**Colette Lafia**

***Seeking Surrender: How a Trappist Monk
Taught Me to Trust and Embrace Life
(Ave Maria Press, April 2015)***

10 Surprising Truths About Surrender

Surrender is a path we live, moment by moment, that calls us into a deeper relationship with mystery and the Divine. Surrender, simply put, is the spiritual aspect of acceptance, inviting and allowing us to hold our experiences and lives with greater trust. It isn’t a spiritual ideal reserved for saints or holy people, but rather a living and dynamic force that moves in and through all of us.

1. True surrender isn’t resignation or defeat. It’s an invitation to find contentment and peace right here and now; to open ourselves to trusting life beyond the limitations that our fears, expectations, and disappointments impose upon it.
2. Surrender is a grace we open up to receiving, as well as being a practice that must be nurtured and cultivated through the choices we make, how we think, how we act, and what we hold in our hearts.
3. The discernment and reflection inherent in surrender can bring us closer to ourselves and to God.
4. The essence of surrender, trust, requires us to stop holding on to our lives so tightly—to let go of control and let the Divine carry us.
5. Every day, we are being asked to surrender: in work, in love, in faith, in relationships, in the body, and in every breath we take.
6. Throughout the day, we can bring the qualities of surrender—trust, acceptance, compassion, and release—into the way we respond to life.
7. Surrender offers us a way to move from grief to grace.
8. In surrender, we stop wanting our lives to be something other than they are and recognize more clearly the sacredness of what’s right in front of us.
9. The more we surrender to what’s difficult and unwanted, the more we can open up to what’s beautiful, profound, and abundant.
10. Surrender isn’t always easy. It takes great courage at times. But when we do, we invite acceptance, trust, and Divine love into the center of our lives.