

Awakening Newsletter

#8

Resistance

*and the day came
when the desire to remain
tight in a bud
grew more painful
than the risk it takes to open
- Anais Nin*

There is that which I resist, and there is that which I just do not choose to do. How to tell the difference?

Let us look first at what resistance is. Harry Palmer says this: *“Resistance is an opposition, due to some belief, to experiencing something just as it is. Experiencing is perceiving things just as they are created, without adding any new judgments or considerations about how they have to be.”*

We pull away from pain. As children, when we touched something hot our instinct was to contract away from it. This is preservative of the organism and can be seen to be true across all sentient life forms. This learning was formed by fully experiencing the sensation. Observe babies in pain - they cry with their whole being, fully touched by the experience of the event. This allows the experience to inform them, and, having been fully experienced, to pass without remnants left behind.

Somewhere along the way in human experience, we get the idea that the experience of pain *in itself* is wrong and to be avoided. As if the very fact of being in pain is the difficulty, and not the painful situation itself. This leads to a position of resistance to the totality of the experience, in which case we do not fully assimilate the experience, and some remnants remain. Think of the difference between wood being burned completely to ash, and wood burned part way through and then extinguished.

These remnants remain as uncompleted situations in the psyche, unfinished business, baggage. Being incompletely assimilated, they press for recognition, they draw us to repetitive patterns through which they try and present themselves into awareness to be completed.

We like to be comfortable. We like to feel safe and protected. Nothing wrong with this, they are very human responses. The difficulty arises when we place comfort and protection above our desire for truth. This is self betrayal. At times, the search for the truth of who we are takes us into unsafe, uncomfortable areas. If we have “unfinished business” around our willingness to experience these, we find ourselves in resistance to the natural unfolding of our Being.

Which brings us to the past.

Harry Palmer continues – *“Past means something is over. When something is over it doesn’t influence your experience of what’s present now. What does shape your present state of mind are the events that you’ve resisted and are now trying to unfold. This is the past that influences us, but its not really the past, its not over and gone. It’s still resisted and waiting to be experienced. You are not influenced by what you have experienced but by what you have resisted experiencing. Desiring to understand something can be a resistance to experiencing mystery. Resistance to mystery makes people gullible to priests and prophets. Knowledge is a rational, ordered plan of resistance to experiencing the unknown. It’s a plan that fails at death.”*

The egoic mind, concerned with protection, safety, and the status quo, postpones for the future. This is called “hope”. Hope is a resistance to experiencing the immediacy of what is here, now. It is an attempt to experience presence “sometime in the future”. It is a delaying mechanism of the mind.

Opening to the energy that is wanting to express itself through you is the path of least resistance. When you fall into the essence of who you are and rest there, you are then free – free to do what pleases you, free to interact with life from freshness and spontaneity, free to let all remnants of incomplete energy burn to ash.

“Resistance is futile.” - The Borg

ANNOUNCEMENTS

1. The May **Awakening Intensive** is full. The next one is July 21-23. Here are some quotes from the last group –

“I am filled with light and love. I found what true peace feels like. I can take on the world! I believe in miracles – I just experienced one!”

“I got it! I got that shift after so much work. I’m enough, perfect, beautiful. The joy is inside me and can’t be taken away.”

“I’ve done so many personal growth workshops but was still longing. I came alive! I now believe in a more joyful way.”

“This was a real gift. I now am able to express myself. I got unfrozen and I see my beauty.”