

How to Practice Surrender in Ceremony

1. Breathe through it

When resistance arises, **return to the breath**.

Let the exhale carry tension away.

2. Name it silently

“This is fear.”

“This is sadness.”

“This is control.”

Naming helps you observe without being overtaken.

3. Soften your body

Notice if you’re clenching your jaw, fists, or shoulders. **Relax** them consciously.

4. Say a mantra

“I trust the process.”

“I surrender to healing.”

“Let it move through me.”

5. Let the wave pass

Every emotion or intensity is a **wave** — it rises, crests, and fades.

Don’t fight it. **Surf it**.

Control Will Still Arise — That’s Okay

This is a dance, not a battle. You may surrender one moment and clamp down the next. That’s **normal**.

The practice is learning to **notice** when you’re in resistance and gently return to presence.

“Oh — I’m trying to control again. That’s okay. I soften now.”

This builds trust with yourself — and with the entheogenic medicine.

Balancing the Two: Surrender + Awareness

The goal is not to eliminate control entirely, but to:

- Let go of **unnecessary** control
- Stay grounded in **awareness**
- Choose **presence** over panic

Let awareness be your rudder — and surrender your sail.

Final Reflection

“The ceremony begins when you say ‘yes’ —

*But transformation begins when you **let go**.”*