

9 Step Process to Surrender for Higher Alignment

1. STOP

2. Name the feeling

3. Acknowledge the feeling

[depending on the emotion, different techniques are required]

4. Name the belief (predominant thought/pattern)

5. Take Action ==>

i. EFT (Emotional Freedom Technique)

ii. Apply ATTM ©/Inner Child Meditation

iii Journal

iv Fall to your knees

vii. Read inspirational book

viii. Talk it out with someone

ix. Go into nature

6. Acknowledge the inner shift with gratitude

7. Acknowledge the (possible) sadness/grief

8. Be kind/compassionate and gentle with yourself

9. Move into Flow and higher frequency -- The "Divine" State!

YAMMA