

Submission and Surrender to Grow and Heal

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To be submissive (or subordinate) is to accept the existence of a higher authority, and to take action guided by that power, even if and when such action goes against our beliefs. For example, soldiers are required to obey orders, to commit acts and even give their lives despite what is thought or felt. Insubordination occurs when such orders are not obeyed.

Surrender is a step further than submission; it is complete, it is the acceptance of dominance. Submission does not imply prior conflict, while surrender usually does; submission is partial, surrender is unconditional.

Choices and Making Decisions

There is a choice of whether to submit, surrender and obey. Even when the outcome is certain, such as death or tornados, we choice how we deal mentally/spiritually with the process and outcome. These terms are mental, involving Will, a conscious, intentional decision.

When dependent upon others without will or choice, such as infancy, there is no obedience or surrender. The terrible twos, the age of opposition, begins when the choice develops with the awareness of separation, I and ego. Opposition is action taken to demonstrate separateness and ego. The dark side of separation is loneliness; which is "cured" by spiritual surrender.

As we tell our oppositional teenagers, we are making choices all the time. Decisions always require at least two options. If there is only one option, then there is no choosing. Oftentimes, when there is only one available action, the option of "no action" is the choice. We often delay making decisions thinking that we have not acted, when in fact we have acted by not acting. So, procrastination and indecisiveness are really making decisions and acting by negation.

Beliefs and Truths

Our decisions are informed by two major categories of information—thought (cognition) and emotion. What we **know and agree** is true is called a **fact**; what we **feel** is true is a **belief**. When faced with an urgent or critical choice we often make a decision based on emotion rather than fact. Advertising and packaging exploit this human trait. Many of our investment choices fail due to using emotion rather than fact. Arranged marriages have a lower divorce rate than those based on love (sadly!) for a similar reason.

The emotional brain codifies survival and when activated hijacks our willpower, rationality, and control over our behavior. This explains why, for example, we eat, drink, spend, gamble, surf and hurt while telling ourselves we shouldn't.

Terms Related to Submission and Surrender

<p style="text-align: center;">Submission*:</p> <p>...being obedient; the act of accepting or submitting to the authority or control of someone else</p>
<p style="text-align: center;">Surrender*:</p> <p>to agree to stop fighting, hiding, resisting, etc., because you know that you will not win or succeed; to allow something (including habit or desire) to influence or control you.</p>
<p style="text-align: center;">Belief*:</p> <p>a feeling of being sure that someone or something exists or that something is true, good, right, or valuable; a feeling of trust in the worth or ability of someone</p>
<p style="text-align: center;">Truth*:</p> <p>the real facts about something: actuality; a transcendent fundamental or spiritual reality; a judgment, proposition, or idea that is true or accepted as true.</p>
<p style="text-align: center;">Choice*:</p> <p>the act of picking or deciding between two or more possibilities; the opportunity or power to make a decision</p>
<p style="text-align: center;">Opposition*:</p> <p>actions or opinions that show that you disagree with or disapprove of someone or something or to demonstrate that you are not controlled</p>
<p style="text-align: center;">Ishwarpranidhana:</p> <p>from the Yoga Niyamas (precepts) means "surrender to God".</p>
<p style="text-align: center;">First Three Steps in AA:</p> <ol style="list-style-type: none"> 1. We admitted we were powerless... 2. Came to believe that a power greater than ourselves could restore us... 3. Made a decision to turn our will and our lives over to the care of God as we understood Him
<p style="text-align: center;">The 10 Commandments</p> <p>Precepts for emotion and behavior.</p>
<p>*adapted from Merriam-Webster online</p>

We're Always Surrendered

Every decision we make is implicitly based upon some belief. Distrust and opposition imply that we have surrendered to some other habit of thought. Changing behavior via new choices requires exploring and then changing our beliefs, understanding that the past traumas and anxieties that have constructed our reality are getting in our way.

The placebo effect, so powerful that all new medical treatments must be tested against it, demonstrates that belief alone causes healing. In contrast, not believing or trusting a healer or authority who has our best interest at heart can cause failure via negative placebo or negative action.

Choosing to subordinate and surrender requires the optimal integration of thought and emotion, and oftentimes a "leap of faith". This integration can be achieved by education, observation of the mind (meditation), mentorships, positive experiences, and optimizing brain function through good sleep and nutrition. The Will, while usually subordinate to Emotion, can change beliefs, which can then make future choices easier and more constructive.

IMPORTANT NOTES:

1. **This educational material may not be used to influence medical care without supervision by a licensed practitioner.**
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3. Dr. Cheikin's website has related articles such as "Trauma", "Violence of the Mind" and others.

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