



HOW RESISTANCE  
GOVERNS YOUR LIFE  
Is Your Inner Resistance  
Stopping You from Living the  
Life You Desire and Deserve?

# How Resistance Governs Your Life



As humans, we learn most effectively from *contrast*. When we know what we *don't want*, by contrast we then also know what we *do want*. Contrast is a powerful teacher. This is important to recognize, because the most important question we can ask ourselves is, “**What do I want?**” Only when we've honestly determined the answer to that question of what it is we *do want*, can we then begin to set the trajectory to achieve the determined “want.” Until that answer is clarified, we are existing in default mode with no real predetermined destination or preset goal.

I'm no stranger to lessons brought through contrast, and I'm no stranger to resistance. I bring this up today because “resistance” is the governor that stops us from turning away from what we don't want and moving towards what we do want. Resistance keeps us stuck. Even though we may have grand intentions to change our life, to transform a way of being, to break a habit, or to do things differently, without being corrected, resistance governs our life and stops the actions necessary to move us forward in life.

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It's not enough to know what we want. We also need to have the courage, the confidence, the mindset, and the action steps to move us in the direction of our dreams, even when resistance flares up. And equally important, we need to have self-awareness to recognize when the beliefs, habits, and emotions we harbor are getting in the way of achieving our desired life.

Excavating the layers to reveal the roots of that resistance, to unearth the buried feelings, to observe the childhood memories that are stuck as energetic pockets, and for discovering where we learned our values and beliefs gives us a clean canvas for consciously creating a designed life by choice. When we become conscious of our stories as being just that: *Stories*, then we can re-frame our history/her story and pull the gold from that excavation process. There is much value which is discovered **ONLY** through the digging.

If your life is not all it can be, it's because of resistance. And most often, the myriad undercurrents that show up as failure, or procrastination, are resistance, and are not apparent. The cause of keeping stuck goes unnoticed.

The more you can identify and transmute the ways in which you are allowing resistance to keep you stuck, the more your life will be a conscious creation as opposed to being a wave of emptiness or chaos.

Get clear about what you do want. Imagine what it looks like, look at what had to happen in order for you to have what it is that you decided you want, and fully feel the experience of what it's like to have it. Let that feeling surge through your whole body.

Once you've gotten clear about what you want, you can speed up the manifestation of your desired life by adopting a daily practice. One technique I suggest you use for manifesting what you want starts in your heart chamber.

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In a place where you will be undisturbed, sit in a comfortable chair. I'm not a stickler for having your feet connected to Gaia unless you are most used to drawing on the power of the Earth's crystalline core for strength and energy; in that case, do sit with your feet touching the floor.



Breathe in deeply through your nose, and exhale audibly through your open mouth to bring you into the present moment, and to relax you. Repeat the inhalation through your nose, consciously breathing in the energy of universal abundance of love, joy, health, and wealth, and exhaling through the mouth, any stagnant inner energies. Repeat this breath three full times, or more until you are relaxed, and present.

Now place your awareness on your physical body. Start at the top of your head, and work your way down your body. Notice any painful sensations in your body. Direct a flow of loving energy specifically to the individual point of pain. Do this anywhere you sense a tense muscle or discomfort.

When you are sufficiently relaxed and in your body, move your attention out of your head and down into your heart. The heart is the source of the original intellect. Go there now, and use that inner source of intelligence as your place from which to simply *be*.

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As you are now in your divine heart chamber, what do you see? What do you hear? Is it colorful? Is it comfortable? Are you alone in your chamber? If not, who is there with you? Most importantly, what do you *feel*?

Breathe deeply and fill the chamber with love. Exhale any old psychic debris.

Now, still from this inner place of your heart intelligence, what do you wish to manifest? Perhaps you wish to create a life of *ease*, in which case you would hold onto the emotion of *ease: Easy life; easy flow of abundance; easy family relations; easy living with no focus on stress; etc.* Whatever *it is*, feel it as if it is your condition now. Because it is, if it is what you are choosing. Stay with the emotions of having manifest this desire. Hold this energized feeling in your consciousness. Breathe deeply into the emotion of having manifested this wondrous fruit of your desires. Hold the emotion for as long as you like.

When the emotion begins to wane, express gratitude three times out loud to Source for your creation: *Thank you. Thank you. Thank you.*

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After a short while, when you are ready, raise your hands up to the air and wiggle your fingers as you once again express thanks for the blessings. Congratulations. You have just exercised your creative skills.

Now, make a commitment to yourself. Vow that you'll not be picking back up the discards of your psychic debris. It takes a bit of practice, and a commitment to live that life you know inside, that you deserve.

Practice being YOU on a daily basis. And remember to thank you, often.

PS~ Have you claimed your complimentary empowerment call\* with Jan Deelstra on the Winged-Women Website? Do it now! <http://Winged-Women.com>

Let's see if we're a good fit for services!

\*Subject to availability

*Love, Light, & Gratitude,*

*Jan*