

Surrender vs Control: The Dance of Ceremony

Is one of the most essential and nuanced teachings in entheogenic medicine work:

Surrender vs Control: The Dance of Ceremony

— *Learning to Let Go, Without Losing Yourself*

"The entheogen/medicine doesn't give you what you want — it gives you what you need."

This truth lies at the heart of every entheogenic ceremony. To receive the full depth of healing, you must enter into a **sacred dance** between two forces:

- **Surrender** — letting go, trusting, allowing
- **Control** — resisting, grasping, protecting

Both arise during ceremony. One opens the door. The other slams it shut.

What Is Surrender?

"Surrender is not giving up — it's giving *in*."

Surrender means:

- Trusting the process, even when it's uncomfortable or unknown
- Letting go of needing to "figure it out"
- Allowing emotions, visions, or memories to arise and pass
- Accepting that you are not in control of the journey — and that's okay

Surrender is a **softening**, an **opening**, a willingness to be changed.

What Is Control?

Control is the mind's way of **protecting itself** from uncertainty, fear, or ego death.

Control often looks like:

- Trying to analyze or "understand" everything mid-journey
- Fighting difficult emotions or sensations
- Wanting the experience to be pleasurable or linear
- Tensing the body, holding the breath, or trying to "come back"

Control is a natural response — it's not wrong. But if left unchecked, it can create **suffering** and **resistance**, which amplifies discomfort.

Surrender ≠ Recklessness

Surrender doesn't mean:

- Abandoning all awareness
- Giving up discernment or safety
- Letting others violate your boundaries

Surrender is *active trust* — a courageous choice to soften into the unknown.

When combined with a strong set, setting, and intention, surrender becomes a **path to healing**, not a danger.