

Getting What You Want Now!

(Transforming Inner Resistance)

By

Beyond Timelines

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Introduction

Thank you for downloading this dynamic conscious transformation e-book module of which we trust it will give you weeks, months even years of personal and professional development. Though it has to be said that once you get to know us, you might wonder why our light sense of humor has been omitted from this module. It is because a large degree of focus and connection is required and when in a phase of development, all other things are distractions, and that includes our sense of humor. However, we promise that once the initial core modules have been applied, we will put lightness into forthcoming material, yet we assure you by the time you've got through this module that you will indeed feel better, more self reliant, and more in control than you do today. This is not to say that you are out of control, on the contrary, it is a suggestion that after reading and applying this module, your life will become more meaningful, your self esteem will grow, and your confidence will strengthen.

Nevertheless, by now you may be getting a hunch as to how intense these e-book modules may be – and we unashamedly prepare you now because yes, they are very intense!

Throughout they can appear heavy and you may come to points whereby you may just want to stop, and put the whole thing down. This is normal and expected. If you come to this juncture, then by all means put it down and rest, but please abstain from throwing it out, and do make a note that once things have cooled off, you will pick it up again.

This happens because when you challenge your own self, then yourself will come out to challenge you. First we come up against our own emotional and mental defenses, then we come up against the mind resisting change. However, by the time you have completed this module, not only will you have a good understanding of how human dynamics work, you will be gaining a large degree of control over your own inner dynamics.

Though being brutally honest, it has to be said that engaging with and transforming your

own human dynamics, things can become quite challenging. Yet here's the truth. Once engaged and applied, which in a general sense can be weeks, months to a year, then real magic begins to happen. Not wishy washy or unquantifiable, but genuine positive change and improvements for the better.

Though what do we mean by real magic?

When read (and when read with intent to digest), the material within shifts the cogs and gears of the inner self. The upshot is that your entire life and reality begin to project and reflect these shifts, and on occasions reality provides a quantum leap that to the naked eye, looks like miracles.

So where did we get this material from?

Well, let's keep that until you've read the modules – yes, we said modules because there is more than one, but do not worry because the main 4 are brought to you 100% free of charge.

With that being said, take some comfort in the knowledge that the module presented before you has been compiled with the upmost diligence. In our view, it is quality material distributed freely. Meaning that, for 10 years we really did work with high-ranking individuals, CEO's, middle managers, and everyday people, and you will directly benefit from their raw experiences and input. Each module has real facts and figures, and while the following makes no difference to your reading, we did not put these modules out until they were proven to unanimously work with consistency and reliability.

The Goal

When you come across the word "*resistance*", what does it convey to you? For many, it suggests a connotation of negativity. Something that should be avoided, overcome, or stamped out altogether. Though, for a minority, resistance is welcomed, used to create, achieve, and attract the very things that one desires.

Within this supplement, we will seek to uncover, demonstrate, and guide how the human dynamic of resistance is not only natural. It can be a healthy welcomed energy, that serves instead of slaves, integrates not distances, and is as much productive, instead of destructive.

Though, while every effort has been made to maintain this supplement in understandable dialogue, on occasions it has been necessary to expand further. Please stick with it, as if at first the words do not "easily digest", know that this is quite normal. Furthermore, as there are many new words, phrases, and whole terminology, it is common practice to revisit and re read a few times over.

Section 1 - The Dynamics of Human Resistance

The first question you may be asking is the following, "What is human resistance?"

Human resistance can be thought of in three ways, that is;

1 physical, 2 biological, and 3 non-physical resistance.

Physical resistance could be likened to that of pushing a rock uphill. As gravity pulls, resistance is felt in pushing.

Biological resistance could be thought of in situations such as alcohol. When intuition says no more drink, but the brain says yes, biological resistance is at work.

Then there is non-physical, that is “emotional and mental resistance” whereby and more often than not, this resistance goes unnoticed.

Though it is not often given a great deal of thought, the very nature of resistance can mean that likes, dislikes, want's, and don't wants, all come up against a natural opposing response. Though, most of all, what humans tend to resist is “*change*”. In almost every aspect, whether physical, biological, or non-physical, where there is change, there is resistance.

Though resistance and change will be discussed later, often resistance is thought of as just negative. The reality is that, resistance is neither negative, nor positive. In fact, it appears to be a “natural human dynamic” that can be used for good, or bad, positive or negative, for a forward action, or a backward action, there really is a choice. In it's birthing and resting place, “resistance”, is a neutral energy of $E=MC^2$. In layman's terms, this really means that it is universal energy, there is NO POLARITY, and it is human suggestion that has swung it this way, or that way. How it is learned, perceived, viewed, and then used deters the association, but this is not the actual energy itself.

Nevertheless, as there has already been a great deal of Social and Psychological study about resistance, this supplement will not aim at the obvious. On the contrary, our target is to embellish you with a fresh approach as to the very natural aspect, but more importantly, how the human dynamic of “resistance” can be turned around, and used productively.

In our opinion, resistance is 100% natural, It is extremely useful and it can be highly productive instead of destructive. We have proven “resistance” can be transformed from one dynamic to the other. That is from operating against, to working for. Our own studies have shown that when the dynamic of resistance is thought of, and believed to be negative, then negative outcomes ensue. However, when transformed into a state of balance, and thought of as “*neutral*”, then it can be applied positively. On both a personal and professional level, results showed that when resistance is perceived from a state of balance, there is an overwhelming increase in productivity.

Though, for a moment, let us now explore the basic dynamics of resistance. However, as this supplement is aimed at “mastering human dynamics”, resistance will be described mainly from the “non-physical” perspective. That is, we will be detailing emotional and mental resistance, which then goes onto influence biological and physical resistance.

Personally and professionally, conscious or not, resistance is consistently grinding away. On a somewhat daily basis, individuals, staff, and whole groups are subject to this

human dynamic. As already mentioned, and in a general sense, most resistance is thought of as “*negative*”. Though as will be uncovered later, there is also good resistance.

More often than not, resistance rises when an individual or group faces an undesired, disliked target, or a difficult to reach goal. Yet, paradoxically, resistance also rises with likes, desires, and moving towards the very things trying to be achieved. Confused? Please do not be, for all will become clearer as we move through this supplement.

Remember, the primary role for resistance is to do just that? RESIST!

Nevertheless, there is a very simple truth. That is, resistance does not care which side it works for. Good, bad, positive or negative, for or against, resistance will never discriminate. Although the majority of resistance appears to operate from the negative, when trained and guided, it will happily switch sides to actually work for you. That is, it still performs the role of resistance, yet instead of maintaining distance from dislikes, etc, resistance moves to the winning team. How can this be, how can that happen? Well, later we will uncover this natural human dynamic, and get it working for you.

In the meantime, let us continue with the resistance we know best. That is, the resistance from staff who say “*I can't do it, it's too difficult, I'll do it later*”, etc. etc. Resistance from family and partners that say, “*let's do this instead, I don't want to do that, can we do it another way*”, etc. etc. Resistance from our own self chatter, “*I don't want to, I don't like to, I want to do something else, no I won't do it, I want to but can't*”, etc. etc.

The above are all common forms of everyday “**conscious**” resistance, though what about “*sub-unconscious*” resistance? That is, when personal and professional targets and goals fall by the wayside with no real awareness of why.

Do you know someone that started off with the greatest intentions, then for whatever reason, “it never transpired”?

As examples only, Jane starts a diet, yet weeks later, it begins to fall apart. John sets about the gym, yet weeks later, he's struggling to keep up. Carl's going to stop drinking, yet that day never quite arrived, and Jack set off to attain his professional goals, only to succumb to de-motivation. Why is this so, and why does this happen? In short, the individual or group should not be blamed; because the reality is that their resistance is operating from their sub-unconscious, which is harder at work than they are. In other words, their natural dynamic of resistance is working against them, yet because they are unconscious of this action. This is perhaps the reason why 95% of all personal and professional targets and goals are missed.

Section 2 - Natural Resistance

Though it is not often given much thought. Upon the very act of awaking, opening the eyes, rising from the bed, walking, and talking, etc. They all require some form of physical resistance. That is, eyes like to stay closed, the body wants more rest, and the tongue doesn't yet feel like talking. Though as self-chatter says, “I don't want to get up, 10 mins more please”, where does this actual resistance come from? Yes, you got it, the

mind. However, does it really stem from the mind, or is there more to it than this? Well, more on that later. Though for now, and irrespective of how it is perceived, viewed, accepted, rejected, positive or negative, liked, or disliked. Resistance is a relationship that to date has been tolerated, but seldomly embraced. It is a large part of reality, that more often than not, is ignored, rejected, or sidelined. Yet, all three forms of resistance that is physical, biological, and non-physical are 100% natural.

There is a factuality, which we will come to later, and that truth is “without resistance” life would be even more difficult. This is so because like all human energy, the dynamics of resistance are actually “*neutral*”. Though there is more to it than this, which is covered later on, neutral, is natural.

Natural in a sense that the very nature of reality means that according to Newton’s third law of motion. **For every action, there is also an equal, and opposite reaction.** In brief, this might mean that for every acceptance, there is also a resistance. Broken down even further, it means that for something to exist, it’s polar opposite must also coexist. Confused by the nerdy stuff? Please do not be, for all will be explained with simplicity and clarity as we move through this supplement.

Let’s not get too bogged down with technicalities only to say that when scientific principles are applied to everyday life, there are remarkable similarities that can no longer escape our attention. In fact, there appears to be set rules, principles, but more importantly, definitive patterns that govern everyday reality. When these are observed, transferred, and consciously applied to resistance, a transformative process occurs. Though what does this have to do with being natural?

Well, do you know anyone that has dissolved, crushed, annihilated, or removed human resistance? The possibility, or potential to remove this human dynamic is not possible. In other words, without it, one’s life might become totally out of control.

For example, if Jeff did not apply some form of physical resistance, rising from the bed would not be possible. Without biological resistance, he may not know when to leave the bar. Without emotional resistance, his work could become too personal, and without mental resistance, his targets and goals could fall by the wayside.

While it might be said that the above is self-control, inside control is resistance. That is for every negative, there coexists a positive and while it is assumed the majority of resistance operates only for the bad side. This is not the reality. As we can see in the examples above, where there is negative resistance, there is also productive resistance.

Jeff goes against natural physical resistance to contract and expand his muscles, if he didn't, then rising from the bed would not be possible. If he did not resist biologically, then the addictive chemicals in alcohol may consume him. If he did not resist and exercise control over his emotions, then his day might be spent moaning, groaning, even crying. If he did not resist his mental activity, putting things out of his mind, then his everyday life could easily become a living nightmare.

Conscious, sub, or unconscious. The dynamic of human resistance is working as much for, as it does against. The fact that we are rarely conscious of these acts, does not stop

them being carried out. Nevertheless, when we take the time, put in the required effort, observe, view and perceive resistance for what it is. We discover that it is not at all bad as it was made out to be. In fact, when we really get to know resistance, burn away it's negative outer-shell, not only do we uncover a natural human dynamic, it also harnesses equally positive and productive qualities.

Another way to uncover the natural aspect of resistance is to look for it's polar opposite. For example, when asked what the natural opposing force was, the majority answered with "*acceptance*". However, acceptance is a good definition of a rational reaction, but not the actual opposite of. As resistance is a slowing down of, acceptance is simply an agreeing, and regardless of accepting, resistance does not dissolve, transform, or eradicate. However, when acceptance is replaced with "**conductivity**", paradoxically resistance subsides. Therefore, and we will cover this later, the suggestion from here on is to dispel acceptance as a polar opposite, and replace it with conductivity.

Section 3 - The Origins of Resistance

Ancient esoterics thought resistance exists prior to birth, while others believe that it begins with the contraction and expansion of a dividing human cell. Some relate it to the first human heart beat. Though, science may attribute a more rationale approach, like Newton's, Maxwell's, and other universal laws. These state that resistance is a restriction of a flow, or slowing down of an electrical current. But how does this relate to human resistance?

Well, as science and esoterics bridge closer, the two are almost handshaking. That is, common understandings now refer to humans as "**electromagnetics in motion**". Again, avoiding the geeky stuff only to say that reality and life is perhaps nothing more than an interference pattern of resisting electromagnetics. Yet, let's not bog the mind with complicated science, as we are more interested in getting resistance to work for, and not against us. So, let us now take a quick look at the more practical origins of resistance.

Have you ever come across a small child that when asked to do something, they do the opposite? And have you ever come across a particular child where resistance seems part of their character? Often it is forgotten that childhood is the place where resistance is inherited, formed, or carried over from a previous incarnation. During childhood resistance is mostly forgiven, often laughed at, and thought of as, "unimportant". Yet, by adulthood it is often frowned upon, mostly rejected, and thought of as an individual's "nemesis". Isn't it ironic, what begins in innocence, actually comes back to bite us in the bottom? Though, in truth, and as we will discover, the energy of resistance is far from a dark destroyer. Nevertheless, what bonds and holds this negativity to resistance is "**perception**".

Once resistance is perceived as negative, ugly, awkward, not good, a foe, bad for you, etc. then the job of perception is done. Perception performs a very simple role of associating good, or not good, positive, or negative, etc. and once this decision is formed, it then goes onto "*lock-down*". Lock-down meaning that once something is perceived as either good, or bad, then rarely does this change. Though to fully understand resistance, gain access

to its command centre, and “change” the way it operates, then working back its path is vital. In other words, think of it like a recently completed movie, but now you want to change the beginning. To achieve this, one would need to revisit the studio, select different scenes and put together a new beginning. It is your choice to select a happy, or sad start, and the same can be said for the energy of resistance. In a sense, our own movie formed during childhood and it could be said that our production studio is our mind. So, to re edit resistance, we simply go back to its origins.

Though re-editing and reprogramming is discussed further into this supplement, the above it to outline that the origins of resistance are mostly formed during childhood. Nevertheless, this is not a suggestion of psychotherapy, or hypnotic recall. On the contrary, identification, influence and change is achieved in full awareness of everyday states of wakeful consciousness. Though it was suggested that like all human energy, the roots of resistance are formed during early experiences, nevertheless, this is not always the case. As already mentioned, for drivers such as resistance, once formed, perception rarely alters. However, as the nature of perception is in a constant state of “flux”, these are not absolutes and at times are open to change.

Nevertheless, what resistance is associated too, and what its being used for are far more relevant than its actual place and time of birth. While origins refer to the original experiences, formations, and creation. As resistance is one of life’s vital ingredients, its true origins are likely to lie beyond reality itself. With that in mind, as it is with us from birth, there is no escaping this human dynamic. However, what makes it work for, or against us, is how its perceived.

Born to a negative worldview, perceiving resistance as bad has become somewhat natural. Irrespective of a loving family, when school age is reached, a whole new ball game comes into play. That is, individuals learn to push, hide, suppress, and eventually resist their own personal thoughts and feelings. They are carved, and eventually acclimatize to an impersonalized world of group negativity. Albeit this is carried out unconsciously, it is the reality of reality.

Though please do not digest the above as projections of doom and gloom, as once aware of these mass dynamics, a positive impact can be applied. What we are seeking to highlight and influence is the truth, and that truth is how resistance is currently perceived.

How resistance is perceived tells us something about its origins. That is, as this dynamic is unconsciously passed on, individuals are not solely responsible for the negative associations. To get a brief overview of how resistance is viewed, the following two-question survey was put to over 100 people.

How do you perceive resistance?

Where did the resistance in you begin, where are its origins?

What follows are the answers:

Resistance is not good

I don't know

Let us not labour these findings, only to outline that most assumed resistance to be negative, and not one was aware of it's origins.

Though what does this tell us, and what can be gleaned from the answers? If most thought resistance to be negative, who and what was responsible for their view-point? And as not one individual had any awareness of it's origins, does this mean that they were all suffering from amnesia?

Probably not. It is most likely that with the exposure to external forces, that is, school, friends, peers, media, etc. and a great deal of repetitive incoming information, that a negative perception was carved. As the worldview, that is "*critical mass*" relates to resistance as negative, then inheriting this negative belief is as natural as breathing. Though what about the amnesia? Did they really forget the origins?

In a sense yes. However, amnesia suggests a total lapse in memory, but with resistance, this is not the case. Being human means we are subject to varying dynamics such as conscious, subconscious, and unconscious aspects of ourselves. However, you may have already noticed that the word "conscious" runs through all three definitions.

Conscious

Sub-conscious

Un-conscious

Avoiding the ambiguity of psychology and definitions, what is of interest is that, "consciousness" runs through all three. Though conscious, sub, and unconscious are used to switch between one state of awareness and another, consciousness permeates all three.

Though as there is not enough word space in this supplement to detail "consciousness", the fact that when questioned, subjects who did not remember their origins of resistance indicated that although past events and associations had been experienced, they were no longer consciously aware of them. Nevertheless, this does not mean that they no longer exist. On the contrary, they do, but are neatly operating away from one's daily awareness. In fact their origins are embedded deep into what's deemed the sub-unconscious mind. We refer to it as, "**overall consciousness**".

That is, the dynamics that originally associated, and linked resistance to negativity are alive and well, yet they are embedded and hidden deeply into the system. However, adopting Freud's modality of Psychology may have been right for that time, though they are not absolute prerequisites for the now. Having said that, this is not a suggestion to dismiss old paradigms, indeed the three levels of perceiving consciousness has a place. Though, viewed from an additional angles, allows us to make more informed decisions.

Just like the stars were thought to be holes in heaven. Just like the world was thought flat until round. Just like the earth was the centre of the universe until Galileo. Human consciousness is unlikely to be just three levels. Although Freud separated consciousness out into these three segments, he did this during an era of compartmentalization. Perhaps he was attempting to make sense, rationalize, and define human consciousness.

Psychologist Carl Jung then extended this with group, and collective consciousness. The new age movement went further still with Christ, Universe, and God consciousness.

How you relate to your own consciousness and awareness is a very personal matter. Though conscious, sub, and unconscious are a great ways to separate consciousness, and for simplicity we will use throughout. However, what is being referenced is “**overall consciousness**”.

Now please take a deep breath, for as complicated as this sounds, the dynamics of being human are really quite simple. That is awareness, consciousness, perception, resistance, motivation, fear, desire, thoughts, biology, physicality, etc. Once embraced, the job of transforming these human dynamics from one role to another is not so difficult. That is, when human energy is viewed for what it really is, perceptions alter, and life improves.

Section 4 - What's Driving Resistance

When asked, “**what drives humans to resist?**” The top answer was “**blank**”. That's right; most drew a blank expression, possessing no conscious awareness of what was driving resistance. Furthermore, most appear phased at the idea of experiencing resistance, as it was always “somebody else's problem”.

This occurs because much of life and reality is created and directed from the sub-unconscious. That is, reality has an average split of 80/20. Meaning that approximately 80% of life is being influenced, created, and controlled from the sub-unconscious self, with only 20% in full conscious awareness. As resistance operates silently away from one's awareness, is it any wonder there would be no conscious awareness of its existence?

Though just because it operates from the unknown, so to speak, does not mean it's completely invisible. On the contrary, a key access point to discovering resistance is indeed one's very own “**awareness**”. As when life is viewed from the point of an observer, then resistance can be easily uncovered. In fact, with a little direct focus, and inward conscious intent, resistance will be perceived running parallel to life itself. Though what does this mean, and what is fueling it?

It means that like a torch, when light shines into a dark room, it's contents can easily be viewed. Human consciousness can be thought of in a similar way. We simply turn our own awareness back into the self. That is, instead of looking, perceiving, and assuming it's all on the outside, attention is turned inwardly. If you like, we ask our own torch, that is “conscious awareness” to shine on, and show us how much of our own resistance exists. As humans are not too dissimilar to light, these principles work with incredible accuracy.

Yet what are it's drivers, and where is resistance obtaining it's fuel from?

Perception fuels resistance, and associations drive it. Simplified down, the easiest starting point is to consider that resistance is an unavoidable, integral ingredient for life. In other words, “whatever the situation, conditions, etc, resistance just exists”.

Though, how it is perceived is what drives it. As an example only, Daniels spouse wanted him to find a new job. One that would afford them both a better lifestyle. However, irrespective of acknowledging the need for improvement, Daniel did not take action. Why was this? Why was Daniel resistant towards this potentially positive lifestyle change?

Well, it is most likely that Daniel was not aware of any surface resistance at all. If he were, then it is highly probable he would have addressed, and changed it. However, as much of his reality is naturally driven from 80% of his sub-unconscious self, then not only is he unaware, he has no conscious awareness of resistance either. If asked, Daniel would probably deny the existence of resistance, and he would be right to do so.

Nevertheless, if there were no resistance, he would simply seek out his desire for that new job. Yet, embedded into his system, one can call it “*overall consciousness*”, or his sub-unconscious self, the terminology matters not. Though what’s important is that somewhere along the line of life, albeit sub-unconsciously, Daniels perception is holding onto and using the energy of resistance. Not only that, as the energy is preventing him moving forward, it is unknowingly being used against him.

Though it all sounds a little cloak and dagger, good guy, and bad guy so to speak, this is just the nature of reality. Up to now, human dynamics have largely operated and come under influence from the sub-unconscious self. That is the 80/20 rule of consciousness, 80% sub-unconscious, with 20% conscious.

So, as perception holds onto and uses the energy of resistance, fueling it from behind are “**associations**”. Because perception works much like a jigsaw, it cleverly pieces, places, and stitches real life events to form judgments, opinions, and beliefs, etc. Furthermore, this formation is really very basic. Either something is perceived as good, or not good, and a decision is made. Resist or allow, resist or accept, resist or conduct. It is as simple as that.

As much of this is performed during one’s early years, this is why Psychologists focus on childhood. Nevertheless, and as briefly outlined, the dynamic of perception is always in a state of “flux” and can be influenced and changed at any stage of life.

Though back to Daniel and the drivers of his resistance. It has already been said that perception holds and uses the energy, and associations are what fuel it, but what are these associations?

For Daniel, can you recall that he wasn't even aware that he was experiencing a state of resistance? While he might think and feel this to be de-motivation, it is not. As even further into his sub-unconscious self are real life associated experiences and events that have gone on to carve his perception. Though because Daniel knew of no other relationship other than “bad, or negative resistance”, his perception could only make one choice. That is, resistance is bad. As this is the job of perception, this task is performed automatically away from his conscious self. Though as will be discussed later, when overall consciousness is tasked to go off and find these original associations, without fail, it will do so. Once raised to the conscious self, they can be broken apart, positively influenced and changed to be productive.

That is, instead of Daniel avoiding looking for a new role, and not really knowing why. Resistance still exists, but it no longer operates from the sub-unconscious. This means that he would become conscious of his own resistance, and he could then use it to his advantage. How?

Well, imagine the same situation and that Daniels spouse suggests he finds another post. Only now, he is fully conscious of the dynamics of resistance and has successfully transformed this negatively perceived dynamic. The new resistance will no longer be distancing, diverting, or making sub-unconscious excuses. Now he is the master, and it serves to propel and deliver what it is he truly desires.

Does that sound like a fairly-tale? Well, it was not meant to be, because what now lies ahead can and will with some effort, transform and get the best from resistance.

Section 5 - Observing & Identifying Resistance

It is always easier to see the resistance in others, than it is to observe and identify it in ourselves. Yet why is this so, why are humans more than willing to connect to their good traits, but the negatives are not easily viewable?

Because of resistance!

As human beings, it is not thought of as pleasant, desirable, or beneficial to see one's own inner dark spots. In fact, humans have become quite apt at screening off any dislikes, hence maintaining distance requires the energy of resistance. As resistance is perceived as a negative, it can fall into the category of a human weakness. Though, when we are brutally honest, the resistance we see in others is often a dis-ownership of our own inner self. That is, what is projected into reality is reflecting back for conscious understanding. In our experience, and until processed, resistance will persist until consciously taken responsibility for, and dealt with.

Though how do we observe our own resistance? Well, just like you would observe in another. The only but main difference being that instead of focusing awareness on the outside, attention is turned inwardly.

Initially it may help to practice and study on others, though ultimately attention should be focused and directed through the self. In saying that, whether observing others or self, the process is exactly the same.

STEP 1

The better place to start is to be-friend the energy of resistance. Whether perceived as physical, biological, emotional, mental, negative, fearful, or otherwise. Becoming intimately aquatinted is the first step towards freedom. As the job of resistance is to do just that, i.e. "resist". Please make preparation for a game of hide and seek. Though when observing from a friendly perspective, it won't be too long before resistance gives up playing the game.

This is so because the very nature of resistance requires energy to exist. Whether this energy comes from the conscious, or sub-unconscious matters not, though it must have energy to survive. While you have come across the saying, what one resists persists, refers to the energy feeding itself. Remember consciousness is energy, yet if resistance is operating sub-unconsciously then ultimately it is being held in place with perception. It then becomes a vicious cycle feeding on itself. Nevertheless, breaking this cycle is extremely simple, as all that is required is to shine the light of consciousness onto the source.

That is, from a non-hostile position, any and all forms of resistance are welcomed and embraced. Applied mentally, this action begins to dissolve the sting in the tail. It will not kill, though when genuinely embraced, “in an instant” consciousness transforms resistance into conductivity. That’s right, instead of allowing, or accepting, which are really only forms of acknowledging, when resistance is consciously beckoned and called forth then you act as a conductor. In conducting, there is no resistance, and without resistance, its power is displaced.

So for the first step, it is a simple yet powerful action of learning to embrace resistance. Actively engage, seek it out, befriend and develop a one to one relationship. As an observer, good practice is to stand in front of a mirror, look directly into your own eyes, and consciously speak the following;

“Irrespective of my current perception, view-point, and beliefs. I now in this moment, ask my overall consciousness to accept, allow, welcome, and embrace all forms of my own and others resistance. Whether conscious, sub-unconscious, positive or negative, physical, biological, emotional, mental, or otherwise. I now in the moment ask to consciously understand my own truth. I am ready for what arises and accept full responsibility for this process”.

CAUTION! Above is not a wishy washy whimsical saying. Please be mindful that when the following paragraph is applied with genuine integrity, and full conscious intent. A very powerful electromagnetic action is invoked. This will then influence biological processes, which in turn will have a knock on effect in the physical.

STEP 2

Outlined near the start was resistance to change. That is regardless of the perception, positive, negative, desired, or disliked. Where there is change, there is resistance.

Please give this some curious thought and then try it out on yourself. For a quick exercise, pick one or two situations that you were going to change, though for whatever reason, if you did not get around to it. Then ask yourself the following, “was there any resistance in me, if so, what was it that I was resisting?”

Which brings us nicely onto a few examples. Mary desired to work for a new company, yet her resistance to change was stronger than her motivation to leave. Michael wanted nothing more than to open his own business, yet his resistance to do it won over his desire. Mark knew moving office was a good idea, yet resistance got the better of him.

While resistance can be closely linked to de-motivation, anxiety, depression, fears and so forth, it is still the energy of resistance.

Though why is this so, and why does resistance permeate so much of our daily lives?

Well, it really is very basic as not only are humans creatures of comfort; there is also comfort with discomfort. Though extreme, this can be seen with a drinker, whom may desire to give up, yet resistance has the better of them. Whether in a position of like, or dislike, resistance to change is a somewhat natural coexistence. Furthermore, it could be considered that resistance is habitual, though when uncovered, habits are really just by-products of deeper core drivers. That is, associations founded during one's early years influence, and then go on to form today's decision making. Though this will be covered later, please bring this to your awareness, as when in observation mode, getting intimate with the energy of resistance is key.

Key in a sense that resistance is nothing more than a simple human dynamic that to present day has been allowed to develop untethered. In doing so, it could be likened to a flower growing in the wild - That is, in the elements of nature and environment it is subject to deter its future. However, there is an understanding that resistance is not too dissimilar, nevertheless, from this point forward, the game is over.

With the risk of condescending, though it is genuinely not inferred this way, but it cannot be emphasized enough that "*change*" equals "*natural*" resistance. Again, and only as examples, though if you were to frequent the same coffee shop, drink the same drink, and sit in the same place. A pattern of resistance is created. Now let's assume there were no negatives, and this was a positive, desirable action. Resistance is still created.

Why? Because the energy of resistance does not discriminate. It serves both core drivers of Love and Fear, therefore, even with desires such as the above, "resistance is present". As resistance is a human dynamic that is simply aiming to slow down, even stop. It works for both sides, working to prevent a feared outcome, or to prevent moving away from a desire. It is a very basic, and simple operation. Though there are two things that complicate it.

A lack of understanding - As this human dynamic has not been very public, responsibility for ownership has to date been difficult. However, times have changed, humans have evolved and we are now more responsible for our own development than at any other time in human history.

Overlaid experiences - These can be referred to as associations. That is, perception holds and influences what will, and will not be resisted. However, original core experiences that have since endured many years of similar events overlay as "associated links" that drive the energy of resistance. Nevertheless, when change occurs, perception automatically pulls from one's library of experiences to create resistance.

So, for Step 2, (and when observing) whether welcomed, or not, resistance will more often than not be found running in parallel.

STEP 3

When observing, how is resistance identified from other dynamics such as de-motivation, dislikes, fears, anxiety, etc. etc.

Well, make no mistake, as the energy of resistance has gone undetected for such a long time, it is highly likely that it is going to catch you out. That is, when observing, it is easier to overlook, deny, dismiss, even ignore what this energy dynamic of resistance is doing. Though what follows are not personal judgments or opinions, they are facts of reality. That is, resistance is as much a part of your day as the oxygen you breathe. Though, like the air breathed, the conscious self does not recognize it.

This aspect is unbelievably important, as until one becomes conscious of that which they were previously unconscious of, then change is not possible.

Though going back to identifying resistance from differing dynamics. Imagine something like a “Russian Doll”. As it’s broken apart, a smaller version resides inside.

Now, imagine that the outer Doll takes influence and direction from the core. Imagine the core, which is the original Doll, cannot be discovered unless the outers are removed. The outer Doll may have four, five, or more layers. Nevertheless, with the amount of overlays, the core Doll is now hidden well away from the outer Doll.

Although this is an analogy, it could be said that human energy is not too dissimilar. As most humans live life 80% from the sub-unconscious, with the remaining 20% from the conscious self, the majority of life and reality is said to be emanating from the core.

Though we are not quite ready to enter the core of humanity, at the core of resistance, are associated experiences that are quietly, but progressively operating and influencing well away from the conscious self. Though we will return to the Russian Doll later, it could be said that the core, is the child, and it is where the majority of life’s decisions were made.

To observe this energy is also very simple, as when any “changes” are made, resistance is also present. Though what makes it possible to break apart the energy of resistance is to observe change. Whether that be in yourself or others, when flexible, or how inflexible, how willing, or not, how open, or closed, how easy, or difficult this change is going to be. Then resistance is seen for what it is - Resistance.

STEP 4

Once attention is turned to observing resistance, and it’s various forms. That is physical, biological, and non-physical, identification is not so difficult. In fact, when looking it is like noticing something that is already in existence, it’s just that attention overlooked it. For example, it is often said that people who buy a certain colored car, an item of clothing, or something other, that prior to buying, they could not recall noticing the item. Yet, once aware, or should we say, “**raised to the conscious self**” suddenly similar items appear and are seen everywhere. This is the dynamics of conscious awareness in operation, and when applied to observing resistance, it operates exactly the same.

So, in observation mode, resistance can easily be identified and this can be achieved in

two ways. That is, from the outside to in, or the inside to out. The process is exactly the same.

Starting by observing your day, try to turn inward and observe your own conscious awareness. That is, the same way you'd connect to intuition, the inner self is listened to the same way. In doing so, it will not be too long before the realization occurs that YOU are not really YOU. This is not a mind quiz, yet the truth of the truth is that when attention, awareness, and conscious intent is turned inwardly, then a natural phenomena arises. That is, often the observer questions the observer. In other words, you ask yourself who it is you really are, and whom it is that you are communicating with. This aspect of self is a real positive breakthrough, and one that vastly improves daily life.

Though for now, please allow a step through of detailing the observer, turning attention inwardly. While the root may not instantly surface, in curiously questioning, the light from your torch is being shone on the darkness. That is, using your own conscious attention is like shining a torch inside a dark cupboard. As where attention goes, consciousness flows. Though for the first time, it is like searching for something that you don't know really exists. Imagine going into a cupboard and you know that you are here to find something, and although you do not know what that something is, your job is to connect to that of what you discover, to what is already outside the cupboard.

The job of identifying resistance is not too dissimilar. As when observing, you first look on the outside, then connect the dots from the inside. Once this technique is applied over and over, it becomes almost as natural as walking. Though for now, as this is the first time, please allow time to digest, make mistakes and perfect the routine.

As an example, Mark was planning to move office. He thought and felt comfortable in his existing surroundings, yet felt equally comfortable with the planned move. However on the day of the move, his train was delayed and by the time he arrived at work, contrary to his instructions, the removal company had already began packing. The office move got underway, yet endured much stress, and by the time he arrived home, it was much later than expected.

The above is a brief outline of subtle sub-unconscious, as well as physical resistance in action. While it may appear subtle resistance such as a delayed train, daily stress, and arriving home late are petty and unimportant. If not caught early, subtle resistance will eventually develop into full-blown physical resistance. Blatantly obvious physical resistance is where Mark physically engaged verbally telling the removal company, "*you have gone against my orders and packed prior to my arrival*". In speaking verbal, is the creation of physical reality. The knock on effect is the **creation** of unrest and a tension for the rest of the day. Eventually the office move happened, but the packers were slow, causing avoidable stress and a delayed departure home.

The job is to identify, not to unearth yet, but to identify only. As already mentioned, what is often overlooked is the pettiness and simplicity of resistance. Yet if unidentified, it continues it's journey until expressed through the physical. While some might say this is the reality of reality, they are absolutely right. That is, it is their reality, but it does not mean it is the only reality, as there is indeed another way. There is another universal

phenomenon, and while it might sound nauseating, “**change the inner world, and the outer world will eventually reflect it**”. Though, while this might be thought of as an impractical solution, and as difficult as it is to address, it is a key aspect towards recruiting the energy of resistance to work for, instead of against.

Though back to Mark, for did you notice that the delayed train was linked to Marks resistance? Yet, if the train was outside of, and not a part of Mark, how could this be? This is what’s described as subjective synchronicity. That is, “*so on the inneth, reflects on the outeth*”. Meaning that whatever is going on within one’s sub-unconscious, has a direct effect and impact on external events around. Furthermore, when one’s overall consciousness is trying to convey something to the conscious self, synchronistic events often show up in life. Nevertheless, in order to connect the dots, one only needs to pay attention to their own reality. While some might dismiss this as just a delayed train, and that’s all there is to it. The suggestion is to re-consider.

If the train was delayed and there were no dots to connect, then yes, it could be deemed a totally unconnected coincidence. However, if Mark were to shine his own torch of conscious attention, experiencing moments of “aaaahhhh”, then he knows there is a link. How does he know? Because his overall consciousness will tell him, but if there is no link, and no dots to connect, then it can be cast aside as irrelevant. Though more on this later, the task for now is to make links and connect the potential dots. Basically, anything and everything that happens before or during Marks office move could be considered potential.

Section 6 - Unearthing, Unlocking & Dissolving Resistance

To unearth resistance is not so difficult. First it is be-friended, welcomed and embraced, as in doing so, conducts the energy and this is absolutely vital. Conductivity being the opposite of resistance, it attracts therefore absorbs much of the negative energy. It does not dissolve, though the very act of embracing reverses the flow of resistance. That is, instead of repelling and getting more of what’s disliked, becoming friends means that the energy can no longer fuel itself. Remember, resistance fuels itself and needs more resistance to achieve this. When the flow is reversed, the fuel supply is cut.

Secondly, one observes and begins the process of identification. This act allows more access to the energy of resistance, even though you may still be asking - where is the core of resistance?

Resistance is in almost every conceivable action and reaction to life. Conscious or otherwise, resistance coexists alongside life itself. One only needs to analyze and look into daily reality, and resistance will be found all around. Likes, dislikes, pain, pleasure, love and fear, resistance can be found in all six. Though what we are now looking to do is unearth the negative, unproductive, and destructive resistance. Once raised to the conscious self, it can be identified, broken apart and reassembled.

It’s a little like removing the outer layers of a Russian Doll. Once at the core, the smallest doll is broken apart and reformed. In short, we are breaking up old negative associations,

and replacing them with more positive and productive outcomes. Though the way to achieve this is not to assume positivity, it is to get resistance working positively. The paradox being that resistance will still operate from fear, pain, and dislikes, though we now associate these to positive and productive outcomes.

As an example only, let's take an addiction. Jim knew that as the opportunities arose, he would invariably overstep his relationship to alcohol. In other words, Jim thought because he worked paid, and he spent a great deal of time away from home, that this was the reason he drank. In fact he was "*consciously*" convinced that this was a rational and firm reason. Nevertheless, with each new night away from home he found himself to drink more than he should. Again, Jim consciously told himself this is just life and it is the purpose of hotel bars.

At Jim's core, he felt powerless to stop and reject any alcohol. He also knew it was not so good for him, and that he wanted to exercise more control over himself. Nevertheless, he never spoke his inner self to anyone, pushing it away from his conscious mind. Yes, Jim indeed felt powerless but comforted himself with rational excuses.

However, upon closer inspection, Jim must not be blamed for something that he is not conscious of, therefore what he is not conscious of, he cannot be in control of. For example, he is not conscious of breathing, therefore has no control over it. The same way he is not conscious of resistance, and likewise he has no control over it.

Nonetheless, what is being suggested is that Jim's resistance to giving up; control, or stop alcohol is because resistance is harder at work than he is. That is, his resistance is operating stronger from the sub-unconscious, than that which he can consciously self-control. Evidence can be seen when Jim tells himself, not tonight, then breaks this internal dialogue and drinks anyway. With each broken agreement, adds to the negative side of resistance and soon enough, Jim has no choice in the matter. Irrespective of anything else, his bio feed-back tells him he will drink alcohol. It is a vicious circle, one that began sub-unconsciously, then sends instructions to his biology, and now expresses in the physical.

Though what now if he wants to change this, how can he achieve it?

Well, Jim is a business executive whom is apt at controlling situations and circumstances outside himself, yet when it comes to his own inner dynamics, he struggles. Why?

Because he has no knowledge of how "human dynamics" such as resistance operate. However, with a few simple steps, and applying what he already knows, Jim will with ease transform this situation.

All he need do is work back from the physical to the core. Here is how it was achieved.

First off, Jim was encouraged to get used to the very idea of not only allowing, but welcoming and embracing the energy of resistance. Whatever form it presents, that is physical, biological, or non-physical, as strange as it sounds, Jim was asked to make friends with it. He was then asked to self reflect, turn inward and become conscious of his own self. Although he knew himself better than others, the rule of 80/20

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