

HOW TO RELEASE RESISTANCE TO TOTALLY RELAXING NOW

THE "SIMPLE CLEARING PROCESS FOR PEACE" CAN BE USED TO RELEASE OUR EMOTIONAL UPSET WHEN OUR BUTTONS HAVE BEEN PUSHED BY CHALLENGING CIRCUMSTANCES OR PEOPLE IN OUR LIVES. IF WHILE ATTEMPTING THE CLEARING PROCESS YOU HIT A PLATEAU YOU CANNOT EASILY BREAK THROUGH, YOU CAN USE THE FOLLOWING PROCESS IN ORDER TO DIRECTLY RELEASE THE "RESISTANCE" YOU ENCOUNTER WHEN TRYING TO RELAX IN THE FACE OF ALL THAT YOU FIND CHALLENGING AND STRESSFUL IN LIFE.

(It is recommended that you do this process out loud, where no one will hear you)

Step 1: Ask ... On a 0-10 scale, "If a '0' is not the slightest resistance to totally relaxing and feeling completely at peace, like a little cartoon angel blissfully sleeping on a cloud in heaven has no resistance to totally relaxing and feeling completely at peace -- because she's in heaven (pause and see her). How much resistance do I have to totally relaxing and feeling completely at peace in the midst of the pressures and effects of all that I'm dealing with, past, present, and to come?"

Then rate how on a 0-10 scale how much resistance you have to totally relaxing in the face of all that is upsetting you now, and in your anticipated future = "X".

Step 2: Put this feeling into simple sentences of the following structures:

"With all that I'm dealing with, I'm feeling a 'X' resistance to totally relaxing," ... "With all that I'm dealing with I'm feeling a 'X' resistance to totally relaxing," ... "With all that I'm dealing with I'm feeling a 'X' resistance to totally relaxing."

Stay vulnerable & connected with your emotional resistance to totally relaxing in the face of all you're dealing with. Repeat this sentence over and over, until either at least minute to a minute and a half passes or your level of resistance clearly subsides.

Return to Step 1: Go back and read aloud Step 1 and re-rate how you feel. You should notice the number steadily decreasing which will give you feedback on how effectively you are releasing your resistance to totally relaxing. Continue with these steps until you are happy with how much your resistance has subsided to totally relaxing and feeling completely peaceful -- right now -- in the midst of all that you are dealing with in life.

... It may be helpful to remember the adage ...

"Feeling and honoring my resistance ... Can melt all of my resistance."

A Spiritual Solution

When we finally break through our resistance to relaxing and feeling total peace, we will notice that nothing will have changed in our outer life. Instead everything will have changed in our inner life—which is the true source of our inner peace. Most people live in tension and in an inner fight, not relaxing without a ‘worldly’ solution to their problems: they try pursuing this or that, attempt to acquire more things, or they try to run away from (or avoid) whatever pushes their buttons and causes them some degree of pain or upset. This process offers, instead, a “spiritual” solution to our difficulties in life. By releasing our resistance to relaxing and feeling totally at peace, our outer world completely changes, and we can experience the peace-on-earth we all long for, right here and now.

So How Can We Stay Peaceful?

We know life is likely to present us with challenges every day, so how can we stay ever willing to relax and find peace in the midst of challenges which keep coming our way?

We take showers or baths every day to keep our bodies clean – even though we will surely get dirty again. We brush our teeth every day – even though they will probably be in need of a brushing after our next meal. Some of us do physical exercise regularly, despite so many forces – including ageing and even gravity itself -- which are constantly acting against us.

But what do we do for our mental peace? Regularly doing something to clean and clear the resistance which arises in us to fully relaxing is important, especially in the face of so many forces in our day to day lives acting to disturb us.

This is something we have forgotten, because no one has to teach children how to release their resistance to relaxing in the face of whatever is disturbing them. They innately know how to feel and let go of their resistance by crying, throwing a tantrum, or expressing their upset feelings – after which, they quickly return to being light-hearted, free, and joyful again.

We can definitely achieve this again as adults, finding our way back to regaining our youthful light-heartedness and inner peace, if we take a few minutes time daily to do clearing practices.

