

SAMPLE

Welcome to the doorway of

FREEDOM

through

FORGIVENESS

*The doors will be opened to those who are bold enough to
knock. Tony Gaskins*

In the Beginning

Examination of our present life's journey helps us to become aware of what is working and what is not working. As we continue on life's adventure, we grow in mind, body and spirit. When we reflect and take a deeper dive into self-discovery, it illuminates a path to embrace who we are; both the light and the dark.

Once we are in the space of loving our whole self, we accept every facet of our existence. Falling in love with self and our own life helps us to admit to the areas and behaviors that no longer serve our Higher Consciousness. With acceptance, we intentionally choose discipline and growth, and when we are in that space, kindness and compassion connects us to an expression of true authenticity.

From awareness and acceptance there is action. Similar to that of a GPS, action requires direction. In the next 21-days, you will embark on stories, activities, meditations and prayers that are aligned to a spiritual practice that will break open external filters and internal conflict. The experiences throughout the session will release you from the bondage of fear and fault. The teachings will also lay ground to let go attachments for a deeper connection to pure consciousness and Divine Source where freedom awaits.

On the journey to tapping into true essence there is an ancient practice and philosophy that is truly profound. The gift it offers is a deep awareness of the Divine Presence within each and every one of us. We hope that you will take the time to go through the 21 days as it is laid out rather than jumping ahead and possibly miss moments of deep reflection. Each one of these spiritual practices is a guidepost to wisdom. The materials presented are linked to an ethical teaching of spirituality called Yamas and Niyamas. Learning this ancient philosophy will release you from patterns and beliefs that have held you back from living a full life. The practices throughout offers opportunities to deepen spiritual enlightenment by connecting Heart and Source. What awaits you is spiritual liberation.





SURRENDER: DAY 7

“Transformation happens on the other side of surrender.” — Anonymous

Usually when we hear the word surrender, it may be viewed as weak or giving up which is far from the truth. Surrender is giving in to and allowing the force of the Divine to work through us. When we surrender our egos, we open our hearts in an expansive energy accepting our highest and greatest good. The times in our lives we are rigid or holding on to something tightly our existence becomes limited. Once we open up and surrender to the moment and appreciating the magnitude of endless possibilities we are in the flow of the Universal Presence.

Listen to AUDIO: <https://youtu.be/lfnGiVC1oWE>

Surrender STORY:

Story (Staying with Cathy/new home):

- Hidden purpose in the event
- Surrendering ego to acceptance
- Finding the Divine and my spiritual path

I feel that surrender can be the most difficult because of what the word conjures up. Looking at today's definition of surrender, it is about admitting defeat, giving up and the word is associated with battles and military wars. Of course, who would want to feel as though they are throwing in the “white towel of surrender;” however, there is much more to this word than its current meaning.

After researching this word further, there is an original definition which speaks to “giving back.” In addition, considering the spiritual aspect of surrender, it concludes that surrender is a willful acceptance and a letting go to a Power greater than our self. When we contemplate this, surrender links to the opportunity of engaging in life with a more joyful mindset instead of controlling life with rigidity.

In order to unpack the word surrender, let's first take a look at force and control. If we are caught up in fear, there is a tendency to hold people, places and experiences tight to us. What happens though is we don't fully allow or trust the Universal Presence. We only see what we want which can be limiting because we believe this is the way things should look. What we grip, grips us. If we don't get what we want, we start to kick, scream and hold on tighter only to feel cheated or victimized. During those moments, we miss the expansive opportunity that life could possibly offer. As we release our grip, life grows in ways far beyond our imagination.

When I separated from husband, a friend invited me to live with her. She had just remodeled the bottom suite to her home and I felt this was a great situation. Although she was good friends with my ex, I believed we had a strong relationship. At first, living there worked out well. I was going through being laid off from my employer and my dad was soon to pass away.

During the time I was there, everything I did bugged her. We sat and talked about it on numerous occasions and I was led to believe we worked things out. Several of my other friends said I was living in a toxic situation. Especially with the changes of rent and finally lying about her daughter moving in so I had to move out.

I didn't want to leave. I attempted to find ways to stay because I was in fear of the unknown. I finally started to look for another place; however, I did not have the financial funds to make it work. I was so caught up in

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desperation that I would cry each night, not knowing what I was going to do. I didn't see any possibility on the horizon for me to move so I kept holding on and pushing the move date back.

One night my ex and her got caught up in a texting conversation which for some reason included me. I let them know that I was on the thread and all hell broke loose. With that experience, I needed to let go and trust the Universe. During one of my meditations, I asked to surrender and to give this situation back to my Higher Power for direction. Within three weeks I was in my new place. This three-story townhome in a gated community far exceeded my wildest dreams. Although on the day I moved out, my friend was screaming at me about how she never wanted me to move in, that I was difficult to live with and she wanted me out a long time ago. Surrender lifted me onward. Discovering the hidden jewel of surrender to this new place, surpassed any of my expectations. As I look back on my journey, when I released control great experiences only then are invited into my life.

Once we surrender to a Spirit greater than our self, that creates a space of trust. When we do this, we bring freedom in to our lives and only then good things can begin to unfold. Letting the Divine Force work in our lives creates a Oneness between Self and Spirit. Remember that surrender is not a passive quality, it is about being in pursuit to an open heart which sets the stage for a positive attitude and action that serves our higher self. With surrender, we are able to meet life with courage and action knowing that it is connected to a higher purpose of our being.

Surrender also sparks creativity knowing that life has hardships and rather than shrinking away, we meet the moment with an expanded heart in reverence and with perseverance. Once we surrender our ego and stop the internal fight, we gain so much more than we ever could imagine. Surrender is similar to dancing with a partner. We flow with the steps without defensiveness being vulnerable to each move.

When we fall into the arms of our Divine, it feels as though all is right with the world. I leave you with this song that stirred the beauty of my inner soul. It is titled: I Release Control by Alexa Sunshine Rose. It starts off with singing bowls and repeats the following versus throughout the six-minute song. It is a great mantra:

*I release control
And surrender to the flow
Of love that will heal me*

Activity:

Surrender:

- Describe a time that you held on to a relationship or job that wasn't the best situation for yourself or your denied what was happening

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- What suffering did you experience from holding on tightly

- When you accepted and surrendered to the situation and allowing the relationship or job to end what blessing was on the other side

- Going forward list three things you can do to surrender to the situation/adversity



SURRENDER DAY 8

Meditation:

Meditation Outline:

- Releasing our rigid control over a person, place or event.
- Feeling of letting go with an open heart.
- Surrender to the flow.

Listen to AUDIO: <https://youtu.be/6YEpypxrogE>

Find a quiet place where you will not be disturbed. Sit or recline comfortably. Be sure to find a way to have your feet planted firmly on the ground to center yourself in a connected energy. Feel supported by all that is beneath you. If you choose to do this lying down, be sure to bend your knees, keeping your feet firmly on the bed. Place your hands gently on your lap with the palms of your hands facing upward. If you are lying down, have your arms alongside of you and also have your palms facing upward. Before you close your eyes, become aware of your breathing. Let your breath become long, slow and even. Invite relaxation into your body and gently close your eyes or you can look down.

Now that your eyes are closed or looking downward, again let your breath become long, slow and even. You are now centered in the Self. Imagine that you are surrounded by a wall. This wall is painted white and is smooth. As you are sitting in the middle, you see a 360 view and the wall begins to light up with a variety of pictures that flash. There are events in your life where you held people, places and experiences in your life tightly.

You might see an image that results in you controlling others or seeing a situation in your life that you wanted it to turn out your way. There might be other instances where you didn't want to turn out in a negative way and no matter how you held on, the situation was not of your highest and greatest self; yet you compromised. Other pictures that flash are forms of rigidity regarding people, places and experiences resulting in closing yourself off to the greater good.

While sitting in the middle of the surrounding walls, you start to feel closed in. Take a long, slow and deep breath and ever so slowly blow the air out. Take another long, slow and deep breath and again slowly blow the air out. Continue to breathe deeply and as you do, say to yourself, I know that I did the best I could at that time. I absolve and forgive myself for attempting to control or rigid in my life. I pardon myself from these behaviors that no longer serve me and others.

You continue to say: I trust the Universe. I know and I have faith that my life is Divinely Guided. In life letting go invites freedom in my world. I surrender to the Spirit Consciousness of Source and release myself from the bondage and tyranny of unyielding to a Power greater than myself. I know deep down to the core of my heart that I am held in the palm of my Higher Power's hands.

Now you sense that the walls which reflected these images are coming down around you. One by one, pieces of the surrounding wall fall to the floor and you look up. When you do, you are immediately transported to a field outside and taking in the night sky. Looking around you notice the many stars shining brightly and the New Moon, which represents new beginnings. You breathe in the crisp, clean air and hear the sounds of the night. The cool night breeze embraces your body and you begin to tingle.

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As you continue to look up into the night sky, it represents the expansive Universe of possibilities. It is infinite and unlimited as compared to us in our human form. At that moment, you agree to the Universal Presence your unwavering trust knowing that you are connected to the Divine moment by moment on your life's journey. With gratitude you thank the Presence for all that you have been blessed with, knowing once you surrender you allow the Infinite to exalt your life.

As you take another breath you notice that this meditation allows you to let go anything that no longer serve you and to attract people, places and things that are of your highest and greatest experience in life. Know that going forward, release control and expectations by inviting Spirit to direct your life as you turn circumstances and situations over to the Divine, trusting the Universal Powers. In the next days, weeks and months from this session, you come back to this experience where you easily let go and release experiences in order to surrender to a Power greater than yourself.

Take a long, slow and even breath, you slowly start to awaken. Gently notice that you can hear the sounds around you and feel the temperature of the room. Continue to become aware of your surrounds and at this point you feel your back either up against the chair or what you are lying on and feel your feet on the floor.

Once again breathe deeply and as you slowly start to awaken to the current moment, you will first look down as you open your eyes, don't focus on anything yet. Take a few more deep breaths and now slightly open your eyes a little more and if you can, focus on one or two items that are closes to you. As you are feeling fully awakened, see, hear and feel the presence of the now taking with you the power of your Divine centered self.

Take another breath in and as you blow it out to seal this meditation say thank you.





SURRENDER: DAY 8 (continued)

Prayer:

- Discovering the hidden purpose in each of life's event.
- Surrendering ego to and flow with the acceptance of a greater good.
- Allowing the Divine into our life walking a spiritual path.

Listen to AUDIO: <https://youtu.be/5W-N-CvN3Co>

Let us Pray

Oh Holy Ones, I pray to you

Release me from the internal fight of expectations and rigidity

Bless me with a deep knowing that life nourishes me in amazing ways

I ask of Thee my Divine, to call forth my unwavering faith

And bless me at my core to believe that you have me in the palm of Your hands

I place my stronghold of control at your feet and turn it over to You

As I surrender to the flow of life knowing that You Holy Ones, are my Guides

Please look upon me with favor and anoint me during times of trail

Lord and Lady, in my heart I hear you speak to me that my life is truly Divinely Directed

Sanctify my Spiritual Consciousness to trust You whole-heartedly

And in this I pray

Blessed Be

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This is a sample of THE 21-DAY COURSE ON The “F” Words: FREEDOM through FORGIVENESS with the spiritual practices of living a sacred life. The materials were crafter and designed by Trinity of I and Go-Goddess examining our Thoughts, Words and Actions

For more information or assistance:

Contact: <https://trinityofi.com> ~ trinity@trinityofi.com
<https://go-goddess.com> ~ cherie@go-goddess.com
424-404-7335



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Acknowledgement and resources:

The book by Deborah Adele titled *The Yamas and Niyama, Exploring Yoga's Ethical Practice* is an inspiration for the content of the 21-day course. Her writing is truly moving and the spiritual practices that Deborah offers to her reader is powerful. These teachings provide us opportunities to be released from the bondage of patterns and beliefs that have held us hostage from living life to its fullest. Living these practices is just that, a daily application of awareness, acceptance and action to be in a space of peace, joy and freedom even during the tribulations of life. We hope this experience ignites spiritual liberty while in the peaks and valleys of life's adventures.

Chris Collins is the inspiration behind the background music. You can find him on YouTube as well as Insight Timer. His beautiful composition creates a space to ground and center us during the meditations and prayers.
www.indiemusicbox.com

Images through www.bing.com.

Countless mentors such as Wayne Dyer, Deepak Chopra and Maya Angelou who have ignited fires within my soul. Also, family, friends and partner who made this experience possible.

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Trinity of I, P O Box 3178, Palos Verdes Peninsula, CA 90274, www.trinityofi.com

Go Goddess, P O Box 3178, Palos Verdes Peninsula, CA 90274, www.go-goddess.com