

# **Getting What You Want Now!**

## **(Transforming Inner Resistance)**

By

**Beyond Timelines**

E-Book/Module

Published at Smashwords

### **Introduction**

Thank you for downloading this dynamic conscious transformation e-book module of which we trust it will give you weeks, months even years of personal and professional development. Though it has to be said that once you get to know us, you might wonder why our light sense of humor has been omitted from this module. It is because a large degree of focus and connection is required and when in a phase of development, all other things are distractions, and that includes our sense of humor. However, we promise that once the initial core modules have been applied, we will put lightness into forthcoming material, yet we assure you by the time you've got through this module that you will indeed feel better, more self reliant, and more in control than you do today. This is not to say that you are out of control, on the contrary, it is a suggestion that after reading and applying this module, your life will become more meaningful, your self esteem will grow, and your confidence will strengthen.

Nevertheless, by now you may be getting a hunch as to how intense these e-book modules may be – and we unashamedly prepare you now because yes, they are very intense!

Throughout they can appear heavy and you may come to points whereby you may just want to stop, and put the whole thing down. This is normal and expected. If you come to this juncture, then by all means put it down and rest, but please abstain from throwing it out, and do make a note that once things have cooled off, you will pick it up again.

This happens because when you challenge your own self, then yourself will come out to challenge you. First we come up against our own emotional and mental defenses, then we come up against the mind resisting change. However, by the time you have completed this module, not only will you have a good understanding of how human dynamics work, you will be gaining a large degree of control over your own inner dynamics.

Though being brutally honest, it has to be said that engaging with and transforming your

own human dynamics, things can become quite challenging. Yet here's the truth. Once engaged and applied, which in a general sense can be weeks, months to a year, then real magic begins to happen. Not wishy washy or unquantifiable, but genuine positive change and improvements for the better.

Though what do we mean by real magic?

When read (and when read with intent to digest), the material within shifts the cogs and gears of the inner self. The upshot is that your entire life and reality begin to project and reflect these shifts, and on occasions reality provides a quantum leap that to the naked eye, looks like miracles.

So where did we get this material from?

Well, let's keep that until you've read the modules – yes, we said modules because there is more than one, but do not worry because the main 4 are brought to you 100% free of charge.

With that being said, take some comfort in the knowledge that the module presented before you has been compiled with the upmost diligence. In our view, it is quality material distributed freely. Meaning that, for 10 years we really did work with high-ranking individuals, CEO's, middle managers, and everyday people, and you will directly benefit from their raw experiences and input. Each module has real facts and figures, and while the following makes no difference to your reading, we did not put these modules out until they were proven to unanimously work with consistency and reliability.

### **The Goal**

When you come across the word "*resistance*", what does it convey to you? For many, it suggests a connotation of negativity. Something that should be avoided, overcome, or stamped out altogether. Though, for a minority, resistance is welcomed, used to create, achieve, and attract the very things that one desires.

Within this supplement, we will seek to uncover, demonstrate, and guide how the human dynamic of resistance is not only natural. It can be a healthy welcomed energy, that serves instead of slaves, integrates not distances, and is as much productive, instead of destructive.

Though, while every effort has been made to maintain this supplement in understandable dialogue, on occasions it has been necessary to expand further. Please stick with it, as if at first the words do not "easily digest", know that this is quite normal. Furthermore, as there are many new words, phrases, and whole terminology, it is common practice to revisit and re read a few times over.

## **Section 1 - The Dynamics of Human Resistance**

The first question you may be asking is the following, "What is human resistance?"

Human resistance can be thought of in three ways, that is;

1 physical, 2 biological, and 3 non-physical resistance.

Physical resistance could be likened to that of pushing a rock uphill. As gravity pulls, resistance is felt in pushing.

Biological resistance could be thought of in situations such as alcohol. When intuition says no more drink, but the brain says yes, biological resistance is at work.

Then there is non-physical, that is “emotional and mental resistance” whereby and more often than not, this resistance goes unnoticed.

Though it is not often given a great deal of thought, the very nature of resistance can mean that likes, dislikes, want's, and don't wants, all come up against a natural opposing response. Though, most of all, what humans tend to resist is “*change*”. In almost every aspect, whether physical, biological, or non-physical, where there is change, there is resistance.

Though resistance and change will be discussed later, often resistance is thought of as just negative. The reality is that, resistance is neither negative, nor positive. In fact, it appears to be a “natural human dynamic” that can be used for good, or bad, positive or negative, for a forward action, or a backward action, there really is a choice. In it's birthing and resting place, “resistance”, is a neutral energy of  $E=MC^2$ . In layman's terms, this really means that it is universal energy, there is NO POLARITY, and it is human suggestion that has swung it this way, or that way. How it is learned, perceived, viewed, and then used deters the association, but this is not the actual energy itself.

Nevertheless, as there has already been a great deal of Social and Psychological study about resistance, this supplement will not aim at the obvious. On the contrary, our target is to embellish you with a fresh approach as to the very natural aspect, but more importantly, how the human dynamic of “resistance” can be turned around, and used productively.

In our opinion, resistance is 100% natural, It is extremely useful and it can be highly productive instead of destructive. We have proven “resistance” can be transformed from one dynamic to the other. That is from operating against, to working for. Our own studies have shown that when the dynamic of resistance is thought of, and believed to be negative, then negative outcomes ensue. However, when transformed into a state of balance, and thought of as “*neutral*”, then it can be applied positively. On both a personal and professional level, results showed that when resistance is perceived from a state of balance, there is an overwhelming increase in productivity.

Though, for a moment, let us now explore the basic dynamics of resistance. However, as this supplement is aimed at “mastering human dynamics”, resistance will be described mainly from the “non-physical” perspective. That is, we will be detailing emotional and mental resistance, which then goes onto influence biological and physical resistance.

Personally and professionally, conscious or not, resistance is consistently grinding away. On a somewhat daily basis, individuals, staff, and whole groups are subject to this

human dynamic. As already mentioned, and in a general sense, most resistance is thought of as “*negative*”. Though as will be uncovered later, there is also good resistance.

More often than not, resistance rises when an individual or group faces an undesired, disliked target, or a difficult to reach goal. Yet, paradoxically, resistance also rises with likes, desires, and moving towards the very things trying to be achieved. Confused? Please do not be, for all will become clearer as we move through this supplement.

Remember, the primary role for resistance is to do just that? RESIST!

Nevertheless, there is a very simple truth. That is, resistance does not care which side it works for. Good, bad, positive or negative, for or against, resistance will never discriminate. Although the majority of resistance appears to operate from the negative, when trained and guided, it will happily switch sides to actually work for you. That is, it still performs the role of resistance, yet instead of maintaining distance from dislikes, etc, resistance moves to the winning team. How can this be, how can that happen? Well, later we will uncover this natural human dynamic, and get it working for you.

In the meantime, let us continue with the resistance we know best. That is, the resistance from staff who say “*I can't do it, it's too difficult, I'll do it later*”, etc. etc. Resistance from family and partners that say, “*let's do this instead, I don't want to do that, can we do it another way*”, etc. etc. Resistance from our own self chatter, “*I don't want to, I don't like to, I want to do something else, no I won't do it, I want to but can't*”, etc. etc.

The above are all common forms of everyday “**conscious**” resistance, though what about “*sub-unconscious*” resistance? That is, when personal and professional targets and goals fall by the wayside with no real awareness of why.

Do you know someone that started off with the greatest intentions, then for whatever reason, “it never transpired”?

As examples only, Jane starts a diet, yet weeks later, it begins to fall apart. John sets about the gym, yet weeks later, he's struggling to keep up. Carl's going to stop drinking, yet that day never quite arrived, and Jack set off to attain his professional goals, only to succumb to de-motivation. Why is this so, and why does this happen? In short, the individual or group should not be blamed; because the reality is that their resistance is operating from their sub-unconscious, which is harder at work than they are. In other words, their natural dynamic of resistance is working against them, yet because they are unconscious of this action. This is perhaps the reason why 95% of all personal and professional targets and goals are missed.

## **Section 2 - Natural Resistance**

Though it is not often given much thought. Upon the very act of awaking, opening the eyes, rising from the bed, walking, and talking, etc. They all require some form of physical resistance. That is, eyes like to stay closed, the body wants more rest, and the tongue doesn't yet feel like talking. Though as self-chatter says, “I don't want to get up, 10 mins more please”, where does this actual resistance come from? Yes, you got it, the

mind. However, does it really stem from the mind, or is there more to it than this? Well, more on that later. Though for now, and irrespective of how it is perceived, viewed, accepted, rejected, positive or negative, liked, or disliked. Resistance is a relationship that to date has been tolerated, but seldomly embraced. It is a large part of reality, that more often than not, is ignored, rejected, or sidelined. Yet, all three forms of resistance that is physical, biological, and non-physical are 100% natural.

There is a factuality, which we will come to later, and that truth is “without resistance” life would be even more difficult. This is so because like all human energy, the dynamics of resistance are actually “*neutral*”. Though there is more to it than this, which is covered later on, neutral, is natural.

Natural in a sense that the very nature of reality means that according to Newton’s third law of motion. **For every action, there is also an equal, and opposite reaction.** In brief, this might mean that for every acceptance, there is also a resistance. Broken down even further, it means that for something to exist, it’s polar opposite must also coexist. Confused by the nerdy stuff? Please do not be, for all will be explained with simplicity and clarity as we move through this supplement.

Let’s not get too bogged down with technicalities only to say that when scientific principles are applied to everyday life, there are remarkable similarities that can no longer escape our attention. In fact, there appears to be set rules, principles, but more importantly, definitive patterns that govern everyday reality. When these are observed, transferred, and consciously applied to resistance, a transformative process occurs. Though what does this have to do with being natural?

Well, do you know anyone that has dissolved, crushed, annihilated, or removed human resistance? The possibility, or potential to remove this human dynamic is not possible. In other words, without it, one’s life might become totally out of control.

For example, if Jeff did not apply some form of physical resistance, rising from the bed would not be possible. Without biological resistance, he may not know when to leave the bar. Without emotional resistance, his work could become too personal, and without mental resistance, his targets and goals could fall by the wayside.

While it might be said that the above is self-control, inside control is resistance. That is for every negative, there coexists a positive and while it is assumed the majority of resistance operates only for the bad side. This is not the reality. As we can see in the examples above, where there is negative resistance, there is also productive resistance.

Jeff goes against natural physical resistance to contract and expand his muscles, if he didn't, then rising from the bed would not be possible. If he did not resist biologically, then the addictive chemicals in alcohol may consume him. If he did not resist and exercise control over his emotions, then his day might be spent moaning, groaning, even crying. If he did not resist his mental activity, putting things out of his mind, then his everyday life could easily become a living nightmare.

Conscious, sub, or unconscious. The dynamic of human resistance is working as much for, as it does against. The fact that we are rarely conscious of these acts, does not stop

them being carried out. Nevertheless, when we take the time, put in the required effort, observe, view and perceive resistance for what it is. We discover that it is not at all bad as it was made out to be. In fact, when we really get to know resistance, burn away it's negative outer-shell, not only do we uncover a natural human dynamic, it also harnesses equally positive and productive qualities.

Another way to uncover the natural aspect of resistance is to look for it's polar opposite. For example, when asked what the natural opposing force was, the majority answered with "*acceptance*". However, acceptance is a good definition of a rational reaction, but not the actual opposite of. As resistance is a slowing down of, acceptance is simply an agreeing, and regardless of accepting, resistance does not dissolve, transform, or eradicate. However, when acceptance is replaced with "**conductivity**", paradoxically resistance subsides. Therefore, and we will cover this later, the suggestion from here on is to dispel acceptance as a polar opposite, and replace it with conductivity.

### **Section 3 - The Origins of Resistance**

Ancient esoterics thought resistance exists prior to birth, while others believe that it begins with the contraction and expansion of a dividing human cell. Some relate it to the first human heart beat. Though, science may attribute a more rationale approach, like Newton's, Maxwell's, and other universal laws. These state that resistance is a restriction of a flow, or slowing down of an electrical current. But how does this relate to human resistance?

Well, as science and esoterics bridge closer, the two are almost handshaking. That is, common understandings now refer to humans as "**electromagnetics in motion**". Again, avoiding the geeky stuff only to say that reality and life is perhaps nothing more than an interference pattern of resisting electromagnetics. Yet, let's not bog the mind with complicated science, as we are more interested in getting resistance to work for, and not against us. So, let us now take a quick look at the more practical origins of resistance.

Have you ever come across a small child that when asked to do something, they do the opposite? And have you ever come across a particular child where resistance seems part of their character? Often it is forgotten that childhood is the place where resistance is inherited, formed, or carried over from a previous incarnation. During childhood resistance is mostly forgiven, often laughed at, and thought of as, "unimportant". Yet, by adulthood it is often frowned upon, mostly rejected, and thought of as an individuals "nemesis". Isn't it ironic, what begins in innocence, actually comes back to bite us in the bottom? Though, in truth, and as we will discover, the energy of resistance is far from a dark destroyer. Nevertheless, what bonds and holds this negativity to resistance is "**perception**".

Once resistance is perceived as negative, ugly, awkward, not good, a foe, bad for you, etc. then the job of perception is done. Perception performs a very simple role of associating good, or not good, positive, or negative, etc. and once this decision is formed, it then goes onto "*lock-down*". Lock-down meaning that once something is perceived as either good, or bad, then rarely does this change. Though to fully understand resistance, gain access

to its command centre, and “change” the way it operates, then working back its path is vital. In other words, think of it like a recently completed movie, but now you want to change the beginning. To achieve this, one would need to revisit the studio, select different scenes and put together a new beginning. It is your choice to select a happy, or sad start, and the same can be said for the energy of resistance. In a sense, our own movie formed during childhood and it could be said that our production studio is our mind. So, to re edit resistance, we simply go back to its origins.

Though re-editing and reprogramming is discussed further into this supplement, the above it to outline that the origins of resistance are mostly formed during childhood. Nevertheless, this is not a suggestion of psychotherapy, or hypnotic recall. On the contrary, identification, influence and change is achieved in full awareness of everyday states of wakeful consciousness. Though it was suggested that like all human energy, the roots of resistance are formed during early experiences, nevertheless, this is not always the case. As already mentioned, for drivers such as resistance, once formed, perception rarely alters. However, as the nature of perception is in a constant state of “flux”, these are not absolutes and at times are open to change.

Nevertheless, what resistance is associated too, and what it’s being used for are far more relevant than it’s actual place and time of birth. While origins refer to the original experiences, formations, and creation. As resistance is one of life’s vital ingredients, it’s true origins are likely to lie beyond reality itself. With that in mind, as it is with us from birth, there is no escaping this human dynamic. However, what makes it work for, or against us, is how it’s perceived.

Born to a negative worldview, perceiving resistance as bad has become somewhat natural. Irrespective of a loving family, when school age is reached, a whole new ball game comes into play. That is, individuals learn to push, hide, suppress, and eventually resist their own personal thoughts and feelings. They are carved, and eventually acclimatize to an impersonalized world of group negativity. Albeit this is carried out unconsciously, it is the reality of reality.

Though please do not digest the above as projections of doom and gloom, as once aware of these mass dynamics, a positive impact can be applied. What we are seeking to highlight and influence is the truth, and that truth is how resistance is currently perceived.

How resistance is perceived tells us something about its origins. That is, as this dynamic is unconsciously passed on, individuals are not solely responsible for the negative associations. To get a brief overview of how resistance is viewed, the following two-question survey was put to over 100 people.

### **How do you perceive resistance?**

#### **Where did the resistance in you begin, where are its origins?**

What follows are the answers:

**Resistance is not good**

**I don't know**

Let us not labour these findings, only to outline that most assumed resistance to be negative, and not one was aware of it's origins.

Though what does this tell us, and what can be gleaned from the answers? If most thought resistance to be negative, who and what was responsible for their view-point? And as not one individual had any awareness of it's origins, does this mean that they were all suffering from amnesia?

Probably not. It is most likely that with the exposure to external forces, that is, school, friends, peers, media, etc. and a great deal of repetitive incoming information, that a negative perception was carved. As the worldview, that is "*critical mass*" relates to resistance as negative, then inheriting this negative belief is as natural as breathing. Though what about the amnesia? Did they really forget the origins?

In a sense yes. However, amnesia suggests a total lapse in memory, but with resistance, this is not the case. Being human means we are subject to varying dynamics such as conscious, subconscious, and unconscious aspects of ourselves. However, you may have already noticed that the word "conscious" runs through all three definitions.

Conscious

Sub-conscious

Un-conscious

Avoiding the ambiguity of psychology and definitions, what is of interest is that, "consciousness" runs through all three. Though conscious, sub, and unconscious are used to switch between one state of awareness and another, consciousness permeates all three.

Though as there is not enough word space in this supplement to detail "consciousness", the fact that when questioned, subjects who did not remember their origins of resistance indicated that although past events and associations had been experienced, they were no longer consciously aware of them. Nevertheless, this does not mean that they no longer exist. On the contrary, they do, but are neatly operating away from one's daily awareness. In fact their origins are embedded deep into what's deemed the sub-unconscious mind. We refer to it as, "**overall consciousness**".

That is, the dynamics that originally associated, and linked resistance to negativity are alive and well, yet they are embedded and hidden deeply into the system. However, adopting Freud's modality of Psychology may have been right for that time, though they are not absolute prerequisites for the now. Having said that, this is not a suggestion to dismiss old paradigms, indeed the three levels of perceiving consciousness has a place. Though, viewed from an additional angles, allows us to make more informed decisions.

Just like the stars were thought to be holes in heaven. Just like the world was thought flat until round. Just like the earth was the centre of the universe until Galileo. Human consciousness is unlikely to be just three levels. Although Freud separated consciousness out into these three segments, he did this during an era of compartmentalization. Perhaps he was attempting to make sense, rationalize, and define human consciousness.



Psychologist Carl Jung then extended this with group, and collective consciousness. The new age movement went further still with Christ, Universe, and God consciousness.

How you relate to your own consciousness and awareness is a very personal matter. Though conscious, sub, and unconscious are a great ways to separate consciousness, and for simplicity we will use throughout. However, what is being referenced is “**overall consciousness**”.

Now please take a deep breath, for as complicated as this sounds, the dynamics of being human are really quite simple. That is awareness, consciousness, perception, resistance, motivation, fear, desire, thoughts, biology, physicality, etc. Once embraced, the job of transforming these human dynamics from one role to another is not so difficult. That is, when human energy is viewed for what it really is, perceptions alter, and life improves.

#### **Section 4 - What's Driving Resistance**

When asked, “**what drives humans to resist?**” The top answer was “**blank**”. That's right; most drew a blank expression, possessing no conscious awareness of what was driving resistance. Furthermore, most appear phased at the idea of experiencing resistance, as it was always “somebody else's problem”.

This occurs because much of life and reality is created and directed from the sub-unconscious. That is, reality has an average split of 80/20. Meaning that approximately 80% of life is being influenced, created, and controlled from the sub-unconscious self, with only 20% in full conscious awareness. As resistance operates silently away from one's awareness, is it any wonder there would be no conscious awareness of its existence?

Though just because it operates from the unknown, so to speak, does not mean it's completely invisible. On the contrary, a key access point to discovering resistance is indeed one's very own “**awareness**”. As when life is viewed from the point of an observer, then resistance can be easily uncovered. In fact, with a little direct focus, and inward conscious intent, resistance will be perceived running parallel to life itself. Though what does this mean, and what is fueling it?

It means that like a torch, when light shines into a dark room, it's contents can easily be viewed. Human consciousness can be thought of in a similar way. We simply turn our own awareness back into the self. That is, instead of looking, perceiving, and assuming it's all on the outside, attention is turned inwardly. If you like, we ask our own torch, that is “conscious awareness” to shine on, and show us how much of our own resistance exists. As humans are not too dissimilar to light, these principles work with incredible accuracy.

Yet what are it's drivers, and where is resistance obtaining it's fuel from?

**Perception fuels resistance, and associations drive it.** Simplified down, the easiest starting point is to consider that resistance is an unavoidable, integral ingredient for life. In other words, “whatever the situation, conditions, etc, resistance just exists”.

Though, how it is perceived is what drives it. As an example only, Daniels spouse wanted him to find a new job. One that would afford them both a better lifestyle. However, irrespective of acknowledging the need for improvement, Daniel did not take action. Why was this? Why was Daniel resistant towards this potentially positive lifestyle change?

Well, it is most likely that Daniel was not aware of any surface resistance at all. If he were, then it is highly probable he would have addressed, and changed it. However, as much of his reality is naturally driven from 80% of his sub-unconscious self, then not only is he unaware, he has no conscious awareness of resistance either. If asked, Daniel would probably deny the existence of resistance, and he would be right to do so.

Nevertheless, if there were no resistance, he would simply seek out his desire for that new job. Yet, embedded into his system, one can call it “*overall consciousness*”, or his sub-unconscious self, the terminology matters not. Though what’s important is that somewhere along the line of life, albeit sub-unconsciously, Daniels perception is holding onto and using the energy of resistance. Not only that, as the energy is preventing him moving forward, it is unknowingly being used against him.

Though it all sounds a little cloak and dagger, good guy, and bad guy so to speak, this is just the nature of reality. Up to now, human dynamics have largely operated and come under influence from the sub-unconscious self. That is the 80/20 rule of consciousness, 80% sub-unconscious, with 20% conscious.

So, as perception holds onto and uses the energy of resistance, fueling it from behind are “**associations**”. Because perception works much like a jigsaw, it cleverly pieces, places, and stitches real life events to form judgments, opinions, and beliefs, etc. Furthermore, this formation is really very basic. Either something is perceived as good, or not good, and a decision is made. Resist or allow, resist or accept, resist or conduct. It is as simple as that.

As much of this is performed during one’s early years, this is why Psychologists focus on childhood. Nevertheless, and as briefly outlined, the dynamic of perception is always in a state of “flux” and can be influenced and changed at any stage of life.

Though back to Daniel and the drivers of his resistance. It has already been said that perception holds and uses the energy, and associations are what fuel it, but what are these associations?

For Daniel, can you recall that he wasn't even aware that he was experiencing a state of resistance? While he might think and feel this to be de-motivation, it is not. As even further into his sub-unconscious self are real life associated experiences and events that have gone on to carve his perception. Though because Daniel knew of no other relationship other than “bad, or negative resistance”, his perception could only make one choice. That is, resistance is bad. As this is the job of perception, this task is performed automatically away from his conscious self. Though as will be discussed later, when overall consciousness is tasked to go off and find these original associations, without fail, it will do so. Once raised to the conscious self, they can be broken apart, positively influenced and changed to be productive.

That is, instead of Daniel avoiding looking for a new role, and not really knowing why. Resistance still exists, but it no longer operates from the sub-unconscious. This means that he would become conscious of his own resistance, and he could then use it to his advantage. How?

Well, imagine the same situation and that Daniels spouse suggests he finds another post. Only now, he is fully conscious of the dynamics of resistance and has successfully transformed this negatively perceived dynamic. The new resistance will no longer be distancing, diverting, or making sub-unconscious excuses. Now he is the master, and it serves to propel and deliver what it is he truly desires.

Does that sound like a fairly-tale? Well, it was not meant to be, because what now lies ahead can and will with some effort, transform and get the best from resistance.

## **Section 5 - Observing & Identifying Resistance**

It is always easier to see the resistance in others, than it is to observe and identify it in ourselves. Yet why is this so, why are humans more than willing to connect to their good traits, but the negatives are not easily viewable?

Because of resistance!

As human beings, it is not thought of as pleasant, desirable, or beneficial to see one's own inner dark spots. In fact, humans have become quite apt at screening off any dislikes, hence maintaining distance requires the energy of resistance. As resistance is perceived as a negative, it can fall into the category of a human weakness. Though, when we are brutally honest, the resistance we see in others is often a dis-ownership of our own inner self. That is, what is projected into reality is reflecting back for conscious understanding. In our experience, and until processed, resistance will persist until consciously taken responsibility for, and dealt with.

Though how do we observe our own resistance? Well, just like you would observe in another. The only but main difference being that instead of focusing awareness on the outside, attention is turned inwardly.

Initially it may help to practice and study on others, though ultimately attention should be focused and directed through the self. In saying that, whether observing others or self, the process is exactly the same.

### **STEP 1**

The better place to start is to be-friend the energy of resistance. Whether perceived as physical, biological, emotional, mental, negative, fearful, or otherwise. Becoming intimately aquatinted is the first step towards freedom. As the job of resistance is to do just that, i.e. "resist". Please make preparation for a game of hide and seek. Though when observing from a friendly perspective, it won't be too long before resistance gives up playing the game.

This is so because the very nature of resistance requires energy to exist. Whether this energy comes from the conscious, or sub-unconscious matters not, though it must have energy to survive. While you have come across the saying, what one resists persists, refers to the energy feeding itself. Remember consciousness is energy, yet if resistance is operating sub-unconsciously then ultimately it is being held in place with perception. It then becomes a vicious cycle feeding on itself. Nevertheless, breaking this cycle is extremely simple, as all that is required is to shine the light of consciousness onto the source.

That is, from a non-hostile position, any and all forms of resistance are welcomed and embraced. Applied mentally, this action begins to dissolve the sting in the tail. It will not kill, though when genuinely embraced, “in an instant” consciousness transforms resistance into conductivity. That’s right, instead of allowing, or accepting, which are really only forms of acknowledging, when resistance is consciously beckoned and called forth then you act as a conductor. In conducting, there is no resistance, and without resistance, its power is displaced.

So for the first step, it is a simple yet powerful action of learning to embrace resistance. Actively engage, seek it out, befriend and develop a one to one relationship. As an observer, good practice is to stand in front of a mirror, look directly into your own eyes, and consciously speak the following;

**“Irrespective of my current perception, view-point, and beliefs. I now in this moment, ask my overall consciousness to accept, allow, welcome, and embrace all forms of my own and others resistance. Whether conscious, sub-unconscious, positive or negative, physical, biological, emotional, mental, or otherwise. I now in the moment ask to consciously understand my own truth. I am ready for what arises and accept full responsibility for this process”.**

**CAUTION!** Above is not a wishy washy whimsical saying. Please be mindful that when the following paragraph is applied with genuine integrity, and full conscious intent. A very powerful electromagnetic action is invoked. This will then influence biological processes, which in turn will have a knock on effect in the physical.

## **STEP 2**

Outlined near the start was resistance to change. That is regardless of the perception, positive, negative, desired, or disliked. Where there is change, there is resistance.

Please give this some curious thought and then try it out on yourself. For a quick exercise, pick one or two situations that you were going to change, though for whatever reason, if you did not get around to it. Then ask yourself the following, “was there any resistance in me, if so, what was it that I was resisting?”

Which brings us nicely onto a few examples. Mary desired to work for a new company, yet her resistance to change was stronger than her motivation to leave. Michael wanted nothing more than to open his own business, yet his resistance to do it won over his desire. Mark knew moving office was a good idea, yet resistance got the better of him.

While resistance can be closely linked to de-motivation, anxiety, depression, fears and so forth, it is still the energy of resistance.

Though why is this so, and why does resistance permeate so much of our daily lives?

Well, it really is very basic as not only are humans creatures of comfort; there is also comfort with discomfort. Though extreme, this can be seen with a drinker, whom may desire to give up, yet resistance has the better of them. Whether in a position of like, or dislike, resistance to change is a somewhat natural coexistence. Furthermore, it could be considered that resistance is habitual, though when uncovered, habits are really just by-products of deeper core drivers. That is, associations founded during one's early years influence, and then go on to form today's decision making. Though this will be covered later, please bring this to your awareness, as when in observation mode, getting intimate with the energy of resistance is key.

Key in a sense that resistance is nothing more than a simple human dynamic that to present day has been allowed to develop untethered. In doing so, it could be likened to a flower growing in the wild - That is, in the elements of nature and environment it is subject to deter its future. However, there is an understanding that resistance is not too dissimilar, nevertheless, from this point forward, the game is over.

With the risk of condescending, though it is genuinely not inferred this way, but it cannot be emphasized enough that "*change*" equals "*natural*" resistance. Again, and only as examples, though if you were to frequent the same coffee shop, drink the same drink, and sit in the same place. A pattern of resistance is created. Now let's assume there were no negatives, and this was a positive, desirable action. Resistance is still created.

Why? Because the energy of resistance does not discriminate. It serves both core drivers of Love and Fear, therefore, even with desires such as the above, "resistance is present". As resistance is a human dynamic that is simply aiming to slow down, even stop. It works for both sides, working to prevent a feared outcome, or to prevent moving away from a desire. It is a very basic, and simple operation. Though there are two things that complicate it.

**A lack of understanding** - As this human dynamic has not been very public, responsibility for ownership has to date been difficult. However, times have changed, humans have evolved and we are now more responsible for our own development than at any other time in human history.

**Overlaid experiences** - These can be referred to as associations. That is, perception holds and influences what will, and will not be resisted. However, original core experiences that have since endured many years of similar events overlay as "associated links" that drive the energy of resistance. Nevertheless, when change occurs, perception automatically pulls from one's library of experiences to create resistance.

So, for Step 2, (and when observing) whether welcomed, or not, resistance will more often than not be found running in parallel.

### STEP 3

When observing, how is resistance identified from other dynamics such as demotivation, dislikes, fears, anxiety, etc. etc.

Well, make no mistake, as the energy of resistance has gone undetected for such a long time, it is highly likely that it is going to catch you out. That is, when observing, it is easier to overlook, deny, dismiss, even ignore what this energy dynamic of resistance is doing. Though what follows are not personal judgments or opinions, they are facts of reality. That is, resistance is as much a part of your day as the oxygen you breathe. Though, like the air breathed, the conscious self does not recognize it.

This aspect is unbelievably important, as until one becomes conscious of that which they were previously unconscious of, then change is not possible.

Though going back to identifying resistance from differing dynamics. Imagine something like a “Russian Doll”. As it’s broken apart, a smaller version resides inside.

Now, imagine that the outer Doll takes influence and direction from the core. Imagine the core, which is the original Doll, cannot be discovered unless the outers are removed. The outer Doll may have four, five, or more layers. Nevertheless, with the amount of overlays, the core Doll is now hidden well away from the outer Doll.

Although this is an analogy, it could be said that human energy is not too dissimilar. As most humans live life 80% from the sub-unconscious, with the remaining 20% from the conscious self, the majority of life and reality is said to be emanating from the core.

Though we are not quite ready to enter the core of humanity, at the core of resistance, are associated experiences that are quietly, but progressively operating and influencing well away from the conscious self. Though we will return to the Russian Doll later, it could be said that the core, is the child, and it is where the majority of life’s decisions were made.

To observe this energy is also very simple, as when any “changes” are made, resistance is also present. Though what makes it possible to break apart the energy of resistance is to observe change. Whether that be in yourself or others, when flexible, or how inflexible, how willing, or not, how open, or closed, how easy, or difficult this change is going to be. Then resistance is seen for what it is - Resistance.

#### **STEP 4**

Once attention is turned to observing resistance, and it’s various forms. That is physical, biological, and non-physical, identification is not so difficult. In fact, when looking it is like noticing something that is already in existence, it’s just that attention overlooked it. For example, it is often said that people who buy a certain colored car, an item of clothing, or something other, that prior to buying, they could not recall noticing the item. Yet, once aware, or should we say, “**raised to the conscious self**” suddenly similar items appear and are seen everywhere. This is the dynamics of conscious awareness in operation, and when applied to observing resistance, it operates exactly the same.

So, in observation mode, resistance can easily be identified and this can be achieved in

two ways. That is, from the outside to in, or the inside to out. The process is exactly the same.

Starting by observing your day, try to turn inward and observe your own conscious awareness. That is, the same way you'd connect to intuition, the inner self is listened to the same way. In doing so, it will not be too long before the realization occurs that YOU are not really YOU. This is not a mind quiz, yet the truth of the truth is that when attention, awareness, and conscious intent is turned inwardly, then a natural phenomena arises. That is, often the observer questions the observer. In other words, you ask yourself who it is you really are, and whom it is that you are communicating with. This aspect of self is a real positive breakthrough, and one that vastly improves daily life.

Though for now, please allow a step through of detailing the observer, turning attention inwardly. While the root may not instantly surface, in curiously questioning, the light from your torch is being shone on the darkness. That is, using your own conscious attention is like shining a torch inside a dark cupboard. As where attention goes, consciousness flows. Though for the first time, it is like searching for something that you don't know really exists. Imagine going into a cupboard and you know that you are here to find something, and although you do not know what that something is, your job is to connect to that of what you discover, to what is already outside the cupboard.

The job of identifying resistance is not too dissimilar. As when observing, you first look on the outside, then connect the dots from the inside. Once this technique is applied over and over, it becomes almost as natural as walking. Though for now, as this is the first time, please allow time to digest, make mistakes and perfect the routine.

As an example, Mark was planning to move office. He thought and felt comfortable in his existing surroundings, yet felt equally comfortable with the planned move. However on the day of the move, his train was delayed and by the time he arrived at work, contrary to his instructions, the removal company had already began packing. The office move got underway, yet endured much stress, and by the time he arrived home, it was much later than expected.

The above is a brief outline of subtle sub-unconscious, as well as physical resistance in action. While it may appear subtle resistance such as a delayed train, daily stress, and arriving home late are petty and unimportant. If not caught early, subtle resistance will eventually develop into full-blown physical resistance. Blatantly obvious physical resistance is where Mark physically engaged verbally telling the removal company, "*you have gone against my orders and packed prior to my arrival*". In speaking verbal, is the creation of physical reality. The knock on effect is the **creation** of unrest and a tension for the rest of the day. Eventually the office move happened, but the packers were slow, causing avoidable stress and a delayed departure home.

The job is to identify, not to unearth yet, but to identify only. As already mentioned, what is often overlooked is the pettiness and simplicity of resistance. Yet if unidentified, it continues it's journey until expressed through the physical. While some might say this is the reality of reality, they are absolutely right. That is, it is their reality, but it does not mean it is the only reality, as there is indeed another way. There is another universal

phenomenon, and while it might sound nauseating, “**change the inner world, and the outer world will eventually reflect it**”. Though, while this might be thought of as an impractical solution, and as difficult as it is to address, it is a key aspect towards recruiting the energy of resistance to work for, instead of against.

Though back to Mark, for did you notice that the delayed train was linked to Marks resistance? Yet, if the train was outside of, and not a part of Mark, how could this be? This is what’s described as subjective synchronicity. That is, “*so on the inneth, reflects on the outeth*”. Meaning that whatever is going on within one’s sub-unconscious, has a direct effect and impact on external events around. Furthermore, when one’s overall consciousness is trying to convey something to the conscious self, synchronistic events often show up in life. Nevertheless, in order to connect the dots, one only needs to pay attention to their own reality. While some might dismiss this as just a delayed train, and that’s all there is to it. The suggestion is to re-consider.

If the train was delayed and there were no dots to connect, then yes, it could be deemed a totally unconnected coincidence. However, if Mark were to shine his own torch of conscious attention, experiencing moments of “aaaahhhh”, then he knows there is a link. How does he know? Because his overall consciousness will tell him, but if there is no link, and no dots to connect, then it can be cast aside as irrelevant. Though more on this later, the task for now is to make links and connect the potential dots. Basically, anything and everything that happens before or during Marks office move could be considered potential.

## **Section 6 - Unearthing, Unlocking & Dissolving Resistance**

To unearth resistance is not so difficult. First it is be-friended, welcomed and embraced, as in doing so, conducts the energy and this is absolutely vital. Conductivity being the opposite of resistance, it attracts therefore absorbs much of the negative energy. It does not dissolve, though the very act of embracing reverses the flow of resistance. That is, instead of repelling and getting more of what’s disliked, becoming friends means that the energy can no longer fuel itself. Remember, resistance fuels itself and needs more resistance to achieve this. When the flow is reversed, the fuel supply is cut.

Secondly, one observes and begins the process of identification. This act allows more access to the energy of resistance, even though you may still be asking - where is the core of resistance?

Resistance is in almost every conceivable action and reaction to life. Conscious or otherwise, resistance coexists alongside life itself. One only needs to analyze and look into daily reality, and resistance will be found all around. Likes, dislikes, pain, pleasure, love and fear, resistance can be found in all six. Though what we are now looking to do is unearth the negative, unproductive, and destructive resistance. Once raised to the conscious self, it can be identified, broken apart and reassembled.

It’s a little like removing the outer layers of a Russian Doll. Once at the core, the smallest doll is broken apart and reformed. In short, we are breaking up old negative associations,



and replacing them with more positive and productive outcomes. Though the way to achieve this is not to assume positivity, it is to get resistance working positively. The paradox being that resistance will still operate from fear, pain, and dislikes, though we now associate these to positive and productive outcomes.

As an example only, let's take an addiction. Jim knew that as the opportunities arose, he would invariably overstep his relationship to alcohol. In other words, Jim thought because he worked paid, and he spent a great deal of time away from home, that this was the reason he drank. In fact he was "*consciously*" convinced that this was a rational and firm reason. Nevertheless, with each new night away from home he found himself to drink more than he should. Again, Jim consciously told himself this is just life and it is the purpose of hotel bars.

At Jim's core, he felt powerless to stop and reject any alcohol. He also knew it was not so good for him, and that he wanted to exercise more control over himself. Nevertheless, he never spoke his inner self to anyone, pushing it away from his conscious mind. Yes, Jim indeed felt powerless but comforted himself with rational excuses.

However, upon closer inspection, Jim must not be blamed for something that he is not conscious of, therefore what he is not conscious of, he cannot be in control of. For example, he is not conscious of breathing, therefore has no control over it. The same way he is not conscious of resistance, and likewise he has no control over it.

Nonetheless, what is being suggested is that Jim's resistance to giving up; control, or stop alcohol is because resistance is harder at work than he is. That is, his resistance is operating stronger from the sub-unconscious, than that which he can consciously self-control. Evidence can be seen when Jim tells himself, not tonight, then breaks this internal dialogue and drinks anyway. With each broken agreement, adds to the negative side of resistance and soon enough, Jim has no choice in the matter. Irrespective of anything else, his bio feed-back tells him he will drink alcohol. It is a vicious circle, one that began sub-unconsciously, then sends instructions to his biology, and now expresses in the physical.

Though what now if he wants to change this, how can he achieve it?

Well, Jim is a business executive whom is apt at controlling situations and circumstances outside himself, yet when it comes to his own inner dynamics, he struggles. Why?

Because he has no knowledge of how "human dynamics" such as resistance operate. However, with a few simple steps, and applying what he already knows, Jim will with ease transform this situation.

All he need do is work back from the physical to the core. Here is how it was achieved.

First off, Jim was encouraged to get used to the very idea of not only allowing, but welcoming and embracing the energy of resistance. Whatever form it presents, that is physical, biological, or non-physical, as strange as it sounds, Jim was asked to make friends with it. He was then asked to self reflect, turn inward and become conscious of his own self. Although he knew himself better than others, the rule of 80/20

consciousness still applies. That is, 80% of his life and entire reality are going on sub-unconsciously, with the remaining 20% being conscious of. In short, Jim was astounded to find that he was not really the Jim he thought he was, and that he was only 20% conscious of his daily life and reality.

Though it does not happen overnight, Jim began the process of searching his own “overall consciousness”. That is, just prior to sleeping, he consciously put the following paragraph to himself.

**“Irrespective of my current perception, view-point, and beliefs. I now in this moment, ask my overall consciousness to go in search of, accept, allow, welcome, and embrace all forms of my own resistance. While sleeping, whether conscious, sub-unconscious, positive or negative, physical, biological, emotional, mental, or otherwise. I now in the moment ask to consciously become aware and understand my own truth. I am ready for what arises and accept full responsibility for the processing of”.**

**CAUTION!** Above is not a wishy washy whimsical saying. Please be mindful that when the following paragraph is applied with genuine integrity, and full conscious intent. A very powerful electromagnetic action is invoked. This will then influence biological processes, which in turn will have a knock on effect in the physical.

When he awakes, there is no magic and no mystical transformation. This is not what is being suggested. However, in posing the above to his “overall consciousness”, Jim’s consciousness has no other choice to go off, search and bring back that which he is requesting. How can this be? Because human consciousness operates on a simple set of dynamics, that are only complex because of time and evolution.

That is, human consciousness operates with basic “**intent**” though what clouds and distorts this is perception. That is, perception holds onto certain beliefs, opinions, judgments, expectations, etc. etc. Therefore a major task for his consciousness is to bypass his current conditioning. Nevertheless, this is not going to be a complex operation. On the contrary, accessing and influencing human dynamics is a very simple function.

This can be seen in the world of media, as what is fed to human perception has little choice but to adjust. Yet, as this is all going on sub-unconsciously, there is a much more powerful and direct method of persuasion. That is, intention.

Though please do not confuse intent with “*I want to know, but I fear the outcome*”. Or, “*I really do want to know, but I’m scared of what will come forward*”. This is surface intent, backed up and loaded with hidden FEAR. The intent required is as follows; “*Irrespective of my fear, current perception, or outcome. I desire to know the core of my resistance, MORE than I desire not to know. I am fully prepared and accept full responsibility in dealing with what arises, and I genuinely SEEK to know, and understand my own TRUTH*”.

Intention is covered inside other modules, though for a desired result, intent behind the intent is required.

Now that Jim has applied the above to himself, he is encouraged to relax and allow his “overall consciousness” to do the work. Please do not dismiss this operation for this is how it works, as mind dismissal is the perfect canceler. While a degree of openness is required, so too is patience.

In time, Jim will begin to perceive past events that relate to resistance. They may be physical, or non-physical. Though, permeating the conscious mind will be images, sounds, smells, or all three, etc. It may be feelings, thoughts, etc. Nevertheless, whatever the associated experiences, once genuinely and intently asked for, they will rise.

However, resistance is different from unearthing fears in so much that we are not looking to dissolve it. As resistance is as much a part of reality as daylight, without it there would be a problem. Though what we are going to do is identify, then get it working on Jim’s behalf. For instance, instead of Jim coming up against the inability to resist alcohol, which is just resistance working against him. The energy is going to switch sides and work for him. That is, Jim will then experience good resistance. Meaning that when he works away from home, his resistance will be working for him, the outcome of which good resistance will take over, urging him not to drink.

However, though Jim’s example is alcohol related, this is not restricted to addictions. On the contrary, an alcohol addiction was chosen for its “*treble strength resistance*”. That is, with alcohol, it has all three levels, i.e. non-physical mental - emotional, biological, and physical resistance. Though in truth, these dynamics apply for all personal and professional resistance patterns. Whether it be office goals, targets, or home, relationship or self, the dynamics are the same.

So, back to Jim. Now that he has asked his conscious self to go off and find the core associations, he must continue to do this every night. In doing so, not only strengthens, but it creates familiarity and “*jolts*” his own perceptual awareness. In other words, his torch is now shining inwardly and will duly find what’s in the cupboard. The trick for Jim now is to be aware.

Remember the Russian Doll analogy? Well, imagine the outer doll is Jim, and his consciousness is his torch. The core doll is the dark cupboard, and his torch is sent off to find the contents of the cupboard. Though, unlike the dolls, Jim’s consciousness may bring back the outer, inner, or a doll in the middle. This is just the nature of consciousness and it is worth outlining that while the universe operates on principles, associated experiences rarely come out in order.

Nevertheless, within days Jim began to experience “aahh” moments. That is, like a bubble of water rising to the surface, awareness breaks the conscious mind in a similar manner. What permeated Jim’s conscious mind, were past events linking through to present day resistance. Though he did not fully remember, he began to have awareness of resistance and alcohol.

For example. Jim explained that although his resistance was strong, and it led him to think and feel he could not say no. There was now associated memories coming forward. Jim began to realize that the strong resistance, which he believed worked against him, was indeed working for him. That is, remember Jim’s resistance was maintaining

distance from allowing him to stop, which in turn created more resistance that ensured he drank. This is how resistance works. Well, when he asked his overall consciousness to go off and find the associations, Jim started to remember that alcohol invokes an internal desire. That is, further back than the now, Jim's perception was holding onto past experiences that believed alcohol equated to desire. How was this so?

Because when Jim drank one, two or more, like most who drink alcohol, his conscious self leaves solid reality. To Jim, when in this mode, all troubles, worries and woes were none existent, but that's not all. Chemically speaking, alcohol invokes biological changes, puts the mind into right brain relaxed and desire mode. For Jim, this was the place to be, a place he desired, and a place he felt comfortable with. As this happens unconscious of the conscious mind, resistance initially starts out working for him. That is, way back in Jim's past, the energy of resistance had to do something, either work for, or against. As resistance just exists, it is the job of perception to instruct and guide where it goes. In the case of Jim, his perception told resistance that he desired drink, and that the energy should get to work and support him. It's as simple as that. What starts off as a supporting energy, as in the initial stages Jim's resistance without doubt would have given his conscious mind indicators that enough, is enough.

However, when resistance is overrode, which only happens when the desire to do something is stronger than the desire to not do. Then resistance moves to the winning side. For instance, Jim connected strongly to the desired effect from alcohol. Albeit this happens sub-unconsciously, nonetheless, consciousness like resistance does not discriminate and follows the strongest energy. Whether that energy is founded upon a strong desire, or a strong fear, matters not. Whether conscious, sub, or unconscious, matters not. Consciousness and energy are just that, and will take direction from the strongest. Though by the time Jim becomes conscious of this, he assumes resistance is working against him. That is, the more he wants to stop drinking, the more persistent resistance becomes. However, Jim's sub-unconscious has duped his conscious mind, but not deliberately. Initially resistance began its journey operating to maintain distance between Jim, and consuming too much alcohol. If you like, this is the good, productive side. Yet, as Jim hankered for "**desire**", and desire being one of the strongest human energy forces, resistance has no option but to follow. That is, it gives up the weaker energy, and in this case it was the "**fear**" of drinking too much. As his "*desire*" was stronger than the "*fear*", resistance has no option but to follow the leader. Though the greatest duping is modern perception that resistance is negative. It is not. It can only gain strength through negativity if the "*fear*", becomes stronger than the "*desire*". That is, If Jim were to continually fear he had no control, repetitively reaffirming this to himself, then the fear becomes as big, if not bigger than the desire. This is why when Jim does not want something; he gets more of what he does not want. It is because resistance has joined the strongest side, in this situation, it would be the "don't want", because this is the "conscious fear".

Though getting back to Jim. He now has new awareness of his desired relationship to alcohol. Now he can forgive himself, as what began as a harmless desire, was not of his intention. Jim's intention was to connect with desire, as alcohol invoked this desire, he was duped into drink more than he should. However, this is the place where we know that the dynamics of being human have been out of his control. Had they not, Jim's

conscious self would not have allowed alcohol to have gotten the better of him. Please note that the reference is towards Jim's conscious mind, and not directed at Jim himself. Though, realistically speaking, resistance got the advantage over him, not alcohol.

Like all energy, there is a point of "**critical mass**". That is, when the balance tips, the energy goes on autopilot operating for the opposite side. For instance and when Jim first started drinking, he was in control of saying no. As it was on the side of self-control, resistance was working in parallel and it was working for him. However, and as already mentioned. When Jim "**consciously**" goes against his inner feelings, also being overrode is resistance. As Jim desired alcohol more than he desired not to take it, resistance switches to the winning side. This happens naturally, and it does this because it cannot exist where there is no fuel.

For instance. If Jim maintained his desire, in the desire to say no, then resistance would stay with this side. Yet, when his desire shifts from one side to the other, so too does his perception. Ironically, this is the job of perception and it is functioning correctly. Remember perception holds the energy of resistance, and if Jim perceives desire from the effects of alcohol more than the desire to say no, then resistance naturally moves with perception. Again, this is normal and it is functioning correctly.

However, we have merely shone Jim's torch of conscious light through the peephole, but this is not the core of the doll, so to speak.

So far we have got as far back as to what holds resistance in place, but we have not yet unearthed its core driver. Remember it was said that associated experiences are what drives resistance, and now that we have found Jim's energy of resistance. The task is to uncover what's driving it.

Now he has discovered that his relationship to alcohol is based on desire, we must cast aside the negativity surrounding addiction. Why must this be achieved? Because the very belief of a negative addiction will prevent Jim from embracing it. The fact being that when we fully understand how human dynamics and overall consciousness operate, then we see addictions for what they really are. That is bi-products of deeper associations, and these may not necessarily be negative.

For Jim, he had a strong desire to connect to the energy of desire. One of the quickest ways to achieve this was to artificially induce it with alcohol. It is most likely this was not an intentional move, yet with the availability, acceptability, and popularity of alcohol, this became the reality.

Jim is now encouraged to continue his nightly ritual in asking his conscious mind to go off and search for his core associations. In time, it is likely to come through, though to speed up this process and in a controlled environment, he could invoke a trigger by consuming alcohol. However, it must be stressed that consuming alcohol is not essential, as the same results can be achieved without it. So Jim is now asked to consciously go towards that "**feeling**" of desire and relay what it is conveying to him. In a normal state of everyday consciousness. Not psychotherapy, not hypnotherapy, just normal wakefulness. Jim is asked to consciously connect to that feeling alcohol gives him.

Jim stated that alcohol made him feel less anxious, as though he didn't have a care in the world. He said that when he'd consumed two or three drinks, the world went away. This was the desire he was connecting to, but this desire is still not his core. Desire is a feeling, and it is a feeling that humans innately hanker after; it is also one of life's strongest core drivers. Though, while it is being said that desire is an innate core driver, and that Jim's pursuit of "desire" is not a core driver, this is not a conflict. Please allow a brief explanation.

While desire is an innate core driver, in order for it to be desired, something must be "**associated**" to the desire. In other words, desire would be attached to a pleasant thought, which creates a pleasant feeling, which then would go onto create a pleasant physical experience. Though it's not always the case, pleasant thoughts originate from real past life experiences, already perceived as "*good*". As good equates to like, want, love, desire, etc. the innate driver of desire must associate and attach to one of these. Though that's not all, the attachment is normally but not always associated to a past real life event. This comes down to Jim's relationship with alcohol. If his past real life experiences were judged by his perception as "*bad*", then eventually and with time, he would "**fear**" alcohol. Though if perceived as "*good*", inevitably he would desire alcohol. However, the key word is "*associated*", as if there is no "**associated experiences**", there is no desire.

Yet what if it was discovered that Jim had no early associated real life experiences, where does the association stem from? Well, this is not really detrimental to the outcomes of transforming resistance. Though it is not yet fully understood why some individuals appear birthed with innate drivers such as desire. What is known are that these drivers can be unearthed, reprogrammed and put to work for one's good.

While it might feel we are now bordering on psychology, may we suggest that this is just everyday life. It is nothing more than the dynamics of being human, that once understood, mastered, and reorganized, then personal and professional productivity ensues.

Though back to Jim. As the associations that drive his resistance are further back than his desire for desire. Remember the core of the Russian Doll? Well, this is the place where Jim's original resistance began to formulate. It is where Jim's perception first perceived events as either good, or bad. If they were perceived as good, then the energy of resistance creates to "*conduct*", and goes onto resist elsewhere. For Jim, he recalled that early life experiences of consuming alcohol were good. Therefore, resistance would have been operating for him, and would have been functioning at the polar opposite end, serving to distance him from consuming too much. Jim then went onto recall how he and a friend enjoyed young adolescence of happy, care and worry free times. As these were Jim's earliest experiences of happiness, his senses of sight, sound, taste, touch and smell formulated a perception. This is the job, which then collects all the data placing it into a category of desire. Provided Jim experienced a strong mental and emotional connection, coupled with a real life experienced event, then an "*original associated memory*" is formed that goes onto influence the next similar event. Though over time, and with many, upon many of life's overlays, the original event is forgotten, with the mental and emotional feeling of desire being pursued.

However, Jim's resistance may have began working for desire, in so much that it served to distance him from consuming too much. As it serves as a healthy boundary, this is what's referred to as a good, or resistance that is working for you. Yet for Jim, somewhere along the line, fear overtook desire. That is, the fear of not being in control, not being able to give up, or something other. Which also begins in Jim's conscious mind, yet quickly drops off to the sub-unconscious simply because he is not conscious of how his own human dynamics operate. Additionally, and in the case of alcohol, there are addictive chemical elements that burden and influence the biological system. Nevertheless, "**consciousness**", that is "**human consciousness**" is said to be the ultimate controller, and has been influencing these human dynamics all along. Just because Jim is not conscious of this, does not have any bearing upon the dynamics. This is so, because, sub, and unconscious are still forms of consciousness and while this may seem like a mind twister, it really is quite simple.

All human actions and reaction rely upon some form of consciousness. Though psychology attempted to separate the mind into three main compartments of conscious, sub and unconscious. The reality is that it's all "**consciousness**". If separate compartments existed, then we would know clearly where they began and ended, but we do not. There would be no ambiguity over sub and unconscious definitions, but there is. It is like saying night and daytime are separate, yet at what point does daybreak begin and nightfall end? Nevertheless similar properties run through both, and human consciousness is the same. As the name suggests, conscious, subconscious and unconscious, "*consciousness*" runs through all three.

## **Section 7 - Getting Resistance To Switch Sides & Work For You**

Much like the Russian Doll, the outer cannot see the inner, yet the inner is influencing the outer, and the same can be said for human reality.

We already know that 80% of reality is being created away from daily awareness, and that includes resistance. However, as in the case of Jim. We now know that his alcohol resistance has led all the way back to a real life core experience, though how does he get resistance working for him?

First Jim must genuinely arrive and be at peace with acceptance. He must let the past, be the past. He must truly forgive and not hold himself totally responsible. However, as he is now fully conscious, from today forward is a very different story.

Jim is encouraged to accept full "**conscious responsibility**", and there is a difference. Responsibility is a word, whereas "*conscious responsibility*" means that he will not forget and always remain aware of his own dynamics. In doing so, allows Jim a large degree of future influence and control.

He then allows himself to be whatever he is. That is, if he thinks he is an alcoholic, then as strange as it might sound, he allows this to be.

Now please bear in mind that although the reference is to Jim and alcohol, this could be any personal or professional subject. As alcohol is a bi-product of resistance, please do

not make the mistake of attaching only alcohol to resistance. The facts are that resistance is as much a part of reality, as life itself and it could be any personal or professional situation. Likewise, if another individual engaged in transforming resistance who thought themselves to be a failure, a failed executive, or a struggling CEO, then the process of transforming resistance is the same.

Common examples might be, resistance towards a personal or professional target, goal, task, project, office, company, person, or group of people.

Nevertheless, Jim takes the pressure off by allowing himself to just be.

Using his consciousness, he “*consciously*” plugs into and asks himself what it is he truly desires. In the case of Jim, he desired to be the highflying executive that he already was; yet he desired to be in control. Though in order for this to work, the desire to be in control must be stronger than the fear of being out of control.

While we reached into Jim's original core desire, once raised to the conscious mind, they dissolve and a path is paved ready for a new installment. Though Jim will never forget his happy days of adolescence, once consciously broken apart the emotionally attached power in the original association goes with it. As his perception will no longer be influenced from old core drivers, new experiences are not considered overlays.

So once Jim has formulated an internal desire to be in control, the transformational process of shifting resistance has begun.

Remember resistance was continually telling Jim, “you must drink and cannot stop”, and irrespective of Jim changing his mind, and changing his perception, this mind chatter will continue. It will continue because it works for the strongest energy and because it takes direction from “*overall consciousness*”, resistance knows that Jim is relaying mixed signals to himself. Though as it does not know what part of Jim's consciousness will win, that is, his sub-unconscious, or his conscious self, it sticks with the strongest side. That is, resistance stays with the fear of losing control. Additionally, it plays out like an old record player, and it loves to rewind and replay through the same groove. Though, this is nothing other than conditioned thinking. Conscious or not, it is just conditioned thinking.

Though to begin with, Jim may not be fully convinced in himself. He may hope, trust and apply all positive attributes, but his own communication with his inner self is the real influencer. To starve the energy, he must allow it to continue on and do it's own thing. In allowing, cuts additional fuel, which disrupts the circuit. If you like, it is the conscious mind gaining control over the situation.

Once allowed, Jim then strengthens his desire. That is, he desired to be in control, and he must now prepare himself to face his own resistance head on. Remember it does not discriminate, and it works for the strongest polarity. That is Jim's desire to be in control, or his fear of being out of control.

No amount of words can outline and describe the point that Jim and anyone else engaged with transforming human energy must reach, and that is a decision.



Once Jim has reached a place in himself where enough, is enough, and that he must make a choice. That is, which will he focus and follow, desire or fear. Nevertheless, if there are negatively embedded core associations of fear, then these must be dealt with and dissolved first. Only Jim, or the individual in question will know which is the strongest energy, i.e. fear or desire. If it is fear, then please, please STOP and refer to the fear module, if it is desire, then press on.

How do you know if a core fear exists? If the energy of resistance is serving to maintain distance, then fear resides. For example Jim's fear of not being able to stop drinking is a by product to other associated "past" real life experiences. As fear is human's biggest driver, then download and read the fear module. Not only is, I can't Do It, Yes You Can (Transforming Fear) a core module, it is the foundation to all other modules and supplements.

Nevertheless, assuming Jim has now cleared core fears as well as consciously raised his core desire to drink, progression can be made.

Any change in Jim's mind, will result in "*instant resistance*". Therefore, even positive changes like addressing resistance will create resistance. Though now, Jim is conscious of this, he just allows it to be, and is now going to get it working for him.

As resistance's primary role is to resist, then it works for us by switching it to the polar opposite energy.

For example. When Jim thought about giving up alcohol, he experienced huge amounts of resistance. When he changed his mind and made a decision to stop drinking, resistance went into overdrive. This is resistance to change spoke about earlier, though provided his desire to be in control is stronger than the fear of losing control, then his next move was to accept the resistance and stop anyway. Yes, he is pre warned to expect and feel it, and regardless of this resistance, he stops drinking.

In doing so, a very powerful electromagnetic operation gets underway. Yet, sparing the exhaustive scientific explanations, reality begins with an electromagnetic pulse, commonly understood, and recordable as an "*electrical hertz*". **These electromagnetic waves of pulsating and spinning energy vortexes influence biology, which in turn influence and go onto create physical reality.** Though it is not necessary to study theories of electromagnetic dynamics, consider that in "**allowing resistance**" invokes these dynamics. In short, disallowing pushes away, creating a negative distance, whereas allowing attracts, acting as a positive "*conductor*".

As resistance is at the opposite end of attracting, naturally this human dynamic does not like conductivity. In the very act of doing, invokes the reverse dynamics, which in a sense feels strange. That is, to accept, welcome and embrace resistance does not feel comfortable, yet it is no more unnatural than putting up with and accepting it.

So when Jim accepts carrying on regardless, the energy of resistance weakens. As there is nothing fueling it, it cannot perform its role and begins to search elsewhere. This aspect is a vital key towards flipping the energy and getting it to work for the other side.

It is true that Jim must now apply a degree of self-control, though when “consciously” applied, the task is made easier. He must now pass through resistance and that means facing it head on. However, resistance is like fear, and when embraced it dissipates. Yes, it will still exist, though at a much lesser strength.

The next step is for Jim to consciously focus on his desire for self-control. Though this must emanate from his “overall consciousness”. In doing so, the energy will pick up the signals that he has switched from fearing losing control, to desiring self-control. Briefed down, his consciousness has to be in genuine desire, which with time, will knock on through his biology, and eventually to his physical - This is the very dynamics of being human. Though as all of life and reality have a “*buffer*”, so to speak. There is a perceived time delay. It is in this period referred to as a buffer, that Jim must “consciously” override and do it anyway - That is, Jim must resist the resistance to drink. He is not resisting drinking; he is resisting the resistance to resist drinking.

Provided Jim sticks to his own inner desire, his strength to resist will maintain. This is easier described with a runner who desires to run marathons, but experiences stickiness at a 5 am rise in the cold winter months. Only in pushing through, but more importantly recognizing and allowing their resistance to be, can they pass through it. Though with time, both Jim and the runner’s resistance will switch to the opposite side. That is, eventually the runner will not feel comfortable if they did not run, as Jim will not feel comfortable in drinking too much. This is so because the energy must work to resist thereby resistance ends up working for them.

Remember the energy of resistance does not discriminate, and will always strive to serve. Therefore Jim’s fear of losing control could be deemed a healthy fear, as too could the marathon runner’s fear of not being able to run. Furthermore, resistance does not negotiate whether it should work for fear or desire; it just operates from the strongest. Provided Jim’s desire was strong and his fears were weak, then it will operate for desire. If it were the other way around, then resistance has no option but to work for fear. If it works for fear, then naturally the energy compounds and you get more of what was feared.

Though to ensure that resistance is not operating from unhealthy fears, we strongly suggest the core fear module.

Though back to Jim. As Jim desires to be in control more than he fears losing control, a signal of intent is created. In turn, resistance is continually analyzing and will always choose the winning team. That is, once it has been challenged and passed through, it dissipates. This is so because there is normally fear in challenging, but when this is passed through, both fear and resistance subside. Once subsided, in order to exist, it must find another source of supply. As reality is a world of duality, there is always a polar opposite. Where there is a polar opposite, there is conductivity, and where there is conductivity, there is resistance.

While it might sound complex and at times mind-boggling, human dynamics are really quite simple. It is true that there are many paradoxes, contradictions and ambiguities, yet at the core, there is only ever love and fear. Either something is being influenced and

driven by a core fear, or core desire. As most of life and reality is rooted and built upon fears, initially this work can appear challenging. However, once the dynamics of being human are grasped, it is like playing with baker's dough. When all core fears and desires are in their respective places, then natural resistance is not only healthy; it is always working on behalf of.

Though back to Jim, because this is not the end of his story. On the contrary, once he becomes familiar with the dynamics of resistance, he continues resisting the resistance until it gives up.

Though it can be likened to a stand off, resistance only ever works for the strongest energy. With Jim's conscious effort, and provided his consciousness is stronger than his sub-unconscious, eventually resistance will switch to the opposite side. However, as already mentioned, when starved, naturally it will gravitate elsewhere.

## **Section 8 - Once On The Winning Side**

Now that Jim is physically, and mentally saying no to alcohol, the energy of resistance will continue its normal routine. That is, until Jim's "**overall conscious intent**" signals his subtle levels of reality, that no matter what, his desire is to be in control. He does NOT focus on overcoming resistance, nor does he focus on the potentiality of losing control. He remains focused on his desire, with the surety that small progressive steps forward will gravitate him there.

While the above is easier said than done, please make a note that with the dissolution, and in the absence of core fears, focusing on future desires are effortless. However, if Jim were still to fear "*not being in control*", this would signal that a core fear is influencing his energy and decision-making.

Nevertheless, and assuming all core fears have been dealt with. There will be a period whereby Jim will be required to resist resistance, though this does not last. Please allow it to be emphasized that the key to disempowering resistance is to **embrace**. As it feels more comfortable "resisting", it will begin to search for a new home. This is where the energy quietly and conveniently flips to work for instead of against.

Provided Jim abstains from alcohol, with emotional and mental attention focused on his desire for self-control, then there will come a moment when Jim's "conscious self" suddenly realizes that resistance has flipped to work for the opposite side. That is, Jim may think about drinking alcohol, or he may pass a hotel bar, and resistance will shout out - "do not drink Jim". It will do this for all the reasons outlined previously. That is, it will always seek to serve the strongest polarity.

However, you may be asking the following question, at what point does the energy flip?

When the critical mass of joins one polarity over another. In other words, when Jim begins to embrace resistance, it's now at half strength. When there are no core desire or fears to feed from, it weakens further. Though on the other side of the scale there is something else going on. During the process of embracing and weakening, Jim's

perception is also on the move. As he switches from “constantly thinking he cannot control alcohol”, to focusing on a productive desire. That is, applying and exercising self-control. As he is imagining, and gravitating towards this desired target, albeit he is unconscious, yet the energy of resistance is also gravitating.

The final blow comes when Jim “consciously” challenges resistance. In other words, when he becomes aware of his own forces, shining his torch of conscious light upon it, then the game is up. It is likened to leaving the door open and then beckoning a burglar to ransack the house. The reality is that if a burglar is not allowed to be a burglar, it wouldn't be too long before they gave up in pursuit of a vacant, locked home. The energy of resistance operates very similar.

The critical point comes when it becomes starved to the degree in order to survive, (and it will survive somewhere), it moves. Though, how does Jim know where it is going to gravitate and move to?

Well, do you remember the wild garden spoke of earlier? That is, wild gardens develop unkempt, and to point and date, human resistance has been the same. Though not anymore. When Jim created and planned out his desire for self-control, automatically his system creates the polar opposite potential. That is, the same and equal possibility for lack of control is also created. How does this happen? Because this reality is a reality of duality and with all duality, the equal and opposite energy is always created. That is night and day, top and bottom, light and dark, accept and reject, love and fear, happy and sad, in control and out of control, etc. etc. the list is endless. Though duality is covered throughout other modules, please consider that when a desire to be in control is created, the same and equal potential for it's polar opposite is also created.

However, the biggest difference and main ingredient is “**consciousness**”. Once consciously aware of how basic human dynamics operate, they can be used to one's advantage. However, it is clear to see the results of individuals that move around reality “unaware” of these dynamics. For example, how often have you come across a determined and highly focused individual only to find a few months later, their motivation is waning? How many times have you experienced the best intentions of a person turn upside? And how many times have you come across individuals that say this, but do that? Are these the outcomes of individuals that are in full conscious control of their reality? If this were the case, then planned and desired outcomes would always ensue, but they do not.

People do not plan to loose jobs, loose money, divorce, fall sick, or commit suicide, yet they do. In fact over 1 million people take their own life every year, and billions fall sick. Then there is depression. Rich or poor makes little difference, as approximately 20% of the world silently suffer with depression at any one time. Why?

It is our understanding that opposite outcomes are natural, albeit they are like the wild unkempt garden; nevertheless they are natural “sub-unconscious” outcomes, to basic energy principles. Though just because there has been little to no awareness of these dynamics, does not stop them happening. They are going on unconscious of the conscious self, and that applies collectively.

Through studying the actions and reactions of modern humans, and then analyzing their real life outcomes, it is evident humans are not consciously in control of themselves. However, this was not always the case. Yet, somewhere along the line humans misplaced, forgot, or just moved away from managing their own dynamics and their own unkempt gardens grew wildly, so to speak.

Our own analysis has shown that when aware of one's own dynamics, then both in a personal and professional sense, life and reality is more productive, pleasant, harmonious, happy, content, and meaningful, etc. etc.

For Jim, he became consciously aware that energy always creates it's equal and opposite counterpart, and although it cannot be guaranteed, perhaps this is why resistance itself exists. That is, when a desired outcome is created, then like Newton's third law of motion states, that "***every action produces an equal, and opposite reaction***". In other words, a bullet fired from the front of a gun, exerts the same, and equal force from the back of a gun. This is why a marksman's shoulder, arm, or hand recoil when the trigger is pulled. So, when a desired outcome is created, an equal opposite undesired outcome is also created. This explains why when Jim imagines being in control; he also imagines a fear of being out of control. It also rationally explains the true nature of resistance. That is, to prevent the feared outcome from birthing into reality. Though what pieces these dynamics together and gets the cogs working for one is "**consciousness**".

Please give the following some careful analysis. "**Nothing in life can be influenced, and change without first becoming conscious, of the consciousness that is governing it. Whether one is conscious, subconscious, or unconscious of their consciousness MATTERS NOT - Consciousness goes on to automatically create through the conscious, the subconscious, and unconscious aspects of self - These are just the everyday DYNAMICS OF BEING HUMAN**".

Now back to Jim. As he was consciously aware that when creating and moving towards his desired outcome, the opposite is also created. In creating the opposite, resistance is also created - this is an automatic dynamic. Yet, as it is operating for the good of Jim. That is, to maintain distance from losing self-control, then it's in it's rightful place. This is what's called good, positive resistance that is working for and not against. Though please note, it is still the energy of resistance and it does not discriminate its choice of polarity. The decision maker has always and will always be human consciousness. Though more specifically, it is Jim's "overall consciousness". When Jim's garden is growing wild, it could be said that sub-unconscious consciousness is influencing and guiding its growth. Yet, when fully conscious. That is, when his conscious mind is fully aware, then Jim's garden is a kept garden, influenced and guided by his conscious consciousness. Though that is not it. For Jim to direct resistance to it's most appropriate and productive place, he must become aware of his own human dynamics, clear out the old, and make way for the new.

As tough as this may sound, if Jim really intends being the master of his own reality, living desired outcomes, and minimizing the undesired. Then he must spend time, and put the required effort to get to know how his own human dynamics operate. That is

duality, polarities, core drivers, human perception, and other dynamics such as, motivation, resistance, the human ego, and of course “consciousness”. Though it may appear daunting, becoming familiar and grasping the basic dynamics are all that’s required to get going and make a positive impact. Nevertheless, we are not suggesting or advocating positive mentoring, inspirational pep talks, or any other form of a superficial uplift. This is about reaching into the core; learning and applying what goes onto create and drive human beings.

So for Jim, he consciously had knowledge that when he created the desire to self-control, resistance to serve also created. If he fuels this new resistance, adding time and effort, it will pass a point of “*critical mass*” and begin working for him. Though as mentioned earlier, these natural dynamics can be seen in action with a marathon runner. Ask any athlete and they will have a conscious familiarity of passing through the energy of resistance. Though please do not be duped into assuming this is strictly for sportspeople alone, as it is not.

Albeit unconsciously, have you noticed that when the body is subject to long term medication, over time, automatic resistance naturally builds up. That is, when the drug is first introduced, resistance is strong and the medication fights for the body. Yet with continual exposure and time, it weakens requiring a higher dose, or a change in drug. Briefed down, resistance has moved from working for, to against. That is, from the drug, to the body. Yet there is more. As mentioned earlier, the very nature of resistance is subject to the rules of flux and if left unkempt, it will follow it’s own natural rules. That is, to operate, work and resist for the stronger energy.

**The dynamics to flip this energy are really quite simple - Dissolve old core fears, focus on a desired outcome, be conscious of duality and polarity energies, resist old patterns of resistance, then fuel and strengthen the newly created resistance.**

Though once on the winning side, what happens then?

Resistance like all human energy is subject to a constant state of flux. Though this may sound like nerdy talk, it is just everyday human dynamics. Though, in layman's terms this briefly translates into “everything is moving”. Yes, the process is too slow for the naked eye, or for everyday awareness to perceive. Yet, humans are also in constant flux. The same principle applies to everyday life and reality.

So once on the winning side, know that resistance will also wax and wane. That is, one day it will be strong, the next, it will be mild. The trick guiding resistance is to develop awareness, accepting that nothing ever, or can ever remain still.

This is the whole reason that Jim wanted to understand how his dynamics operate. As once aware, accommodating the fluxing is not a problem. For instance, once Jim applies these principles, not only is he able to see how he became an unconscious drinker, he was able to steer and guide resistance to work for him. That is, Jim fully understands that with all the enthusiasm, self-motivation, will power and determination, that one day, it will wane. During that process, even good resistance will wane. Yet, when this happens, Jim brings it back to his conscious self, kick starting the process all over again.

In other words, it is a cyclic event, though as this is a productive cycle, then there is an interest to sustain it.

If you like, it can be compared to a juggler who throws their balls in the air, watches as they fall, then propels them with another push. This is a basic cyclic action, one with no start or stopping point. Though how does the juggler maintain this action? They use conscious awareness, then focus their attention accordingly.

To keep resistance operating for the winning side, Jim must keep it in his conscious awareness, knowing that it's strength will naturally wax and wane. During the peaks there is little concern, though when a trough comes along, Jim has to consciously apply himself. That is, he is required to once again begin the process of re-imagining his desired outcome, while being acutely aware of the opposing fall. However, he would not imagine the same process all over again, as this would only serve to fool himself.

Another innate human driver is "forward motion", Jim is required to expand and enhance his past vision of self-control. In other words, he ups his own game, progressing himself with small steps forward in the art of self-control. It may be that he develops and extends self-control to other areas of his life - as resistance will duly follow.

## **Section 9 - You Can Only Ever Have What You Want, When You No Longer Want It**

There is one final transformational key, that naturally diminishes and keeps resistance in it's rightful place. It is what we refer to as the jewel in the crown, and it is why it was saved to the last.

That is,

### **You can only ever have what you want, when you no longer want it**

While the above might sound like a confusing tongue twister, it is not meant to. "*You can only ever have what you want, when you no longer want it*" refers to a human dynamic that when applied to daily life and reality, has an extremely powerful transformational effect.

Why?

When something is wanted, it is normally thought of as a desire. When strongly desired, then in a general sense, there is also a fear that the very thing being desired will not come to fruition. This can be seen in action with TV talent finals when the winning title must go to one of two. As each semifinalist patiently waits for the winner to be announced, both contestants must also ponder the prospect and reality of second place. While second place is OK, it is not their desired outcome. Therefore and as a general rule only, as much as they both desire the number one slot, they equally fear the undesired outcome. That is, second place.

If there is more fear than desire, then resistance adopts the side of fear and the very thing that was desired, gets pushed further away. That is unless resistance can be

physically overcome, which does not normally happen, simply because there is no conscious awareness of it. Though in reality, and albeit “sub-unconsciously”, one contestant will be internalizing more fear than the other.

Nevertheless, at the same point and time a desire is desired. The human dynamic of desire also co-creates its polar opposite of an undesired outcome. That is, the feared outcome of losing to second place is also created. This happens because behind and fueling the “strong desire” is normally a core driver, which is also “normally” a fear. If the desired outcome is a strong desire, then this is a signal that there is an overlaid core fear, which is serving to motivate them in the opposite direction. That is, desires overlay core fears to keep them from being consciously feared, yet are embedded and in full existence. As these polarities are the same, and fear is propelled by fear, the outcome is more of the same. That is fear is feeding and fueling fear. So the reality is that the very thing being “strongly desired” creates so much resistance, that the possibility of it coming into fruition is diminished.

However, there is an alternative and that is, when there is no core fear fueling and propelling the strong desire, then in effect, the very “want” becomes a take it, or leave it. In other words, because there is no core driver attaching to the outcome, then there is no attachment to outcome. That is, instead of it being a want, or desire, it reduces to a “**preference**”, and because the dynamic of “**preferences**” do not hold resistance, there is nothing to stop the preference coming into reality. That is, when in a genuine position of being able to either take it, or leave it, then all resistance and all conductivity balances out. When in that state of balance, i.e. take it, or leave it, then one can choose what it is they experience.

As an example. While there are a proportion of rising pop stars that struggle for fame and fortune, there are others that appear to just breeze in to stardom without much competition. Likewise, there are entrepreneurs that spend their entire careers struggling. While others appear to make it quickly and easily. Why is this?

Well, upon closer analysis, rising artists like Enrique Iglesias stated that regardless of his desire for success, he truly accepted and lived as though he might never make it. Richard Branson also talks of being in a position being able to take it, or leave it, and not being motivated by money or materialism. The late Steve Jobs was described as an anti materialistic hippie, yet he ended up one of the worlds wealthiest men. What is being outlined is that all three examples were not attached to their outcomes, and they were all in a position to **take it, or leave it**, so to speak.

However, there are those that may say this is simply not true, as all three of the above have demonstrated incredible tenacity towards attaining success, and that is true. However, at their core. That is, at the inner place of subjective talk - they did not FEAR, not becoming. That is, they did not fear living a life of “not making it”, and they were at peace with who they already were.

While there may not be an immediate acceptance of the above, please have a look around your own life and reality. For a moment, ponder and try to think of strongly desired situations, circumstances and outcomes. Think of things that you once “wanted”, though



for whatever reason, they just did not happen. Yet, with the passage of time, maybe even years, when you let go, give up, even forgot the “want” altogether. Suddenly, it, they, or whatever the “want” was, actually came to you.

It could be a childhood sweetheart, toys, cars, a home, a job, work, career, material things, emotional, physical or otherwise. Have you ever noticed that there is indeed some truth that **“You can only ever have what you want, when you no longer want it?”**

## **Section 10 - Closing**

Now you will have more than a basic understanding of how the human dynamic of resistance works, and these dynamics can be applied in order for it to work for you.

However, like all of life’s human dynamics, please allow plenty of time, and forgiveness in any mistakes. Though with the risk of now sounding flakey, we really do believe mistakes are there as a platform of growth, understanding and development. If at first you don’t get it right, simply take stock, adjust, and apply it again. Having said that, while over ten years of social studies, great care, attention and detail has gone into the preparation of this supplement. Know that you are individual and that this is not a set of strict absolutes. Therefore, our advice is pick out, adopt and apply what works, then discard or scrap that which does not.

Though may we now take this opportunity to thank you for taking the time and effort to apply this supplement.

**END**

Thank you

[Beyond Timelines](#)

## **Other Transformative Modules from Beyond Timelines**

[I Just Want To Be Happy \(Transforming De-motivation\)](#)

[I can't Do It, Yes You Can \(Transforming Fear\)](#)

[When Things Keep Going Wrong \(Transform Adversity\)](#)

[Getting What You Want Now \(Transforming Inner Resistance\)](#)

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1 Please note that we do not profess to have knowledge of, or understand the concept of previous incarnations. The terminology is mentioned only as a reference and not meant in a literal sense.

2 Overall Consciousness refers to the commonly understood three levels of consciousness plus. That is the conscious self, the sub-conscious self, the un-conscious self and one's own interactive intuition. However, for simplicity and ease of understanding we group all these levels of human consciousness into one sum total called "overall consciousness". Overall consciousness literally means everything that you are within your reality, which includes self-chatter, internal dialogue, a deity, physical, and non-physical awareness.

3 Please note that although ambiguity surrounds the definition of awareness verses consciousness. It is our understanding that awareness and consciousness are not the same. For example, one may be aware of their own consciousness, which by the very definition of suggests a differentiation. However, consciousness and awareness will be covered in future modules & supplements.