



Non-
Resistance ...

Flow
like
water ...



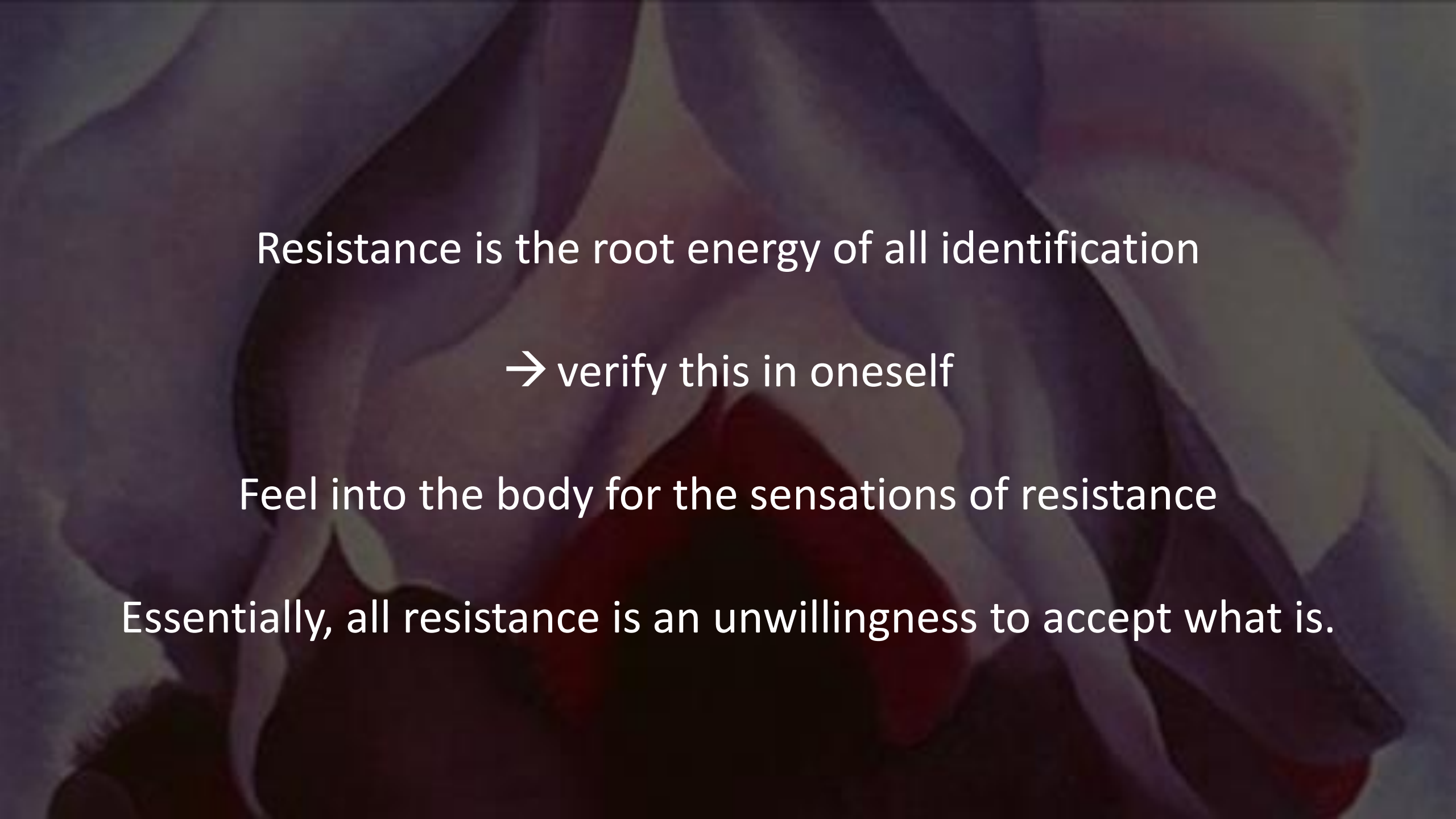
Who am I when ...

... I don't get my way?

... my expectations are not met?

... my best intentions and efforts are thwarted?

... I'm under pressure or great stress?

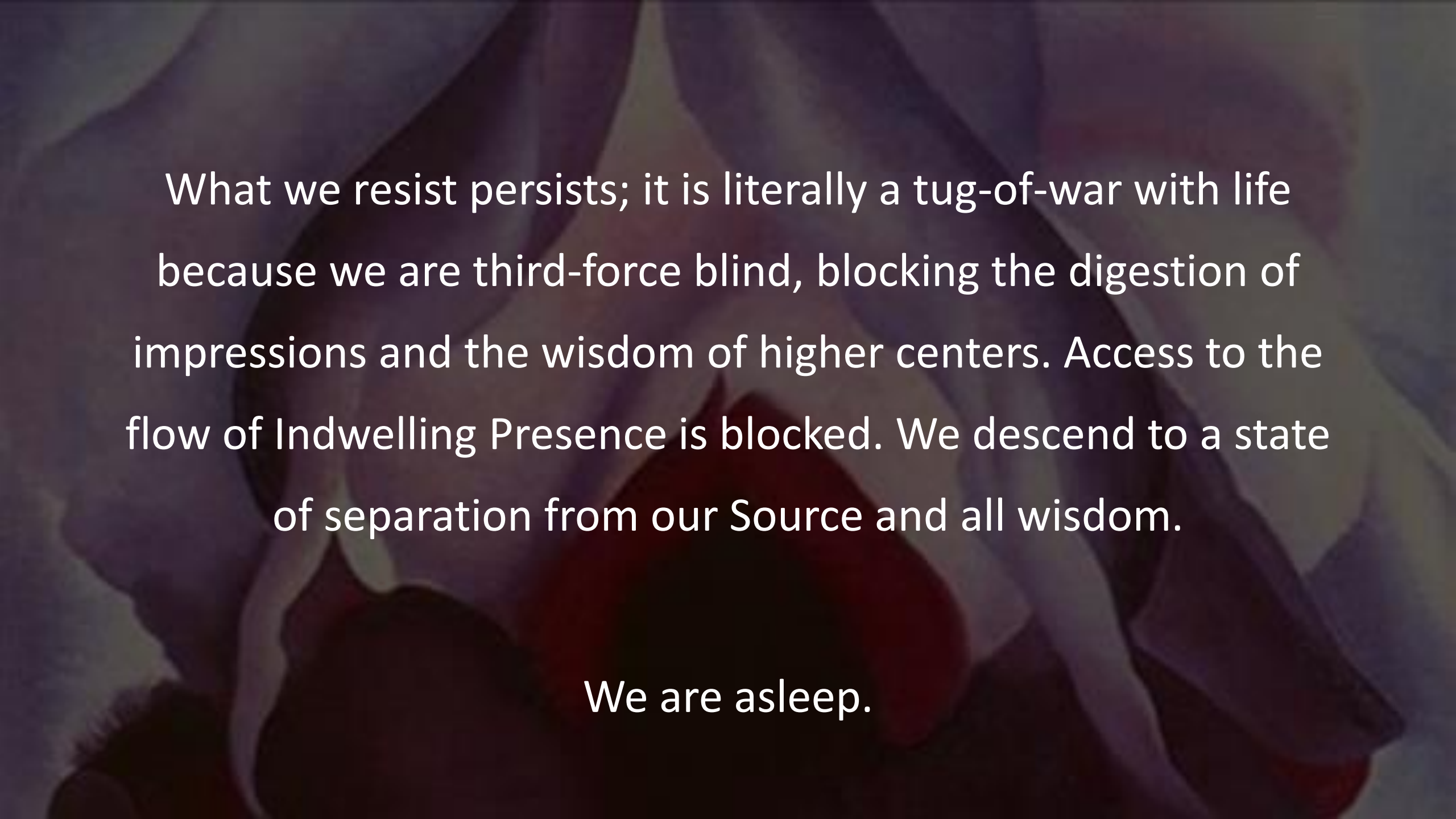


Resistance is the root energy of all identification

→ verify this in oneself

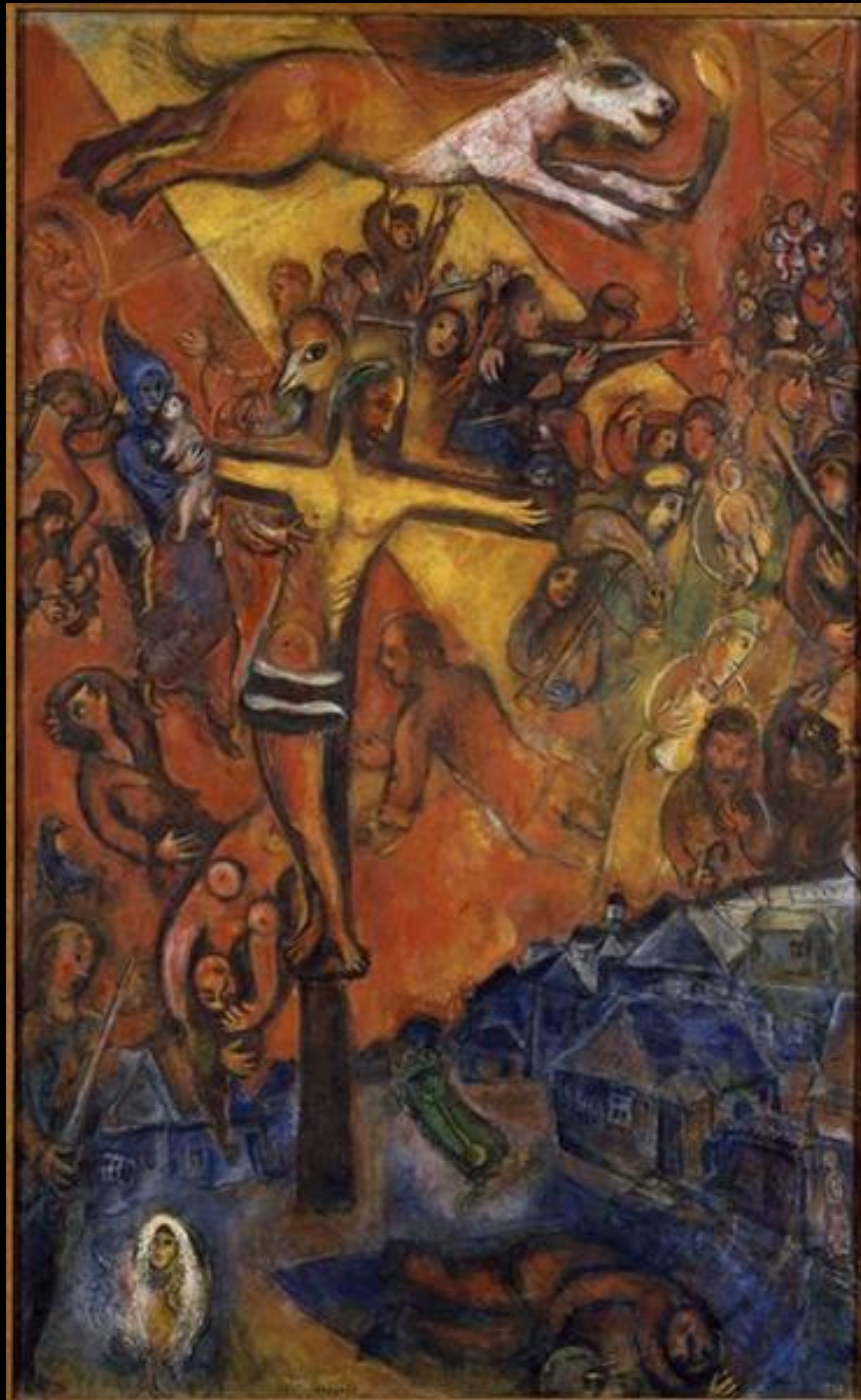
Feel into the body for the sensations of resistance

Essentially, all resistance is an unwillingness to accept what is.

A close-up, artistic photograph of a person's hands, one holding a red rose, with a soft, ethereal glow. The background is dark and moody, with a focus on the hands and the rose. The text is overlaid on the image in a white, sans-serif font.

What we resist persists; it is literally a tug-of-war with life because we are third-force blind, blocking the digestion of impressions and the wisdom of higher centers. Access to the flow of Indwelling Presence is blocked. We descend to a state of separation from our Source and all wisdom.

We are asleep.



"... all suffering and emotional pain result from resistance.

Its cure is via surrender and acceptance, which relieve pain."

- Dr. David R. Hawkins

Mark Chagall
Resistance



“The basic disposition in the spiritual journey is the capacity to accept all reality, God, ourselves, other people, and all creation, as they are. The whole of the kingdom is ours for the accepting.”

- Thomas Keating, *Invitation from God* film and *Manifesting God*



Do I resist joy?



The Welcoming Prayer

1. Feel and sink into what you are experiencing this moment in your body.
2. Welcome what you are experiencing this moment in your body as an opportunity to consent to the Divine Indwelling.
3. Let go by repeating the letting go sentence: "I let go of my desire for security, affection, control and embrace this moment as it is."



- Stay with the feeling and stay focused on it unwaveringly. Realize that all pain is due to resistance.
- Be willing to become immersed in and surrender to the feelings without avoiding them. Notice that they come in waves and that surrendering to the most intense waves tends to decrease their emotional severity.
- Ask God's help and surrender personal will to God.
- Be willing to suffer out and endure the process. If not resisted, it will process itself out and come to an end.

- Dr. David R. Hawkins



Flow
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A Parable of
non-resistance