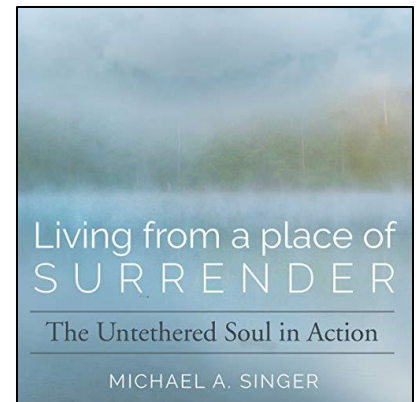


RELAX AND RELEASE

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This is a compilation of information from [Living from a Place of Surrender](#) (Chap 7-8) by Michael A. Singer (author of *The Untethered Soul* works). This “Relax and Release” concept is a way to live in surrender and learn how to stop being “conditionally” okay. It’s an extension of the principles of [Loving What Is](#) by Bryon Katie and another approach to practicing [spiritual surrender](#). The hope for this handout is to make these concepts of Michael Singer’s a little more tangible and applicable to help us more easily live from a place of surrender and peace.



Our Spiritual Journey

- Life provides a series of refining, purifying, polishing, and perfecting processes that we can learn to let go of and turn over to the Lord as they show up. It makes every moment of life a spiritual experience dealing with the particular set of earthly challenges we’ve each been given.
- Align yourself with the flow of each moment that shows up in your life. Accept, relax into each moment. This is how you experience life instead of struggling with it.
- * Every moment is meant to be a transient experience that passes through us. It’s the perfect culmination of every force in the universe that came together to create that moment. Our highest spiritual path is to let it pass through us without resistance, living each moment as it happens. Instead, we often take the unpleasant moments and store them in our souls, as if saving a bad smell in a bottle and taking it home with us every time something negative happens.
- Life experiences provide our spiritual growth. It’s all about surrender, letting go, and letting God. We’re trying to get to the point of constant consciousness instead of constantly being caught up in our reactive mind.
- The purpose is to let go of self, which is letting go of your thoughts and letting go of everything that triggers, annoys, or frustrates you. This is your primary focus as you go about living your life to develop your highest spiritual self.
- The goal is to live in the conscious self not in the reactive mind.
- There are two types of thoughts: 1) those that you create with your will, and 2) those that are created automatically from all of your stored stuff. When you create thoughts purposefully like repeating a positive thought in your mind it overrides the automatic reactive thoughts that are not usually so helpful.
- What you do with your willpower is “relax and release” instead of letting your reactive mind run the show all the time.
- * Lean away from the noise and create distance between you and the thought or the feeling. Lean away from the thing that’s distressing you and into your seat of self (the spirit self). Lean away from the reactive mind where the distress is.
- Our spiritual journey is to learn to relax and release in any moment that begins to well up within us in negative ways. Breathing through it and letting it pass through us instead of holding onto any of it—especially the moments that were unpleasant—will help us to truly let go.
- The purpose of your day and the purpose of your life is to release the stuff you’ve stored up and let go of the new stuff that shows up every day. You do that by relaxing into it and letting it go.

- The spirit self jumped for joy to come to earth to experience all this stuff. Life is not about getting what you want. It's about letting go of self and letting God run the show. It's about relaxing and releasing any energies that come up and let them pass through you.
- Let each moment pass through you instead of getting it stuck because you resisted it. Let each experience be/exist as if it were all perfect.
- Trust the unfolding of the universe. Trust that everything that is happening is perfect and that God knows what he's doing. Relax and release yourself into what is occurring before you.
- Use each everyday experience to work on yourself to let go of the blockages that are trying to come up and release. It makes everyday moments a spiritual practice. "I'm going to use this moment to go to God to let go of myself."
- As you use the everyday moments to relax and release when stuff triggers or annoys you, it begins to heal you. It allows you to clean out your debris and to be free and clear.
- When I relax and release, I'm surrendering to the reality of what's happening. I'm surrendering to the moment that's in front of me. It allows constant spiritual growth using everyday moments.
- Every part of our lives—every frustration, every challenge, every annoyance—is part of our spiritual growth and an opportunity for spiritual development to let go of self and turn to God. It's an opportunity to submit our will to God's will—becoming more like Him in the process.
- Life is your spiritual practice. "Relax and release" is your highest spiritual practice that you can use just as you go about your life.
- "Witness Consciousness." -- You're striving to get to a state of constant consciousness. Persistent awareness of the inner/spirit self.
- "Witness Consciousness" is noticing that there are automatic thoughts going on in your mind without it bothering you—without you judging it. Just witness those thoughts. "I'm aware and this is what I'm aware of..." and when you become aware of that you relax.
- "Relax and release" is what you do to be in a state of "witness consciousness."
- To live a spiritual life means to let go of self. We die to self to be reborn just like Christ says (see John 3:3).
- Let go of who you think you are to become who God would have you be.

Living From a Place of Surrender

- The whole practice of spiritual life is surrendering your lower self, and when you surrender your lower self (your personal self), you're able to live in a higher state of being that most people rarely, if ever, experience.
- The personal self is all the accumulated hurts and reactivity. We're trying to live more in the spirit self.
- Surrender is the act of letting go of your personal "stuff."
- Just relax. Say to yourself "Life is a storm. It may go on for a while, but I'm okay with that. It doesn't mean I like it, but it means I let go, relax, and just go through it." This is what it means to live from a place of surrender—moment-to-moment, living a spiritual life of letting go of self.
- We are only *conditionally* "okay" as long as things are going the way we want them to. Yet we can learn to be *unconditionally* "okay" no matter what life brings when we learn to accept "what is."
- This process is to help you NOT just be conditionally okay if life doesn't go as you want it.
- Let go of your personal self every step of the way. Your spiritual journey is learning to live in surrender.

Relaxing Instead of Resisting

- That which you resist persists. If I resist this, it's staying in me.
- Are you willing to sit in that energy, relax into it, and let it pass through you?
- Everything you resist that irritates you and that you don't "relax and release" will be accumulated and stored within you. It's the source of all suffering and dysfunction in our lives, in our relationships, in our health, etc.
- Remind yourself not to put any more inside. Remind yourself that if you resist this feeling or resist this moment it will stay inside you. It takes just one second for it to get inside you and years to get rid of it.
- We store reactive triggers within ourselves as we experience life and don't let go in that moment. Those stored mental triggers become the non-stop mental dialogue going on in our head.
- Use the drivers around you and the weather for "Relax and Release" practice. Relax away from the part of you that's complaining about the bad driver or the weather. Those are the daily low hanging fruit that we can work on to live a spiritual life.
- There's no cost of letting go and accepting the weather as it is. There's nothing you can do about it anyway, and there's 100% benefit in letting it go. You don't have to be frustrated all day about the rain. You can just be okay with the weather as it is.
- Letting go of the aggravation you feel about the car in front of you that's driving too slowly will make up for six hours of meditation that you haven't done. Spiritual growth can happen throughout your life all day long in the everyday moments that we encounter and that show up to frustrate us and cause us angst.
- Don't ever do anything based on your reactive energy. Reacting from your personal energy is just dumping your personal garbage out into the world.

The Relax and Release Process

- Notice when something is coming up for you—any negative emotion—then relax and release.
- Instead of fighting it or pushing it away—surrender. Let it go.
- When you feel yourself getting upset that's where you work. That's where you let go.
- Close your eyes and notice your breathing as a help for relaxing and releasing in the moment of something coming up for you.
- It's like mindfulness and meditation in the day-to-day moments of living.
- It helps you heal and let go each moment that you will do this. It allows you to clear out the debris that's been stored within you.
- Every little thing that shows up in your life that you resist will stay inside you. Relax and release helps you to let go daily instead of adding more and more garbage into your soul.
- It's a process of healing every little scar or wound within you that you've stored up that then shows up as your "stuff."
- During your present moment experience, notice the old hurts/past experiences that are coming up. Simply noticed them. You don't even need to know what they are.
- Just breathe through them. Relax through them and let them go.
- You can do this transformative housecleaning in any moment that you're willing to notice it and breathe through it and let it go.

- Don't operate from need or fear. Let go of self first, then relax and release.
- When you let go of all the stored energy and blockages, then you make room for more fulfillment. It's a completely different way to live.
- Doing this "relax and release" practice with your day-to-day experiences is you practicing spirituality in your day-to-day moments. It's like learning to play the piano, or practicing any new skill.

Meditation as a Tool of Relax and Release

- Meditation is a tool to help you "Relax and Release."
- Meditation is watching your breath instead of listening to your reactive mind.
- Learning to NOT listen to your thoughts and pay attention to something else instead—like your breathing—is the purpose of meditation.
- Most of us live absorbed in our thoughts and feelings, which keeps us stuck.
- Meditation helps your mind help your inner consciousness (spirit self) not get distracted by what your mind is saying or incessantly ruminating over. Watching your breath helps you be present (in your spirit self) instead of consumed by the mind.
- The whole purpose of meditation is to practice going back to watching your breath so that you are conscious and present instead of sucked into the whirlpool of the mind. Your objective is to gain control over the mind instead of your mind constantly running the show.
- Notice your breath, in and out, counting each breath up to 10 or 20. If you get past 20, you got lost in your mind again.
- You're building that muscle of staying present. The practice of relaxing and releasing—being present by focusing on your breath—is an opportunity for spirituality every day.
- Consciousness (inner self) gets distracted by what your mind is saying. Notice that and go back to being conscious or present. Meditation is a way to practice being conscious.
- It's not about expressing or suppressing your energies. It's about transmuting your energies.
- Keep in mind that your spirit self (inner consciousness) is more powerful than your reactive mind, body, and emotions.
- Whatever techniques you want to use—meditation, mantras, affirmations, yoga, etc.—that help you to be conscious instead of going to your lower reactive (natural man) self...do that!

NOTE: If you are dealing with any mental health issues or trauma this "mental" work will be significantly more difficult for you. Take steps to address your brain chemistry (see [Supplements Info](#) and [Toolbox for Tackling Depression](#) for more info) to get that into balance as much as possible and participate in counseling especially EMDR therapy for trauma.