

SPIRITUAL RELIEF COURSE

# The beauty of Surrender

RED EAGLE



7-Day Workshop: Surrendering to Magic and Transformation

CHANNELED BY RIZ MIRZA

COSMIC AWAKENING INSTITUTE

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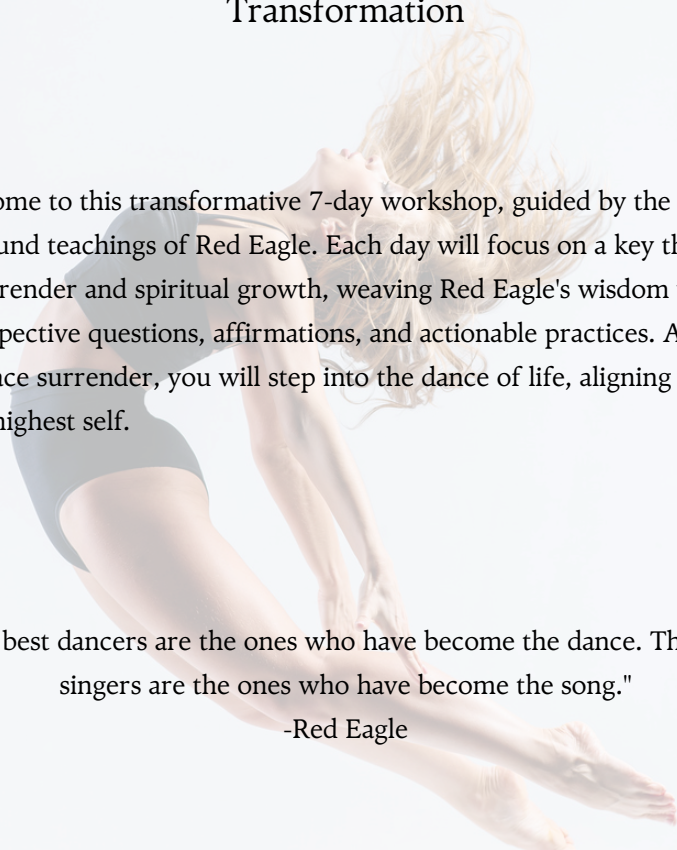


# THE BEAUTY OF SURRENDER

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7-Day Workshop:  
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## 7-Day Workshop: Surrendering to Magic and Transformation



Welcome to this transformative 7-day workshop, guided by the profound teachings of Red Eagle. Each day will focus on a key theme of surrender and spiritual growth, weaving Red Eagle's wisdom with introspective questions, affirmations, and actionable practices. As you embrace surrender, you will step into the dance of life, aligning with your highest self.

"The best dancers are the ones who have become the dance. The best singers are the ones who have become the song."

-Red Eagle

In this talk by Red Eagle, channeled by Riz Mirza during an opening session for Riz and Oriah's channeling circle called the 'Circle of Light,' there is a profound exploration of the nature of belief, practice, and the journey of personal growth. Red Eagle begins by discussing the concept of affirmations, suggesting that while many people practice them mechanically, true understanding comes from deeper engagement and experience, much like learning to dance not just by steps but by feeling the rhythm and flow.

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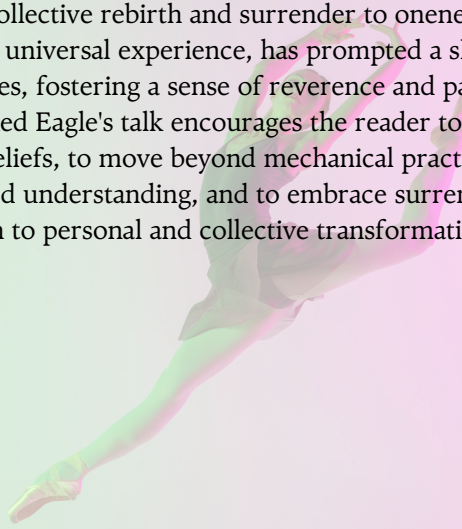




The underlying message is about moving beyond rote memorization and superficial practice to a deeper integration of knowledge and experience. Red Eagle critiques the education system for focusing on memorization rather than true learning and understanding, which involves absorbing, digesting, and integrating information. A significant part of the talk focuses on the concept of "God" or what one truly believes in. Red Eagle challenges listeners to identify their core beliefs or recurring emotions, as these guide their actions and reactions in life. The talk suggests that many people worry or fear their "God" without realizing it and emphasizes the importance of surrendering to a more positive guiding principle, such as love, trust, or flow.

Red Eagle also touches on the idea that belief systems, whether religious or atheistic, serve as frameworks through which people interpret the world. This is tied to the notion that one's internal vibration or frequency attracts corresponding experiences and people. The talk encourages listeners to embrace surrender—not in the sense of giving up, but as a means of opening oneself to the flow of life, to magic, and to the potential for transformation. This surrender is compared to the process of truly embodying a dance, song, or any skill, where one becomes indistinguishable from the activity itself.

Finally, Red Eagle reflects on the global experience of the pandemic as a catalyst for collective rebirth and surrender to oneness. The pandemic, as a universal experience, has prompted a shift in priorities and perspectives, fostering a sense of reverence and pause. In summary, Red Eagle's talk encourages the reader to reflect on their true guiding beliefs, to move beyond mechanical practice to a deeper, more integrated understanding, and to embrace surrender to the flow of life as a path to personal and collective transformation.



This talk by Red Eagle centers around the theme of personal growth, spiritual understanding, and the concept of surrender. Here are the main points and an elaboration on each:

1. Affirmations and Spiritual Practice:

- Red Eagle discusses the practice of affirmations, such as declaring oneself healthy or well, even if one does not believe it at the moment.
- The practice is likened to learning a dance, where initially, actions may be mechanical until they become fluid and natural.

2. Memorization vs. Learning:

- The talk critiques traditional education systems as being focused on memorization rather than true learning and understanding.
- Red Eagle emphasizes the importance of learning how to absorb, digest, and integrate information rather than just memorizing facts.

3. The Concept of God and Belief Systems:

- The speaker explores the idea of what constitutes one's "God," suggesting it could be the emotions or vibrations one frequently experiences, such as worry or hope.
- Different belief systems, including atheism, are discussed as frameworks that help individuals make sense of the world.

4. Surrender and Inner Vibration:

- Red Eagle suggests that surrendering to life, rather than fighting against it, allows for a harmonious existence.
- He advises identifying one's inner vibration, which could be an underlying emotion or belief that guides one's actions and experiences.

5. Challenges and Perceptions of Success:

- The talk addresses the perception of luck and hard work, questioning why some people seem to achieve success more easily than others.
- It proposes that one's inner belief system and vibrations significantly influence one's life outcomes.

## 6. Instinct and the Third Eye:

- The speaker discusses the limitations of relying solely on instinct and gut feelings, pointing out that they can be wrong.
- Instead, the focus should be on developing the "third eye," a metaphor for deeper insight and understanding that transcends fear and judgment.

## 7. Global Rebirth and Oneness:

- Red Eagle reflects on the global impact of the pandemic, viewing it as a catalyst for a collective rebirth and an opportunity for humanity to come together.
- The talk concludes with a message about surrendering to oneness, suggesting that true unity and understanding will eventually be realized by all.

Overall, the talk encourages listeners to reflect on their beliefs, emotions, and the concept of surrender as a pathway to personal and spiritual growth. It emphasizes the importance of being in tune with one's inner self and the interconnectedness of all life experiences.



## Transcription

Hello. I'm Red Eagle. Many of you practice your affirmations. You say I am well, I am healthy. When you do not believe it, you will still say, I am well; I am healthy. Let me practice these affirmations. Some people feel, What good does it do? Some say I feel better temporarily. Maybe that is why they call it spiritual practice. You have to practice something. You do not know the flow of something just from its practice. Because many people can learn a dance, you will learn the steps of the dance. You can look at a chart, or somebody teaches you to put your foot here, then there, then move your shoulder, and a person can then copy the steps precisely, accurately, step by step. They will do the dance steps. One after the other in a row. But are they dancing then? They are doing it. Then someone else will come along, maybe even miss a few steps. But they look like they are dancing. You practice something in a way, mechanically, till you start to understand that this is the way you learn. But you see, your schooling system, which is not really an education system, is more a memorization system.

Learn these facts temporarily so you can pass the test. Then you pass the test, but you forget the information a week later, two weeks later. You can barely remember anything you learned in elementary school, middle school, or high school. You remember mostly people, mostly the teachers, their energy, whom you felt had a heart, whom you felt did not have a heart. Later on, you start to learn a skill. But to learn how to learn, not to memorize, but to learn how to do something. That is actually what you are doing in your life right now. Why you cannot absorb information? It is called receiving, digesting, absorbing, utilizing, integrating, and then executing. Your body does it normally. If you have a problem with your digestion, you will address it. What am I doing? What can I not digest in this food, or what can I not digest in my mind? Everybody knows how to lose the weight. Everybody knows. Eat less, and move your body more. Done. If you know that it's true, then what is the problem? Here's the problem. Why won't you do it? Now we have a class. But you say, well, my parents told me to work hard, believe in myself, and I will succeed.



But many people work hard. Many people believe in themselves. They do not succeed materially. Then you say, well, now it is luck. Well, which do you believe? You say, well, it is that plus luck. Boy, that is a pretty hard planet then. You have to kill yourself practically to get somewhere, and then you have to have luck on top of it. But then some people you feel are just lucky. Who did not work hard? How did they get there? You say, Well, I do this better than them, and I do that better than them, and I'm a nicer person. Listen, why do they have these things? Why is it so hard for me to have it? Well, how deep do you want to go here? Do you really want an answer? Or are you just venting to the universe? First of all, if you believe that the soul is on a journey and has lived many lifetimes where you have looked like her, and he has looked like you, and you have lived in different parts of the world, maybe even different other planets you have lived on. If you believe that, get solid with that belief and understand that in many lifetimes, you have different paths and different struggles.

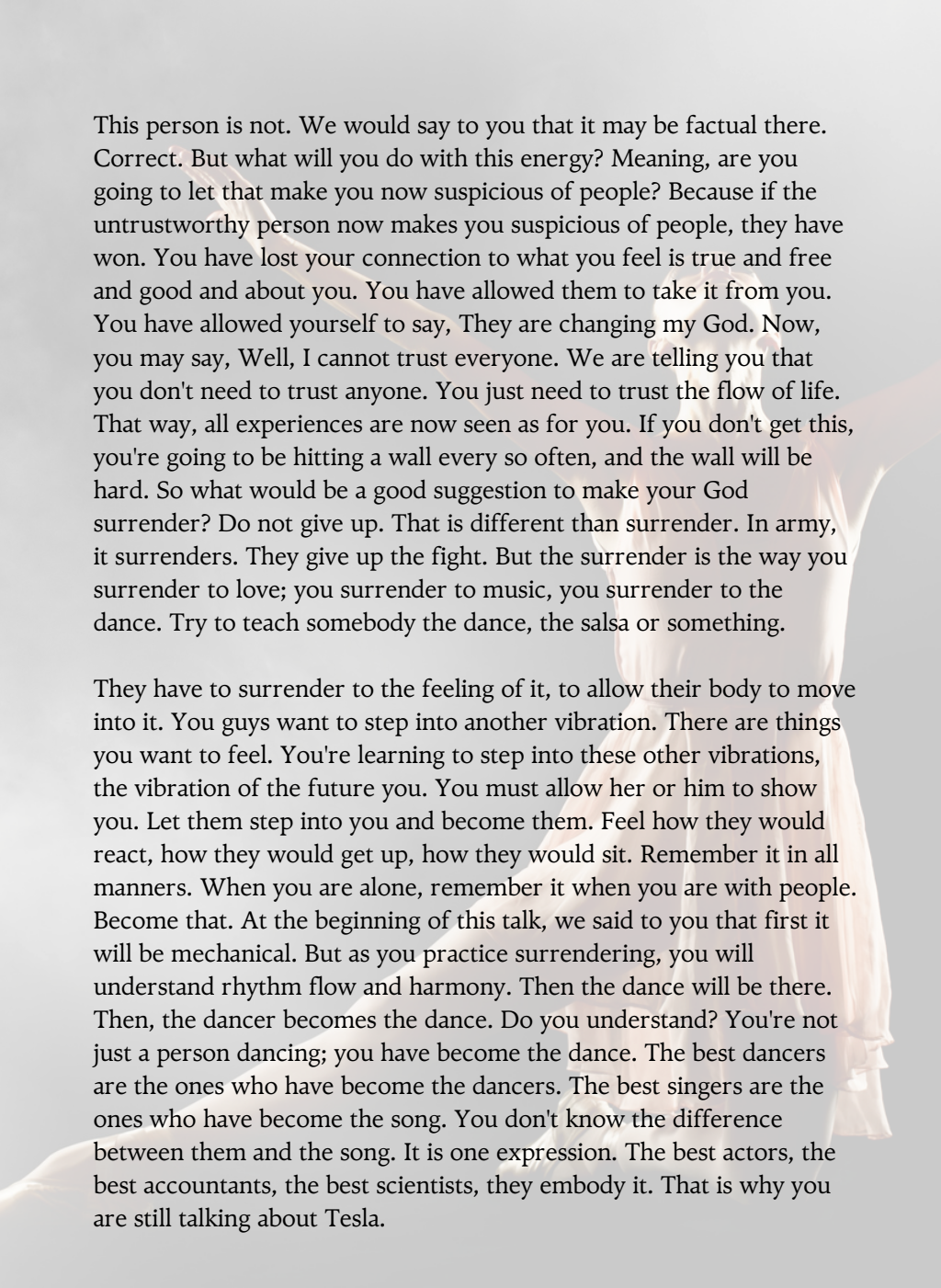
For some people, they will not struggle where you struggle, and the reverse will be true. Connect your beliefs. Say, I do believe this. Then, things will start to fall into place. It is why people pick belief systems. They say, Well, this has an answer. For some, it is religion. For some, it is no religion that is their answer. Peace for the atheist is atheism. That means, in a way, atheism is their religion. Atheism is their God. If you get all the atheists together, they will say, Good to be here with people who think like me. Oh, you mean like a church? Maybe the atheists should get together and maybe have some organized meetings every week. It's not a Sunday. Remember, they're not a religion. They just like to meet and share the beliefs that they all believe. Remember, it is not a religion; they will remind you. Which brings us to the topic of what is your God. What is your God? What do you believe God is? Is God the force that informs your life? Meaning informs the way you see things. Would you say it is safe to say that? Yes or no?

What do you think? You may not know, but what do you think religion is for people? It helps them to see the world, right? Whether you agree with it or not, their religion or philosophy dictates how they see and figure out things. Is that better? Do you understand what we mean? All right. Now, there are many people who will say, Certain religion, this is my God. But then you see, they do not act like some of the beliefs that religion has, which are to be kind, to not judge people, to not do this, to not do that. So that is not really their God because it is not really ruling them. It is trying to correct them, to shift how they are behaving because something else is their God. It could be a worry. How do you find your God? Here's how you find your God. Whatever the recurring emotion or vibration you have throughout your day, the one recurring. We're not talking about the smiley face or the sad face. It could be either or. It is what is underneath. Only you know the truth. Only you know the truth. You will know right now what your day-to-day inner vibration is.

It might be; I am trying. That is my God. I am trying. Hope is my vibration. Worry is my vibration. Not enough is my vibration. That vibration is why you will continue. There are some people you have seen in your life where you say, Wow, that person always has a partner. Sometimes you say, Hey, that partner is a little better than the person. How did they get that person? You have all seen it. It is because their inner vibration is, of course, I am all dead, as you people say. I am all dead. So it shows up. That is their inner vibration. And so things magnetize to them. That is why some people whose skills you have more than those in a particular task get further than you. Because they may know. Let us say you know this much, and they know this much. You know this much, but your ability to communicate it is only this much. They know this much. Remember, you know this much. They know this much, but they are able to communicate its totality. So they get there. It is a innocence. It is a naivete. Some people call it beginner's luck.

You have done it. You were a beginner, and you got lucky at something. How do you change your God? You say, Oh, my God, I realize what my God is. It is worry. How do I get out of the church of worry? We say, Well, what are you getting out of this church of worry? Nothing, I'm not getting anything. That is what you will say. But we will tell you, you only do things because you get something out of it. It is embedded in your nature. It is what Earth School is about. You have to understand it. As enlightened as your dog and your cat are, they still do pretty naughty things, don't they? Because they are, as a soul, they are still under the constraints of being a dog or a cat, as wise as they are. Do you know when you talk about instincts or feelings in your gut, you say, Well, the animal instinct is there. Your animal instinct can be completely wrong. Your gut can be completely wrong. Sometimes, you say, I should have listened to my gut. Many times, you listened to your gut, and you were wrong. So you say, No, I cannot trust my, But we say, Probably not.

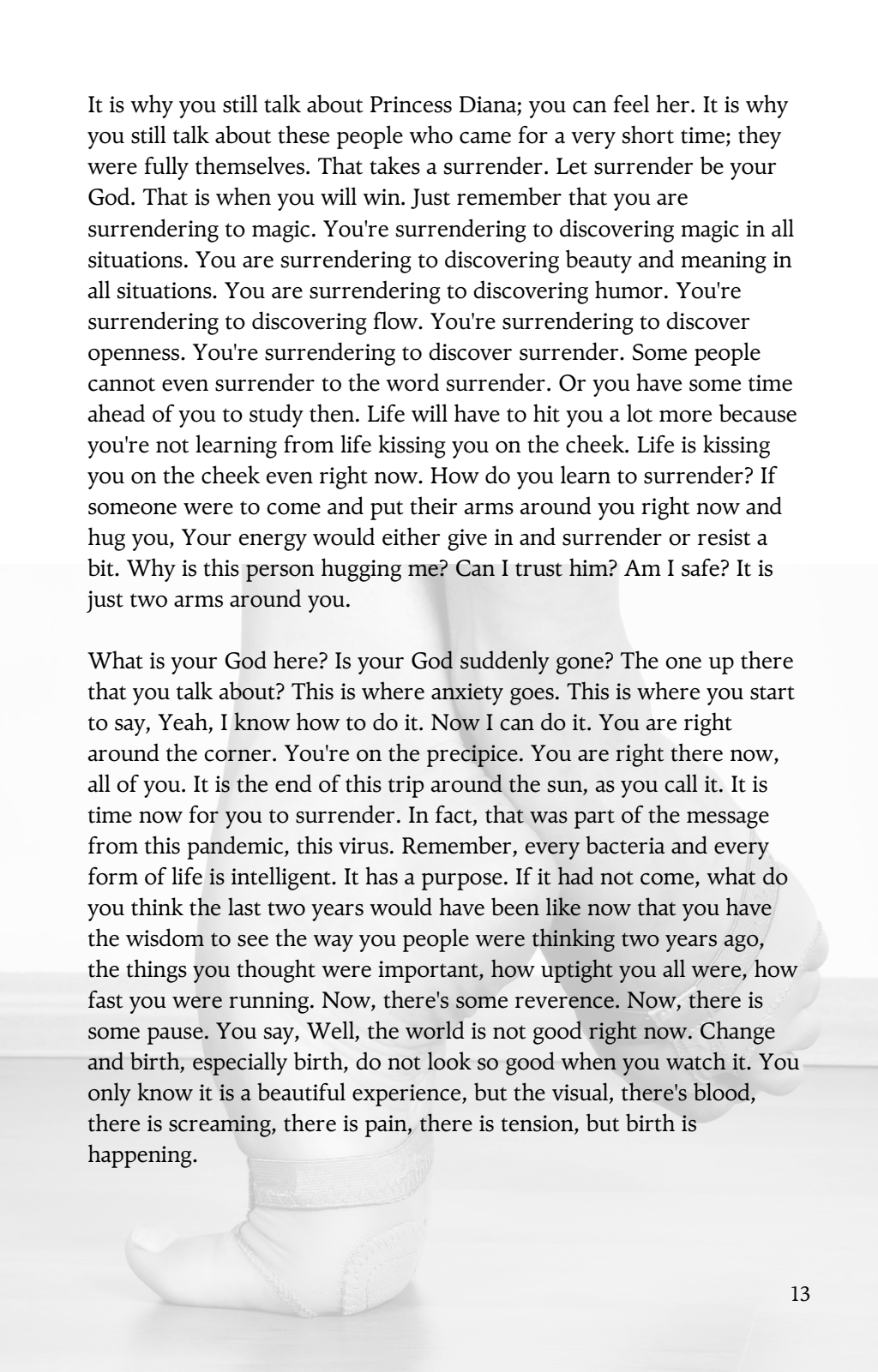
Here's why. Your gut, like the rest of you, is programmable. Even the animal's gut is wrong. Haven't you ever tried to approach a dog or a cat, trying to help them or feed them or pet them, and they growled at you? Yes or no? They thought you were going to hurt them. The animal is pure instinct. It can read you. And guess what? It read you wrong. Now what? So, even the animal's instinct can be wrong. So forget instinct. You are working on opening this here, your third eye. That is what you are working on. The third eye does not come from fear. It does not come from judgment. It does not come from making fear or worry about God. The third eye understands that everything in your life works in divine perfection to the frequency you are at. That means the people you attract. They're never out of frequency with you. Even if you say They're the opposite of me. Well, if you believe that you attract things that are not in your frequency, you're going to have a tough time. The moment you allow things to be a mirror. Now, you may say, I am honest and trustworthy.



This person is not. We would say to you that it may be factual there. Correct. But what will you do with this energy? Meaning, are you going to let that make you now suspicious of people? Because if the untrustworthy person now makes you suspicious of people, they have won. You have lost your connection to what you feel is true and free and good and about you. You have allowed them to take it from you. You have allowed yourself to say, They are changing my God. Now, you may say, Well, I cannot trust everyone. We are telling you that you don't need to trust anyone. You just need to trust the flow of life. That way, all experiences are now seen as for you. If you don't get this, you're going to be hitting a wall every so often, and the wall will be hard. So what would be a good suggestion to make your God surrender? Do not give up. That is different than surrender. In army, it surrenders. They give up the fight. But the surrender is the way you surrender to love; you surrender to music, you surrender to the dance. Try to teach somebody the dance, the salsa or something.

They have to surrender to the feeling of it, to allow their body to move into it. You guys want to step into another vibration. There are things you want to feel. You're learning to step into these other vibrations, the vibration of the future you. You must allow her or him to show you. Let them step into you and become them. Feel how they would react, how they would get up, how they would sit. Remember it in all manners. When you are alone, remember it when you are with people. Become that. At the beginning of this talk, we said to you that first it will be mechanical. But as you practice surrendering, you will understand rhythm flow and harmony. Then the dance will be there. Then, the dancer becomes the dance. Do you understand? You're not just a person dancing; you have become the dance. The best dancers are the ones who have become the dancers. The best singers are the ones who have become the song. You don't know the difference between them and the song. It is one expression. The best actors, the best accountants, the best scientists, they embody it. That is why you are still talking about Tesla.





It is why you still talk about Princess Diana; you can feel her. It is why you still talk about these people who came for a very short time; they were fully themselves. That takes a surrender. Let surrender be your God. That is when you will win. Just remember that you are surrendering to magic. You're surrendering to discovering magic in all situations. You are surrendering to discovering beauty and meaning in all situations. You are surrendering to discovering humor. You're surrendering to discovering flow. You're surrendering to discover openness. You're surrendering to discover surrender. Some people cannot even surrender to the word surrender. Or you have some time ahead of you to study then. Life will have to hit you a lot more because you're not learning from life kissing you on the cheek. Life is kissing you on the cheek even right now. How do you learn to surrender? If someone were to come and put their arms around you right now and hug you, Your energy would either give in and surrender or resist a bit. Why is this person hugging me? Can I trust him? Am I safe? It is just two arms around you.

What is your God here? Is your God suddenly gone? The one up there that you talk about? This is where anxiety goes. This is where you start to say, Yeah, I know how to do it. Now I can do it. You are right around the corner. You're on the precipice. You are right there now, all of you. It is the end of this trip around the sun, as you call it. It is time now for you to surrender. In fact, that was part of the message from this pandemic, this virus. Remember, every bacteria and every form of life is intelligent. It has a purpose. If it had not come, what do you think the last two years would have been like now that you have the wisdom to see the way you people were thinking two years ago, the things you thought were important, how uptight you all were, how fast you were running. Now, there's some reverence. Now, there is some pause. You say, Well, the world is not good right now. Change and birth, especially birth, do not look so good when you watch it. You only know it is a beautiful experience, but the visual, there's blood, there is screaming, there is pain, there is tension, but birth is happening.

Therefore, you know it is beautiful because you know birth is happening. Well, this is a rebirth. This is for the whole world to come together. First time in human history that something has happened that everyone on the planet, in every part of the world, is experiencing the same thing. It did not happen with any weather system. It has never happened with a political event. It happened with this. We have always told you that you will eventually surrender to oneness, whether you do it here or when you're crossover. Bless you. Now, we give some messages.

"What do you believe God is? Is God the force that informs your life?  
Meaning, informs the way you see things."

-Red Eagle

# WORKBOOK

## Day 1: Identifying What Holds You Back

"Let surrender be your God. That is when you will win." – Red Eagle

### Reflection:

What areas of your life feel heavy with resistance? Are there patterns or beliefs that you cling to, fearing the unknown? How do these block the flow of magic in your life?

### Introspective Questions:

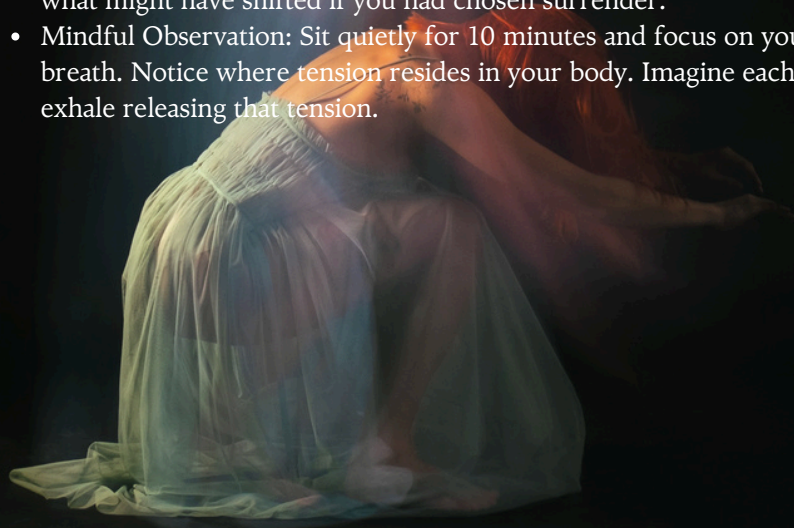
1. What am I most afraid of letting go?
2. How do I define control in my life?
3. In what ways does resistance serve or hinder me?

### Affirmation:

"I release what no longer serves me, trusting the divine flow of life to guide my path."

### Practice:

- **Journaling:** Write about a specific situation where you resisted change. How did it feel emotionally and physically? Reflect on what might have shifted if you had chosen surrender.
- **Mindful Observation:** Sit quietly for 10 minutes and focus on your breath. Notice where tension resides in your body. Imagine each exhale releasing that tension.



## Day 2: Discovering Your Inner Vibration

"Whatever the recurring emotion or vibration you have throughout your day... That vibration is why you will continue." – Red Eagle

### Reflection:

Your vibration shapes your reality. Pay attention to the energy you carry—whether it's worry, hope, or gratitude. What recurring emotional tone defines your day?

### Introspective Questions:

1. What emotion do I feel most often?
2. How does my inner vibration influence the situations and people I attract?
3. What vibration would I like to embody moving forward?

### Affirmation:

"My vibration reflects love, peace, and divine harmony. I align with my highest frequency."

### Practice:

- **Meditation:** Visualize your inner vibration as a glowing light. If it feels dim or heavy, imagine breathing in a brighter, lighter energy, transforming your inner state.
- **Daily Awareness:** Pause several times during the day and ask, "What is my vibration right now? Does it serve my highest good?"



## Day 3: Changing Your Beliefs

"What do you believe God is? Is God the force that informs your life?"

– Red Eagle

Reflection:

Examine the beliefs that guide your life. Are they rooted in fear or trust? Do they serve your highest good, or do they limit you?

Introspective Questions:

1. What do I truly believe in?
2. How do my beliefs shape my decisions and interactions?
3. What belief have I outgrown but still hold onto?

Affirmation:

"My beliefs are grounded in love, trust, and divine truth. I let go of limiting patterns."

Practice:

- **Belief Inventory:** Write down your core beliefs. Next to each one, note if it empowers or restricts you. Rewrite any limiting beliefs into empowering ones.
- **Mantra Practice:** Choose a belief you wish to embody (e.g., "I am safe"). Repeat it throughout the day to anchor it into your consciousness.

## Day 4: Surrendering to Flow

"The best dancers are the ones who have become the dance."

– Red Eagle

Reflection:

Surrender is not giving up—it is becoming one with the rhythm of life.

Where in your life are you resisting the flow?

Introspective Questions:

1. What would it feel like to surrender completely to the flow of life?
2. How can I trust the process even when I don't see the full picture?
3. What does it mean for me to "become the dance"?

Affirmation:

"I surrender to the flow of life, becoming one with its rhythm and grace."

Practice:

- **Movement Meditation:** Play a piece of music that inspires you. Close your eyes and move intuitively, letting your body become the dance.
- **Visualization:** Picture yourself flowing effortlessly through life's challenges, like water around rocks. How does surrender feel in your body and mind?



## Day 5: Embracing the Magic

"You are surrendering to discovering magic in all situations."

– Red Eagle

Reflection:

Magic exists in every moment if you allow yourself to see it. How can you open your eyes to the beauty and synchronicity around you?

Introspective Questions:

1. When was the last time I experienced awe or wonder?
2. What keeps me from noticing the magic in everyday life?
3. How can I cultivate a sense of reverence for the present moment?

Affirmation:

"I am open to the magic of life, seeing beauty and meaning in every experience."

Practice:

- **Gratitude Walk:** Take a walk and notice the details of your surroundings. Appreciate the colors, sounds, and sensations. Reflect on the magic in the small things.
- **Magic Journal:** Each evening, write down three moments of magic or synchronicity you experienced that day.

## Day 6: Honoring Your Transformation

"Let them step into you and become them. Feel how they would react, how they would get up, how they would sit." – Red Eagle

Reflection:

Transformation is an ongoing process. How can you honor the changes within you and continue to align with your highest self?

Introspective Questions:

1. How have I grown through this process?
2. What parts of my old self am I ready to release?
3. How can I celebrate and integrate my transformation?

Affirmation:

"I honor my transformation, embodying the highest version of myself with grace and love."

Practice:

- Letter to Self: Write a letter from your future self, describing the growth you have achieved. What advice does this version of you offer?
- Closing Ritual: Light a candle and reflect on your journey. Speak words of gratitude and commitment to your continued transformation.





## Day 7: Living the Dance

"Just remember that you are surrendering to magic. You're surrendering to discovering flow, humor, and beauty." – Red Eagle

### Reflection:

To live the dance is to embody surrender fully. How can you integrate these teachings into your daily life, becoming the magic you seek?

### Introspective Questions:

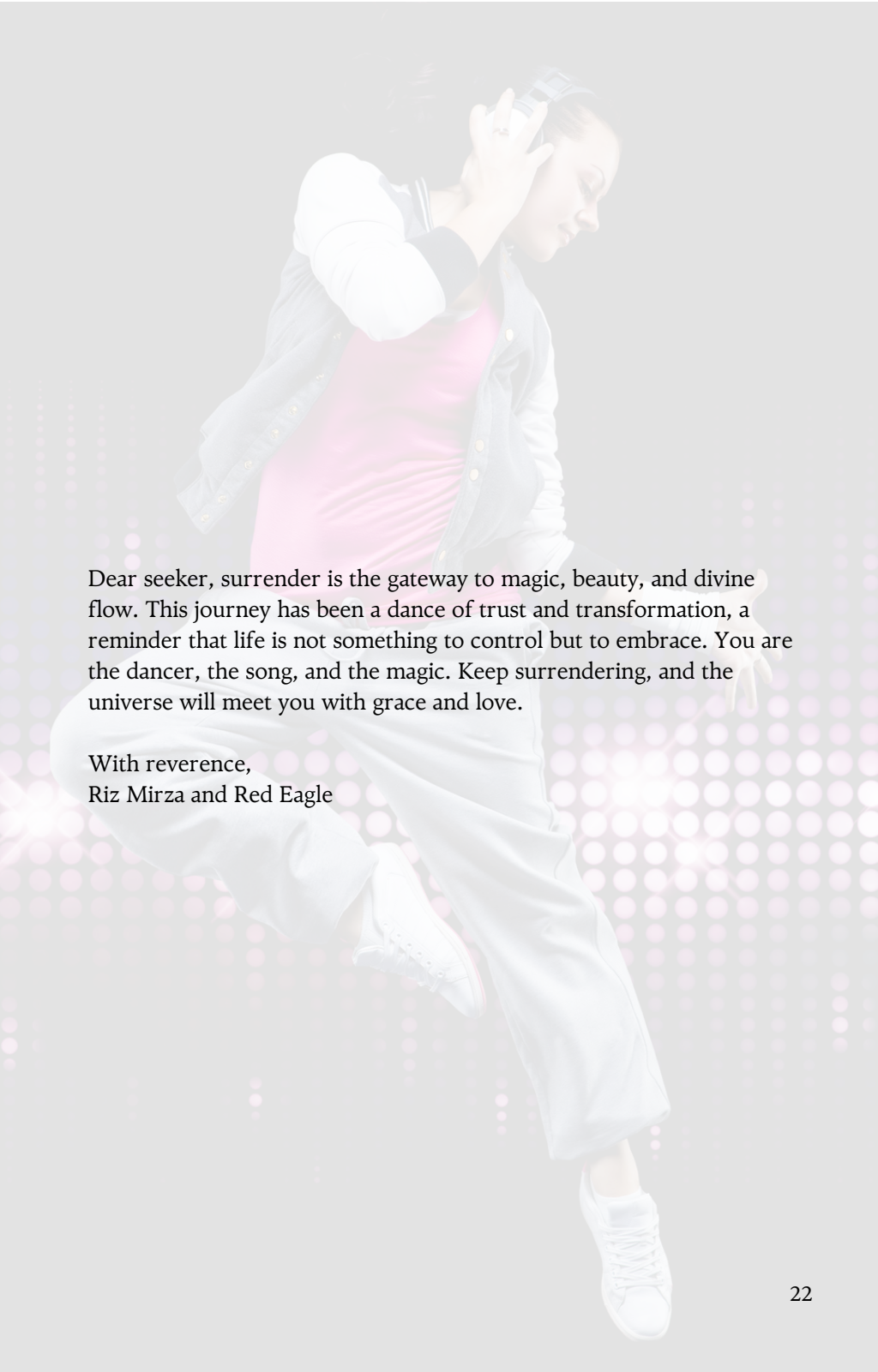
1. How can I live as a co-creator with the universe?
2. What practices keep me aligned with surrender and flow?
3. How can I share my light and wisdom with others?

### Affirmation:

"I am the dance, the song, and the magic. I live each moment with joy, flow, and divine trust."

### Practice:

- Embodiment Exercise: Spend the day consciously embodying your highest self. Notice how you interact with the world when you act as a co-creator.
- Gratitude Offering: Offer gratitude to the universe through a small ritual, such as lighting incense, placing flowers in water, or speaking words of appreciation.

A woman is captured in a dynamic dance pose, wearing a grey jacket over a pink top and light-colored pants. She has her eyes closed and is wearing large headphones, with her hands near her face as if feeling the music. The background is a soft, out-of-focus pattern of pink and white dots, creating a dreamy atmosphere.

Dear seeker, surrender is the gateway to magic, beauty, and divine flow. This journey has been a dance of trust and transformation, a reminder that life is not something to control but to embrace. You are the dancer, the song, and the magic. Keep surrendering, and the universe will meet you with grace and love.

With reverence,  
Riz Mirza and Red Eagle