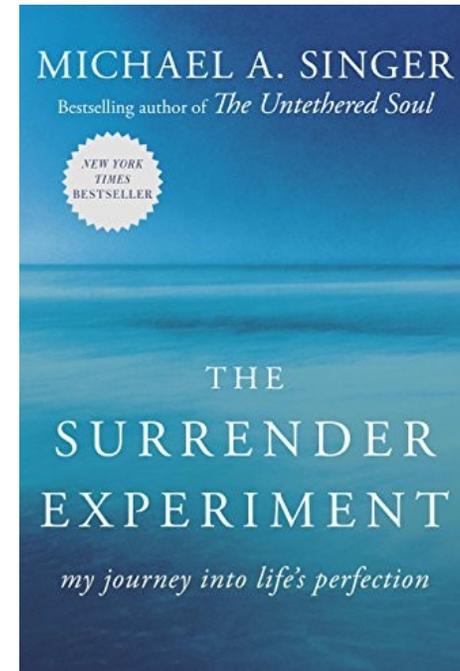


# FAITH IN ACTION 2019



Study Guide

## *The Surrender Experiment*

By  
Michael Singer



3053 E. Del Mar Blvd., Pasadena, CA 91107 626.577.4207 [www.unityofpasadena.org](http://www.unityofpasadena.org)  
Meditation Service Thursdays at 12:00pm, Sunday Celebration Service 10:30am





I want to personally welcome and commend your decision to take part in this group study process during our fall series of lessons, based upon the book, *The Surrender Experiment by Michael Singer*.

Our fall program, Faith in Action (FIA) is a time for each of us to rededicate ourselves to spiritual practices that form our foundation - spiritual study, meditation & prayer, devotion and worship. FIA is a time of commitment and renewal, a special time where we come together to share what it means to be in spiritual community.

I am excited to work with this material, which presents a compelling vision for humanity in today's world. I am also excited about the possibilities for new insights, personal growth and spiritual understanding that these lessons will spark.

Each week's outline contains key ideas from the text and quotes that reinforce the theme. There are Questions to ponder on your own and/or discuss in a group.

While it is human nature to have expectations before we begin any new experience, I encourage you to suspend preconceptions and approach this time with what Buddhist's call the "beginners mind." Allow yourself to be surprised.

Many people have found participating in Faith in Action to be a life-changing experience. My intention is that you will experience the power and depth of FIA and come to a new level of connection and spiritual growth.

With Love & Blessings,

Page 251 How could I consider this a bad experience when it created such beauty and freedom within me?

Page 252 It was not my responsibility to find out what was binding me; that was life's job. My responsibility was to willingly let go of whatever was brought up within me.

Page 252 Once you are ready to let go of yourself, life becomes your friend, your teacher, your secret lover. When life's way becomes your way, all the noise stops, and there is great peace.

## WEEK SEVEN

### Total Surrender

What if the worst thing you could ever think of were to happen? Take your worst fear and multiply it a hundredfold. What becomes of “you”? Can inner peace, the peace that passes all understanding, remain despite extreme turmoil? Even when the government raids your life? How do you deal with betrayal? How far are you willing to go for your complete freedom?

Page 220 [Upon hearing the news] I wanted to make sure I was present enough to fully take in this extraordinary experience. It’s not every day that the FBI shows up and raids your place for absolutely no apparent reason.

Page 222 I had spent all these years quieting down that mental voice, and I had learned that listening to it only fuels the fire. I knew how powerful it was to simply relax and release past that urge to defend oneself.

Page 225 [An executive of the company was involved in fraud and embezzlement. To defer blame, he fed lies to the government] If knowledge is power, then Bobby Davids had all the power.

Page 233 We were all facing conspiracy charges that could result in up to fifteen years in prison.

Page 237 This was the backdrop under which I wrote The Untethered Soul.

Page 241 [As the case against him proceeded] All I could do was keep letting go at the deepest possible level. My mantra was: This Is Reality – Deal with It.

### Class Dates with Week of and Color

October 6 Red	Week 1 Waking Up
October 13 Orange	Week 2 The Great Experiment Begins
October 20 Yellow	Week 3 From Solitude to Service
October 27 Green	Week 4 The Business of Surrender
November 3 Blue	Week 5 Something Priceless is Born & The Forces of Natural Growth
November 10 Indigo	Week 6 When Dark Clouds Become Rainbows & Embracing Explosive Expansion
November 17 Violet	Week 7 Total Surrender
November 24 White	Culmination of Faith in Action with Gratitude Sunday Potluck & Sacred Service Sunday

## **Suggested Prayers**

**to open and close your group experience.**

### **Opening Prayer**

Precious Spirit we open ourselves in this moment to what you have in store for us this evening. Taking a deep cleansing breath and releasing...reminds us that in every moment we can begin life again. We let go and relax, and become fully present in this moment, in this room with these people.

We thank you for an inspirational evening that draws us closer to You and closer to one another.

So it is. Amen

### **Closing Prayer**

We thank you precious Spirit for being in the midst of our time together tonight. We have sensed your presence in the circle, in the words, and in the silence. We bless each person for their courage, their vision, their vulnerability and willingness to step up to the higher mind and greater awareness. We take the insights of tonight and make them the new ways of tomorrow.

We savor the connections that have brought us closer to you and each other. Thank you for guiding and directing us as we go forward from this place, enfolded in your love.

So it is. Amen

Page 197 Meanwhile, I never worked so hard in my life. But it didn't burn me out. In fact, it had the opposite effect. The more I let go of "Mickey" and just committed myself to the task life had given me, the more the spiritual energy flow increased within me.

Page 199 I reflected back at how many times life had presented me with changes I was uncomfortable with.... There was nothing in my life I could point to that hadn't come from surrendering to life's flow.

Page 200 This surrendering to life was my path to self-realization, and there was no doubt that it was working.

Page 214 It seemed that the more challenges life put me through.

## WEEK SIX

### When Dark Clouds Become Rainbows & Embracing Explosive Expansion

What may appear as challenges can lead to outcomes that far exceed what we imagine: a setback opens a portal of creativity wherein people, places and situations conspire for good. Consider the story of how The Universal Temple and Personalized Programming grew because of barriers. Have you seen this in your life?

Page 168 These unexpected concurrences of events were like messages from life gently nudging me in the direction she was going. I listened to these subtle nudges instead of listening to the no-so-subtle mental and emotional reactions caused by my personal preferences. This is how I practiced surrender in everyday life, and the purpose of all these stories is to share with you the perfect of the journey that unfolded.

Page 170 No one planned it; it just unfolded that way. To say I was humbled by what life had done this time would be an understatement.

Page 172 I had already learned time and again that it didn't matter if I understood what was happening; it was sufficient to devote myself to the present moment and trust that the flow of life knew what it was doing.

Page 195 [As the businesses grew exponentially] I had surrendered, and this was the task life had given me. That made it part of my spiritual journey, and I was fully prepared to devote myself to it to the absolute best of my ability. the less my inner energy flow was affected by outer conditions.,,, As long as I made getting rid of myself my only goal, every situation was a fruitful experience.

## Group Guidelines

### **MUTUAL INFLUENCE:**

There is no clear separation between the environment, the Universe, and us. We hold the awareness that the dance of influence happening. We are open to influencing each other.

### **TRUST:**

Trust is the invisible foundation that allows us to relax, feel confident, resilient and act with power and effectiveness. We show up with the integrity so we can support trust.

### **STAYING ON THE INSIDE:**

Staying "inside" commitment: Being with each other and then dealing together with whatever comes up. This dedication to mutuality opens the world for a new form of Love to emerge. We share things as they came up rather internalize them or go outside of the relationship/group to process.

### **UNITY AND UNIQUENESS:**

Rather than a linear process of self-discovery, and then movement into relationship – we discover and deepen into both unity and our fierce particularity simultaneously. We make it safe for each other's essential uniqueness to be expressed. We also surrender to experiencing unity.

### **WHOLEHEARTED ENGAGEMENT:**

We allow ourselves to fully accept the invitation to show up, with unself-conscious abandon! We illuminate the power of unabashed willingness to create transformative openings, and activate the possibility of radical intimacy.

## Introduction to our 7 week Program

### FAITH IN ACTION

You are invited to participate during the next seven weeks as follows:

- ◆ Read the book, *The Surrender Experiment*. Specific reading suggestions are given in this guide for each week of the series.
- ◆ **Attend Sunday services** - If you have to miss, either get the CD or listen to the talk on our website.
- ◆ **Ponder on your own, or discuss with others, the Discussion Questions.** Contemplate/meditate on the questions to bring forth your deepest truth and insights.
- ◆ **Write in your personal journal** any thoughts and feelings that arise during the week as you work with these ideas.
- ◆ If you are in a group, **keep the agreement to be there every week**, participate fully and support others in their journey of spiritual growth.

Page 150 There was the logical thought-driven mind that links together with what we already know ...in order to come up with logical solutions. Then there was the intuitive, inspiration-driven mind that can look at a problem and instantly see a creative solution. As it turned out, the years of spiritual work I had done to quiet that voice inside my heard had opened the door for almost constant inspiration.

Page 159 As I look back now, I am so grateful that surrender had taught me to willingly participate in life's dance with a quiet mind and an open heart.

## WEEK FIVE

### **Something Priceless is Born & The Forces of Natural Growth**

When we are aligned with our purpose, creativity flows, the right people show up and the flow of Life becomes the only way to live. Consider the events described in these two sections; in what ways do you live your passion? How do you access your intuitive mind? Discuss how you experience the flow of co-creation.

Page 129 My experiment with surrender had taught me to always be present in the current moment and do my best to not allow my personal preferences to make decisions for me.

Page 133 ....Do what is put in front of you with all your heart and soul without regard for personal results. Do the work as though it were given to you by the universe itself – because it was.

Page 136 It was around that time when I noticed that my mental concepts separating worldly and spiritual had finally dissolved. Everything began to appear as the miraculous perfection of the flow of life.

Page 140 [Barbara] She showed up exactly when I needed her, at a time I was not even wise enough to know that I needed her. I never looked for her; she just appeared.

## Love Offering

~ We so often hear the term love offering, but do we really know what that means? Some people think love offering means “free” or “\$1 (one dollar)”, yet, Webster’s Dictionary defines love as “strong affection or liking for someone or something” and, offering as “presentation in worship.” So when we combine these two words into a spiritual concept we begin to understand the idea of love offering as an important spiritual practice.

~ Many events and experiences are on a love offering basis. Meals, classes, and celebrations are frequently made available to everyone who wants to take part, regardless of the level of individual financial participation. It is through this act of unconditional giving to our spiritual community that the Church demonstrates awareness of our abundant Universe. And, it is through the act of thoughtful giving from the grateful heart that our spiritual community supports the awesome unfolding plan of God. This is a clear expression of the spiritual practice of giving and receiving, both on the part of the Church and on the part of the spiritual community.

~ Love offering is not a token gift. Love offering is the flow of love and gratitude as a spiritual practice and spiritual principle.

## WEEK ONE

### Waking Up

In this Section Waking Up, Michael Singer describes the foundation of his practice and desire to see where life might lead. Consider the following statements and reflect on your own journey of awakening. What urged you to begin? Did you notice differences immediately or over time? When did you find your teacher and/or practices?

Page 6 My story of these forty years is simply the story of what happened with the assertion of will was guided by what life was doing instead of doing what I wanted it to be doing.

Page 15 I didn't have a group or a teacher. All I had was the book and a very sincere yearning to see if these practices would take me where I wanted to go.

Page 25 I was becoming more and more of a hermit. It was not so much that I was running away from something – I was running into myself.

Page 29 I had just followed the flow. I was beginning to see all these experiences as a gift from life.

Page 33 Was it possible that life had more to give us than we could ever take for ourselves?

Page 49-50 [Michael reads Autobiography of a Yogi] I had found my teacher. I wanted to realize the nature of the one who watches – my true, innermost self.

## WEEK FOUR

### The Business of Surrender

Life will present opportunities that may seem baffling or come through unique messengers. In this section Michael enters an unexpected line of business that turns out to be only one of many. Have you received "invitations" from Life that aligned with your destiny? Are you able to watch how your psyche is triggered?

Page 107 ...I was about to again be asked to do something that seemed askew from my chosen path but ended up perfectly aligned with my life's destiny.

Page 110 When something is meant to be, it's fascinating watching it unfold, one event after the other.

Page 115 By watching different parts of my psyche get stimulated, I could learn to let them go.

## WEEK THREE

### From Solitude to Service

A series of unpredictable events lead to meeting Baba Muktananda. Michael also met Amrit Desai and his wife Mataji. All had a profound affect on his life. Have you met people along the path that have changed you? In what ways do you see yourself in service to Life?

Page 89 It soon became time for the evening meditation session where Baba walked around tapping people. I found myself being pulled back into that very quiet place within my heart.

Page 94 Baba was like a wind that blew into town and permanently changed the direction of my life from one of solitude to one of service.

Page 95 [Mataji]...then said in a quiet voice, “Mickey, this is a very holy piece of land. Someday there will be a great temple here, and many people will come.” I clearly remember the voice in my head saying, Over my dead body! Yet within six months, a temple would be sitting in that exact spot in the woods.

## WEEK TWO

### The Great Experiment Begins

Michael makes a huge decision with a simple practice of acceptance. He shares his story of different situations, which came his direction and gave him the opportunity to test his decision. How often are you present to “what is” rather than “what we want it to be”?

Page 54 I would let go of my preference and let life be in charge...

Page 54 If my personal self complained, I would se each opportunity to simply let him go and surrender to what life was presenting me. This was the birth of what I came to call “the surrender experiment”

Page 61 I had proven that I was capable of deeply surrendering if life presented me with something I really did not want to do.

Page 61 In the name of transcending myself, I had surrendered and willingly faced my personal fears. Then at the last moment, instead of certain hell, I was lifted up to heaven.

Page 65 What would you be doing if you weren't being influenced by the reactions of like or dislike?

Continued on next page

## Notes

Page 74 If I had a choice between using the real-life situation to get my way or to free myself from being bound to my way, I would choose freedom every time. That was the essence of my experiment with life: it's down to a matter of preference – life wins.

Page 77 Little by little, the fabric of my life was composed of the results of my surrender. I was becoming surrounded by a life that had been built for me, not by me.