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# SURRENDER™ to Passion

Worried to Wonderful in 28 Days

Rev. Criss Ittermann

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**Rev. Criss Ittermann:**

## SURRENDER™ to Passion

Worried to Wonderful in 28 Days

Some proceeds from the purchase of this book go to agencies or non-profits that educate the public about child abuse, or help abused and neglected children. Please spread the word.



At this time there is no official acknowledgment of chronic distress or burnout as a syndrome or disorder. This book is the product of research into literature related to stress later transformed by inspiration and perspiration into this guide to handling chronic stress from a spiritual and holistic perspective. I am an Interfaith minister with a Doctor of Motivation and Doctor of Metaphysics, a shamanic practitioner, an energy healer, a long-time student of psychology, spirituality, and I also possess a wealth of knowledge through self-examination. This book and the exercises contained herein do not constitute medical advice. If you are depressed or suffering more than ordinary (dis)stress, you may need the help of a medical or psychiatric professional.

I designed the exercises in this book to be as accessible as possible to hopefully accommodate a wide range of people, and complementary to medical advice, however if you need help modifying exercises to fit your circumstances please contact me at <http://LiberatedLifeCoaching.com>. The information we discover together may help others as well.

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*The opposite of war isn't peace;  
it's creation!*

—“LA VIE BOHEME”, *Rent*

# INTRODUCTION

It's part of my personality: I need to know every detail, every scientific reason, every research article, every potential risk, for what I am about to do. This book is born of my humility. Not everyone is like me. I had started a much longer exhaustive work on this topic, then became humbled to realize that not everyone needs the level and layers of details that I do. I can discuss this material in many layers of depth, with a great deal of thought and a wealth of knowledge of anatomy, physiology, biology, metaphysics, spirituality, holistic healing, etc. But that's not what the world needs right now.

The humbling fact is that people need this information, granted by Source to me, far more quickly than I can do the level of research and documenting that I would prefer to do to satisfy myself. I've already spent months and months researching, documenting, and gathering back-up materials. In the meantime, the world is flailing in a mild state of panic. I have to set aside my own ego, my own needs, and get this book out in as simple and direct a manner as possible. I'm creating something useful and usable first. Then later, in my leisure while people are learning this method—then I can satisfy my inner scientist fully, refine the system even more, and make additions or corrections as desired.



You hold in your hands a sleek system for getting an energy make-over. The core of the system involves taking advantage of our natural brain chemistry and hormonal system and changing from our reliance and potential addiction to the chemicals of panic—the chemicals that control worry, concern, anxiety and fear—to our own natural chemicals of passion—the chemicals controlling our emotions of love, gratitude, spiritual connection, desire, fulfillment, and creativity.

The aphorism at the beginning of this chapter, the quote from *Rent*, points out a very very important basic truth about the differences between Panic, Peace and Passion. Panic is when we are at war—whether with only ourselves, or with others. We are ready to run and hide, or to be angry, bear arms, attack, defend. The emotions and chemicals back up our need for survival and self-defense. They are the emotions of keeping things out, of being reactionary, of walking-on-eggshells ready for attack. These feelings and chemicals are not conducive to cooperation, collaboration, creativity, communication, open-heartedness, relaxation, comfort, peace-of-mind.

The idea of Peace has been strongly influenced by the 1960's era concept of peace. Peace is about laying down arms. Peace is about dreaming but not really about doing. Peace is about being high as a kite and oblivious to actual reality. Peace on the yoga mat is about being in touch with your body in this moment, but for most it also involves rolling up the yoga mat and going right back to old habits and allowing the world to buffet you with its stressful storms. For countries, peace means being passive. For politics, peace means you don't fight for the things you think are right. Whether or not this concept of peace as passive is correct, it's pervasive in our culture. Peace in my program is a space between Panic and Passion and represents an interruption in the great panic machine of our culture. It's a necessary transition point, a point where you switch chemicals, mindset, focus, emotions and perspective. Becoming familiar with entering this state of Peace gives you a homing beacon to the doorway to Passion.

Passion, when cultivated with spiritual awareness, righteous action, gratitude and above all love, is the greatest force of motivation for mankind. I see passion as being a force that takes our future vision of the world as a better place and combines it with careful and creative action to bring that future into being. When we are passionate, we are inspired, we are at our most creative. When we are passionate we're not simply Okay with letting the world go on being the way it is, we have an idea of what is possible and are willing to expend our time and energy

to bring the world there. And our vision can be large or small, it's how important it is to ourselves to see it come into being that's important.

The SURRENDER™ system is all about changing perspective, to make the changes you want to make to change from a panic-driven personality to a passion-driven personality. A panic-driven personality is the personality of allowing yourself to be a victim. A passion-driven personality is the personality of taking back control of your life's direction. This is the key to what makes the greatest people known to humanity so great. It's not that they never felt fear. It's that they knew how to turn it over and reclaim their passion so they could make real decisions and have the energy to go on.

We all have our dark moments, our rock bottom, our Dark Night of the Soul (Harvey, 2009). It takes only a single moment of clarity, that moment I call "peace," to swing from one end of the spectrum to the other. When we connect with our passion, build it into a burning desire, it's like we are given wings and we could fly like the Phoenix into the heart of the sun. Together we will learn how to move from panic into peace and passion while building that burning desire so that we can fly with our heart on fire.

It is with great love that I have created this. Please use it wisely.

*We must not allow the clock and  
the calendar to blind us to the fact that  
each moment of life is  
a miracle and mystery.*

— H. G. WELLS

# 1 STOP

To “stop” is to interrupt. We’re looking to stop the panic, stop the cycle of addiction. So in order to get out of your own way, first you have to stop. Let’s try something new and different. It’s time to form some new habits.

Day 1 starts the whole system with an important breathing and grounding exercise that may be different from other grounding exercises, so pay close attention. Don’t underestimate how important breath is. Next we take a moment to relax in the peace following our breathing and grounding (Day 2). Then we learn how to better control our attention and our sense of time (Day 3) by getting strictly into the present.



## Day 1 - Breathing

*Mindfulness is the key that unlocks the door to finding peace. It will break the cycle of panic. Panic automatically either puts us into the future—into a world of “What ifs” or into a past of guilty and resentful “If onlys”. From there we can’t see into the far future of desirable outcomes, dreams, plans or wishes; we’re stuck in the fear of what undesirable things might happen at any moment.*



To unlock the doorway to peace, find your breath:



First pay attention to how you are breathing right now. Spend several minutes simply breathing and if your mind wanders, simply bring it back to your breathing and how it feels. How does it feel in your belly? How does it feel in your chest? How does it feel in your throat? How does it feel in your nose or mouth?

*MI:*  
*Cleansing*  
*and*  
*Grounding*  
*Breath*

Next take Cleansing and Grounding Breaths (below). These are much deeper breaths, using your whole diaphragm and chest. It opens your mind, your heart, and gives your cells more oxygen for energy. These breaths are slow, deliberate, and they switch your energy to one that is replenishing and rejuvenating. The imagery during the breaths helps you feel connected to your surroundings and releases undesirable thoughts and energy.

### Cleansing and Grounding Breaths

*(Available with the SURRENDER™ to Passion Guided Meditations.)*

1. Slowly breathe in using your belly, then your chest. Picture that tension and impurities in your body is being pushed out as the air fills you.
2. Slowly breathe out. Feel yourself sinking your roots down into the earth as you exhale.
3. Slowly breathe in, pulling energy up through the earth. It banishes tension and impurities from your thighs and your belly.
4. Breathe out, and release all impurities with your breath.
5. In the space between breaths, feel your connection to the earth getting deeper.
6. Breathe in energy from the earth and feel tension and impurities being pushed out of you.
7. As you exhale, sink your roots deeper into the earth.



Continue to breathe in and cleanse, exhale and grow roots deeper into the earth. Let the earth cradle you with love and natural healing energy.

**Keep it going** Whenever you feel tension, worry, concern, panic, anxiety, turn to your breath for a few moments. If you can, do 3 or more full Cleansing and Grounding Breaths.



## Day 2 - Relaxing

*Pick something relaxing to do after this exercise. For example, take a long bath or shower. Go to sleep. Listen to light classical music. Something pleasant, but not invigorating or exciting. Please try to avoid watching TV unless it is something simply informative such as an interesting historical documentary. Do not watch the news, an action-adventure film, or anything that gets your blood pumping. You get enough of that from sitting in traffic.*

*J1: Sitting  
by the  
Universal  
Source*



After you have unlocked the door to peace with your breathing, you open the door with relaxation.

First, sit comfortably and use the Cleansing & Grounding Breath for a full minute or two to make sure that the door is unlocked. Then continue to breathe and simply be. Keep minding your breath.

Allow thoughts to simply fade away. Slow them down. Slow your breathing. Sink into your chair. Feel your body let go of tension.

If you have a problem letting go of tension, focus your breathing on that area of your body. Breathe into it and push out any impurities. As you breathe out, feel its connection to the earth deepening.

Enjoy how feeling relaxed is. Notice what it feels like. Notice not your thoughts themselves but their mood, their speed, their flow. How is this state different from your daily frame of mind?

You may journal or talk into an audio recorder about your experience.

**Keep it going** When you feel tension, anxiety or worry, add relaxing to your mindful breathing. Practice relaxing on purpose.

## Day 3 - Noticing

*Today we step fully over the threshold of the space between panic and passion. We use breathing to unlock the door, relaxing to open it, and noticing to step into mindfulness. By simply being present, not passing judgement, we leverage awareness in the moment to expand our sense of time and well-being.*



Start by breathing and relaxing. Breathing and relaxing as outlined in Day 1 and 2 are very inward-focused. Today we will achieve that bodily awareness then turn the mind to our surroundings.

*VI:* *Noticing* Once you are fully in the present moment and relaxed, start with what I call “wiggling your toes”. Feel your feet. If you are sitting, feel your tailbone. You want to feel your connection to the ground, whether you’re sitting on the floor or in a chair. You are connected somehow to the ground through gravity.

Feel your clothes, the air around you. Look at objects and furniture nearby. Really look at them. Notice details you have never noticed before. If there are people or animals in the vicinity watch them for a moment. If you have a window, watch nature just outside. Be very present in the moment and with your environment. Touch things to feel their texture, touch your own hands or face to feel them. How does your face feel to your hands? How do your hands feel to your face?

You can also look carefully at the picture at the end of this chapter and notice how detailed it is. If you have artwork or a sculpture near you, you can notice detail, shape, color, and shadows contrasting with highlights. You can also touch it and pay attention to how rough or smooth it is.

You can do this exercise while eating, and you should. Notice every nuance of the eating experience. This is how we can have the healthiest eating experience: first “eat with your eyes” enjoying the appearance, color, texture, combinations of color, the way that each item sits in relation to the other items on the plate or the table. In some restaurants a platter is brought while it is still sizzling and you can even enjoy how the food sounds. When you take a bite, you can smell it before it enters your mouth. You can feel the food’s consistency, crunchiness, resistance, to your teeth. In your mouth, you can enjoy the food’s texture, flavor, temperature, resistance to chewing. You can listen to the crunching and enjoy the sensation of sipping and swallowing. You can make eating a mindfulness exercise every day.

**Keep it going** When you feel tension or anything on the panic scale setting in, take a couple deep breaths, allow yourself to relax, and really look at your surroundings. Pay attention to your body, where you are holding tension, and let it go.

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