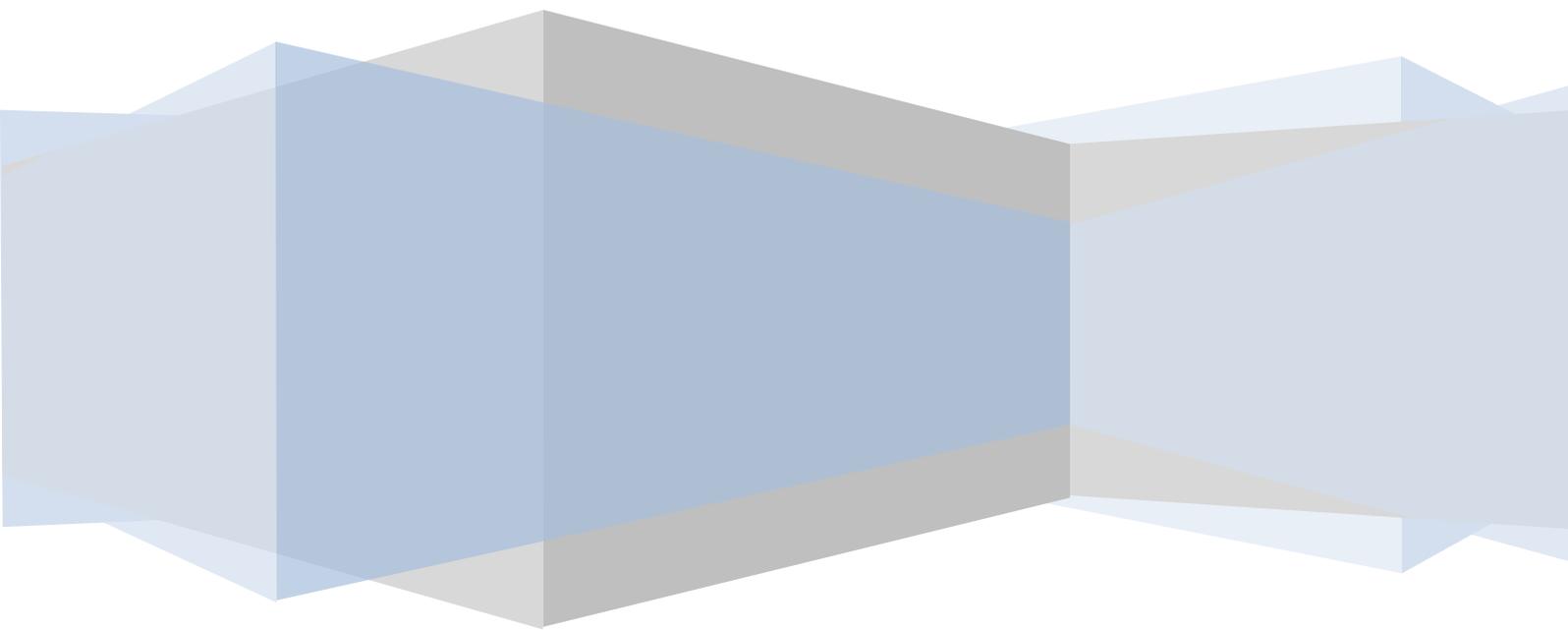


The Inner Coach

# Five Sur-Prizes



Keith Collins

To Survive is a Surprise when I Surmise to Surrender & to Surcome to the destiny of my Life Path.

**Survive** means over or above – life.

When I see life as a problem, I will have to survive the chaos & disaster of having too many things to tolerate & endure.

When I see life as a challenge, I will have to meet the challenge to survive what is testing me.

When I see life as an opportunity, I survive life.

Taking my opportunities allows me to experience life beyond the expectations of others.

Most people in life are trying to survive the problems of living their life.

I survive problems by not having them.

I survive challenges by having enough emotional energy to overcome them.

I am only ever challenged by a lack of emotional energy.

I survive my lessons by learning the lessons that confront me in life.

I do not need to survive an opportunity, I just flow with it.

My Soul will always survive my Self.

As it will always surprise its Self.

**Surprise** is to give & receive the unexpected.

It is a feeling of amazement & wonder.

It is a prize from above.

I am continually surprised and in awe of my Soul's gifts for my Self.

A surprise is like a miracle, when they happen as a matter of course I am no longer surprised by the miracle of life.

Surprises are caused by the expectation of something more usual occurring.

Surprise means to take on.

When I take on the path of my destiny, life becomes one surprise after another.

I surprise my Soul and my Soul surprises my Self.

I am never surprised by my fate because I expect it.

When I move out of expectation there is no disappointment and I allow surprises to flow freely into my life.

Planning my expectations disallows surprises.

Without surprises there is no amazement or wonder.

I wonder what will amaze & surprise me next on my journey through life.

To **Surmise** is to choose to place above.

I choose to place my intuitive knowing above my rational knowledge.

The place above is the realm of my super-conscious intuitive Self.

I always surmise correctly.

When I am wrong, it is because I have made an irrational guess based on a lack of rational knowledge.

My Intuitive Sense is never wrong.

When I know it logically & feel it emotionally, I see it clearly and I surmise it correctly.

A surmise is an inspired revelation.

It is a message of direction from my higher guidance system.

My Soul places my path above everything else.

When I surmise what my path is with vision, my destiny flows effortlessly to me.

I just have to surrender and allow it to arrive.

When I **Surrender** to my problems, I tolerate being beaten.

I surrender to the false beliefs & the fears that are causing my problems & my tolerations.

I surrender to the malignant authority of my sub-conscious negative programming.

When I surrender to my challenges, they defeat me.

I am defeated by my insufficient emotional power to meet my challenge.

When I surrender to a challenge, I see a problem.

When I surrender to my opportunities, I allow them to flow to me.

Everything that flows to me, I approve of and gratefully accept as an opportunity for my expansive growth.

I surrender to the flow of life that brings my providence, my allowance and my opportunity for new experiences.

Opportunity is 'sur-rendered', it is rendered over or unto me.

I am never beaten by an opportunity, I either accede to my success or I concede my ability to accept it and take it.

Life can only be effortless when I overcome my problems and I surrender to the flow of life that delivers my challenges & opportunities.

To **Surcome** is to overcome.

I overcome the drama of a duality.

To overcome is to meet the challenge.

When I overcome a challenge, I learn a life lesson and I see an opportunity for growth.

I overcome the trials of physical existence by seeing a third way.

I see the triality of life, not the duality of existence.

I become the cause of my own destiny.

To **Succumb** is to surrender to my fate.

It is being overcome by the duality of life by being at the effect of life.

It is being lost & overwhelmed with confusion & frustration.

I succumb to an apparent problem that has no solution.

I surcome to a challenge and accept my opportunity.

I succumb to an overpowering external force.

I surcome with the power of my inspired intuitive inner guidance.

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