



Carolina Mindfulness Collective

Surrender (Simple Silence)

“Surrender” (non-action): a sustained release of any intention to control, resist, or acquire

Surrender

Simple. Difficult. Ultimately, this type of practice is one of *contentment*: not needing anything to be different.

Used without aim, agenda, or expectation, practicing Surrender allows us to learn to get out of our own way and experience the beautiful simplicity of our effortless *being*. In the context of a faith framework, it can be a very powerful devotional stance as well: sitting still and “listening deeply to God deeply listening to you”.

All the “many somethings” that make up ourselves, our lives, and our relationships are held in the container of a “Great Nothing”: the emergent space of possibility that gives rise to all things. This Nothing is not a “thing” to be grasped at; rather, it is the fabric of our natural wakefulness that we discover ourselves to be wrapped in (and made of) when we allow the mind to be as it innately is and let thoughts dissolve in themselves.

While engaged in Surrender Practice, we drop effort, and begin to be “efforted”; we give up seeking, and become “the sought”; we stop trying to find, and we are “found”.

“What, Why, When, How...”

A. *What* it is and is not (definition of the mechanism of action):

- Surrender is: sustained release of any intention to control, resist, or acquire
- Surrender is not: a stopping of thoughts; an intentional pushing away of effort or intention; a “trying not to try”

B. *Why* practice it:

- We will all be met with two frustrating experiences in life: a having of what we don’t want, and a wanting of what we don’t have — meeting these conditions with an even-minded acceptance, we can experience happiness regardless of conditions
- Through grief, disappointment, and loss, we will all eventually be required to “give up the control we think we have over the life we think we’re living”... we should try to be ready for that
- Letting go is a *great relief*

C. *When* to practice it:

- Formal Practice: 10-12m of unbroken practice involving 100% of your attention (try to aim for the same time/place everyday)
- Informal Practice: apply the technique to shorter durations throughout the day and/or during situations and interactions

D. *How* to practice it (instructions):

- Receive-Release
 - ♦ Let all experience move freely through awareness without fighting or following any of it (be the sky instead of the clouds, be the water instead of the fish): drop any desire for things to be other than they already perfectly are in themselves by responding to whatever happens with Silence



Find more Practice Resources here