



# SURRENDER

*Workbook*




# SURRENDER

The Kit includes:



This PDF workbook  
The Video Lesson  
The MP3 Meditative Journey



Start where you like

Print out the workbook or use it as a guide for your own  
journaling

Start with the parts of this kit you feel most drawn to

Come back to the other parts later if/when they call to you  
- you don't have to do it all!

Explore your journey with Surrender in any way that feels  
good to you!

Use this kit as a guide, always go with your gut and what  
feels true to you



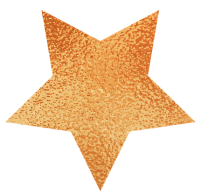
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# HEART STORM

Before you read any further or dive into the rest of the content, take a moment to write down any ideas, words, first thoughts that come up when you think about "Surrender"



"Surrender is not a  
weakness, it is a  
strength. It takes  
tremendous  
strength to  
surrender life to  
the supreme - to  
the cosmic  
unfolding."  
-Mooji





# INTENTIONS

What intentions do you have for this work on Surrender?

How will you show up for yourself this month/during this work?

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What could stop you from fully showing up?

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How can you give yourself the best chance to show up for this work?

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How would you like this work to support you and help you develop spiritually?

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# CHECK IN

How do you feel about the idea of surrender?

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Where is it easy for you to surrender in your life?


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Where do you struggle to surrender?

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How have you been working with the idea and energy of surrender in your life up until now?

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# IN A NUTSHELL

## ★ Surrender is not:

Giving up

Surrendering your power or free will

Sitting around doing nothing while you wait for the universe to deliver

Having to let go of your dreams and desires

## ★ Surrender is:

Aligning yourself with the current, like the fish in the stream who swims with the current, rather than against it

Aligning yourself with the higher will of the God of your own understanding, of your own soul, the universe

Aligning with your best and highest path

Aligning with your highest destiny

Surrendering your ego desires and wants

Taking aligned, right action

Letting go of outcomes

Having faith in something bigger than yourself



# YOUR SURRENDER

On the previous page I shared my thoughts on what surrender is, but what do \*you\* think surrender is?

Which myths about surrender have you bought into?

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Do you have any other beliefs about surrender being a negative or bad thing?

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On the previous page, which definitions of surrender do you most resonate with?

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What is your personal empowered definition of surrender?

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# WHO/WHAT?

When you surrender, who/what do you feel you are surrendering to? (e.g. your Higher Self, God, Universe, Destiny, Love etc.)

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Is this working for you? Why/why not?

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Who/what else could you surrender to?

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How could you connect to this energy in a deeper way to make surrender feel more trusting and empowering?

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# CONTROL

Where in your life do you feel totally in control? How does that feel?

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Where in your life do you feel out of control? How does that feel?

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Do you have any fear around relinquishing control in any areas of your life?

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How could your life change for the better if you were able to loosen your grip on the things you are trying to control?

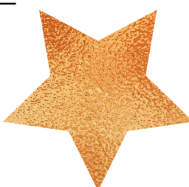
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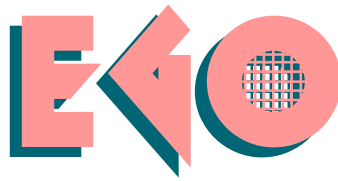
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What are your biggest desires and dreams for your life right now?

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Do these feel like they come from love or ego?

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Do you have any desires you suspect may be ego-led?

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How would it feel to release and surrender any desires that are from ego and move into alignment with love and trust?

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# FAITH AND TRUST

Who/what do you have faith in?

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Where do you find it easy to have faith?

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Where do you find it difficult to have faith?

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How could developing your faith (in whatever it is you believe in and trust in!) support you in the process of surrender?

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# HIGHEST DESTINY

What does your "highest destiny" mean to you?

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How would it feel to live in alignment with your highest destiny?

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How would you take action if you were living in alignment with your highest destiny??

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What would your surrender practice look like if you were living your highest destiny in this lifetime?

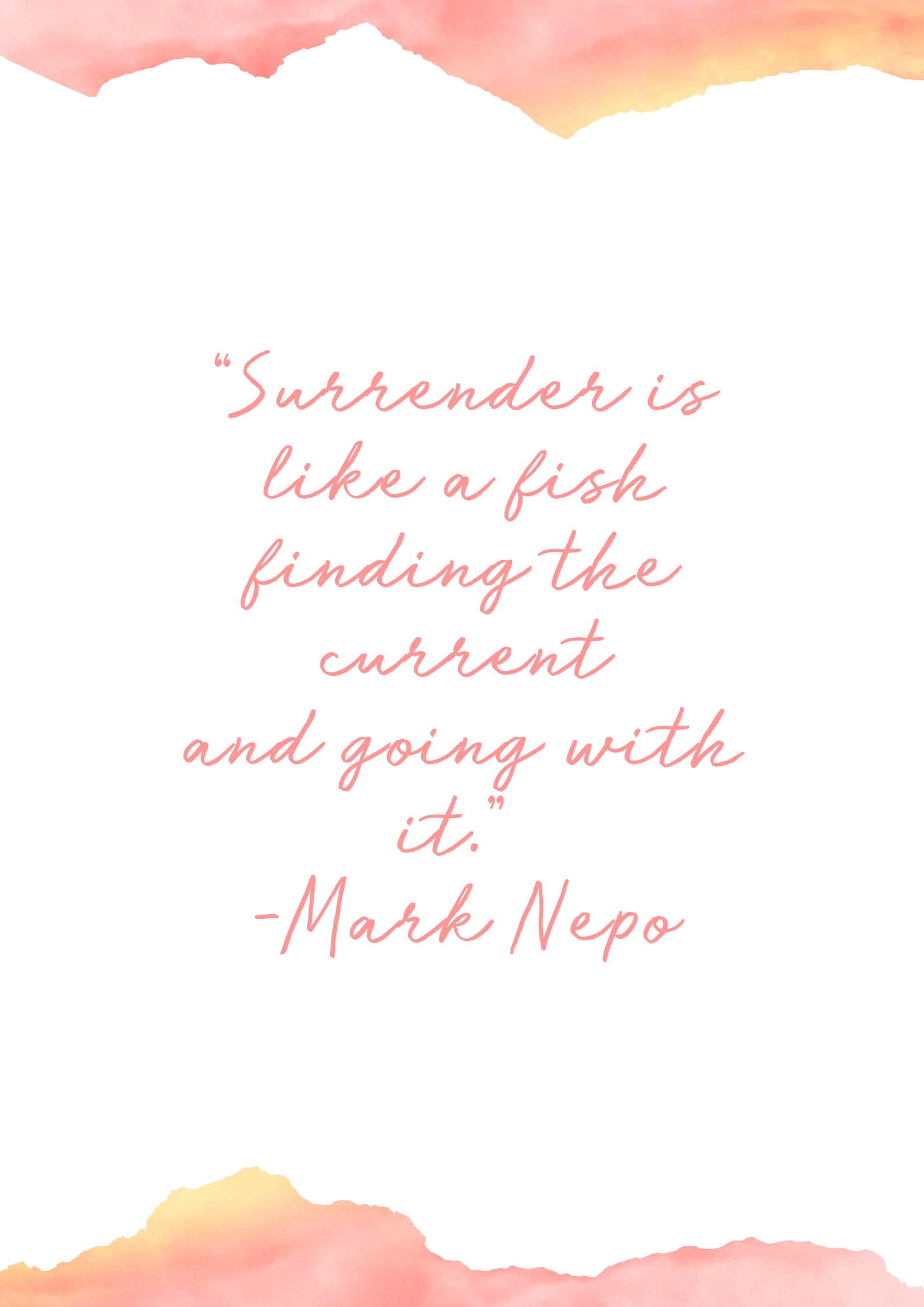
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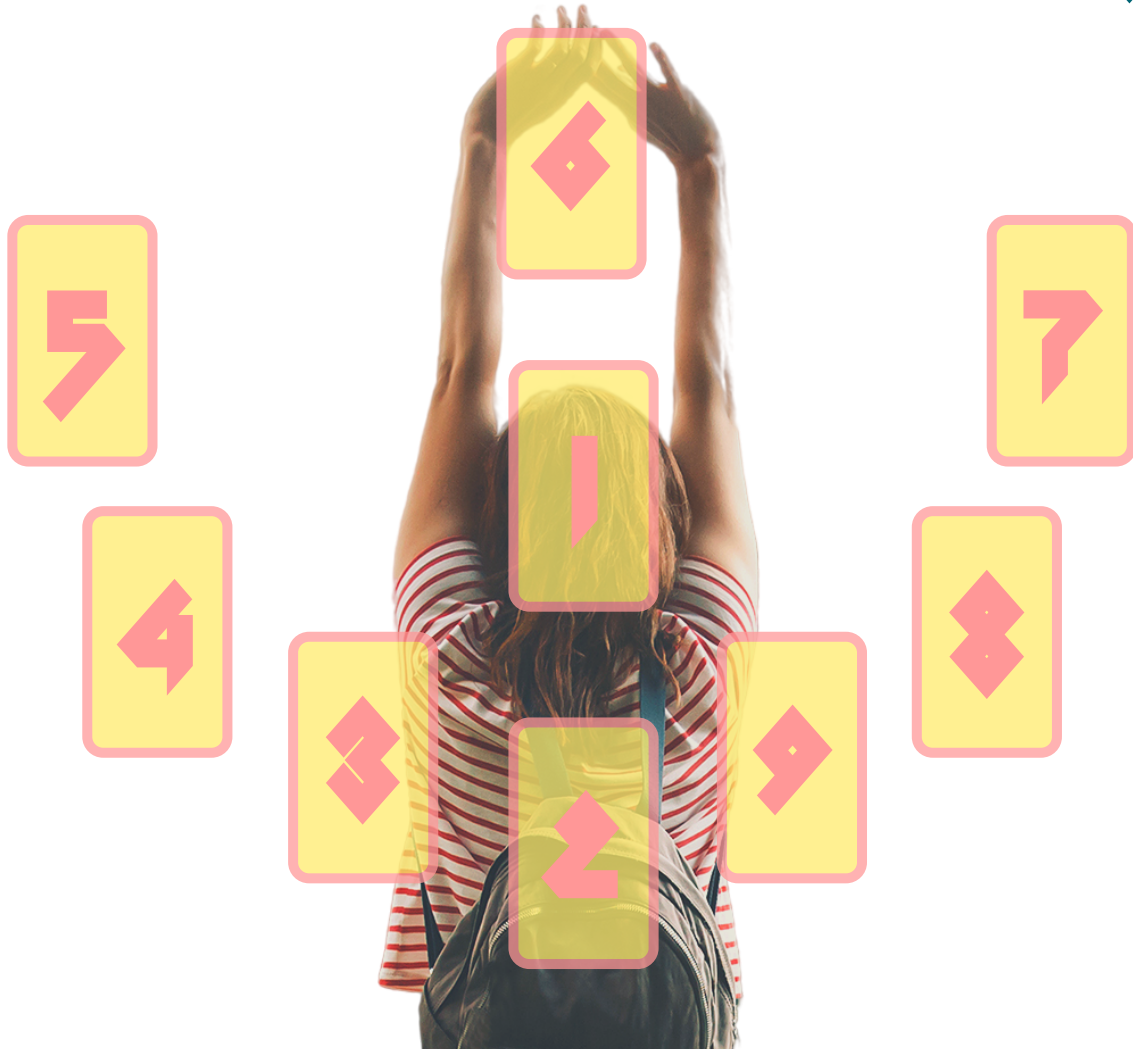
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*"Surrender is  
like a fish  
finding the  
current  
and going with  
it."*

*-Mark Nepo*

# SURRENDER SPREAD



1. What needs to be surrendered in your life
2. Who/what to surrender to
3. Any blocks you have to surrendering
4. How to clear and move through these blocks
5. How to relinquish control and release the ego
6. Your Highest Destiny
7. How to surrender to your Highest Destiny
8. How to find and activate your faith
9. How to take aligned action and swim with the current





# WHAT'S NEXT?

If you enjoyed this kit and found it useful, please tell your friends about it. As a small business word of mouth helps so, so much!

- ✓ If you are in The Circle you are welcome to come and join us in the Facebook group to chat about your experiences and support others in theirs.
- ✓ If you're not in The Circle join us now!  
[www.newagehipster.co/the-circle](http://www.newagehipster.co/the-circle)
- ✓ If you would like to share any insights on social media please tag me @newagehipster333 on Instagram or Facebook. (I just ask that you do not share any of the content, spread positions etc., outside of the group)
- ✓ Email me with any questions -  
[vix@newagehipster.co](mailto:vix@newagehipster.co)

## ABOUT VIX

Vix believes that being connected to our own hearts, souls and spiritual team is our natural state and she's excited to be able to be of service to those who are searching for a way back. Vix is devoted to helping others reconnect to their own light, inner guidance and power so they can live out their best and highest lives. She supports her growing worldwide community through The Circle, the Fully Lit Mastermind, one on one Soul Readings, workshops, the New Age Hipster podcast, blog, YouTube channel, online groups and social media ministry.

Vix is an ex-high school and special ed teacher, she is a best selling YA indie author and enjoys drinking tea, exploring stone circles, eating vegan pizza and watching 80's movies.

