



Why Would I Want to Do That?

As you probably know from high school science, resistance is a force that we live with everyday. In the form of gravity, it keeps us anchored to the planet. Understanding resistance from a physics standpoint allows us to fly planes and send rockets into space. But what about resistance as it applies to our inner life? These Love Pages are designed to get you thinking about how resistance shows up in your life from the inside out. Making peace with resistance will be a big support in your transformation.



1) Describe how the force of resistance feels on the outside. Examples might be walking straight into a strong wind or swimming through water.

2) Describe how the force of resistance feels inside. An example might be when you hold yourself back from engaging in a positive or negative experience. (Just describe the feeling of resistance rather than the feelings it might trigger.)

3) Give some examples of when resistance has played a positive role in the outcome of an experience.

4) Give some examples of when resistance has played a negative role in the outcome of an experience.

5) Is there a difference between the two (positive and negative roles)?

6) What if *you* were the difference?

7) If you were to disengage the force of resistance from your emotions, including shame and guilt, would it feel neutral? Like the strong wind you sometimes head into to get to where you're going on a windy day isn't *intentionally* making you late for work or ruining your hairstyle. And the wind at your back that helps you get there faster isn't *intentionally* making your life easier.

8) Mother teaches that both the shadow and the light use resistance to regulate our enlightenment. Without it we would burn ourselves out by racing back to the experience of being One. But She tells us that because we have free will, we have the ability to direct resistance consciously so that the shadow quiets and the light comes forth in greater strength. It all depends on what direction we take. Do we head into the wind or let it carry us? Both can be valuable depending on what we need at the time.

You're always experiencing resistance. Your shadow resistance might keep you home instead of exercising at the gym and your light resistance might keep you from staying home so you can get to the gym. In both cases you're resisting something, one just has a more positive outcome than the other.

Write about all the ways your shadow and light use resistance to regulate the transformation of your challenge. It could be people, actions, reactions, beliefs, love or fear that all center around your challenge.

9) Looking over your writing from the previous prompt, list all the actions you take to feed your shadow resistance in relation to your challenge.

10) Now list an opposite action for each one that would starve your shadow resistance and feed your light.

11) Take a few minutes to sit with the force of resistance. Feel it inside yourself and all around you. Speak the forgiveness mantra to that force. Can you begin to forgive it for whatever it has contributed to your challenge? Can you feel gratitude for its contribution? It's okay if you can't right away. Keep working on your budding friendship with resistance. Write a letter below to your new friend, resistance. Share how you feel about resistance, what's it's done for you in the past and what you hope to co-create with it in the future.

Moving forward, begin to call on this force and channel it into light resistance. If something inside makes you want to stay home instead of going to the gym, ask your new friend resistance to help you to resist staying home. Your life. Your choice. You never have to do it alone. You've got friends.