the manifestation process, as well as resolving challenges, and yet many people share with me that they find it hard to let go and surrender.

I don't know how to surrender!

If you feel this way, it is not your fault because we have been programmed to achieve by “doing”. We have NOT been encouraged with “being”. I don't remember either of my parents or any teacher saying to me “just let go and surrender”. But I



remember plenty of “Do this”, “Do that”, “You're not trying hard enough” and I recall a few school reports saying “Nicole has a lot of potential if only she would work harder”! The current world we live in does not encourage surrendering. It encourages doing, striving and achieving. It encourages attachment to outcomes; it certainly does not encourage detachment from outcomes.

When I suggest to people that they may be applying too much masculine energy to their lives (which is doing and action) and not enough feminine energy (which is being and letting go), they agree but still express this sentiment - “I don't know how to surrender and let go”.

Old Imprints

Many workaholics had parents who praised them only on their achievements. The love they received was highly conditional, based on performance and not for just being themselves. Whatever you experience as a child gets deeply imprinted and becomes your energy blueprint until you become aware of it and do the work to change it.

Apart from the messages we got and still get in this life, many of us still have old programming in our energy field from ancestors and past lives. This includes Age of Productivity thinking (“the harder I work and the more I do, the more successful I will be”). This way of thinking peaked during the Industrial Revolution which had dire consequences for humanity, but it has existed for thousands of years. The old Age of Productivity programming no longer works for us because the Earth vibration has shifted out of this. We are now in the Age of Creativity, not Age of Productivity. We are now living in an age where mindfulness, creativity and innovation are key.

In my Forensic Healing sessions, it is common to clear in people old “contracts of service” and “contracts of slavery”. These old contracts can be ancestral or past life, and keep people on a hard work treadmill and have them constantly feeling that they have to be working and never relaxing.

It's about balancing your masculine and feminine energies

It is up to us to be the change we wish to see in the world. That is how this world is awakening and will continue to awaken - through each of us balancing our masculine “doing” with our feminine of “being and surrendering”.



The Universal Law of Surrender

If you're having trouble surrendering, this ebook is here to help you by infusing your mind with light and opening you up to the shift you require. In my book the [25 Universal Laws](#), I write:

The Universal Law of Surrender deems that whatever we want - whether it is something we wish to manifest or a solution to a problem - we must surrender it to the Universe. The Universe is the Supreme Intelligence and knows exactly how to go about things. Universal Intelligence is well beyond ours, so when we surrender our hopes, our dreams and even our problems, the Universe will take charge and work it all out for us.

The ego views surrendering as giving up, and the ego doesn't like to give up control of anything. It wants to cling on.

Surrendering is not giving up and it's not throwing your hopes and dreams into an abyss either. It is “handing over” to the Highest Intelligence.

The Law of Surrender encourages us to let go and allow the Divine Intelligence to work for us.

Letting go allows the Light to get in

If you have a problem, the situation cannot heal until you release the challenge completely to the Universe and then healing light can enter it. If you have an illness, the illness cannot heal until you release it completely to the Universe and then healing light can enter you. If there is something you wish to create or manifest, you must release it to the Universe, so that the Universe can do its work. I'm sure you've heard the old saying “A watched pot

catastrophic thinking.

- The fear of loss
- The fear of failure
- The fear of not living up to your own or others' expectations
- The fear of the unknown.

And what if the worst happens? What if we don't get what we want? The ego doesn't understand that if there is something we want that we don't get, it's only because the Universe wants something even better for us. We may not know or understand this yet, but this is always the case, but we get in the way with our ego belief in loss and limitation, and prevent that next best thing from occurring or manifesting. There is a Divine Plan for your life already encoded within you. When you surrender and let go, you enable the Universal energies to access that Plan. If you would like to know more about your Divine Plan, [you can read my free ebook Pathway to Soul Connection available on here](#)

I used to be a control freak!

I used to be a control freak. I was riddled with anxiety. Every aspect of my life I attempted to control. It wasn't until I had a long and painful transformation that I finally said to the Universe *"I don't even know what I want anymore. I'm going to hand it all over to You."* And guess what? My life began to get better and better and far more fulfilling than I could have ever imagined, and it didn't involve any ego desires anymore.

How to surrender through prayer

I'd like to share with you two Prayers of Surrender - one to say for a problem or an illness; the other to say for a desire or intention.

Prayer Of Surrender For A Problem, Illness Or Condition

I surrender to You this problem or challenge or illness

I surrender to You my feelings of (name the feelings).

I surrender to You my fear of (what's the fear/s?).

Please show me the way.

I am open to signs and guidance.



Please fill me with your love, light and peace.

Fill me with faith and trust.

And thank You that this may be resolved for the highest good of all

In Divine and perfect timing.

Thank You.

Imagine now this prayer going up and out into the Universe, being received by the Ultimate and Highest Intelligence.

Prayer Of Surrender For A Desire Or Intended Manifestation

I surrender to You my deep desire for (name the desire/intention)

I surrender to You my feelings of (name the feelings).

I surrender to You my fear of (what's the fear/s?).

Please show me the way.

I am open to signs and guidance.

Please fill me with your love, light and peace.

Fill me with faith and trust.

And thank You that this desire may come to pass if it is in my highest good.

And if it is not, thank You for sending me something even better

In Divine and perfect timing.

Thank You.

Imagine now this prayer going up and out into the Universe, being received by the Ultimate and Highest Intelligence.

In the Bible we are told, "Seek first the Kingdom of Heaven". This means go directly to The Source first, and put the earthly world second. So once you've done this prayer, know it



has been received. You are NOT alone. You are now a Co-Creator.

What to do after you surrender

After surrendering, it's your job to stay open and aware. You may receive a miracle, you may need to take aligned action towards and not away from your desired outcome. You may get a hunch to do something or you may just continue as you have been.

The Universal Law of Action

The Universal Law of Action requires us to take action that supports and moves us towards what we want, and not away from what we want. So when we take aligned action, the Universe takes us seriously and we become a powerful co-creator.

The best kind of action is inspired action. But peaceful action or any action that feels good and propels you forward is also powerful. I call this "surrendered action".

In my book Soul Magic I write about swimming downstream - which is really describing surrendered action:

There may be times in our lives when we need to swim upstream, like salmon struggling against the odds to return to their birthplace and spawn their young. You know you're swimming upstream when you're putting out tremendous effort in some aspect of your life. This is well and good if you're achieving results, but none of us can continue swimming upstream indefinitely. At the end of their journey, salmon die. They are completely worn out by their efforts.

Life can be so much simpler and easier than we make it. By taking a downstream approach, we can create our dreams in a more relaxed and joyful way. We will reach our goals when they are ready to manifest.

There will be both upstream times and downstream times in life. Become aware when you're swimming upstream - forcing, pushing, battling - and ask yourself if this is truly necessary (sometimes it is). Whenever you can, opt for the downstream - it is so much more enjoyable!

Stressful action or action that doesn't feel good or that you feel resistant to, isn't the kind of action that will serve you.



Osho wrote “When the fruit is ripe, it falls from the tree by itself”

The Law of Least Resistance

In my book [The 25 Universal Laws](#), I describe the Law of Least Resistance:

The Law of Least Resistance requires us to take the path of least resistance whenever we can ... taking the path of least resistance means taking action in a peaceful and joyful way, doing what we are able to do and when we come across a difficulty, we choose the path of least resistance to deal with it. Think of how water flows in a river - when it comes across rocks and branches, it flows around them. It doesn't go into battle and it doesn't know how to climb uphill! Water always finds a way, choosing the path of least resistance every time.

The Law of Least Resistance encourages us to flow and not fight; and to know that there is always a peaceful way to resolve or create anything.

Becoming more surrendered

We cannot change what we do not acknowledge. Ask yourself these questions:

- How attached am I to a particular outcome?
- How easy is it for me to let go?
- Can I get in touch with that part of me that wants to cling and control, and not let go?
- Where do I feel it in my body?

And just lovingly acknowledge your response.

Meditation will always assist in the surrendering process because it allows a spaciousness of mind to occur. Spending time in nature is also very healing. Watching the waves of the sea roll in and out, the wind in the

trees, a bird in flight, the rain fall, the sun rise and set gets you in touch with the natural rhythm of the world we live in, and more able to surrender.



An affirmation to say daily for 30 days

When we say affirmations, we re-program our conscious and subconscious mind. By saying the below affirmation for the next 30 days, you will find yourself more willing and able to surrender, and begin to see positive changes happening in your life.

It is safe to let go and surrender

When I let go and surrender I allow the Light in.

I allow Universal Intelligence to work through me.

I am a co-creator now and always.



I hope this ebook has helped you.

My aim is to assist you on your journey of awakening. If you would like to receive regular communication and updates of my free live events, please [subscribe to my newsletter](#) and you can follow me on [Facebook](#), [Instagram](#) or the Insight Timer app.

Nicole x