



## Lesson 35: Journal

How do I view the practice of surrender? Is devotion to God, (as I understand God), part of my spiritual practice? If not, what is surrender to me?

Was there a time recently when I struggled to find my way through an obstacle and opted for surrender?

Am I currently “burdened” by something? Is there some responsibility or challenge that weighs on me? Is it possible that surrender could provide another way? How could I let go? What are my concerns about that? What spiritual teaching about letting go could I apply?

What can I let go of right now that could offer greater awareness of freedom?

Can I view my work as an offering to the Divine?

What is the key for me to relax and consciously enjoy life more fully? What do I need to let go of the illusion of being in control of outcomes? How can I remember to trust divine timing?