

SURRENDER INTO HIGHER
CONSCIOUSNESS

Three Steps To Create Your Optimal Future



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What Is Surrender?

When you hear the word “Surrender” what images come to mind? Giving up? Giving someone else power over you?



These are probably the thoughts that come to most of us when we hear that word. It is fear of losing control of something we think we have control over. When I learned that I would need to surrender to get everything I really wanted, I discovered very quickly that the act of surrender is asking for guidance from our inner guidance, not to another person or agency. I learned it is the opposite of losing control.

Surrender is the singular act that will help you manifest the exact future you desire and create the joy, abundance, and impact you are here to create.

Surrender - Why It Is Necessary

Surrender is a practice of using your inner guidance system, or intuition, to live and create in every moment with your most optimal solutions. By following a path of surrender, you are guided to develop your gifts with optimal expression and contribute your talents as a continuously evolving human.

These are very dynamic times, and using data and your experience is not enough anymore for accurate discernment. You need to access your inner guidance system to know your truth. A developed intuitive mind allows you to get to your most relevant intelligence for decision making to support moving forward optimally.

Surrender is a practice that needs to be developed as we move into higher consciousness, which is a higher-level thinking and feeling state. Higher consciousness provides access to this intuitive guidance and is the new currency for this era of change. Becoming an expert at accessing and using your intuition is the foundational skill required to create the future you desire. Developing higher consciousness demands you pursue your journey surrendering in all areas of life.



The Three Steps of Surrender

3 Steps of Surrender

Surrender, or the act of using intuitive guidance for all decision-making, can be divided into 3 separate steps. Each step is part of the process of getting the most optimal solution in the moment. Each one also provides potential resistance that can cause failure in pursuit of learning to surrender. Understanding the process and knowing that it will support your commitment to your highest good may inspire you to move through resistance.



- 1. Ask for help from your higher self**
- 2. Recognize how and when you receive intuitive information and interpret it correctly**
- 3. Trust your guidance and apply it consistently**

Let's explore each of the three steps and consider what is being asked of you, and the possible fear that can create resistance in each step.



STEP 1. Ask for help from our higher self

When asking for help, it means you must acknowledge you don't have all the answers, or that your answers possibly aren't the most optimal solutions. That can be difficult, especially if you are used to thinking you are right and are not open to someone else's input, or you feel pressure to come up with the right answer yourself. It can put you in a vulnerable position and that can feel risky sometimes.

Another reason you may not want to ask for help is you feel unworthy of asking for and receiving help from others. Or you may have a belief system that says you won't get help even if you ask for it, that you alone are responsible for figuring things out. There are a multitude of beliefs that simply prevent you from being willing to take that step.

Yet another form of resistance comes from not being willing to take the time and energy to ask, believing that your own intellect has delivered solutions that have been good enough to create your success so far. Therefore, it is not worth the effort to learn a different way.

Finally, the idea of asking for help from your higher self may be an unfamiliar and uncomfortable feeling. You may have a belief system that doesn't support the existence of higher-level energy, that your only available resources come from your human intellect.

Once you move beyond any limiting beliefs and fear, and decide to experiment or take a risk, you can develop this new habit and learn that your requests are always answered. Maybe not in the form and timing with which you expect the answer to show up, but always in a way that is for your highest good.

Recognize that the answers you seek are within you, and that they come from a higher-level thinking and feeling state. Also, know that the more help you ask for, the more help you get and the more comfortable you become in not having to be right, in being vulnerable. Knowing that you will get optimal answers with each request you make, you can commit to making this a habit. The goal in step one is to ask for help consistently in all areas of your life.



STEP 2. Recognize how and when you receive intuitive information and learn to interpret it accurately

Intuitive guidance is given in many forms. Learning how to recognize how you receive it and what you are receiving takes some practice. The traditional ways in which you may receive this information include “knowing’s” - like an idea, concept, or solution that just comes to you; visions or images; feelings in certain parts of your body such as your gut or the back of your head; and hearing words when you know no-one is around who could have said them. Learning your dominant form of receiving this information allows you to pay attention to it and begin to recognize how and when it shows up for you.

If you are new to using your intuition, recognizing that you are receiving intuitive information requires more awareness. It can be helpful to be in a calm setting or to take a nature-walk to tune in to your inner voice, the images, the words, or the feelings you are getting. You can also reframe your thoughts to be open to new information, specifically from your inner guidance. You are always receiving intuitive information, but you may not be noticing it, or you may not realize what it is.



Identifying what your intuition is saying can be challenging, and takes practice, especially if it is subtle, or comes in words or images where you need to figure out the meaning. It may require asking for more clarifying information, becoming more neutral, or clearing your energy field to get clarity. This can be helped with lots of practice and by working with someone else who is more developed intuitively and can help validate your interpretation. Accurate interpretation is critical to keep you on your optimal path.



STEP 3. Trust your guidance and apply it consistently

Trusting your guidance comes from practice and seeing how applying your intuition turns out. Starting with issues that are not as significant in your life may be a good way to approach your practice. Of course, you need to do the first two steps and become more comfortable detecting information coming to you and knowing how to interpret it to want to move into applying this guidance. Using your intuition consistently is like using a muscle consistently - it gets stronger as you develop it over time.

There are two key areas of resistance with step three. One is with individuals who use a more rational approach to solutions for decision making, looking for external validation from research, others, or their own experience. The other key resistance is having a low level of self-trust overall. It is difficult for those individuals to embrace the idea that their own thoughts are superior to someone else's or a "proven" solution.

The way to address each of these areas of resistance is to start small as described above. Practicing is the best way to develop confidence in applying your intuition.

Summary

Developing your intuition is the key to discernment and being able to apply optimal guidance on your path. This is more important than ever due to the wide variety of sources of information and knowing that each source will be based on a specific point of view and may not take your priorities and values into consideration for recommended solutions. It becomes an asset to be able to recognize what is truth for you among the all the information that you are impacted by daily.

Learning all 3 steps and completing the full process is the act of surrender. You learn that surrender is not giving up control, but becoming the most informed you can possibly be, with the most up-to-date relevant solutions for you at all times. We are all connected to the oneness field, or collective consciousness, which is the source of intuitive information.

When you surrender by asking for help from your inner guidance, understand the information received and apply it regularly, you are consistently guided toward your optimal path. This helps your life flow more smoothly, you receive the most support possible, and are guided to contribute your gifts for the highest possible impact.



Additional support is available

If you are interested in cultivating a surrender process, learning more about intuition, or understanding the full scope and impact of higher consciousness, click on the links below to learn more about the in-depth trainings and free offerings The Joy-Effect provides.

1. **Conscious Leadership Transforms Workshop** - teaches the foundational principles of conscious leadership, where higher consciousness is key. You will learn all aspects of it and apply them. You can find [more information here](#).
2. **Intuitive Development 1 and 2** - experiential design classes that teach you to connect to your intuitive gifts, develop and deepen your intuitive skills with the support of a skilled teacher and inspiring community. You will learn a variety of intuitive approaches so you can explore which techniques work best for you. You can find [more information here](#).
3. **Five things you can do now to improve your intuition.** Access this [FREE download here.](#)
4. If you would like to schedule a free consultation to learn more about options that may be a fit for you, please [schedule it here](#).

Thank you for taking the time to learn more about surrender and the steps you can take to move toward higher consciousness.

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