

LIVING IN HARMONY WITH WHO YOU ARE



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Foreword

When do you need to say that you have to let go and surrender? It is true that human's life is unpredictable. No one knows what will happen in the near future. As a director of your own life, you have to know when to give up and when to fight. But, it is easier said than done. Like others, it is hard for you to face the reality. Get all the info you need here.

Living In Harmony With Who You Are

Chapter 1:

Why Do We Need To Improve

Synopsis

Sometimes, life is out of control. During these unwanted situations, you have no choice but to surrender. Without any question, you will just accept the fact that you lose.

However, surrendering is not about giving up. It is an art of allowing other beautiful things to come within. Believe it or not, surrendering is a not a sign of weakness, but rather a strength.

The Basics

However, it doesn't mean that when you have problems in life, you will easily give up. As long as you can and you are on a right side, you have to fight for whatever situation.

You only need to give up if you think that there is no other means but to surrender. But, before you surrender, you have to ask yourself. What do you want to give up? Is it your career, relationship or what? Are you ready to face its consequences?

If you want to know the real meaning of allowing and surrendering, this book serves as your guide. From its basic principles to its underlying secrets, all of them can be fully identified. All you have to do is to sit back and learn how this art of allowing and surrendering affects your life!

Chapter 2:

Figuring Out What You Truly Value

Synopsis

Like other people, you are also confused on what to do with your life. Before making any action, you always weigh several things. One of the hardest decisions you can make is to surrender.

To surrender is to give up control or power of something to someone else. It means that you agreed to stop fighting, resisting and hiding because you already knew that you will not succeed or win. But, before surrendering, you need to know what will be the results of your actions. You also need to know what you really value before giving up.

Knowing what you really value isn't an easy task. Before you figure it out, you have to consider various things. If you are not sure what you want, you need a perfect guide. For your reference, here are the things you need to consider:

What Do You Value

Know What You Love to Do

Surrendering is not just about giving up your career or love issues. It is all about any situation in your life. Say for instance, if you are a high school graduate student and your parents are forcing you to study abroad, you have to give up insisting to stay. You need to give up, especially when your parents are planning to migrate. If you love designing, you can also take courses related to field. Then, since you need to pick only one course, you need to know which course fits for your preferences and qualifications.

Watch People Around You

Through watching people around you, you can easily figure out what makes you happy. Depending on your choice, you can start mingling with your friends or other relatives. Then, you have to ask them what makes them happy.

Life is too simple to handle. It is just a matter on how you manage it. If you treasure one thing, make sure that you show that you really value it. Don't easily give up, instead fight for it. Once you value one thing or anything, expect that you can easily decide whether you have to allow or surrender it.

Follow Your Guts

Ask yourself, what makes you happy and what objects or activities are you attracted to? If you know the answer to these questions, you can easily determine whether you are making a right decision or not. Just make sure that don't try to force your interest. Do the things you love to enjoy your life.

Try Everything

If you can't figure out what you really want, you have to try everything. You can try different activities like sports. You can try both activities you like and you don't like. While doing these things, you have a chance to discover new activities. This scheme will help you in deciding what you really want and love to do.

Analyze Yourself

To know what you really want, you have to analyze yourself. For the best guide, you can get a pencil and paper and jot down notes. If you love various things, you need to weigh which of them is the best. In life, you don't need to get them all. You have to know when to allow or give up something.

After knowing what you truly value, your next move is to start deciding the things you want to give up. Since you hold on the things you love, expect that you are making a right choice. Like others, you will enjoy your life and you will always be happy.

Chapter 3:

Figuring Out What You Need To Surrender To

Synopsis

Most people fail to allow and surrender to several circumstances in life. If you are one of them, you are probably confused on the concepts of giving up or surrendering to something. Surrendering is to yield a strong emotion, temptation or influence to some outer or interior condition while giving up is to abandon a quest, desired goal or dream that you have devoted energy, resources or time to.

Your Goals

Surrendering is a positive act that when embraced will allow you to leave the past, with all its sense of accomplishment, frustrations, memories behind. The main question is, how can you figure out that you need to surrender to? Here are the things you need to do:

- **Listen To Yourself** - The best way to know if you need to surrender something is to be conscious of what you feel. If you think that you are on a wrong path, you have to give up and try to accept the reality.
- **Get Outside Evaluation** - If you are concentrating hard on startup, project, idea or anything, you need to get into the subway vision mode. Simply consider your past activities and know what you have learned from it. You also need to analyze what you will be in the future if you are still fighting for a certain thing or not.
- **Fight Atychiphobia** – It is also called as fear of failure. Most people are experiencing this type of phobia. Before you allow or surrender anything, you need to weigh what will be its consequences. Then, whether you accept it or not, you have to face it. If you are afraid of losing something you value, it is hard for you to surrender it.

With your ideas on how to evaluate when you need to allow and surrender, you don't need to think over and over again. You can easily recognize what you really want and what you need to fight for.

However, like other people, you are also afraid on the consequences of giving up and surrendering. Before surrendering, here are the things you need to keep in mind:

- You Already Learned What is Important – Life never fails to provide you a second chance. Every morning, you have a chance to change your life. You can use this second chance as your motivation. Though you have failed in the past, your experiences are the best key for better life. This second chance is your way to learn and adjust your attitudes toward future promises.
- Problems are Natural for All - Everyone has their own problems. Sometimes, you will enjoy your life, but other times may not. Even if you have various problems in life, you can handle it. You just need to be strong and fight for the things you believe that it is meant for you.

- Pain Makes You Strong and Mature – If you commit mistakes, don't use these errors as your weaknesses. Instead, use them to become more mature and stronger. With your mistakes, you can grow and overcome your failure. Before surrendering or giving up something, always follow what your heart says.
- Life is Too Simple – If you think that you can't handle something, then, this is the chance to give up or surrender. You don't need to make your life even more complicated. Just go on with the flow and learn from your experiences.

Surrendering is the best way option if you think that everything is falling apart. Though you want to surrender, it doesn't depict that you are weak. It means that you are brave enough to accept that you can't do it and prefer to move on with your life.

Chapter 4:

How Allowing and Surrender Works

Synopsis

In life, there are various decisions you have to make. Sometimes, you failed to get what you really want because of various circumstances. Say for instance, if your love ones passed away, you have to allow it to happen because it's God's choice. Whether you like it or not, you can't do anything to bring them back. So, what you need to do is to accept the reality and move on with your life.

How Does It Work

Allowing life to happen and accepting the destiny of things are quite too hard to do. To allow things in life, you have to set goals. These goals can change you. Depending on your goals, you can accomplish projects, find yourself, get what you need and want and a lot more. It is true that goals give purposes and directions in life.

If things don't go as you have planned, you need to accept it and continue what you are doing. In setting goals, you always need to be patient and trust in God's timing. There are some goals that take a few years before you achieve it. Whether you let go, surrender or give up, make sure that you keep the objective on your lists.

What will happen if you surrender? If you give up or surrender, you will learn various things. Life will never be the end of the world if you decided to surrender. Once you surrender, you have a chance to do things that are perfect for you. You can also get out from a miserable life you are experiencing right now.

Say for instance, if you surrender chasing your ideal man, you have a chance to meet and entertain other people. Instead of loving someone who loves another, try to find someone who can love you in return. With your experiences, you will truly value your relationship and learn how to handle your future partner.

Surrendering works when people are tired of their routine. If you are experiencing the same way, you have to change and adjust your daily

activity and preference. If you are not happy with your life, you have to give up something to make things as perfect as you want.

Signs that You Need to Surrender

Like other people, you also wanted to know when to allow and surrender. If you are confused on when to surrender, here are the different signs you shouldn't miss to forget:

- Always Stress - If you are always stressed, that is an indicator that you have to give up. Whether you are young or old, you should always find enough time to enjoy and not to worry on various things.
- Various People are Affected – There is nothing wrong to surrender, especially when you see that there are various people who are affected with the situation. If you want peaceful life, learn how to sacrifice and choose the best that you really want.
- Time Isn't On Your Side – If the time has become unmanageable, you have to surrender. If you did, you have a chance to restructure and reorganize your life.

Other signs that you need to surrender if you feel that everything is falling apart and you can't do anything, but to accept it. You also need to give up most of your loved ones and trusted friends push you to stop.

Chapter 5:

Getting in the Right Mindset

Synopsis

If you want to get what you really want, your first move is to have a right mindset. However, not all people are aware on how to do it. If you are one of them, this is your chance to expand your ideas. For your guide, here are the best things you can do:

Getting Your Mind Set

Knowing Yourself

Understanding yourself can be the toughest things of all. Like others, it is easy for you to criticize your friends and other people around you. It means that you can easily say who they are, what they are and what are the worst things about them. Believe it or not, you can also know the real you. What you need to do is to start jotting things you wish to do. You can also ask your friends about their perceptions towards your attitude.

Start Setting Your Goals

Some people say that setting goals is too fast and easy. However, not all of them are aware with its exact steps and strategies. If you find it hard what you really want, just evaluate yourself. Simply ask yourself, what you really want to do with your life. DO you want to be a doctor, model or what? Are you willing to finish an engineering course or any related courses? You have to ensure that your answers are all precise. To ensure that you will get what you really want, you need to set goals that are easy to achieve. Then, you can set another priority once you achieved your previous goals.

Knowing Your Attitude

Like other people, you have feelings and distinct attitudes. To guarantee that you have a successful mindset, you need to check your attitude. If you really want to get what you really want, you have to

improve your self-discipline. You also need to avoid complaining about things or make excuses for what you do and don't do.

For a better mindset, make sure that you decide what type of attitude you are going to have. To do this, you need to jot down your decision, especially when your feelings and attitude are changing. You also need to enumerate several actions to remind you about your goals.

Don't Think or Assume Too Much and Take Actions

Too much assumption may lead to failure. Instead of thinking over and over again, you have to focus on your goals. Ignore all the negative things that come within your mind. If you really want to make things as you have planned, overcome every challenge and be rigid with your decisions.

Whatever goals you have, you have to make actions to make your dreams into reality. It means that don't just keep on planning. Start making a right action and always move forward. Once you successfully get the right mindset, you have a chance that you can get what you really want. You also don't need to worry about your current situation.

Getting in the right mindset is not a complicated task. Just focus on your goals and you are always motivated to do things right. You can also easily control your emotions, actions and attitudes. With this, it is expected that you will its outcome.

Chapter 6:

The Difference between Positive and Negative Mindset in Surrendering

Synopsis

When you hear someone saying “I Give Up” or “I surrender”, what comes into your mind? Maybe you will say that this person is too weak. They are too weak because they easily give up with their own situation or problem. But, this perception is not always right.

Depending on the person, they surrender because they can either have a positive or negative mindset in surrendering. In a positive way, they surrender one thing because they want something new or they don't want to hold on with the things they don't deserve to have.

If you are surrendering because you think that you are doing a right thing, then you have a positive mindset in surrendering. It means that you are very strong to accept the reality.

The Difference

For people who keep on thinking that surrendering is an act of failure, you are extremely wrong. This negative mindset in surrendering will never help you to boost your personality. It also affects your daily actions and decision making.

Instead of thinking negative mindset in surrendering, you have to change it into a positive one. How can you do this? Here are some tips you can try:

- **Take Control of Your Brain** – Everything in life can be understood. Say for instance, if someone scolded you at work, it can be because they want you to learn or annoyed with your ignorance. To avoid negative thoughts, just pick the positive reasons. Instead of giving up your work, you have to challenge yourself and identify if it is worthy to fight for or not.
- **Write Everything in Your List** – Whether you want to achieve a small or big dream, you need to jot it down. This can help you in making things organized. With your positive thoughts, expect that you will get what you really want. Even if you decide to surrender, your mind is at ease and you know that you did a right thing.
- **Live in the Present** – People who don't live in the present will never be happy. Say for instance, if you experienced worst situation in the past, you don't have to recall it from time to

time. Just use it as your motivation to become stronger. You also don't to accept your mistakes to have a better life.

- Accept Changes - Since everything is not permanent, you have to accept the possible changes that may happen. It means that you have to embrace the concept that change is always there. In you can't accept it, then, you can give up or surrender. But, make sure that you are doing a right move before deciding.

With your knowledge about positive and negative mindset in surrendering, you are guided on what to do. You can also figure out what makes your life and contented. Just don't forget that surrendering doesn't show your weak points. But, make sure that you have a good reason why you want to give up.

Chapter 7:

How Important Is It to Live in the Here and Now

Synopsis

What do you mean by living in the here and now? It means that you are not thinking about your past and not worrying about the future. If you are living in the present, you are living in the life of reality. Your past and future are only illusions.

To live in the present means that you are ready to face the world. Since you are not depending on your past, you will always be contented with your present life. If you are still sealed with your past, here are the best things you can do to live in the present:

Being Present

- **Be Conscious to Your Surroundings and Stop Beating Yourself Up-** If you are aware of your surroundings, you don't have to think for your past life. It means that your attention will be in your present situation. You also need to smile and congratulate yourself for everything you have done.
- **Remove Unwanted Possessions –** If you don't want to live in the past, you have to remove all the things to forget them. Then, start living in the present through focusing on the things you need to do.
- **Forgive Past Hurts –** If you are still attached with your past situations, it is hard for you to face the reality and your present situation. So, make sure that you choose to forgive and move on. Though the harm is there, you have to make actions to ensure that it will never affect your present moods and activities.
- **Dream for Your Future while Working Hard Today -** There is nothing wrong if you are dream big. What matters most is what you are doing at present to fulfill your dreams. So, start setting goals and plan for your future.
- **Stop Worrying –** Unlike others, you will never appreciate the beauty of life if you keep on worrying too much. Take note that tomorrow is another day. Whether you worry about it or not, things will happen.

Living in the present is not as easy as you think. This is often observed if cannot easily forget the things that happened in the past. The past teaches everything you need to know. With your past, you learned from your mistakes and make your life even more effective than before. Your future, on the other hand, is the result of your present actions. Planning for the future means taking on board the things that you want to happen.

Why do you need to live in the present? Living in the present means that you are aware of your present situation, but with commitment to the future and an appreciation of your past.

Through this, it is easy for you to manage your life. You can plan a strategy to create a positive way to get what you really want. If you are facing a hardship in life, it is easy for you to solve it. In case you have a huge company, you can also decide which skills need to be implemented and how to handle your business.

Living in the present also allows you to appreciate the things and people around you. If you are focusing on your past or future alone, expect that you will never enjoy your life. You will also neglect the things that you need to do.

Chapter 8:

How to Use Patience

Synopsis

Deciding whether you will pursue or surrender depends on your beliefs and attitudes. Among the different aspects, patience plays a vital role. With the levels of your patience, you can easily if you need to give up or not.

Being Patient

Patience is a great virtue that everybody should possess. From the word itself, it means more essence when it comes to the perfect moment and opportunity. In general sense, patience is a term used when you are biding your precious time and waiting for an ideal opportunity to come over on your ways. It is a great armor when someone is losing their hopes in some hard situations. No one can rebuff the reality that there are some people who are losing their hopes when they are facing a lot of challenges and difficulties. And this instance can measure their patience on how long they can hold on to the trials of life.

Though you are facing the most difficult undertakings in life, it is very essential to exert your effort and showcase your long patience. This can give you more endurance in waiting for the perfect time. You can use your long patience in so many ways. Try to take the three basic factors to check your temperance and be able to use your patience in a perfect manner:

- At first, you need to know how you can cope with your negative emotions or feelings. These negative vibes can give you a wrong impression to the actual situation that you are facing. When you already know how to settle your negatives, then you can start facing the problem or the situation with a positive view. It is good to be optimistic at all times for it will provide you the best end-results.
- Then, you have to develop your discipline strategy. It must be in the sense that you have the procedures on how you can prolong

your self-control in achieving your goals. Never quit or lose your hope in aiming for high goals. Just always remember that when you try to be patient at all times, you will reach the pinnacle of success.

- Lastly, expect that you can have what you want for tomorrow and quit thinking for the negative result. Being pessimistic will never help you to enrich your eagerness and perseverance to directly go towards your purpose. Always think for the better things and look for the positive ways on how your patience will be prolonged for the best consequences.

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Patience has always the best fruit afterwards. It will never give you the negative effects after doing the right decision. Though sometimes, you have been suffered a lot of hardships in terms of waiting for the possible means. However, it will always give you the entity of success.

Extreme trials with a long patience as a weapon will give you the privilege to have the victory in life. So, as an individual who are always having dilemmas in this world, it is a good quality that you have a long patience and set aside the word “surrender” in your vocabulary. Instead of surrendering, it will be nice for you if you will try to instill the word “patience” in your mind.

Prolonging your patience can help in achieving what you really want. But, it doesn't mean that you will always prolong your patience. You should always need to know when your limit is. If not, you will suffer from its consequences.

Chapter 9:

Advantages and Disadvantages

Synopsis

Have you surrendered something to get what you really want? Whether you want to give up your career or love life for another essential thing, it doesn't mean that you are too weak to handle the situation. Surrendering is an act that leads to both positive and negative results.

Before planning to surrender, you have to weigh first its pros and cons. Most of your decisions affect your daily life. So, make sure that you are aware of your current situations.

Good And Bad

Advantages of Surrendering

Surrendering may also bring various positive results. If you surrendered because you think it is a right decision, here are the benefits you can get:

- Don't need to think over and over again
- End up your confusion and start a new life
- Forget your past life and focus on your present situation
- Knows that you are strong enough to face the reality

Depending on your situation, surrendering can be an act of courageous. Say for instance, if you are in love with your friend and your friend doesn't love you, what will you do?

Though you fight for your feelings and the situation is still the same, you have to stop dreaming. You need to face the reality that you and your friend are not meant for each other.

Instead of chasing him, give up and move on in your life. Through this, you have a chance to meet another guy who will love you the way you love him.

Disadvantages of Surrendering

Sometimes, people don't have the power to face their fears. Instead of facing their problems, they prefer to give up and surrender. There are some instances that your situations are worthy to fight for while others are not. If you always give up without giving a good fight, here are some of its disadvantages you may encounter:

- Can't prove that you are worthy for that thing
- Think various possibilities in case you fight for it
- Able to get what you want and love to do
- Disappoint other members of the family and friends
- Reduce your self-confidence

The advantages and disadvantages of surrendering can be weighed depending on your situations. If you want to get what you really want, make sure that you decide whether you will continue or surrender the things and persons you love.

Chapter 10:

Conclusion

To live in harmonious way, you have to know when to fight and when to surrender. Unlike others, you don't need to hide yourself and attached with your past life. You have to be strong and make the best move to ensure that your life will turn out great.

Whether you want to allow or surrender in life, you have to bear in mind that there are several people around you. Your friends and families are always there to support you. If you can't decide alone, you are free to ask their help. You can also seek some pieces of advice from them.

Living in a harmonious way can be done if you value your present life. However, it doesn't mean that you will ignore your past experiences. Your past serves as your motivation to become more responsible, prosperous and clever.

Even if you are focusing on your present life, you can use your past as your inspirations. Based from your experiences, you will never commit the same mistakes again.

You can also make your life even brighter and effective. While busy focusing on your present life, you are also guided with your goals you want to achieve. These goals play a great significance to ensure that you will get what you really want.

Whatever situations you have, you need to learn how to fight to achieve your goals. If you have spotted that you will never win in the game, that's the time that you end up the battle. Life is very complicated and whether you accept it or not, you have to deal with it.

If you can't decide whether you will allow or surrender, just don't forget to analyze yourself. Try to figure out what you really want and what are the things that you are willing to give up. With these ideas in mind, you can easily decide on what you need to do.

The power of allowing and surrendering plays a great impact into your life. Therefore, make sure that you are always aware with your actions. Before making any move, don't hesitate to identify your real situation. Then, analyze if you will accept the consequences of your actions. If you are afraid with any possible consequences, you need to practice to be strong. Or else, it is hard for you to handle your own life!