

Becoming Boundless

An awakened woman's journey to release old programs
& embody conscious living and loving on her terms.

HOSTED BY *Violetta Lazi*

6 MONTH REBIRTHING JOURNEY



Session 5:

The Art of Surrender for Spiritual Fulfillment & Practicing How to Listen to Source

Session Recap:

In session 5 we tapped into **Source** and began understanding how to practice **Surrender** in your day to day life as a spiritual practice.

Surrender creates space for intuition and divine guidance to come through. When you let go of rigid expectations, you become more receptive to insights and inspiration from within and from the world around you. Surrender involves releasing the need to control every aspect of life. It allows you to acknowledge that there are forces beyond your control and to trust in a higher power or universal intelligence. Source intelligence will take over. You can GIVE IT UP to Source to handle. Source will do the rest of the heavy lifting that you as your human self are unable to do alone. Through surrender, you may discover a deeper sense of purpose and meaning in life. By aligning with your true self and the greater good, you can live in

accordance with your values and contribute positively to the world. Surrender liberates you from the confines of ego-driven desires and attachments. It allows you to experience true freedom—the freedom to be yourself and to live in harmony with the present moment. Lifting fear facilitates surrender so you can create a life of joy and pleasure.

Suggested Card Deck to support your Surrender Practice:

The Power of Surrender Cards by Judith Orloff

https://www.amazon.com/Power-Surrender-Cards-52-Card-Transform/dp/1401947816/ref=asc_df_1401947816/?tag=hyprod-20&linkCode=df0&hvadd=312025907670&hvpos=&hvnetw=g&hvrnd=7174015296162076860&hvpon=&hvptwo=&hvqmt=&hvdev=c&hvdvcmld=&hvlocint=&hvlocphy=9004429&hvtargid=pla-404766129039&psc=1&mcid=4fd31481643b30c59ac70ed7f4253b94&qclid=Cj0KCQjwqpSwBhCIARIsADIZ_Tl8_FSs2kRiRRKHlc00lJMoPvjKENsdMdFLUmBLsbiml5GYLJt379gaAjAVEALw_wcB

Suggested Book Recommendation for Surrender:

The Power of Surrender

https://www.amazon.com/Power-Surrender-Energize-Relationships-Well-Being/dp/0307338215/ref=sr_1_1?crid=2VTY60XSB4U1X&dib=eyJ2ljojMSJ9.5MGT0XM-n17G-T6w2llzywFgECu3GvWjY0Sq6NGm_w209b6khXIXN6v0AAMqOaQF_tP8NM4z1vJAguNHxS0tw7N-YFrY8jPaHyARzky_YfxR8ySkV3JBl2qXiEAn-2-6Bv6idShEO2zWz6-t7keRdSwD--OgBlvDXJrA2X3zyLbzc26fe00C4vYfGW2DwbinxZ63FRDm6k66fpGPnub95wCsahProC6AlUJi42dl6A.2Sg1c1Ub26x38YnJa4eD1u9ye_CtvhjLE4JJ7zRCrI&dib_tag=se&keywords=the+power+of+surrender+book&qid=1711652181&s=books&sprefix=the+power+of+surrender+book%2Cstripbooks%2C74&sr=1-1

Source can be defined as the higher intelligence that guides and speaks through your intuition. Your higher/intuitive self and Source work together as a team. They are synonymous.

'Source' – the origin of universal life and consciousness. You might call it the Universe, Spirit, God, intuition, inspiration, synchronicity, or divine timing. You can think of source and source energy as one enormous consciousness. Every single thing in our universe derives from and is made of this one consciousness. It is all one, everything is the same. You can also see it as your counsel of light. Source is a conscious energy that we can talk to for direction on how best to navigate through life. It lives through us, we live through it.

In summary, Source is both the life force of the entire universe, a shared collective consciousness of life's flow, and also unique to you and only you. The divine energy that you feel is Source, which you access the way you feel suits you best. It's the feeling that sits in your gut or the back of your mind that helps you make the right decision for yourself, to help you move with life's flow, rather than against the current. It knows you better than you know yourself, it knows your past, present and future, your code and the code of life you operate within. It's harsh but fair. It always knows best, it isn't biased, it just IS. Your practice is to learn how to trust this. That's why the listening practice will help you train this relationship with source.

It is the unseen force we feel deep within that is always guiding us to our divine plan and truth. This divine wisdom is always there but we have to choose to invite it in and dialogue with it. It is through "listening" sessions where we can get answers to our questions. We call this divine guidance with source or your inner guide.

In session 5 we learned how to start listening to the voice of truth. Your inner guide. It's there and this is hands down the most important skill to learn when it comes to training your intuition. When you have opened this channel and practiced "listening" daily you are taking your power back! Yes!

Because you are reliant on the voice that knows your personal prescription for your life. You bring all decisions to this voice, you ask for directions, you dialogue with it. This means you are no longer depending on the outside world to tell you what's best for you! This is a huge paradigm shift and truly, this is the most important thing you can do right now to help the collective heal and ascend.

So many people tell me they just can't hear the voice or that they don't trust if what they are hearing is their ego or truly their inner guide/Spirit. There is so much external noise in today's world and it can be hard to not let other people's opinions on what you "should" do cloud your decision-making process. No matter what the news and the external world tells us out there, we must learn how to hold steady in what Spirit/Source is telling YOU.

By following, speaking and acting only from what is true to your soul and in alignment with your truth will boost your immunity, strengthen your aura and keep you on your path. You will never be steered astray by following your inner guidance, even if it doesn't make sense, there is a reason why you are being guided. Practice trusting it!

Here's how to get you started:

Ask yourself these questions:

★ Do you take time to intentionally listen everyday?

★ Do you have a practice to pause and be still?

★ Do you hear the voice of your inner guide throughout the day? Or are you listening to the fear-based thoughts you think habitually?

★ Do you double check when you think you know what to do about a certain thing to make sure it's your soul guidance?

★ Do you go to prayer and meditation to make decisions first before talking to others?

If you answered NO to any of the questions above, it's time to learn how to stretch your faith and learn the skill and practice of “**LISTENING**” and getting intimate with the voice. This listening is about opening your ears and your heart to your innermost guide, the true authority that reveals the highest plan for you every day, every moment.

It all starts with a decision to really love your most authentic life. Because you can't love authentically if you have yet to master listening to your inner guide. This is where your most authentic plan will be revealed and where you will connect to this power within you that has all the answers and wisdom.

THE LISTENING PRACTICE:

Start by reading lesson 71 from ACIM which has instructions on how to listen. My steps below are from the Course as well as my own additions.

Lesson 71 -

<https://acim.org/acim/lesson-71/only-gods-plan-for-salvation-will-work/en/s/474?forceRefresh=1653782400048>

1. Make an appointment with yourself and Source/Spirit daily and make this a sacred time. You can start by setting a timer for 10-15 mins and eventually go to 30 mins.

2. Set the tone of your listening session with the willingness to “listen”. It's like you are on a coffee date with a friend. The Course in Miracles tells us to start with a phrase like “Here I am Spirit/Inner Guide” (choose whatever

name resonates for you). Or you can also use the instructions from lesson 71 in ACIM:

*What would you have me do?
Where would you have me go?
What would you have me say, and to whom?*

Listen clearly, the whispers come in a quiet manner. If you have questions about a decision, a vacation, a friend, or work, ask the questions. Trust what you hear and write it down.

3. You will start to get distracted by thoughts and that's okay. The moment you are aware that you are “thinking”, remind yourself you are here to listen and state your mantra again. “Here I am Spirit”. Be available to receive, leave your ego preferences behind and just be open.

4. Write down anything you hear. It doesn't have to make sense. You are starting to practice this. Just do these 4 steps. Your willingness to come and sit daily is preparing you to open the channel. Even if you don't hear anything, keep coming. You will. This is how all my clients started. And now they feel lost when they don't do their listening practice. Ha! It's a life-changing practice that will serve you so well for life!

Like anything, it takes practice and time to strengthen this habit. The more you do it, the stronger your ability to hear will become apparent. It is a time to join and connect which will also bring you a deep sense of fulfillment, joy and peace.

Follow the listening steps above and create your “Listening Time” daily. For the next 2 weeks commit to this anywhere from 10 to 30 minutes. You are building this skill by showing up daily. Make it non-negotiable. You will see how valuable and life changing strengthening this connection will become for the rest of your life!