



# AWAKENING COLLECTIVE

**WORKBOOK**

AUGUST 2021

**TRANSFORMATIONAL  
SURRENDER**



## Getting Started

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Let's start at the beginning. Get your journal out and write as much as you need around the following questions:

1

Why are you here? Why did you join the Awakening Collective? If you were to get super-honest with yourself, what is beginning to break down in your life? What is no longer working for you? What are the details? How does it feel? How have you been trying to avoid it, stop it, resist it? How has that affected you? Get your heart out on the page as you begin with where you are right now.

2

Are you willing to admit now that running from it and resisting it has not been working for you?

3

Are you ready to now face it, to look into it rather turning away, and to be open to the possibility that your breakthrough is on the other side of the breakdown?

4

What insights, 'aha!' moments or sprinkles of possibility come to you from the masterclass? Write these down as your points of light.

## ‘PRESENCE AND FELT-SENSE’ MEDITATION

Please practise the ‘Presence and Felt-Sense’ Meditation at least once a week from my book *Surrender* (You can purchase it as an audiobook for a full guided meditation [here](#))

Sit comfortably and close your eyes. Take a deep, slow, conscious breath in, allowing it to enter your body at a soft, tender pace, creating a spaciousness within you, slowing you right down.

As you exhale, simply let the breath release and then repeat that slow inhalation, creating more space, slowing you down to meet yourself here in the present.

Continue to breathe in this way but do not push; do not try too hard. Simply let your body breathe itself, as you bring your awareness inwards to meet yourself.

Notice what is present: any emotions, any tension, anything – sadness, anger, self-consciousness, fear, doubt, irritation.... Whatever it is, simply notice it without judgement; without trying to change it or fix it. Just observe and then acknowledge it, with your mind’s eye describing what you see.

Observe any feelings moving through you, simply observing and being with them, as you return to meeting yourself and all the life that moves through you, in the present.

When you have finished, simply allow your breathing to regulate into a normal rhythm and slowly open your eyes.

Write in your journal anything you saw, noticed or learned.

Continue sitting and breathing and meeting yourself in this way for 10 minutes each day.

*Share all your seeings and insights in the Facebook group with your collective sisters.*