

Sweet Surrender

with guidance from Gabrielle Bernstein

When we think too much of a problem, we only anchor it. Energy flows where attention goes, so this calls for a new perspective on the perceived problem.

To help us **surrender**, we must give up the obsession of time and how long something is going to take. This means: **surrender** your fears and let faith lead; hold great visions and let them go; learn to trust the wonders of the universe and flow with the process; and, focus on the things you already have as this will create more of what you want.

To surrender means to give up attachment to results.

Some points to guide you in the right direction:

Step 1: Take your hands off the wheel - let that shit go

Step 2: Focus on what's thriving - gratitude is the attitude

Step 3: Obstacles are detours in the right direction - trust the process

Step 4: Ask for a sign that you're in the right direction - listen to your inner guide

Affirm: "Today, I am willing to see things differently. I am willing to change my mind. I know a simple shift in perception will create a miraculous shift. I know change is what I need. I surrender, I am willing, I am ready to see love. Inner Guide, show me what you've got. Show me the way."

"Today, I surrender my thoughts and actions to the universe. I step back and let love lead the way"

Is there something you need help letting go of? Connect with me and let me help you surrender and trust in the universe!

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