

To ensure future delivery of your Awakening Inner Vision monthly ezine, please add [eve@innervisionresources.com](mailto:eve@innervisionresources.com) to your address book, safe sender list, or buddy list. If you are having trouble reading this ezine, please click [here](#).

---

# Awakening Inner Vision

Resources for Enlightenment

---

## Awakening Inner Vision: Resources for Enlightenment

By Eve Delunas, Ph.D.

Issue #2 | October 11, 2005

<http://www.innervisionresources.com>

---



Photo by R. Stilgenbauer

### IN THIS ISSUE:

1. Surrender to the Universal Flow
2. Seven Steps for Activating the Power of Surrender
3. Special Offers
4. About the Editor/Author
5. Privacy Policy, Subscribing, and Unsubscribing

This monthly ezine is sent to those who register at: <http://www.innervisionresources.com> and is intended to offer guidance in employing universal principles and practical strategies to create the life you truly desire. If you do not wish to receive this publication, please scroll to the end of the message and click on 'unsubscribe.'

### 1. SURRENDER TO THE UNIVERSAL FLOW

Every now and then I am reminded that life can be much easier than I allow it to be. I tend to struggle too hard to make things happen, instead of aligning with the Universal flow. The following story is a simple, yet poignant example of what can happen when we are willing to get out of our own way by exercising the power of surrender.

It all began with a dirty window in my office that was several stories up and out of my reach. Over the previous two-plus years, this window had been accumulating dirt and spider webs, and each time I gazed up at it, I noted to myself that it was definitely time to get it cleaned.

Although the condition of the window bothered me, I resisted the task of finding someone to do the job. When I am in my office, I see clients all day long. How was I going to find someone reasonably priced who would show up with a big ladder at a particular time to do the job without interfering with client sessions? It just seemed like too much of an ordeal, given my already overloaded schedule. So, I procrastinated.

Then one day I decided to do an experiment: I simply asked Spirit for assistance in finding the perfect window washer, and I let it go. I didn't worry about it or think about it again after that. I assumed I would be guided to be in the right place at the right time, and that I didn't need to give it any more energy. In that act of surrender, I released the need to control the outcome and put my trust in Spirit to work things out in whatever way was best.

Two weeks later, I was leaving my office during a quick lunch break to run an errand. As I arrived in the building parking lot, I notice a little red car parked right next to mine with a window washing business sign on its door. What's more, there were two young men positioning a ladder on top of the car and getting ready to leave.

I went over to them, and asked when they could give me an estimate. "How about now?" was their response. I led them up to my office, and they indicated it would cost me five dollars for them to do the job, and that they could do it immediately. (For those who live elsewhere, nothing costs five dollars in Carmel, California! I expected to pay a whole lot more for the job!) Within fifteen minutes of the parking lot encounter, the job was done!

This was no coincidence. When we surrender our efforts to predict and control life circumstances, we allow Spirit to orchestrate our lives in remarkable ways. We make room for amazing synchronicities to unfold. And we discover that things generally turn out even better than we had hoped.

## **2. SEVEN STEPS FOR ACTIVATING THE POWER OF SURRENDER**

Is there an area of your life in which you are struggling too hard to try to make something happen? If so, you might consider activating the power of surrender in your life. Here are some steps you can take to let go:

*1. Specify your desire or intention.* You can state it verbally to yourself and/or write it down. Hold your desire lightly. Be open to "This or something better." In my example, it was just to have a clean window. Your intention may be to have a joyful journey to a particular destination, to create something beautiful, to make a new friend, to find meaningful work, or to restore your physical health and well-being.

*2. Imagine yourself turning your goal or intention over to Spirit.* (You can insert whatever word or words you feel comfortable with here—such as: Source Energy, God, Goddess, Higher Self, or the Universe.) Feel as if you are delegating this job to Spirit.

*3. Surrender the outcome.* Trust that it will be for your Highest Good, and that you don't need to try to control things. This is the most important aspect of letting go. If you are still worrying about the outcome, or trying to make things happen the way you think they should, you haven't turned the situation over to Spirit. Detach from the need to have things turn out a certain way and watch what happens!

4. *Avoid focusing on all the reasons why you think you can't have what you desire.* For example, I didn't tell myself that there aren't any good window washers out there, that I am not worthy of finding one, or that if I did find one, he or she wouldn't want to clean my window! Of course, it is easier to remain positive about something doesn't have a huge impact on our lives!

5. *Play with your imagination.* Open to your Highest Good and invite it to come to you easily. Stay focused on the essence of what you desire, rather than the particular form it takes.

6. *Stay focused on enjoying your present life circumstances.* Make the best of your present circumstances and find pleasure in the Now.

7. *Act in accordance with your inner guidance.* You will be prompted to take a particular action or a series of actions when the time is right. For example, I felt an inner urge to speak to the window washers who were parked next to me. Whether you are nudged to make a phone call, write an email, take a class, read a book, create something, or take a trip—do it! Follow your guidance, and be prepared for amazing synchronicities to unfold right before your eyes!

## POSTSCRIPT

As I was driving to work a few days ago, I was thinking about this article and trying to decide if I wanted to write about the window washer. Guess who I saw approaching in the opposite direction as I turned the corner of the street where my office is located? That's right—there was the same little red car with the window washer sign on the door and the ladder on top. It's been close to a year since I last saw that car. A mere coincidence? What do *you* think?

## 3. SPECIAL OFFERS

Just released by Dr. Eve Delunas: **GUIDED VISUALIZATIONS TO BREAK THE SPELL OF THE PAST AND ENTER THE JOYOUS NOW**

Use these twelve guided imagery exercises to open to receive your Highest Good!

Eve created this set of four CDs after witnessing the remarkable changes that take place in the lives of her psychotherapy clients when they utilize these powerful processes! Break free of limitations and create the life you truly desire! Transform your life in the areas of relationships, finances, career, or health!

This set of compact discs has been created as a companion to Eve's book, **BREAKING THE SPELL OF THE PAST: ENTERING THE JOYOUS NOW**. Use these processes to activate the power of your imagination, so you can:

- Stop old, self-defeating behaviors and make new, self-empowering choices
- Begin to attract more of what you want into your life
- Heal the underlying causes of your negative habits
- Establish a clearer connection to your inner guidance

- Elevate your feelings of self-worth, self-love, and self-respect
- Experience more joy and fulfillment in the present.

Set of 4 compact discs: Regular Price: \$46.00 BUY THEM TODAY AND RECEIVE 15% OFF! JUST \$ 38.99 [Click to Buy the CD Set!](#)

OR: Buy the book, *Breaking the Spell of the Past*, AND the set of four CDs together for just \$52 and save \$10.00 off the regular price of \$62.00. [Click to Buy the CD/Book Combo!](#)

For More Information, or to Order On-line Go to: [www.innervisionresources.com](http://www.innervisionresources.com) To Order by Phone, Call Toll-Free: 1-877-9 JOY NOW or 1-877-956-9669

#### **4. ABOUT THE EDITOR/AUTHOR**

Dr. Eve Delunas is a psychotherapist, author, and speaker who has trained hundreds of mental health professionals in the use of her life-transformative techniques. She has a private psychotherapy practice in Carmel, California. For additional information about the products and classes she currently offers, visit her website at <http://www.innervisionresources.com>.

---

Eve welcomes your comments and questions. Mail to: [eve@innervisionresources.com](mailto:eve@innervisionresources.com)

#### **5. PRIVACY POLICY**

We do not share your personal information with anyone. Period.

To subscribe to the e-zine, please visit our web site: <http://www.innervisionresources.com>

© 2005 Eve Delunas, Ph.D.