

# THE BENEFITS OF SURRENDERING TO FAITH

EXPLORE THE FAR-REACHING BENEFITS OF EMBRACING AND UNLOCKING A LIFE  
INFUSED WITH HOPE, PURPOSE, AND LIMITLESS LOVE

By Ray Rosario Author of *Practicing Love*



## LIVE LIFE FOR THE SOUL

Faith is a beacon of guidance, hope, and love

FAITH IS A VERY PERSONAL JOURNEY; these words describes mine. Historically, people have felt the need to worship and connect to a higher being or elements, either as an individual or in a group. Understandably, religion is not for everyone, but Faith stands on its own. There is a clear understanding that too many men—and women—of the cloth use the power of Faith for their gain: power, greed, and control. This is not to say that religion or those within the structure are all evil. They're just people, people who have exploited the bond of Faith and fallen to the evil ways of humanity. The downside of their actions has caused a large segment of society to become skeptical of traditional religions and Faith. This opens the doorway for cult-like groups, organizations, and companies to fill the gap of belonging and comfort people seek.

By itself, Faith is a powerful word. Faith offers the opportunity to worship, commune, develop a relationship, and connect to God directly eliminating humans from the equation and keeping the love in place. Faith will guide and support us through life so that we will find a home to conjugate with others and practice our Faith if we wish.

According to Webster's Dictionary, the word Faith, derived from Latin *fides* and Old French, means "confidence or trust in a person, thing, or concept." In the context of religion, one can define Faith as "belief in God or the doctrines or teachings of religion." In a broader perspective, Faith is believing in something bigger than oneself, a life force, a powerful energy that exists beyond our comprehension. We are all connected whether we choose to believe it or not.

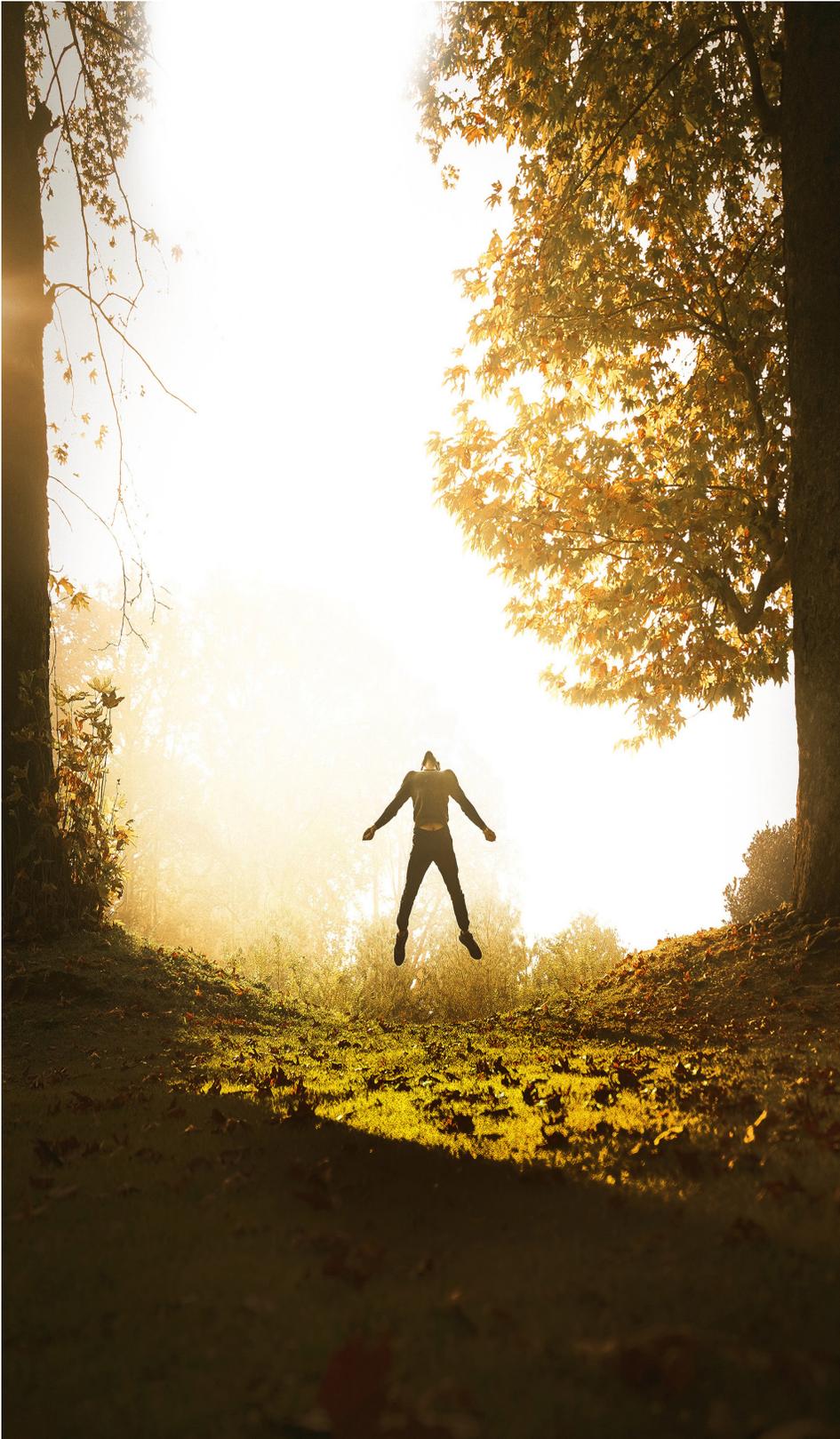
Faith is of free will and choice if we decide to surrender to it. Faith is also a personal journey as to what we each are granted and unique to what we each need. Faith is a choice no one can make for us. Our heart's desire and intent must be genuine. We need to take the initial step towards Faith in surrendering. Only with true internal intent will the power of Faith fill our hearts allowing us to live an amazing life while gifting others with our love. It's not enough to just say the words "I surrender my life" if we don't mean it. The journey of surrendering will be different for us all. What will be common is the powerful change it will create on multiple levels.

Faith will determine what type of philosophies and people we choose to place in our hearts and lives. Our ethical compass will sharpen and grow making sure we think about our actions, so they don't harm others. Faith will instill purpose in our lives, giving us direction. It's the conditioning of our hearts with human values that determines how we are going to live our lives. It will also impact the type of behavior we practice all around. There is no monetary cost in treating others with kindness and respect.



## LIVE LIFE FOR THE SOUL

Be grateful in the small things, life will then provide greater gifts



If we choose Faith, it becomes a guiding beacon of humanitarian values.

A conversion and transformation start to take place much like a rebirth. It's a powerful experience that will take time to understand in its entirety. Receiving the gifts of Faith occurs over time allowing us to absorb, understand, learn, and grow in stages. That's because it's a powerful and overwhelming experience when it arrives. It places our view of what we thought about love into perspective. The enlightenment of love we receive is greater than any love we can generate. Our life and perspective shift and the way we see everyday life and live enhances. In exchange for surrendering, our mind and heart will transform the love we receive into energy that creates change and impacts others. It's as we started to learn a new language and vocabulary for living.

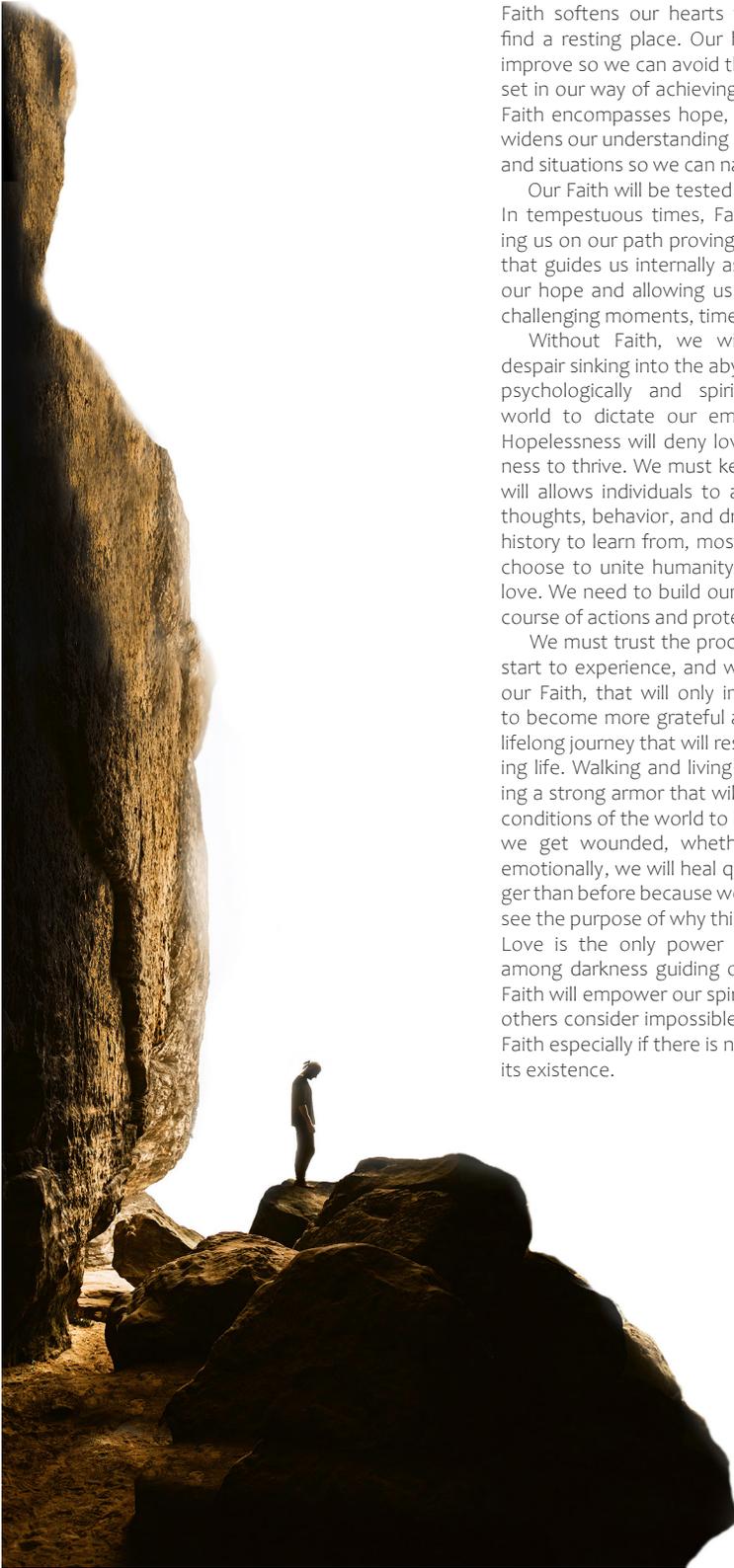
The arrival of Faith will prompt us to accept the responsibilities that pertain to it once we understand what that entails. The gifts that follow will allow for many possibilities. Stress will resolve into a thought process that turns into concerns with ways to figure out decisions we need to make in life. Being concerned about an issue is perfectly normal, but it will not elevate to sleepless nights of despair or teeth-grinding. Stress dissipates allowing us to live the life we are intended to live, with joy, happiness, and a clearer vision of our path and purpose. This will allow us to extend our love to others because the love that lives inside us is waiting for the right time to make its presence known to those in need. Faith will seep into our hearts allowing forgiveness to flourish providing us with a healthier lifestyle. This will allow us the freedom to live without emotional chains of constraint weighing us down, in some cases for years or a lifetime. Faith will open our eyes to see the upside to all that occurs.

We will grow to understand that we can only be concerned about the things that we can control. By that, I mean our thoughts, emotions, behavior, and actions in a positive manner. We will filter life through a lens of love and make it our foundation. In reality, control is simply a mechanism that we unconsciously use as a survival instinct to make sense of our surroundings. Anything can happen at any time to change the course of our lives for the better or worse. Faith allows us to live most days fulfilled for this reason and forge through the hard times.

We will be able to see most of the life lessons clearly and understand their true purpose. Not confuse them due to our needs, wants, insecurities, or fears. Faith will strengthen and encourage us in times of weakness and uncertainty. We will become less victims of all the ailments and elements that deteriorate our lives by a harmful society. Our appearance and spirit will become brighter. Our positive energy and actions will penetrate others leaving them with food for thought.

## LIVE LIFE FOR THE SOUL

Embrace each moment with unwavering faith and watch as life's miracles unfold



Faith softens our hearts for love to live and find a resting place. Our health and mind will improve so we can avoid the detours and traps set in our way of achieving personal greatness. Faith encompasses hope, builds patience, and widens our understanding of the world, people, and situations so we can navigate efficiently.

Our Faith will be tested in times of hardship. In tempestuous times, Faith will prevail keeping us on our path proving its power. It is Faith that guides us internally as a beacon restoring our hope and allowing us to rise above these challenging moments, time and time again.

Without Faith, we will remain idle with despair sinking into the abyss of darkness, both psychologically and spiritually allowing the world to dictate our emotions and actions. Hopelessness will deny love to exist and darkness to thrive. We must keep in mind that free will allows individuals to act on their cruellest thoughts, behavior, and dreams. With so much history to learn from, most in power will never choose to unite humanity and operate out of love. We need to build our Faith to change the course of actions and protect our souls.

We must trust the process. When we grow, start to experience, and witness the results of our Faith, that will only increase our strength to become more grateful and Faithful. This is a lifelong journey that will result in living an amazing life. Walking and living in Faith is like wearing a strong armor that will not allow the harsh conditions of the world to keep us down. When we get wounded, whether it's spiritually or emotionally, we will heal quicker and rise stronger than before because we will understand and see the purpose of why things occurred.

Love is the only power that will shine light among darkness guiding our way through life. Faith will empower our spirit to overcome what others consider impossible. We need to stay in Faith especially if there is no sign or evidence of its existence.

Faith allows us to experience, live, and have exchanges with others in a pure form, even if that's not the other's intention. Faith will allow us to see and feel the truth in the presence of deceit. We must live by example for others to see and feel the strength of our Faith.

We need to be consistent through life and feed our Faith, so it remains strong. Nurturing our Faith is a vital component of personal and spiritual growth. We cultivate it with prayers, learning the word, and practicing love. Nurturing our Faith will elevate us. Part of the process is to eliminate the negative and add the positive. For example, if we use curse words in our everyday vocabulary, we will have difficulty reaching other levels. Some may think that's not a big deal, but curse words carry a negative continuation and energy. Even if we use them jokingly or without malice. Another major hurdle is the type of programming we are watching. For example, if we are watching tons of action movies with violence or horror films before sleeping. This will penetrate our subconscious and that energy will remain and return to us in our dreams and harden our behavior without us taking notice. This alters the way we wake up and start our day, especially our encounters with others if we are not in a good mood. Starting and ending our day with thankfulness and prayer will only benefit our subconscious.

By eliminating curse words, our energy changes because we become conscious of the type of vocabulary we use in our speech. Watching more informative and educational programming only expands our knowledge. No one is saying to eliminate action and horror films. Just be conscious of how much is taken in and when. The more steps we take in nurturing our Faith, the greater our Faith will become. It's only by living consciously that allows us to be present in life creating change and making a difference. This allows for a positive trajectory in living, seeing, and encapsulating the many great experiences life has to offer. This will assist in tipping the scale towards balancing our lives so we can flourish.

Faith will allow us to reflect and look back at our lives to understand what has occurred and why. If we need to do any mending, we will have the courage to do so and understand how. These are all steps in growing and moving forward in a healthy manner for all involved.

Faith allows us to view and experience death in a different light. In my case, I used to mourn, relate, and rely on pain when it came to the death of family and friends.

In retrospect, I felt that living in the pain connected me to the deceased and brought me closer. This was just the way I understood death at the time. I also recall seeing adults react in a similar fashion followed by drinking.

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In the tapestry of life, faith is the thread that weaves extraordinary moments

I thought that if I didn't react with grief and pain, it would mean that I didn't love the individual enough, followed by some form of guilt followed by some form of guilt that would manifest in its own way and be different each time.

Maturing, I learned that we all deal with death in different ways and express ourselves accordingly. The death of a much younger cousin forced me to grieve like no other time in my life. I believe we naturally start to ask ourselves questions following a person's death. I wondered if I spent enough time with her. Could I have done something to help prevent her death? Did I show and inform her that I love her enough? I didn't visit her when she was admitted to the hospital when she fell ill in her last days because I didn't wish to remember her in that state. I wasn't strong enough at the time and had to find a way to live with these decisions later in life. Faith entered my body later in life in time for my mother's passing. At the initial news, it was heart-reaching and painful, but it didn't last long. I mean, maybe minutes after I dropped to one knee on the sidewalk to absorb the impact.

It was a Saturday when she felt ill, hospitalized later that evening. Sunday she was tested and diagnosed. Monday, she passed but not without a final phone call to the entire family. She heard my voice on the other end but could not speak. I was unsuccessful in finding a flight on Sunday, so I decided to drive. As I parked the car and headed to the bank, I received the call that she was no longer with us. That's when I dropped to one knee in pain. It wasn't so much due to her passing; I just didn't get a chance to say goodbye in person and touch her warm face one last time. My body filled with all the love she provided me with in her lifetime. Within minutes I had to compose myself and figure out how to inform other family members.

The following month I received a call from a childhood friend whom I hadn't seen since high school, asking me if I could assist in carrying his ten-year-old son's casket. A month later my friend's mother passed away. I attended to give her support and understanding of my role as I had just experienced what she was going through. Then, the following month, the same occurred, another funeral of a friend's mother, all while trying to be there for my family. At this point I needed a break from so much death so I could process my mother's passing peacefully. I understood it was time to recharge, my battery was too low, and I couldn't possibly give any more of myself to anyone.

Faith provided strength and clarity allowing me to be there for others. Faith taught me to see, understand, and process life. I no longer associated death with grief and pain for comfort.

I was very fortunate to draw from the love I received knowing that others may not be so fortunate in receiving love.

It's rare when the harsh events of life can seep through and bring me down, cause major discomfort, cloud my visions, or keep me from living life the way my heart feels. It's amazing the transformation Faith has had in my life and changed the way I understood death. There are times in the death of others when what matters the most is just showing up for the person who is grieving. We don't have to have the words, being present physically empowers the other emotionally delivering the message of support and love.

In moments of grief or difficulty, we can feel an overwhelming sense of loneliness. It's only natural to experience this in life. When we do, we will healthily process those emotions, not allowing them to cause us harm when we live in Faith. Faith prevents us from going down the rabbit hole and sinking into darkness. Faith will never allow us to feel so lonely that it diminishes hope, so we extinguish and take our lives. We will never feel alone in the deepest part of our soul. Faith coats our heart so despair and loneliness plants no roots.

In the natural course of life, we will have lapses, we can even fall from Faith at times. When we do, it wouldn't be far because of the work we have put in. The foundation of Faith we built will have us bouncing back quicker from all situations.

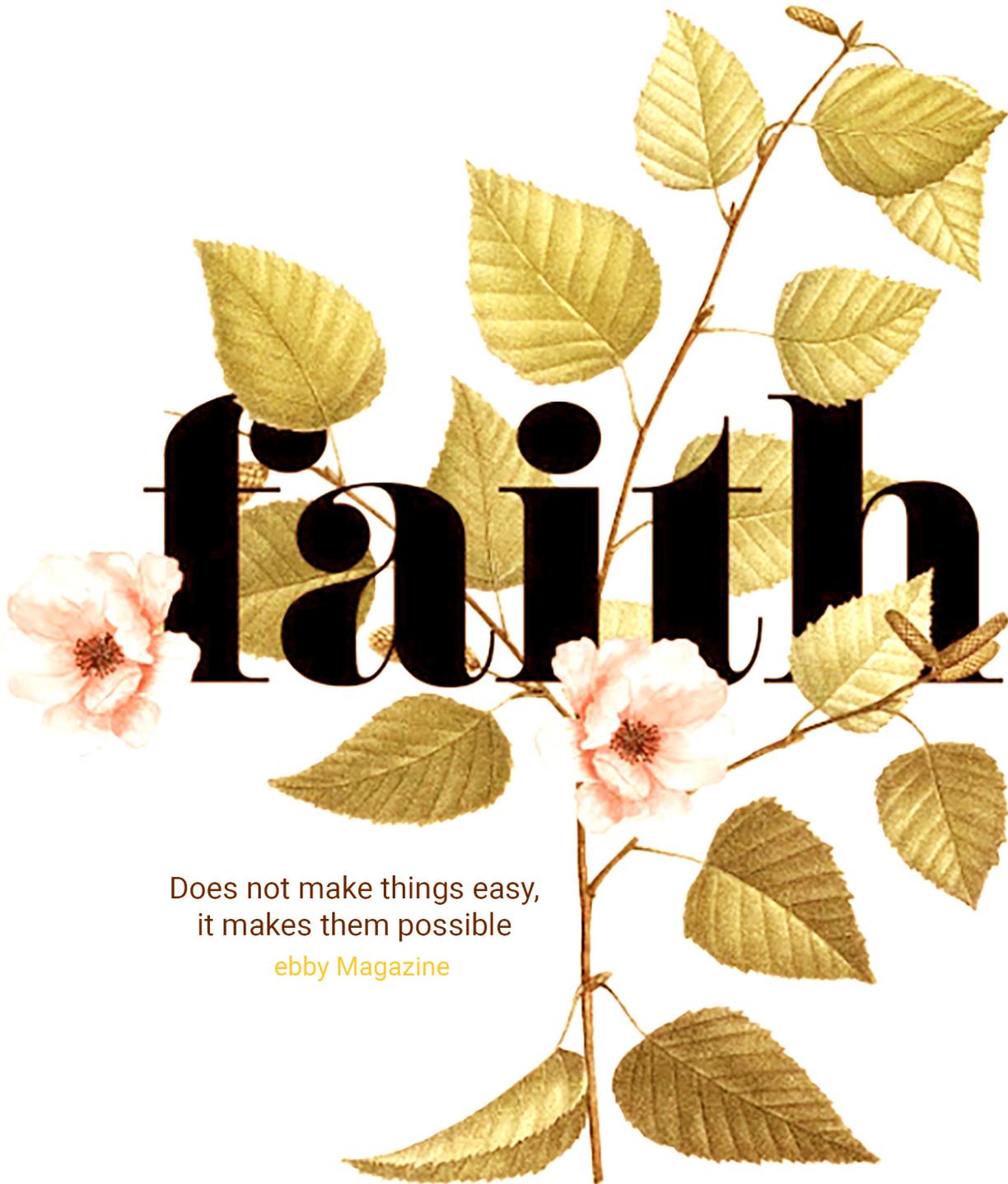
This will keep us living a life of transparency, making sure we are honest with ourselves on all levels, so it doesn't impact others in a harmful way. This will empower us to be truthful to others no matter the situation. We will learn how to deliver information with kindness and love. Receiving the benefits of Faith is truly life-altering and a blessing. Faith heightens our capacity to practice love by extending it to others whenever possible. Words of this nature can only arrive, be felt, and written as a testimony to the power of Faith by experiencing it firsthand.

If these are some of the benefits and gains of surrendering to Faith, then why wouldn't we take that chance or leap to a better life? We have nothing to lose and everything to gain. Find out firsthand by initiating that step towards Faith and surrendering.



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Faith is at its strongest when we allow it to live within us



Does not make things easy,  
it makes them possible

ebby Magazine