

Overcoming Resistance

If it were just as easy as being inspired, why are we not all living our dreams.

Building your dreams often takes you against the general tide of thinking, and challenges you to recognise and begin to undo much of the conditioning you grew up with.

Your cherished dreams are born in a state of inspiration, and nurturing that sense of inspiration is a skill every we all needs to learn. Inspiration points you at your own genius, your own unique gifts and talents, and your purpose in life. But inspiration has a twin, shadow force called resistance. Whilst you have the capacity for being perpetually inspired, you also have the capacity to resist your inspiration. Resistance is the unconscious force through which you self sabotage, defeat yourself, talk yourself out of your brilliant ideas and by which you don't follow through to become what you are.

Resistance is trying to keep you small . Resistance thrives on you staying unaware of it so that it can do its work. Whilst you may not be conscious of resistance, it is a big force, as Steven Pressfield expresses in his book *The War of Art* "We are facing dragons too. Fire-breathing griffins of the soul, whom we must outfight and outwit to reach the treasure of our self-in-potential and to release the maiden who is God's plan and destiny for ourselves and the answer to why we were put on this planet."

Living your dreams and fulfilling your potential is not a half hearted activity, but here is the great news: With a awareness and skilfulness, your inspiration can always trump your resistance. Your power of inspiration is greater than your force of resistance. So are you feeding inspiration or resistance?

Resistance may seem a greater force than inspiration because you have probably been taught more about how to feed your resistance rather than nourish your inspiration.

Do you focus on your fears? The worst that could happen and what could go wrong? Or are you constantly learning, feeding your mind with inspiring ideas and stories, overcoming your limits and developing your skills, gifts and talents? Do you spend time with people who support and inspire you? The truth is you probably do both, but miracles begin to happen when you give your dreams more attention than your fears.

Accept resistance and learn to overcome it. Don't allow yourself to think that resistance is a personal character flaw, as every human being resists. It is simply the territory of being human. instead learn to understand how resistance works, and how you specifically resist, and then learn strategies to overcome it.

Here are ten pearls of wisdom for you to consider :

1. Treasure your imagination.

Become a person of vision who makes things happen. The ideas you conceive in your imagination can be fulfilled through you.

2.Nurture your inspiration daily.

Inspiration is not vaccination, it can be constantly available to you, but it needs to be refreshed by going to your own sources of inspiration every day.

3.Recognise resistance.

There is a force within you that it is the enemy of your inspiration. Do not try to fool yourself that you do not undermine and sabotage your own success, because we all do. Learn that resistance can be overcome.

4.Unlearn.

To build your dream you may need to recognize and release much of the conditioning and many of the attitudes you grew up with, to discover what your own true direction is.

5.Build skills.

Building your dream is to recognise that not knowing something need not be an obstacle when you become a lifelong and willing learner.

6.Grow as you go.

You do not have to have brilliant self confidence to start, you just need to start and build confidence through your daily action. Every action in the face of fear and in the direction of your dreams builds your confidence.

7.Fear is not a Stop! sign.

Your fear is an invitation to grow emotionally, spiritually and skilfully. You become a greater person by far when you keep moving through your fear.

8.Be real.

Building dreams requires a level of honesty and authenticity, and the willingness to feel all your feelings. Your journey will consist of defeats and victories, and all of them will help you learn and grow.

9.Trust.

Trust yourself and know that events are always unfolding even if you cannot see them. There are incredible unseen forces wanting your dreams to come to fruition.

10.Create and find support

The biggest dream killer is not negative thinking, but isolation. Surround yourself with like minded people and you will evolve much more quickly and have a lot more fun.

You gain wisdom from the experience of living your dreams, not thinking about living them.
Every experience, even the seeming failures, can be a source of inspiration and growth.