



*Surrender*  
THE JOURNAL

THE PRACTICE WITH DAPHNE LYON

## SURRENDER TO TRUST

*Life is full of uncertainty; change is your only constant, and when you resist or try to control life as it is, you end up suffering. Surrender doesn't mean giving up or not doing anything about it. Surrendering allows you to become an alchemist, transforming tension, discomfort, and worries from within and tuning into your inner wisdom so you may experience more grace, ease, and trust.*

*Surrender the ego mind that wants to control and worry (in order to keep you safe), surrender the fear, surrender the voice within you that tells you you are not good enough. Surrender the resistance to life as is so you can co-create with the universe. Because you never know; what you may be avoiding, resisting, or trying to control may be your heart's desire to try to come into form.*

### SURRENDER

Write down all your worries, fears, and anxieties.

*For example: I'm so anxious about the future and failing.*

What stories or narratives do you tell about yourself that you are no longer serving you?

*For example: I'm not enough.*

What are you trying to control, resist, change, or do away with?

*For example: This is a crisis, nothing is working out for me, I will never be successful.*

### TRUST

Now, tune into your inner wisdom, breathe deep, and write from the perspective of your higher self.

*I am so proud of you, how far you've come, and all you have created in this precious life. Trust yourself. Trust the universe. Everything is working out.*

What do you want to hear that would soothe your mind, heart, and soul?

*I see you and I hear you. I will never leave your side. you are enough.*

Remember, the universe is co-creating with you. Who are you now when you surrender?

*I trust that everything is working out for my highest good and the highest good of everyone. I am co-creating with the universe.*

---

SURRENDER

TRUST

---

SURRENDER