



STEP TWO

SURRENDER AND RELEASE

***Rejoice in the Lord always. I will say it again: Rejoice!
Let your gentleness be evident to all. The Lord is near.***

Goals for this stage of processing:

Setting a sense of Sanctuary and inviting the Holy Spirit into the process.

Noticing **Gentleness** as releasing the need for self-protection in this moment.

Noticing where God is right now and what is he doing in His nearness?

Some Ideas for Sanctuary through Spiritual Direction:

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Hold your entire scene together with all the sensations, emotions, urges, and beliefs

Begin using Bilateral Stimulation (BLS) in 20-30 second sets...take a deep breath...let it all go.

It can be helpful to quickly write down what you noticed (use the back) and then return to BLS.

Take your time with all of this and be sure to notice each aspect at least once to get more info.

This process slows your thinking to encourage you to focus on issues you may want to avoid.

Keep coming back to your original target to be sure you explore any ideas you may discover.

Check in on your Emotions. Are they less intense? Focus on them with sets of BLS to see if they can be less intense. When they go lower after a few steps, it's time to release.

...present your requests to God.

RELEASING IT ALL TO GOD!

Using BLS, allow yourself to review everything that has surfaced during this time. Don't pay much attention to the details unless you notice any new info that brings up more distress.

As things surface during this time, imagine yourself placing each issue into a box and then placing each box on a pile (or any type of imagery that leads to a sense of releasing it ALL to God).

Once you have allowed everything to surface, notice your pile. Let yourself release this pile to God. You can get creative here! Not uncommon to blow the pile up, set it on fire, or have the ground swallow it up (the second two ideas are somewhat Biblical). Whatever works for you!!

As you do this, it's important that you see yourself walking away and leaving this pile behind!!!

AS YOU LEAVE YOUR PILE BEHIND, BEGIN TO NOTICE WALKING TOWARDS WHAT YOU WANT AND DESIRE IN THIS SITUATION. IN THE NEXT STEP, WE WILL TURN TOWARDS LOOKING AT HOW WE FOCUS ON HEADING TO WHATEVER LAND.