



# Pamela J. Firlle, MA, LPC

Licensed Professional Counselor

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## THE ART OF SURRENDER

May 2010

### TENDING THE HEALTHY HEARTH

A six-week Lifestyle Seminar wherein the benefits of low glycemic eating becomes irresistible and the results inspiring!

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Planting Hope  
In Hearts and Minds



The focus in my yoga class this week was *Surrender*, and it started me thinking about what the concept means for most of us. Too often, I think the idea of surrender is tied to loss, concession, resignation or giving up; creating a negative connotation and energy. Feelings of defeat and failure come to mind.

But the primary definition of surrender is to yield.” In yoga, surrender is **yielding** to the pose; allowing the muscles to relax into the effort thereby creating greater possibility of expansion and movement. The ability to surrender requires working with the energetic flow, not against it. Some days it requires **letting go** of the tension and fear I’m holding, or **accepting** the current limitations of my body.

Such an understanding of surrender can be applied to many areas of life. How often do we seem to work against the process rather than with it? Trying to force a natural process to speed up, slow down or change course usually ends with frustration and depleted energy. Such feelings can serve as red flags for us. Surrendering to the process means yielding to it’s natural timing; letting go of our need for control and accepting that the outcome is not entirely in our hands. It can be scary at first, but beyond the fear lies an ease of being and greater possibilities.

This month, many families will be moving through the natural process of children graduating and preparing to leave home. Whether we resist the process or yield to it will have a great impact on how it is experienced. What fear and tension are we holding onto? What effort are we expending to force the process to fit our expectations? Awareness of our level of surrender can make the difference between distress and ease during times of transition. Most mothers can probably remember the transition phase of childbirth and the training of how to work with the effort of the body—how to breathe with the process. It may not have made the experience easy, but it helped make it manageable. Even in times of difficult transitions, we have the opportunity to yield, to let go, to accept—to surrender to the natural processes at work. The choice to trust the process and to trust ourselves within it is the way to freedom, ease and expansive growth. Oh, and don’t forget to breathe!

### Mindful Connections

*A program devoted to your body, mind and spirit.*

I am pleased to host **Mindful Connections** with fellow psychotherapist, Tina Moody, every Saturday morning from 11-12:00 on our community radio station **KDRP, 99.9FM** in Dripping Springs and streaming live at [www.kdrplive.org](http://www.kdrplive.org). You can also listen to podcasts of recent shows on the website at your convenience. Just click on the link for **Saturday Talk Block**, and then **Mindful Connections**.

Topics for May include **The Power of Perception, Mindful Mothering, There’s a Hole in my Cheese** and **Time to Move On**.