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Title Path of Resistance: Stop Fighting Life

Greetings, how are you? I'm groovy [laughter]. Just trying to think of a more clever, creative way to say that, and it didn't come to me. So here I am. Here I am, talking about a wonderful topic. A wonderful topic, because this is really the key to, I pretty much think, everybody's issues in life. It's always what we become resistant to.

Resistance is a bitch, isn't it? So the path of more resistance or [laughter] you know, any resistance, can be quite the quandary, you know? It's sort of one of those things in life where we think if everything was the way we wanted it to be, then we wouldn't feel resistance, but I guarantee you we would feel resistance. We would find it. So many of us, and I know myself included, I decided over and over and over and over again, like, multiple times, that I was finally not going to live in resistance. I was going to get out of it, but of course, the word finally, really, shouldn't exist [laughter]. Because something always changes after that.

There's nothing final until you're not here anymore. Final, it's always open-ended. Everything is open-ended. But anyways, most of us are frankly wanting to get to that finish line and not be in resistance and I know in my own journey, it happened for me bit by bit over time and sometimes in large pieces, sometimes smaller pieces. It really depended on how deeply I was in resistance and it was that surrender over, and over, and over, and releasing over, and over, and over, and feeling my feelings over, and over, and over, altogether, that made the difference.

And many of us don't realize how we get into a spiral with it and it's sort of a downwards spiral, not an upwards spiral and we don't realize how anger is in there as well. It's kind of a, not a motivator but a driver. I always think driving is more tense. I have a drive that feels intense. Motivation feels passionate and exciting, so I always think of anger as a driver, and a lot of times we use that as an energy to take action, which is really in reaction to something we're not happy about, and all anger does is keep us in the place of being a victim. Yeah. Anger keeps you a victim, and it keeps you in resistance, because if you're focusing your anger outside of you, which really isn't going to help you but let's say you're doing it. What can you possibly expect? You want something to change outside of you. You're angry, so you're again the victim, therefore, you're in resistance.

Resistance to the other person, the situation, life, resistance. It's not an ideal way to live, and it's not creative, because it doesn't create happiness. There's no way it could. When you're in resistance, it's like you have a big steel wall all around you, and you're hitting your head on it from the inside, and nothing can get in from the outside. And I'm not even talking about outside of you. I'm talking about inside of you. I'm talking about the wall, like put it straight down the middle. And you have one side battling and the other side battling, and they never shake hands. They never call a truce. It's kind of a shitty way to live. It's painful.

And that's because you have an opinion, on one hand, of what you believe is right, and on the other hand what you believe is wrong, and then sometimes they switch sides, and sometimes you don't know why you believe what you do, but you're in a lot of resistance to all of it. And most of us are. Most of us, the reason we do anything, is because we're trying to fix our resistance from the outside-in rather than the inside-out. And that is very tiring, isn't it? I think it is. I'm talking about it and I want to go take a nap. I mean, it is tiring.

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And for me, my journey has been pretty fricking interesting in terms of resistance, because I find that the less resistance I have, which I have probably, I don't want to say like a quarter of the resistance I used to have, because I was pretty resistant. I had my way, in my head, although I'd never tell you that. I would have told you I was easygoing [laughter]. I would have said I was the opposite of a control freak. I would have said I was going with the flow. But I really didn't even understand what the hell the flow was back then. And I didn't understand how to actually have an open heart. That was pretty impossible. And to me, having an open heart, I think like most people when they talk about self-love, it's the same thing.

It's like, what does that actually mean? How do you even do that? Well, you have to get out of resistance to do it. And it's not that you snap your fingers and get out, but I know, in my journey, the place I'm in, I'm in an open-hearted place. Could I be more open hearted? Probably. I could be a lot less open hearted, too. I could be like I was. And I feel, at this point, I have an, I don't want to say a huge open heart, but I would say it's pretty fucking huge, yeah, because I'm a magnet to other open hearts, and it's really, really fascinating when you stand back and you watch your life.

Not stand back at a distance, okay, to create the distance with people. But stand back to allow there to be space. So that the space isn't filled by me chasing things, or yanking on things, and being in resistance to life. Because when I've been in resistance, it feels like I fill up all the space around me and inside of me. It makes me feel stuck. It makes me feel heavy. And so being open-hearted isn't about that because I've gotten what the hell [laughter] stood between me and being open-hearted, the resistance to it. I have dismantled a lot of it and I'm still in the process of all of that. That's what I mean I know I still have ways to go.

And even though I have ways to go, I am so fascinated by what happens as you do it. Because many of us think that we have to force things. We have to work really hard to have what we want. And that's just not true. And so in fact, life doesn't work very well when we're trying to force things. If anything, it makes it harder. It makes it like battling resistance. And to me resistance is always heavy, painful, suffering wanting what you can't have. All that shit. So when you're in that place, it's rare that you feel fulfilled. Even if you've forced all of your life's circumstance, right?

You were driven. You were going to have everything be what you wanted it to be but you don't feel good. Well, that tells you something. You're in resistance to what is. You may have created a life you didn't want. Really. That's what I mean we don't know. We are not the best judges of what's going to be good for us. Those are all your personal opinions, those are all your wants. Based off what? And then you get into resistance to whatever is not like that. "Nope, don't like that. Nope, I hate that. No, don't want that to happen. Ah, shit. This keeps happening. I can't believe this is happening again. What am I going to do? I am so stuck. I'm screwed. I'm depressed. I am miserable. I'm angry. I hate you. Blah, blah [laughter] blah, blah, blah, blah, blah.

So we're not giving life a chance when we're in that place. We're not giving life a chance to bring us things that are going to be filling, because again we've crowded that space with our own energy, and that certain picture that we have in our head, or multiple pictures we have in our head, that mean it can only happen one way. That life has to serve us in the way that we believe, in our limited thinking and believing, that it must come that way. And if you're living that way, you're not really living.

You're sort of waiting and being angry, and resistance to everything that doesn't look like what you think it needs to look like to make you happy. And that's why nothing outside of you really has that power. It does temporarily, but it isn't permanent. It has to be an inside job. So to stay clear of resistance on a daily basis is pretty damn difficult. I'd love to be able to do that all the time in all parts of my life, and perhaps someday I'm going to have surrendered to it all. That's my goal. This is a spiritual journey for all of us. And I recognize most of this work is based on many,

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many spiritual principles that I didn't realize I was just an extreme attachment to all sorts of things, not just people but other things and other ideas. And that's really what keeps you in a lot of pain, right? Attachment.

And it's not even attachment knowing why the hell you're attached. That's the worst part. Why am I so attached to having whatever you have, right? And not even understanding it. And that's the crazy part. We often have no idea where the beliefs we have developed because a lot of it is on autopilot, and a lot of what you think you want is on autopilot.

And even your resistance is autopilot. You don't even realize you have it usually until you start paying attention and usually you have to have some kind of an awareness that it's going on in the first place. And I think that's where most people struggle is they don't see it, right? They don't know. I didn't know [laughter]. I laugh because I really had no clue. None. Looking back, yeah. Looking back, I thought things were pretty black and white. I thought that I felt the way I did and that the only way it was going to change is when people, places and things agreed with me and that's a very small percentage of the time.

But even worse, and I say worse because that means resistance wasn't going to go away, is I didn't know why I needed things to be a certain way or I needed people to be a certain way or what have you. And so it would keep me in this vicious loop and I would be stuck with sort of kind of a dream but not a dream, more like a nightmare of what I thought life had to provide and it never did. Or like I said, it could but that didn't solve my problem. None of this solved my problem ever. So I think resistance is one of the biggest forms of suffering. I really do. But I'll tell you, when little miracles start happening on a daily basis-- and that's how I feel about my life, when you start to let go of resistance and accepting what is as I've talked about several times, and it bears repeating because until you get it, you don't get it.

And then you just get it in pieces and parts and then time goes on and you get more pieces and parts. You know, it goes to different levels of pieces and parts until you look back and you see large chunks have changed of how you hold resistance and how open you are. How closed you are. All of that good stuff. And so when you accept what is, and you allow things to change, you allow things to be as they are, you allow things to do whatever they're going to do because they've been doing it before you were here. They're going to do it after you were here. They're doing it while you're sleeping, while you're awake. It doesn't matter. It's not your business anyway. Your business is inside of you. And why miracles happen, I believe is when you really let go of your resistance, when you just say, "I'm not going to live in resistance anymore. I'm not going to be in a place of demanding life cooperate with me. How I have to have to have it cooperate."

So I was thinking about my love life. And it has just been an amazing opening, like a flower [laughter]. I almost talk about it like it's an object when I was saying that because my love life has become a love of life. Really, it has. And it's not because of the men. It's because of me. In terms of I really love my life I mean there's times, don't get me wrong, where I have moments where I'm like, "Urgh, that sucks," or, "Wow, I wish it wasn't that way." Hello, resistance, right?

And I have to catch it because it's in those small moments too that you discover, "Oh, [wait?], I've got resistance to this little teeny tiny thing over here." And if you can catch it, those are the easier things to usually let go of. That's why I suggest paying attention to what you say or do. But anyways, I was believing and really focusing on loving my life, like making sure I'm filling my life with things that make me feel turned on. Not so that I attract a great guy, but so that I attract a great life, whatever that looks like. Whatever that means.

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I'm doing my business, personally, professionally and so, it seems like life really does cooperate with you when you're in this space. So, anyways, my love life though, I've been dating and meeting men and some in person, some just corresponding with, and it has been so much fun. So much fun. I really am [laughter], I am so enjoying it because lucky me, I keep meeting men who are self-aware. They're not necessarily a guru on the mountain, or maybe they are, I just don't know them yet in that way. I don't know. I'm not looking for them anyway. I'm looking for a person, not somebody who has a cape. And a lot of the guys that I meet are very open and are open to vulnerability and they are up front with it.

Oh, yeah, and the ones that I've been meeting, I almost want to fall in love with everybody just because there's so much openness and I've seen myself go through stages of dating. I've seen myself go through stages where I've got people that have more self-awareness but still had a lot of fear and all I had to do is look at myself and go, "Oh, look, they're matching me." That's really what it was and I knew it. I knew they were as open as I was and so what's just really awesome is that I feel very, very blessed because literally the men are so, so just wonderful and again, this is coming not from a judgement place, this is coming from an exchange of energy.

This is coming from just being open and really enjoying what I'm learning. And I am learning. I'm learning all sorts of things because I got about this so different than I used to. I don't have a bunch of rigid rules like most people do. And I'm being honest. Most people have way too many fucking rules when it comes to dating. Way too many rules when it comes to life. Life rules that you have that aren't, let's say, universal law are going to lock you up in resistance. Because life rarely will cooperate with your rigid rules. Check them out. Look at where you say, "Well, I have to have this. I have to have that. He or she better be this way or that way. Well, I will not put up with this. And I will not put up with that." I will not put up with-- I had somebody tell me they wouldn't put up with where the person lived. I mean, in talking about the kind of home they lived in. That was a deal breaker, right? And that's not really a deal breaker. There's something more going on there. Isn't there?

But there was a lot of resistance this person had to what the other person chose to live in. So we have all these rules and those really do not apply when you want to have an open-hearted relationship with people, any people, whether you're dating them, friends with them, what have you. It's that I trust myself to take care of myself and be connected to me whatever I do, whatever adventure it is. This is where you get into freedom, out of resistance and into freedom, because if you carry all those rule with you, right? And you show up for a first date, you've got a pretty heavy suitcase there that you're going to beat somebody with. You're not going to be able to hold back from beating them with it. You're going to want to beat them with it. Listen to my rules.

Like when people say, "Well, I told them my boundaries." And all I think is, oh my goodness gracious. It is not about telling people your freaking boundaries. It's about you living your boundaries. It's about you respecting them. But people like to build cases against people. In other words, if I build a case against you, I'm building resistance. I am building all sorts of obstacles in place, and then I'm saying, "Well, I'll still give this a chance." I want you to rise up above those obstacles that I have built in my mind, and I want you to do something about it. Well, that's pretty fucked up, isn't it?

And how in the hell is somebody going to do that? And then all we do is complain or say, "Oh, I don't want this person," when we have done it all in our minds. Because we are resistant to love. We're resistant to being open. I feel fortunate. I keep meeting men that are teachers. I've literally met a man that's a teacher. But they're teachers. They want to teach me, too. And that is awesome. And they're willing to learn, too. I mean, it just goes both ways. It's really fascinating. And we talk about things up front. There's no, "Oh, let's hide this till the end." And this is the thing that I find: if you don't go in with rules but you have a, "Hey, you know what? I know I want to get to know

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somebody." Then that's really it, right? I just want to get to know somebody. I want to have emotional intimacy with somebody. Because that would be pretty cool. Because if that's there then I really can keep exploring.

But I have to be emotionally intimate first and that's where I believe I am. I have these men that are teachers. They're students, too. Because they're, again, willing to learn. And I know I just said that but I'm just fascinated. I feel like I'm living in a dream almost because I'm enjoying it. I'm enjoying the journey. And I never used to. I used to hate dating. I hated dating. And I didn't want to do this. But what's really cool is when you go on dates with men and we're just talking about topics that are at times were funny, at times that are topical. It's not like we get in and we just have deep conversations the whole time. Not at all.

But there's times I've had men tear up on a date when they're talking about something they feel vulnerable about in their life. And that, to me, man, it's just so awesome. And I'm using the word awesome and I'm thinking I sound like I'm a surfer girl. "Hey, it's so awesome." But really, it is awesome. It's awesome because it's nice being with human beings. And me being a human and these men all have a great sense of humor, love to laugh. And we have amazing, open, honest conversations. I have no idea where anything's going to go with anybody at this point. I have men whose first messages to me are, "I think you're the one [laughter] just from what you wrote in your profile." I never used to get messages like that. I'd get the sexy come-ons, and the, "Hey." That would be the only word, "Hey," or "Hi," or "How are you?" But that would be it. Or just a lot of compliments on my pictures which I'm not knocking, but it's just really interesting how, when I've moved out of the resistance-- because my whole goal was to live this life of love, right?

Love for myself, love for other people, being in a place of compassion, and rooting out wherever there's resistance. And I look for resistance all the time with myself because, at this point, I feel incredibly blessed, and humble, and open, and really beyond gratitude at just being an observer in my own life. And it's not just with dating. It's with friends. It's with my business. I operate a business. I do. I have a business. And it really is a different place than I used to do it from, which was my head.

In fact, my head seems to have gone missing [laughter] if you ask my marketing person. It's like, "Who's this person showing up for our marketing meetings who just has really like, 'Hey, whatever happens, happens,' kind of attitude?" Oh, that would be me. So I don't have an attachment to any part of it. And I have a state of wonder instead. I often wonder what each day is going to bring. Instead of coming into each morning being resistant to the day, "What the fuck's going to happen today? Is this person or that person going to show up? Are they going to disappoint me?" I mean, these are things I'm talking about over the last how many decades of my life where I'm vividly remembering certain states I would wake up in.

Now, here's the thing, this is what I want you all to understand as much as you can because I hear this all the time. There is some expectation, and I've said this before, that we're on a linear path. I know I'm not. I mean, I'm having all of this good, yummy life right now. Something could change. I don't know. I could wake up tomorrow and be completely resistant to everything. No, I don't want love. No, I don't want this. But that would be a mental thing. My changes, my shifts are on a deeper level because there is a definite difference in how I feel versus how I used to feel. And this happens on a weekly basis because I keep opening myself, I keep questioning the pictures I have in my head of how things have to be because I realize they don't. I don't have to have those pictures come true to be happy. I don't have to have any of that shit. I'm redefining my whole life this way. I'm seeing what happens. Oh, yeah.

Now, does that mean there's things I don't want? There's definitely things I want. There are so many things that I'm open to because I'm a naturally curious person and because I believe I have never had a functional relationship, I

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am so excited to know what that is. And so I don't know what the path is to get there but I know if I show up with all my old rules and my state of resistance-- oh, look it, I'm going to judge you. You used a toothpick. Oh, my God. You did this. Oh, my God. Gosh, you're too tall. You're too short. You're too this. You're too that. We do that because we're trying to discount people very quickly. Because we're really in a state of resistance to falling in love. Oh yeah.

And this doesn't even have to be dating. This is even in relationships, people who've been together a long time. There is a whole lot of resistance to your partner, how your partner shows up, what they don't do, what you feel like they should do, what you want them to do, and they're not doing it. And so you've got a whole case built against them, a whole resistance. Resistance sucks.

My dad's birthday was recently, and I got him a good card. And I mean a good card because it was pretty heartfelt, and I realized as I got it that I just don't want to be angry. And I'm not angry at my dad anymore. I mean, I have moments here and there, I'd say over the past, where I still had a few things that I really wanted to work out. Because most of the time, our parents didn't do what they did purposely. They did it because they were in a lot of pain or because they didn't know any better, not because they're a complete asshole okay. Now, that's not saying everybody, and I don't want to start a conversation with, "Well, I don't know your parents." But I just didn't want to live there anymore at all. And all I could think is, I want to come from love, and compassion, and openness with my dad. And every moment I do that, my life gets better. It really does.

I've been really honest with my dad. My dad and I have had some extremely honest conversations. So it's not like I'm glossing over things or putting a tablecloth over a pile of shit because I'm not. My dad and I have had some heart-to-heart talks, and as much as he can, of course. But I get to choose how I am. I get to choose to be open. And I want to be open because life is better experienced that way because I think that if you don't, I think if you keep having resistance, you keep having regrets. You are resistant. You don't give in. You stand your ground, but not standing your ground in terms of being honest and coming from that feeling place.

I'm talking about your ego standing around. I'm talking about your belief system saying, "You must stand your ground." And you don't even know why. You've just got to win. You've got to overpower. You've got to take somebody else's power. That's what most of us do. And we build up these fucking walls of resistance because unless somebody goes our direction we're just going to stomp on them, right? We're just going to stand there and demand that they change or demand that they do something. And that creates more resistance. It doesn't create peace. It doesn't create happiness. It's impossible. You're going in the opposite direction.

And for me, I know with my head, it had all sorts of requirements for everything. And if I let my head lead I'd just be stuck in the same effing patterns that I've been in. I would feel like life was really messed up all the time. I would think life sucked. I would think that the universe was out to get me. I would think horrible, horrible things all the time, and then I would be trying to get through them, right [laughter]? Trying to beat my way through life. There I am with the sledgehammer. And really it's all inside of me, and I just never gave it that chance. And that's what we do. I would have kept making things limited. And right now, I feel like I'm in a flow. I feel it's fluid. I feel there's an unlimited destiny awaiting me because I'm living it.

And I shouldn't even say awaiting me because I'm living it, because it's a journey, right? And every day is a destiny. What's today's destination? And it feels like I'm visiting. I'm on a cruise ship. Okay, here's your destiny for today. And really, that is cool. And whatever I learn in a day is cool. This way of living is possible. I know for every single person listening because I know where I used to be. I know what the hell [laughter]-- oh my God, I mean, I was that person who said, "Well, it all works for other people, but not me. My road is harder. I will never feel that way. Look

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at them. They must not be as far down the rabbit hole. They must have more self-esteem, more confidence, more happiness, more something because I sure as hell felt like I lacked it. I felt that I was always running the race backwards. I had a metaphysical teacher many, many years ago who said to me that my guides were laughing at me because I was always with the blindfold on trying to hit the pinata and missing it. And I would just swing away, right? I had all that energy going into those motions that weren't getting me anywhere. But I couldn't stop swinging. I was a force of fucking nature.

I know I've said that a million times. But most of us are because we have to be so busy. We have to be moving, moving, moving, and yet standing still at the same time because we're stuck in this quicksand of resistance. What are you resisting in your life? What is it you don't like? What is it you're unhappy with? What do you want to change? You are in resistance to everything I just said. Right there is a whole universe for you to start looking at. Why am I resisting it? Why does it have to change? Why don't I like it? What is so upsetting for me to accept? Because I can't change it. That's the beauty of it. You may not like that your partner does certain things. You think by forcing them, and nagging them, or ignoring them, or whatever you do is going to change it? Temporarily. But did you ever know that in war, when the new leader, the hated leader and I'm saying hated by certain people, comes along to capture them and maybe thinks they've brainwashed them. They never brainwashed them. You don't change people's beliefs that way. You can't force your agenda.

You may look like you are because people are cooperating because they want to stay alive. Or maybe you're in a relationship and you're afraid they're going to leave. So you'll cooperate. But you don't really have someone's love. You don't have their connection when you're forcing shit. So stop looking at somebody to change. Stop looking at it and go, "I'm going to accept that that is exactly what is happening here. I'm going to accept my part in it. I'm going to accept that that person is where they are. I'm going to do that because I don't feel like being crazy [laughter]." This is all about feeling good, folks. This is all about feeling your life so you experience it. Otherwise, you're just going through the motions and you don't get to feel things. No. Some of us are like, "Ooh. I'll feel it when it's all working out how I want it to, but I'm not going to feel anything before that because if I feel anything before that, I'm not going to be happy because it's not how I want it to be. Just look at all that you don't like, I'm telling you, look at it all.

Where your preferences are, where your opinions are, where your wants, your needs, your desires are. Look there and look at what is not working. There's the resistance, you may as well jump the hell out of it. Start small, though, you have to start small because you have an attachment to your resistance. Some of us use it as an excuse, some of us use it to victimize ourselves. Yeah, we do and you have to stop questioning other people in your circumstances. In other words, most of us will spend time going, "Well, they did this and they did that and I need to know why." Why do you need to know why? What does it matter? Is that going to change your reaction? Is your choice going to be made on someone else's choice? Or are you going to choose for yourself? See that's the problem.

I don't need to know so much about why someone's doing what they're doing unless we're having a conversation and we're just going back and forth and I'm curious. Say, "Why?" Not, "Why? So I can figure out what I'm going to do not why, so I plan my life based on your agenda for yourself. No, no, no. I have to know how I feel and the only way to know how I feel is to allow myself to surrender to life and to feeling my feelings and to getting underneath the anger, the frustration, the depression. All of the negative feelings that we walk around with like a shield. It's to let it go because I believe, in essence, everything that happens has been toward my own greater good. And of course my greater good affects other's greater good as well and it works that way for all of us. I have more to give than I ever had before, and I am not giving to control, I give freely. I give my laughter freely. I give my authenticity freely. I give help freely. I give support freely. But I don't give it how I used to because I'm not trying to get

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something. And I don't give it because I feel like I have to. I don't actually give very well under those circumstances, by the way when somebody demands it or believes I owe them something. Like I've had certain people that I've interacted with professionally who for some reason think, because of their own lack of value, that their lack of value being put on me is going to make me go, "Oh, you're right. You know what? I agree with your lack of value about yourself, so let me go ahead and devalue myself."

I can't even step into situations like that anymore, because if I did, my point is, that would mean that I had less inside of me to give. There'd be less in me, and I'd be trying to get something from the outside to fill it, and I'd be in resistance, of course, to myself and my own value. I wouldn't even be able to touch my own value.

So what happens is, the less resistance you have, the more value you have in yourself, because you're not resisting things as they are. And when you really do accept things as they are, and yourself, and you really accept yourself, miracles happen. Hey, I'm fucked up, but you know what? I like myself. Honestly, what's not to like? You're not perfect. That's okay you can be a jerk sometimes. That's okay. You can't always help it.

Nobody [laughter] that's human can always help it. We all have our off moments. Sometimes we don't even realize what's coming out of our mouths. You can't be that self-aware because I believe you'd have to go live under the Bodhi tree, basically, all by yourself meditating and not having any sort of any life issues come up, okay? And in our world, that isn't possible unless, of course, you live that life.

So you're going to have moments. You're going to have moments where you go, "Wow, I probably could've handled that better. Wow, I could've handled that differently." But it's not to beat yourself up, it's to get to what resistance you have. Because a lot of us will go right into resistance if we do something we think - and I have air quotes going - is stupid, right? "Oh, I did that. That was so stupid. I am so stupid." And we just shame the crap out of ourselves, which does nothing.

And so as we shame ourselves, we get into more resistance. Then we get smaller. "Oh, God, I'm not going to do that again. I'm so bad. I'd better hide out so nobody knows what happened to me. So nobody'll be mad at me to my face, and I'll just wait for it to blow over," or what have you, you know, and it doesn't help. It doesn't. But you have to look at "Why do I go into shame? What am I resistant to? In resistance to actually feeling good? Am I in resistance to just being me? What is going on here?"

And that's what you want to get to know. It's hard at times to do this work and I do believe that if you allow answers, they will come. They unfold in time if you remain curious and not locked down on an answer or an outcome. And that is the truth. Like all of a sudden, it gets clear. And I have been in this place of not having clarity in a different way. So a lot of us go around in a fog because we don't have any kind of awareness about what's really going on with us right at the deeper level. We may at a topical level, the mind, but we don't know on a deeper level. And this is a different kind of clarity or lack of clarity. This is called the "I don't know the answer. I don't know."

Like, my love life. I don't know. Why are certain people around? I don't know. What is the meaning of this relationship, whatever that is? I don't know. And I see this from a place of curiosity of believing that the universe has presented me with certain circumstances and all I have to do is just keep accepting and surrendering and put the energy into love, love of what I'm doing, not just with other people but I'm talking about with my own life. There's certain things I do. Like, I'm going to go and help with the trees. I have a whole thing about the environment and saving mountains and saving nature. And you want to see me get lit up? I'll get lit up about that. So I'm so excited because I'm part of an organization, now, that is all about that. There's other things I'm doing, too.

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I paint all the time. I walk every day. I do Pilates. I'm taking yoga training because I recognize that's something that I'm very interested in doing because I'm an entrepreneur, folks-- but something I'm very interested in doing that that training would actually behoove me-- not that I'm going to become a yoga instructor, but these things light me up. Okay?

And the lighting up is really about loving your life. Not that my life's perfect. Sure, there's things that I'm looking at, going, "Okay. Well that's not my favorite thing to happen [laughter]." But I have a curiosity because I don't know where these things go. Doing these things, I don't have an attachment to the outcome. I have a love of the doing, of the being, of participating. That's what I love. And I used to be in resistance to a lot of this because I could love it all, but that didn't mean I was going to pull out any of my paintings and my paints out of the closet. I was going to leave them in there. It didn't mean anything.

I talk to people all the time who do not let themselves have joy. They're waiting for the outside circumstances to change, and that would be the 12th of fucking never. It really becomes that. So we stay in resistance to our lives even in that way. See, that has nothing to do with other people. Although, there are things that I didn't do for a long time because I think I was waiting for somebody. I was waiting for something to change. I was waiting for this, or that, or what have you. I don't do that because I don't want to be in resistance to my experience. Because if I am not experiencing, and living, and allowing myself to feel things, what the fuck am I doing? Right?

So it is hard to release, at times, what you want, the picture. And yet, as you do and you get this freedom emotionally, it starts to take over, and you really do start to understand that there is a huge abundance of everything. It's not that you get to do the law of attraction in the way-- and I explain this in another podcast, The Law of Attraction and Surrender. Because it's not that you get to do this in this way of, "Well, I have to have this car, and I have to have that. And if I don't have this or that all my life is shit." That's not really going to help you. You're not going to become a happier person that way.

And, really, all I give a crap about is the wellbeing on the inside. So you start to get you're really not in charge unless you like a more difficult road taking you, pretty much, to the same destination over and over again. And that is what happens when we're in resistance distance. We stay on the same streets. We take the same turns. We do everything the same and then we can't figure out why things don't change because we're waiting for things to change outside of us. But it is about the inside. I keep saying that over and over, don't I?

Our wants are not related to what actually would be the best for us. Our wants are not really related, are not actually related, to what would be the best for us. In fact, I guarantee, most of the time, they are not. They are fucking not because they're small, limited ideas of life based on your familiar beliefs, which says that's all you can have or I have to have that or I've never arrived or I'm not okay. Something's wrong. I'm not enough. Or something speaks to not a lot being available, not a lot of resources. And so we scratch, or you scratch. Excuse me. You scratch and you claw for the limited supply, which is only within your limited perception. That's resistance.

Resistance is like the four walls around your beliefs. It's like, "Nope. You only can think these pictures. You can't think those pictures because those pictures over there, those are way too big for you. Nope, you can't go there." And that's what I mean like these pictures are ridiculous because they just say, "Oh, I can only have that one. I can only have that piece of candy. I can't have the whole box or I can't experience that much. That might be too overwhelming, good or bad." And so, we don't just allow life to go through us. We put up that wall of resistance and it has to go around us. And then we wonder why it passes us by.

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Even though it's not really passing you by, it's just that feeling you get. Because I believe that you are where you are at the moment you're there and you only know what you know. So it's not to kick your own ass. But it's to recognize how resistance just keeps you spinning in a circle. It doesn't make anything outside of you turn around, reach in your body, and make you feel better. You do not have control over it. And that's why it can only be temporary when it comes from outside of you. Even a great relationship, you still are in charge of if you feel good or not, not the other person. And so many people want to give up that responsibility when they get in a relationship. They want to give it to someone else, which puts you in a state of resistance to taking care of your own feelings. That really is a tiring place to live because we keep choosing to be pissed off at circumstances in our life, or wanting change so badly, and we don't even know why.

Most of it is our training, as I've said before, I was only trained to look at things a certain way. I was only trained to want limited love, whatever that is. And if you look at your childhood, that's a pretty good indication of what you can expect because those are the pictures you have and most of us want more. Some of us have gone to the extreme of fantasy, believing again, that it's something outside of us but it really isn't and, like I said, this to me is tiring. It changes absolutely nothing when you're looking to the outside and when you can see-- or I should say, when you can foresee the resistance in your life, you can foresee it coming right at you like a train. Oh, look at that.

I'm starting to feel resistance because I'm starting to feel heavy. I'm starting to feel angry. I'm starting to feel shitty. And realize that you can make a choice when you see what it's tied to. It's like you can always do that. And I like to look at the vision I have that stems from it, in other words, the vision that is telling me I have to be a certain way or things have to be a certain way, and they don't. I love catching that resistance I have connected to the vision. Ooh, I have this vision that I have to be married next week because if I'm married next week, then that means I'm okay because this other version over here says if I'm not married next week, something's really wrong. It's just not true.

That's my perception, all my little tiny pictures that are never going to be true in terms of making me happy because I would still be the same. And that would suck. In other words, let's say I did get married next week, but I'd still be the same. I would still be thinking it was something outside of me, and so then I'd start looking for the next thing, and the next thing, and the next thing because I'd need everything outside of me to fill me up because I couldn't do it so I'd always be in a constant state of want and resistant to anything that looked different. "Nope, that's not going to do. Well, that's not going to do either because I got to go compare myself to everybody around me or people I don't even know, maybe I saw on TV, and their life looks a hell of a lot better. And my life doesn't look that way. So until my life looks that way, I'm going to be resistant to anything that says anything different than that."

So a job comes along, and it's not really the pay you wanted. And yet, it sounds like it would be a great time, and it would really fit your skills. But you don't like the money, so you say, "Nope, I'm not going to do that." You could be missing out on the opportunity that you've wanted, but you might be resistant. "No, I cannot take less, no." And I'm not saying that's a right or wrong. I'm just giving examples of how we don't get to the deeper place of making a choice, and we keep it at this level of resistance where we have a list of rules, again, that will determine what we do or don't do instead of feeling what we feel. That feels good, though. I felt good in that environment. I felt great talking to the people in there. I feel like I could be a part of the team. And the money's not great, but maybe there's something I can work out about that. Who the hell knows?

But most of the time people go into resistance. I've done it. I know I've done it. Oh, my God, I've done it. I changed jobs. One of the last jobs I had when I was a regional director for this company, I actually had two job offers right at the same time. And [laughter], oh, God. Anyways, one of them was for a VP position and the other one was for a-- I think it was-- they were calling it sales director. They were basically the same pay, same options. And I didn't go

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with the one that actually felt better to me, I went with the one that was the better title. Oh yeah, I did. Yeah, yeah. So big lesson, right? And it was never a good fit. The environment was never a good fit. Even though I was like, oh, I'm in an ad agency, this is cool. I wanted to be in an ad agency my whole life, like an actual ad agency. I had ad agencies as clients at times, but I chose because I was in resistance to this fucking title [laughter].

Like what in the hell? But I did. And I don't beat myself up about it because I realize that that probably would have come to an end to and I'd be right where I am right now. Because all roads, if I would have been paying attention, was the universe saying, "Hey you, look over here [laughter]. Pay attention over here." Oh, no, no, no, no, I'm in resistance to anything that looks like it might be funky, or I might be woo, woo, or something like that. Oh yeah. Yes. So that's for another podcast.

But I mean, I'm telling you, these examples of resistance, I hope I'm giving you plenty because it's not just in your love relationships, it's everywhere. And it's great to find it in these other places so you can do something about it. That's the big turn on to me. So I let things be as they are. And sometimes I have a hard time with that I'll go, "Okay, I'm accepting. I'm accepting where other people are. I'm accepting whatever's going on over here, over there. I'm accepting it." And there are things that get right under it, and then I know that those are where I still need to practice, and I need to learn, and then I need to let go.

Now, it doesn't mean, like I said, that all of a sudden I wake up and I'm like, "Oh, my God. Life is groovy, and I'm great, and I have no resistance." I mean, I feel like sometimes I should say, but it doesn't come in that way. It's bit by bit. It's a feeling of physical release. If I catch resistance, look at I'm resisting. I'm resisting how that person's acting. Okay, so what good is that doing me? Is that changing it by resisting it? No. So what do I need to do? I need to turn my focus inward, and love myself more, and take care of myself, and treat myself how I want to be treated.

And what happens is somewhere in that process, I really do release what the other person's doing or not doing. I don't make it about them. I make it about me. So it's to realize on that deeper level that how you want to live your life it's not meant to live as a feeling. And you want to have that feeling be what you experience because there's more feeling. And the more you feel your feelings and connect to yourself and handle things that are different than you think you want them, life gets easier. Again, not all of your problems go away or everyone does what you want, in essence, it's really allowing life to be life. And do whatever it's going to do.

Whatever you want to do in resistance to it is just a big ass waste of time. It is like walking 100 miles when you could have just walked 10 feet to the same destination. It really is. Resistance makes you take the long road. And for me, I don't want to control other people and I don't want to be held prisoner by other people either. That's a big thing with me. Not a rule. It's a feeling. It's this, "Wow, that feels really exhausting to want to control somebody." And I don't really have an interest in somebody wanting to control me. Someone can try but it's not going to happen. Because I'm still going to take care of me. I'm going to live in that way that makes me feel amazing, right? And then when I share my life with somebody they were other people in general, I get to share that. Not that I am-- how do I put this? Not that I am Miss Oh, Everything's So Positive. Blah. Not like that. But it's good and I can talk about things.

And I feel content in a lot of ways because I realize that it's, again, not about the outside. You can stay resistant to what your life is like forever if you're not careful, if you're not aware. And I say careful by being aware. To me, to be careful means to go, "Well, I am checking out what I'm doing here. Look at that. I'm in a state of reaction. That must mean I don't like something. That must mean I have to get defensive. That must mean I need somebody to change what they're saying or doing or thinking." I used to feel that all the time. Somebody would be saying something, and it didn't even have to do with me. Maybe it's a difference of opinions. And then I would have to correct them.

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Well, I don't agree with you. I look at it this way. Well, that's wonderful you see it that way. I see it this way. And, again, not that this is a horrible thing, but it's a state of fucking resistance. So let the person have their opinion. And I say that. Hey, it's cool that you think what you do. That's awesome. This is what I think for me. And that's if we're having one of those conversations where it's not that we're being defensive with each other, but we're sharing information. And we're like, "Yeah. That's kind of cool. Okay. I get your point. I see that." And we're learning and growing. Or, "Hey, you know what? Those are great things that work for you. I guess I'm a little different because these are the things that worked for me." Or not even having the conversation. It doesn't even matter.

But I don't have a resistance where I have to beat someone over the head to get them to agree with me. They don't have to. I'm not here for everybody to agree with because it's not going to happen. I don't think that anybody on Earth has that. And I don't think that's an expectation you want to have where everybody's going to agree with you. Because if you noticed, if you walk around this planet wanting that and wanting everybody to like you, you are going to be in resistance to the people that don't. You are. You're going to be mad at them, or you're going to find something wrong with them.

That energy that you create from that, from finding something wrong with somebody, or putting up a wall, or wanting to convince them to be different, or people-pleasing to get them to be different, or acting perfect so they're different, that's a state of resistance. You're not being real; you have a heavy weight you're carrying. You're carrying your idea, your assumption of what someone else feels or thinks about you when you don't even know. And so you will be in resistance, "I need them to like me. I need them to do this." No, you don't. You don't. I promise you don't.

So I'm going to be wrapping this up shortly. The thing that I really want to come back to is, this is again, not a linear path. You want to live your life in this way that makes you feel good as much of the time as possible. And when it doesn't feel good, it is resistance, and it is an opportunity to do something with it that makes your life amazing. And I mean amazing not like you're on cloud 1,000. What I mean is, when I'm going through these things when I catch resistance, and then I feel this release, and I feel this sense of - oh my gosh - openness, that's what's amazing. Those moments are amazing because I can see myself shift. I can feel myself shift, and it makes me feel that life has always been on my side. I just was in resistance, and I didn't see it. I wanted my damn pictures. And if you don't know what I'm talking about with pictures, by the way, pictures are some ideal - fantasy usually - but some ideal that we've come up with that life has to look that way for us to be happy.

And most of them were derived as children from our own experiences, from what we judged good or bad - literally - and the belief we came up with because of it. And the good or bad could've been in our household, it could've been outside of the household, it could've been just in society in general. Could've been from a book, a movie, it could've been from anywhere. And we develop some kind of idealized version of life that doesn't really exist or maybe it exists for a few minutes. And because if you watch a movie and you see everybody, happy ending, happy, happy because of what other people are doing for them, that's not really showing true happiness.

And a lot of us will base our life, "Well, gee. You know what? They got that, I should have that, too." But it only looks that way, you want it to feel that way so you got to feel those feelings. And then what I've been saying throughout this lovely audio today, you want to feel good. It's in your control and I do believe - I guess that I'm not all the way there yet - I have way more moments of not being in resistance than I do to being in resistance. And the thing is that I still feel it around; I know will have a happy outcome or something like that. And that doesn't mean it's the outcome I have in my head. And I don't mean happy because of what's happening outside. It's because of a choice I'm making and knowing that good always comes, even if it's not directly from that situation. Good will come. It does. And it's in unexpected ways. I love that. I love that shit, that element of surprise, don't you? Oh my

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gosh. That is the best, because everywhere becomes the frontier, becomes the adventure. And to be open more and more to everywhere, that's the opportunity, that good can come from everywhere.

And that means it doesn't specifically have to come from, air quotes again, somewhere, because somewhere isn't really an opportunity. It's just a repeat of history, more than likely, and your beliefs and your patterns telling you this is how things have to be, and how people have to be, and blah, blah, blah. So when I look at what I want to be in a relationship, I want to have a relationship that continues to evolve and becomes more and more open-hearted. And that's up to me because that's how I feel good. And I can do that. I'm not looking to someone else to do that.

Someone else matches me, and there is love flowing between us, and we are compatible, fuck yeah, awesome. But I'm not looking at them to fill an empty space inside, and I'm not looking at them to be what I want them to be. I want them to be themselves. I can trust that my personal wants and desires that may come up at the moment that I speak from, and yet, a lot of what life brings doesn't necessarily bring my wants and desires, but I can trust them, and then I can change them if I find that my wants and desires are totally out of alignment with life. It's not that, "Oh, life wins; I lose." It's, "I'm holding on to shit that there is no reason for." This is what you get when you get deeper. You get to find out why you have those wants and desires that most of them don't really have a reason.

Again, other people's pictures, other ideas, and you really can be happy with life being total shit around you. There are people in prison that are happy because they're happy from the inside out because they made a spiritual choice. They made an emotional choice. They decided. So I find resistance in my relationships, in the past, made my decisions for me. And you need to look at that, too. Did resistance make your decisions in your relationships because things didn't look like you wanted them to look like and because you thought that they needed to be different? Somebody else needed to be different. You didn't think you needed to be different. You thought everything else did. And so you were in resistance, and you'd go, "Aww, it's got to be different." So then, all your decisions would come from there; "Well, this will need to happen. That will need to happen because I can't have it be this way."

And that's in all parts of life. It doesn't even have to be just your relationship. It's recognizing where you're angry, and that anger is probably misdirected. And I'm going to do a whole podcast on anger, by the way, because that's something that I really do want to address because a lot of times, we're angry because we didn't get what we thought we deserved. And yet, we don't even treat ourselves like we feel like we deserve. Anger is so misplaced, and anger is just a symptom.

But if you have anger, look at what you're resistant to. Look at what you're not happy about. Write these things in your journal. Keep track, and spend time feeling your feelings that are underneath these emotions that are provoked. Go back and listen through this podcast, and you're going to hear, over and over, what I keep saying you can look at, where to find it. Feel into it. What does it feel like? Physically feel those feelings. What are you feeling? When you feel it, breathe into it, "Okay, do I really need this?" And you can see it, in the blink of an eye, that you don't. You don't need things to be a certain way for you to be happy. All righty, folks. I'm going to let you go. Have a good one. Bye-bye.

ACTION ITEM

Resistance often crops up when there is a mismatch between the picture or fantasy in your head and reality. Like, you thought you'd be a vice president by age 40, or married by 28, or have a vacation home with a boat, or that your partner would have a white collar job. So instead of making decisions that feel right in your gut, you are

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resistant to opportunities that don't match your fantasy. The thought of dating a plumber is horrifying. You pass up a really cool-sounding job for one you hate because it better sets you up for being a VP. Remember, folks, life isn't a straight line.

Look at the things in life you're resistant to; the things you put rules around. Next, you have to ask yourself why. It may be that you're trying to maintain a certain image so you need to color within those lines, or you're afraid of what your friends/family will think. But again, why? Do you need their validation? Are you afraid if you take a pay cut you won't be able to afford the car that says you're successful?

Make a list of 3-5 things you're resistant to. Then ask yourself why you're resistant and write it down. Then ask yourself why again and write it down. Then ask yourself why a third time. It should go something like this:

I'm resistant to moving to a small town.

Why? Because I like the amenities of where I live.

Why? Because it makes me feel cultured and that I'm "living the good life."

Why? Because they fill an emptiness inside.

It might take more than three "whys" to get to the root, but you'll know it when you get there. Sit with that final "why" and feel into it. Then ask if you're willing to surrender to what you're resistant to and see what happens.



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