

SEER: 2 October 2025

90-Minute Roundtable on Surrender and Non-Attachment

1. Welcome & Overview (5 Minutes)

- **Introduction:**
 - Welcome everyone to the roundtable. Briefly explain the purpose of the session: to explore two important concepts—*Surrender* and *Non-Attachment*—and how they can help us move forward in life with greater ease and flow.
 - The session will involve defining these concepts, offering personal reflections, and creating space for participants to share their own thoughts and experiences.
 - **Overview of the Session:**
 - What is Surrender? What it is and what it is not.
 - What is Non-Attachment? What it is and what it is not.
 - Group discussion and reflections on personal experiences.
 - How to practice surrender and non-attachment in daily life.
 - Resources at the end of this document
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2. Defining Surrender: What It Is and What It Is Not (15 Minutes)

- **Definition of Surrender:**
 - **Surrender** is not about giving up or admitting defeat. Rather, it's the conscious decision to let go of the need for control over every situation and outcome. It's about trusting the process of life and allowing things to unfold naturally, without resistance.
- "Surrender means letting go of how we think things *should* be, and instead accepting them as they *are*. It's an active state of openness, where we stop struggling against reality and allow life to flow."
- **What Surrender Is Not:**
 - Surrender is *not* passive. It's not about apathy, resignation, or being indifferent. It doesn't mean giving up on our desires, dreams, or actions.
 - It does *not* mean accepting poor treatment, injustice, or harmful situations. We can surrender to the flow of life while still standing up for ourselves and setting boundaries.
- **Example:** Surrendering to the fact that you can't change another person's behavior, but choose to take action to protect your own well-being.

The Differences Between Surrender, Letting Go, and Releasing

Though often used interchangeably, *surrender*, *letting go*, and *releasing* each have distinct meanings when it comes to personal growth and transformation:

- **Surrender:** Surrender is an internal state of acceptance. It's the conscious decision to stop fighting or resisting a situation, allowing yourself to trust the flow of life. Surrender doesn't mean giving up; rather, it means acknowledging what you can't control and choosing peace over struggle.
- **Letting Go:** Letting go is an active process of detaching from an emotional attachment, belief, or desire. It's about releasing the mental and emotional hold we have on things that no longer serve us. Letting go involves recognizing that clinging to something may be preventing us from moving forward.
- **Releasing:** Releasing is the intentional act of freeing yourself from something specific, whether it's a thought, feeling, or energy. Releasing tends to involve a focused action—such as writing, speaking, or practicing a ritual—that allows us to physically and emotionally unburden ourselves from what we no longer need.

In essence, *surrender* is about trusting life's flow, *letting go* is the act of loosening attachment, and *releasing* is the physical or emotional action of freeing ourselves. Together, these practices help us find peace and move forward with ease.

3. Group Reflection: Thoughts on Surrender (10 Minutes)

- **Pause for Group Reflection:**
 - Talk about my relationship to Surrender:
 - QUEEN OF RESISTANCE up until recently
 - 1st "Blog" Shovelling Snow in 2011 Breath in Peace, Exhale Anger....surrendering to what was in my family of origin...Pamela
 - Led 2 mo own struggles with motherhood. 2014 - 21 Days Surrender to MOtherhood, other articles and practices, yet Ancestrally, genetically RESIST RESIST RESIST
 - When I thought of Surrender, I thought of weakness, NOT trusting God/Source because of my past experiences and the repeated patterns that were continuing...MY relationship with surrender has evolved. I am on a path to that and started writing about it on Substack...2 articles so far. <https://katrynrose.substack.com/>
 - Ask the group:
"What comes to mind when you think of surrender? What are some of the emotions or thoughts you associate with the idea of letting go of control?"
 - **Encourage sharing:**
"Has there been a time in your life when you struggled with surrender? Or, can you think of a moment when surrendering brought you peace or clarity?"
 - Allow a few participants to share their thoughts, fostering an open dialogue.

4. Defining Non-Attachment: What It Is and What It Is Not (15 Minutes)

- **Definition of Non-Attachment:**
 - **Non-Attachment** is the practice of releasing the need to cling to specific outcomes or expectations. It doesn't mean that we don't care about what we want, but rather that we trust things will unfold in the right way, even if it's different from what we originally imagined.
- "Non-attachment is about holding our desires lightly. It's the understanding that while we may have intentions, we aren't defined by the outcome. We can be fully engaged in life, yet remain at peace with whatever happens."
- **What Non-Attachment Is Not:**
 - Non-attachment is *not* indifference or detachment from life. It's not about being emotionally cold or not caring about what happens.
 - Non-attachment does *not* mean giving up on our goals. We can still pursue what we want with passion and dedication, but without becoming overly fixated on how things must unfold.
- **Example:** Having a career goal and working toward it with intention, while remaining open to different paths, timelines, or even unexpected opportunities that may arise.
- Distinction: ANGEL HEALER...NON ATTACHMENT 2011 I used the word Detached regarding my children..."big mistake" ...I work a lot with language and words and HOW important the subtle differences are.
- DEFINE Non-ATTACHMENT vs Detachment
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5. Group Reflection: Thoughts on Non-Attachment (10 Minutes)

- **Pause for Group Reflection:**
 - Ask the group:
"How does the concept of non-attachment resonate with you? Do you find it difficult to let go of specific outcomes in your life?"
 - **Encourage sharing:**
"Can you think of a time when you were attached to an outcome, and how that impacted you? Or a time when practicing non-attachment brought you peace?"
 - Allow participants to share their insights and personal stories.

6. Common Struggles with Surrender and Non-Attachment (10 Minutes)

- **Top Struggles with Surrender:**
 - Fear of the unknown and uncertainty.
 - The desire to control outcomes, situations, or people.

- Believing that surrender means weakness or failure.
 - **Top Struggles with Non-Attachment:**
 - Being emotionally invested in specific outcomes.
 - Fear of losing something important.
 - The need for external validation or security.
 - **Group Discussion:**
 - Invite the group to reflect on these struggles:
“Do any of these struggles feel familiar to you? How have they shown up in your life?”
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7. How to Practice Surrender and Non-Attachment (20 Minutes)

- **Three Ways to Practice Surrender:**
 1. **Accept what is:** Practice mindfulness by observing what's happening in the present without trying to change or resist it. (Katie Byron's work - the 4 Questions)
 2. **Trust the process:** Cultivate faith that life will unfold in the right way, even if it's not clear right now.
 3. **Release expectations:** Let go of the rigid idea of how things *should* be, and be open to new possibilities.
 - **Three Ways to Practice Non-Attachment:**
 1. **Hold desires lightly:** Focus on what you want, but be willing to allow space for different outcomes or timelines.
 2. **Detach from the 'how':** Take inspired action toward your goals, but release the need to control how exactly they will manifest.
 3. **Stay grounded in the present:** Shift your focus away from the future and stay rooted in the present moment, where peace resides.
 - I like to use Music as singing.. speaking, and chanting help rewire the brain and stop overthinking, like a little kid learning to rhyme and music...:
 1. Share 2 playlists, Spotify
 - **EXPERIENCE:**
 1. Set intention for 1 thing to surrender
 2. Use Breathe.. Focus on it, no particular method
 3. Allow all feelings to come through
 4. Conscious choice...to surrender, let go and release...Choose to be with it.
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8. Final Reflection and Group Sharing (10 Minutes)

- **Final Reflection:**

- Ask the group:
“How might surrender and non-attachment help you navigate a current challenge in your life?”
- **Encourage final sharing:**
Invite participants to share any final thoughts, insights, or takeaways from the session.

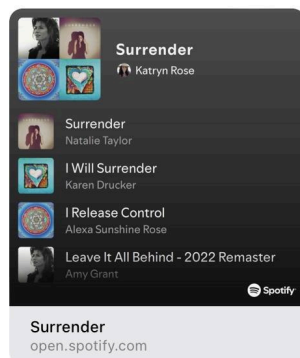
9. Closing Thoughts & Invitation to Continue the Practice (5 Minutes)

- **Closing Reflection:**
 - “As we practice surrender and non-attachment, we free ourselves from unnecessary stress and struggle. By trusting the flow of life, we create space for peace, creativity, and new opportunities.”
 - **Invitation:**
Encourage participants to integrate these practices into their daily lives, whether it’s through meditation, journaling, or simply pausing to observe when they feel resistance.
- This has been huge for me personally, when looking at my own Astro chart and that of my children and parents, I am releasing a legacy of Control, I know that now but I was not consciously aware of that when this song came on my path when working with a Shaman a few years ago...Stay for this song: I RELEASE CONTROL

RESOURCES:

SubStack: Katryn Rose Reflection on Uncertainty

Surrender playlist



MUSIC:

1. [Surrender Playlist Spotify](#)
2. [YouTube Playlist](#)

WRITTEN:

1. [BLOG: How to Let Go on All Levels: A 4 Step Guide](#) Do you remember when I did the MAP of Consciousness and talked about the 4 Sets? I use that as a guideline here.
2. [How to Let Go: A Step-by-Step Guide for Releasing Anger, Frustration, and Defensiveness](#)

OLDER Articles of mine:

1. [BLOG: Sweet Surrender](#)
2. [Here are 3 steps to ease into surrender.](#)
3. [Surrender Into Motherhood](#)
4. [Guest Blog ~ Choice & Surrender: Feeling Feelings with Gusto ~ Maria Skinner](#)

Katie Byron: “[The Work](#).” It involves asking four simple questions about each belief that causes us pain:

1. Is it true?
2. Can you absolutely know that it's true?
3. How do you react when you believe that thought?
4. Who would you be without the thought?

Yoga Poses: to help with surrender

Savasana

Fish pose

Heart Opening poses

Child's Pose

MAP OF CONSCIOUSNESS®

God-view	Life-view	Level		Log	Emotion	Process
Self	Is	Enlightenment	↑	700-1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑	600	Bliss	Illumination
One	Complete	Joy	↑	540	Serenity	Transfiguration
Loving	Benign	Love	↑	500	Reverence	Revelation
Wise	Meaningful	Reason	↑	400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑	350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑	310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑	250	Trust	Release
Permitting	Feasible	Courage	↕	200	Affirmation	Empowerment
Indifferent	Demanding	Pride	↓	175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓	150	Hate	Aggression
Denying	Disappointing	Desire	↓	125	Craving	Enslavement
Punitive	Frightening	Fear	↓	100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓	75	Regret	Despondency
Condemning	Hopeless	Apathy	↓	50	Despair	Abdication
Vindictive	Evil	Guilt	↓	30	Blame	Destruction
Despising	Miserable	Shame	↓	20	Humiliation	Elimination