

# Live Wonder Party - 4/23/2021 - Resistance

Hi!

When you get here, tell me that you're here. It's really selfish, by the way. It's in part so that I know it's working and that there are actually people here. But it's in part because talking to a screen that's just myself when I don't know who's there it's like [grimaces]. So say, "Hi," please.

Hey Janine! Thank goodness it's working and someone's here. Kristy! Hi!

I've got my water, got my dandy blend. I have notes, though I feel like for those of you who were here last week and who haven't been to any of my other meetings, or like who aren't in the Wonder sessions and don't see me as like the normally disorganized self that I am, last week was false advertising, sorry. Because the whole thing came to me as one, so it was very organized to begin with. It's like a bait and switch. This week you get the disorganized self.

Who's here? Say hi. Excuse me while I pull up my computer so I can see. So many more comments on computer than phone. Oh that's way better. Hey, Laurel. Hi, Cindy. Hi, Leslie. Hey, Tracie, Hannah. Oh my goodness. Hi, Nicki. Samantha, Hi!

It's like seeing all of your, your hellos and your names, it takes me from being like, "Oh shit, oh shit, live video. Oh my God, oh my God," to like, "Oh, I'm here with my friends, super fun." So, thank you. Hi!

Okay. [Holds up paper] Disorganized notes. Hi, Margaret. Samantha, I'm so glad *you* like seeing my disorganized self. I am. You know, it is. It is what it is. I'm not uh, I can't really try to pretend to be otherwise. So, um, where to start when talking about resistance? [Reading comments] Samantha, it's permission to be human. I think we all need that. So, I'm really glad that I'm contributing to that. [sighs] Resistance.

[Reading comments] Laurel, you're chaotically organized. It's true. It's very true. I fold my underwear. Sometimes I iron it [chuckles]. So there's definitely some, some level of like, (eye-twitch) organization in there.

So, there's a reason that I wanted to talk about resistance. And that is that I find myself talking about it *a lot*. When it comes to any of the courses that I teach, like anytime all of you who are in the Wonder sessions know that like, probably every other Zoom meeting we have I'm like, "Resistance resistance resistance." Yeah, I talk about it all the time. And it is [pauses], it's something I think we have a really interesting relationship with.

[Looks at notes] Let's see if it helps, if I can even read them.

So, I don't why my brain's going blank. This is fun, fun... um... maybe I have resistance to talking about resistance. Did you all bring a thing, by the way? Something that you're resistant to? Because that will help. Not me, but you, when it comes to understanding this pattern more. Let's see.

[Reading comments] Tracie, I saw the questions as well. Nicki, pivoting your business into deeper truth. Good. That'll be a good one. Hannah, cramps *definitely* count. I feel like cramps are like resistance to letting go. Alexis, I've been resistant to starting a herbal garden and practice for years and years, even though my heart is there. Okay, this is helpful. [sighs]

## Resistance: Big Picture

Okay, this is going to be fun to work with. So, the way that I think. How do I want to address this? I'm doing the thing I do, which is just ignoring my notes now. [smiles] When it comes to resistance, like big picture, right?

[Reading comments] Samantha, I'm resistant to moving my work into the professional realm, Tracie, I'm resistant to letting stuff go, physical stuff, like a totally stuffed garage. [Looks at camera] Invite me over. I'll be like [clicks tongue, moves hands], organize it. I'm basically the whole meta in one person. [smiles]

So resistance, big picture, because when I look at all of these things, the way I like to look at them is, I see the energy of the pattern more than the, like the individual definition of the pattern, and resistance, the way I see it, is basically standing against, pushing back against the larger flow. Right? So if you can think about resistance in how it manifests in different areas like you've got resistance to accepting what is, which is a major, major thing, that many of us experience. Like for example, let's say something ends, a friendship ends, a relationship ends. The... I often think of the grieving process as being the space of resistance between the thing happening and us accepting it. Because there's resistance there it's like I don't want, I cannot accept this.

Resistance to accepting what is inside us, resistance to accepting [mutters swear word] society, um the world as it is. Like, we resist these things. And I think part of the reason we resist those is that we feel like acceptance or letting go of resistance is saying, "I'm okay with this" or "I want this." And it's not, it's not the same thing. Letting go of resistance to what is is not the same as saying, "I accept this" or "I want this." It is, however, stepping out of like pushing back against a larger flow. There's resistance to change. I'm really good at that one. And that, you know, shows up in so many different ways. You've all experienced that too, right? Resistance to change, resistance to letting go.

[Reading comments] Nikki, your resistance to chronic body pain, [nods. Resistance to things that we're experiencing in our body are massive ones. Yes, I have experienced that for myself. When I used to get chronic migraines, and it's like so much of the actual pain was pushing back against the pain.

There's another one that I've forgotten. And then there is resistance to ourselves, which is, I think, one of the more confusing and difficult ones because it's often something that we want.

[Reading comments] Oh my goodness, Cindy, resistance to fatigue. Yes, so much! I think my, my afternoon chocolate habit is totally that. Leslie, I wrote in the group that I'm resistant to changing my diet and thinking further I think it comes back to resisting the change of the status quo. The status quo is comfortable, even though it's harming me. This is a major, major resistance that many of us have, because comfort is like, we grow comfortable where we are, even if we hate it. And then, it's almost like it becomes safer to be where you are than it is to try changing.

But the main one, I want to talk about today is when we resist ourselves, because I think I could probably do, like, talk about resistance as a whole, for days and days. It could be like, a week long workshop.

## Resisting Ourselves

But when we resist ourselves, it causes suffering. And not only does it cause suffering, but the way we react to it is usually to think that we've done something wrong or that we are bad somehow. And if you think of yourself, like a giant ball of energy, flying through space on a giant spinning rock in a skin suit (which is basically what we all are). When we set an intention for something, it's like casting a, like a fishing line or like one of those things, you know those things that ninjas have that have hooks on the end and you're like [flicks hand] fling it up a building and it catches on and then you [mimics pulling on rope]. Not you. Not me either. People, you can like use that to propel you? I don't know what that's called. But when we cast, when we set an intention it's like that, it's like throwing something into the future that we then pull ourselves forward on, or actually we're just sort of like naturally pulled forward on. [Reading comments] Grappling tool, that'll work. Thank you, Hannah.

So we set an intention or we want something which isn't quite the same as setting an intention but it's still like, turning our focus into the direction of something. And then, resistance comes. And what we often think, is that, like we think it's this massive thing pushing back against us. Or like it's us holding ourselves back, but often it's usually just like a tiny wee thing coming from within us that is holding back our momentum. And it can be. It could be a big thing, it could be a small thing, it can be... But it's, it's very rarely stopping us completely. And it is very, very rarely *ourselves* pushing against ourselves. And so, you're moving forwards. There is something *in you*, holding yourself back. Sort of like a wee leash, or you've got like a foot on the brakes as you've got your foot on the gas. And what most of us, then do is look at that thing that's holding us back. That's not what we do, what most of us do is see *us* not going in the direction we want to go. And then think it's us. Right, it's like, what do you, what do you normally say about yourself when you're experiencing resistance to something? Because what I hear from people is things like, "Ugh, I'm just being so resistant. I don't know why. I don't know what's wrong with me. Why can I just do this? I should probably work harder. Maybe I need a different morning routine. More coffee? Are there herbs I can take that will give me more energy to blast through this? Maybe I'll just wait until I get so angry with myself that I do it anyway?"

[Reading comments] Kristy, I don't know why I can't just get myself together.

How does it feel, to think about yourself like that? To think, "I want this thing. There's something wrong *with me*, that I'm not doing this thing"? Does it feel good? Does it make you want to do the thing?

[Reading comments] It feels craptastic! This is the most eloquent description. Yes, it does feel craptastic.

See if you can, right now...

[Reading comments] Leslie, mostly like something is broken, making it impossible to make the connection. Totally. It feels like shite. Turning on ourselves, always feels shite.

What I would love, right now, since we're talking about it, is for you, each of you as you're here, to pull up the feeling in your body. That craptastic feeling. [chuckles I love that word. Pull up the feeling. And tell me what happens in your body physically as you pull up the feeling.

As for me, I can tell you that it feels tight in my chest, I feel tight in my belly. [Reading comments] Hannah's brows furrow I get tense in my shoulders. Hannah wants to curl up, a super tight ball in your solar plexus.

What emotions arise? For me, it's like a combination like anger, frustration, sadness, fear, anger, frustration, anger, frustration, shame. [Reading comments] Kristy, shame. For me, there's also like a layer of like, self pity, like, "Why can't I do this? What's wrong with me that I can't do this?" Cindy, shut down. Meag, a trapped tightening feeling, places I forget can even get tight go tight. Fear, shame, grief.

What thoughts come with it? For me, it's like a baseline, "What's wrong with you? There must be something wrong." [Reading comments] Alexis, "what's wrong with you" in all caps. *Definitely* ALL CAPS thinking. Samantha, here I go again. It's shite, right? Craptastic. Laurel, can't won't never. Kristy, judgment, lots of "you should" coming up.

Okay. Thank you. You can all drop it now. We'll come back to this later. And I won't leave you feeling like this by the end of the day. [Reading comments] Leslie, dumbass. I have, I have also said that.

## Goals

So I want to let you know, a couple of things. The first is that I have no specific goal or outcome for you specifically with your resistance. By that I mean that we are going to explore it. Each one of us, with these

things. But my goal here is not either to have you be like, “My resistance and I are now best friends and I never need to do the things I want to do ever again.” That’s not my goal, but my goal is also not to have you all, all of a sudden like, blasting through your resistance, and like all of a sudden doing the things. The reason that I don’t have either of those goals is that every single one of us are going to have a different experience through meeting our resistance. And so, it is so important and helpful I think to just like, set aside any expectations or goals with it, and perhaps trust that the right outcome for you will come out of this. So, my goal is to help you see your resistance more clearly and compassionately with less judgment, and to know what to do with it, and how to meet it.

Questions so far? While I have a set of dandy blend. It’s not tea but it will do. I really like dandy blend.

## What Is Resistance, Really?

Okay. So, I mentioned before that resistance is a small part of energy, standing against a larger flowing force. When you are the larger flowing force, and there is a *small* part of energy that is like putting on a break or just like a wee leash, like those leashes that people put their children on, like one of those, or dogs.

And so it’s a tiny wee thing, pulling back against a larger moving force. And what happens when we feel that resistance? What we normally do is then turn to the resistance and start pushing back against that [holds up two fists pushing against one another]. Then all of a sudden, you’re in the situation where it’s like, resistance [right fist pushes inward], pushing back against resistance [left fist pushes back], resistance [right fist pushes], pushing back against resistance [left fist pushes back], and it becomes this like epic battle between two opposing forces that are like really directly pushing against each other. We do that because we think that the resistance itself is directly pushing against us. And it’s not, it’s a very, very small thing that is hooked in, and pulling us back, or holding us back for some reason or another. This is important because when you’re doing this [shows fists pushing against each other], does anything move? I’m getting a workout. It’s great. Wasting tons of energy, building my biceps. But really, does anything move when I’m doing this? Is any hand gonna win? [pauses, looks around] No.

Are any of you as stubborn as me, because I could do this for hours. I mean, against myself or against something else. It’s satisfying, it’s like chewing a really meaty thing. But it’s not satisfying because it feels like absolute shit, it wastes energy, and nothing moves. And nothing is more frustrating than pushing against something that doesn’t move. [sighs]

This is the resistance [holds up right fist]. This is pushing back against the resistance [holds up left fist]. What we fear is letting go of the part of us that is pushing back against resistance, because we think that then the resistance is going to have free rein to stop us completely. So it *feels* like pushing back is the only way to get what we want, like we are standing against something terrible. It feels like, like we’re pushing back to hold on to ourselves. And that if we were to let the resistance “win” (“win” with wee quotes), then it’s like giving up. Right? Giving up on a dream, giving up on a hope, giving up on something we really want.

This [holds up right fist] resistance is not going to swallow your dreams whole. [Under breath] (Looks like i’m going to deck someone.) It’s not going to swallow your dreams whole. And when we let go of pushing back against it, then most of the shittiness actually disappears. And when we let go of pushing back against it, then the resistance can actually come to the forefront. And then we get to explore it. It takes trusting that the resistance has something to say.

# Exploring Resistance

There are a few things that resistance normally has to say; like, every situation is different, but there are some commonalities, or some like, general patterns. Tell me if any of these resonate, or feel like they might be, they might be things you've experienced.

Your nervous system freaking out because of unresolved traumas or past experiences that color our perception of how we're seeing the thing we want. That's one. Our nervous system again, but this time it's fear of something in the future that will come, might even come, or might perhaps come as a result of moving in the direction that we want. I'll explain these a bit more.

Our larger energy sometimes sees things that we don't see with our individual minds, it's another reason. One is that the thing that you *want* to change actually helps you in some way or it gives you something. Another one is that you process slowly, and that it takes a while for all of your energy to come together to be ready to move forwards. And then the last one is that you *want* to want to, but you don't actually want to.

I'm going to explain these a wee bit more, in a different order than I told you. [Reading comments] Kristy, yes, there's a feeling of safety in staying where I am, fear of the unknown and change fuels the resistance. Totally.

So, first one is your larger energy seeing things that you don't. And so like an example of this is, I'm gonna give you examples from my own life because it's much easier than, like, trying to tell you stories from other people's lives.

I booked a flight to somewhere, and I was so resistant to booking this flight, it was like, I didn't want to do it, didn't want to do it, I didn't want to do it, I was resistant to the flight itself but it was the best time, and the cheapest price so like that was the one that I booked even though I was like, "I don't want to do this flight." Got on the flight, bird hits the windscreen, most terrifying flight of my life, because we had to do an emergency landing with a full tank, and it was a horrible experience. Resistance, in that case, I am guessing, was my larger energy being like, "Don't do it. Don't do it, turn around, go back, choose a different flight, wake up at 4am. It doesn't matter!" The larger, wiser self that is more deeply connected to the big picture often sees things that we don't.

So, the solution with this is to get comfortable making irrational choices, things that other people are going to be like, "Why'd you do that?" You can be like, "I'm not resistant to that." [chuckles] I really think we should normalize this kind of behavior.

And, one second. Sorry about that, had to respond to a text, an important one, it wasn't just like chatting and chatting to you.

So the second one is past experiences that we then register in our nervous system. It's either that we have not fully like resolved or processed the trauma or past experience... And I say trauma or past experience, because we often, like with our big traumas, we know what our big traumas are, we know what our big triggers are. And we are usually very good at being careful or avoiding them. But we often have like "small t" traumas or just like shite experiences that also color our perception of things, and these, because they're often not as like glaring in our own memories and personal histories, they are, they're not things that we put energy into either avoiding or resolving as much. So an example of this would be like, say you're bitten by a dog when you're wee and you forget. And then, as an adult you want to get a dog, but are SO resistant to getting a dog, but that's because the wee version of you is like, "I don't want to get fucking dog! Are you joking? That's a terrible idea. No." And it's just like a tiny wee part of you and a tiny wee experience that you had that you may have even forgotten, but it is like a wee fishhook in your intention and desire. Does that mean you don't want the dog. No, you still want a dog, but wee you is like, [shakes head, looks nervous] "Nuh-uh. Nuh-uh."

So, the first solution when it's that kind of thing is to take small steps to heal the past experience, or to teach your nervous system, something new about an experience because like, in a situation like that, it's not an unsafe thing, you know? Like most wee doggies are sweet and cute fluffballs. So it's not that wee doggies themselves are actually dangerous, it's that you need to have some more experiences with wee doggies, that are positive and feel good, so that you can teach that wee part of you that's like [shakes head] "Nuh-uh," teach it that a wee puppy is a good thing, sweet little fluffball. Make sense?

The third one is the nervous system predicting the future. And we're all so good at this because it is, it's the part of us that's constantly scanning, and it keeps us safe, right? Like so much of the time when we are scanning for things that are dangers, we are right? Or at least, at least our caution is warranted. But for many of us that part that is scanning, it starts to really take charge, and then it will start to make future predictions about terrible things that could happen as a result of doing the thing that you want to do. And it often does this like so quickly that we barely notice that happening. So, for example, like, I want to get my business going. I know that this new direction is the direction for me. I *know* that if I move in this direction and move forwards then I will feel so good. Because it is where I'm meant to be, it's what I'm meant to be doing. And then that wee voice that's scanning for danger is like, "What if you're so successful and nobody talks to you anymore?" Or, "What if you make so much money that you lose touch with your values?" "What if you get called out and bullied on national television?"

Now keep in mind like nothing's even happened yet. And the wee danger alert voice is like, [whispers] "It's better to not do anything. It's better to just not do it because we don't want to be called out and bullied on national television. Better to not do anything, we're definitely like, we are, we do not want to become so rich that we lose touch with our values, so I'm just going to stay here. Definitely don't want to become so successful that my friends abandon me. Nope, not doing it." Tiny wee voice, often not, usually not conscious at all because consciously we'll be like, "It's not gonna, like, who knows if that's going to happen! Most likely it's not going to happen." But it's the wee voice that gives, that puts the wee leash on you and holds you back.

[Reading comments] Samantha, fear of success versus if you're a failure. Totally.

The solution to this one is to stop yourself looking too far ahead. And that one, it takes a wee bit of practice because I think it's, it's so in our nature to start looking as far ahead as we can to keep scanning and looking, but anytime you do that, if this is what's holding you back, it's really helpful to just be like, "If that happens, I'll deal with it when it happens, but *right now* I am going to focus on the next step ahead of me. One step ahead, not even like three steps ahead. One step ahead, sometimes two. But like, what we focus on when we're catastrophizing is usually 20 steps ahead, and we have no idea how it would actually feel to be there. No idea. No idea if your friends are going to abandon you. You have no idea, none. Because it's 20 steps ahead and you don't know how it feels to be there. You can imagine how it feels to be one step further. So focus on that one step, because one step is not terrifying. We never really know what our end goals are gonna look like, like we can have an idea and we can have, we can fantasize about them. But really, we never know where we're gonna end up. It's a series of single steps, but nobody ever goes from like A to Q in one leap. Maybe they do if they win the lottery. But I think there's a statistic that most people who win the lottery actually end up back where they were. Because A to Q is *really* uncomfortable.

[Reading comments] Sarah, what if fear of success is greater? If the fear of success is greater, then I think it's too much of this [points to brain] and not enough of this [points to heart]. Because when you stay connected to what it is that actually drives you, like, "Why are you here? Why do you want to do this?" If the thing that was driving you, in your heart, was success, then you would be there already. Does that make sense? So the thing that is driving you is not success. The thing that is driving you is something you're passionate about, something you know you're good at, something you want to share with the world. So what's that thing? And whenever the fear kicks in, if you reconnect into that feeling, then eventually that feeling becomes much bigger than the fear,

and anytime that you start thinking about like, disaster scenarios in the future, come back into your heart, your why, and just look one step ahead. Does that help?

The next one is processing slowly. Melancholics and phlegmatics especially process so much more slowly than sanguines and choleric. And so we, it is so much easier to move forwards when it feels like a whole self is coming along for the ride. When it feels like our whole self is coming along for the ride and choleric and sanguines have like... no, that will be confusing. Melancholics and phlegmatics process more slowly because they process with their energy more deeply, so it takes longer for things to reconcile with them. So if you think that like, phlegmatics need to feel like their feelings are sort of leveled out, and if you picture like a glass of water as it gets jarred, it takes a wee minute to settle. And then melancholics need to understand deeply, deeply. Like in all of the layers of their being, it needs to be like this ripple of like, deep knowing and understanding before they're ready to move forwards. Think about how long it takes for the Earth to move. It takes a wee while for it to build up some pressure, and then when it does, it's like [eyes widen] "Holy shit." And so, if, if the thing, like if you're looking at the timescale of the thing that you want to do, or move, moving forwards, either from someone else's perspective, like, "Come on, let's go." If someone's like, "Come on, let's go!" and you're like, "I need to process, not ready," and that is resistance, but it's resistance because you're not being allowed to be your whole self. Like it takes time to reconcile the surroundings and the shifts and the changes. And if it's from inside, you might be pushing yourself to go too fast based on a choleric society schedule.

So, the solution for this is to give yourself more time and space to process. For example, whenever I'm leaving the house to go on vacation, it takes me *forever*. Because it's like I need to process the fact that I am leaving. I need to look at things. I need to have everything in its place, I need to like, say goodbye to my home. And it's a very very slow thing. It takes a while. Meanwhile, my husband will be standing at the door, like jangling his keys like "forfucksake." I need to say goodbye to the toaster, and the kettle, and all of my plants. Every single one of them. And so because I know, now, that it's going to take me so much longer to be reconciled with leaving my house, I give it an extra couple of hours, so that I have the time to process, so that I'm ready to leave when it's time to leave. And so, yes, giving yourself extra time if it's processing. The other thing is, practicing with like really non, non, big deal things, practicing leaving before you're ready. It's super uncomfortable, but fun to try.

And the other one, another one is the thing that you want to change helps you in some way. So, this is like, I want to give up something or I want to start a new habit. And I don't know why I'm not doing it, because I want to, because I know that it's good for me. Sometimes what happens is that the thing that we are trying to let go of is actually giving us something, helping us in some way.

So, for example, I have a friend who was desperate to give up coffee. She loves coffee, but she wants to give it up. And when we had a wee chat about it. It turns out that coffee, she's a very like super phlegmatic, very phlegmatic sanguine and like, dreamy floaty spacey, really, really works for her. But at the same time, she loves to focus and write, and she loves the feeling of actually getting some things done. What does coffee do? Narrows your focus, gives you masses of energy. Someone like me who's like, all over the place, and already has a lot of nervous energy? I wouldn't give me coffee. But my friend? It actually is really, really good for her, because it helps her to do the things that she wants to do. So she'd been reading about how coffee is terrible for you. But for her, it's not actually that big a deal. So her resistance was because the coffee gave her something that she wanted. And if she ever wants to stop, if she ever stopped needing to feel focused and like she needs like super fiery driven focused energy to write, then it will probably be very easy for her to give up coffee, but it gives her something.

A similar example is like, I love chocolate in the afternoon, because it's like a wee caffeine and sugar boost when I get tired. If I wanted to, like Cindy said earlier, resisting tiredness... if I wanted to actually nap in the afternoons, it would be easy to give up chocolate. But chocolate gives me energy. So, it's very hard to just give up the thing, when I'm getting something from it. That make sense?

So, and then the last one, my favorite one, actually, is that you *want* to want to, but you don't actually want to. And this is something that I think many of us do, because we have this like, separation between what our brains want and what our bodies are saying. And it is often things that we genuinely do like or want. And yet, there is a part of us that is like, it's usually our bodies, they're saying no, for whatever reason. And it can be really frustrating, which is why we often don't realize that we don't want to. But it can also be such a relief to actually realize that that's what's happening. It's like a part of a part of us that wasn't heard for years that was like, "I don't want to" actually, like, get to be voiced. And there doesn't need to be a major reason for it. It can just be a "No" that we're not seeing because a part of us wants it.

[Reading comments] Samantha, the body doesn't lie. The body doesn't lie.

An example of this is that when I had COVID last year. I've been pretty, like, pretty decently active my whole life up until I had COVID and then I got COVID. And let's just say it sucked. And don't try it at home. And for months afterwards, I kept being like, "I mean, I want to start exercising again." But I couldn't, like I was SO resistant to any form of exercise for about nine months after having COVID, and it took two months and me being like, "Why am I not doing this? I love this. This is really important to me. It makes me feel so good." And all of these different things, that are like, "I really want this" to actually sit down and listen to my body, and go, "Oh, I don't want to. I just don't want to." And, yeah, took about nine months until one day I was like, "I wanna go for a hike." I might have cried with relief to have my old self back. But yeah, it took nine months and had I not actually sat down and listened to myself and heard that, "I don't want to," I would have probably forced myself into exhaustion or something, who knows? But there doesn't need to be a reason for it, it's another one of those situations that it sort of helps to grow comfortable with irrationality, because the body, as Samantha said, the body doesn't like. So, it, it feels so good once we start actually listening to this, to have a, to be heard without needing a reason for it. And I don't know if any of you experienced this when you were children, but I know that for me as a child like, "I don't want to," was something that just came up in my body a lot and I always had to rationalize it or have a reason and it was often overridden. So just having, "I don't want to," in your body and going, "Okay. No worries. We won't." Deeply, deeply healing thing just to not have to have a reason to just not want to. Often, we don't hear this because we've overridden it for a long time. So, I also just really want, "I want to want to," to be a valid excuse for things. Like, "Do you want to come to my party?" "I want to want to." Like wouldn't that be nice? And I tried; it turns out it's insulting, don't do that. Yeah.

Thoughts? Questions so far? Do any of these resonate or make sense?

Do you wanna play with the thing that you've brought to the resistance party?

[Reading comments] Anita, I think I have all of these. About relaunching some kind of career or work life after a long break. Lanka, I am practicing processing slowly right now. Kristy, definitely had my "I don't want to" overridden as a child. It's so empowering to let myself not want something. Me too. It's still like one of my favorite things to do, just to listen and be like, "No! For no reason!" Like it feels like, completely freeing to just be like, "Your wants and not wants are valid."

## Exercise

So pull up the thing, the thing that you've brought that you're resistant to. Think about the thing, the thing that you want. And then the feeling of frustration or resistance, and see if you can pull it up, pull up the feeling in your body, like we did earlier. So remember, you said like, it made your brow furrow and tightness in your solar plexus and curl in on yourself. And since none of you are on camera like I am, this is gonna be a whole lot less awkward for you. See if you can feel it in your body and intensify it, a little. The physical feeling. The emotional feeling... intensify it to the point where it becomes very present, but not overwhelming.



If you can still type from here. Let me know when you've got it quite present. "What's wrong with me? Why can I do this?" Because that's the feeling on the surface of resistance usually.

Once you have that "what's wrong with me, why can't I do this" feeling, see if you can say to it with your body and with your energy, "It's okay. You're allowed to be exactly as you are. Hello. You're allowed."

And as you do that, see what comes up underneath it. "Hello. What are you here for? What are you helping me with? What do you have to tell me? What do you have to teach me?" And if you're still holding the physical feeling, start to soften it in your body. What if it's good and not bad and it has something to show you? Tell me what comes up.

[Long pause]

Oh dear, have I killed you all? [Reading comments] Sara, just sitting with all this. Sorry, choleric persons like, [looks at camera] "Process faster!" Joking!

Too much for chatbox? Then, I will not ask you all to share. There's a lot though, right? Lots of information underneath that?

[Reading comments] Wants to protect me, what if the change is too much. Old family patterns trying to keep me safe. Not bad, right? Do you feel a difference that is, or how different that is to, "There must be something wrong with me, why am I not doing this"? It's actually good. It's trying to tell you something, trying to keep you safe.

[Reading comments] Keeping me safe from cultural conditioning, wants me to be valued as I am. It's a lot, right? A lot of information. All of a sudden with this information, you can do something with it, right? Like you can talk to it, you can have a conversation with it, you can decide whether it's correct or whether it's wrong or whether it's something you want to work with. It's a part of you that you can take in your hand and be like, "We'll do this together in small steps." Or start looking for evidence in the world that proves it wrong, so that it can start to relax. There's a lot there. And none of it is that you are bad or that there's something wrong or that you need to just drink more coffee to get it done.

[Reading comments] Reminded me of what has already been won. That's beautiful.

So, that is what is underneath resistance. You can work with that, right? Feel a bit better about it, about yourself? Good. Not bad, not broken. Not wrong, not too slow. Kinda perfect. Just as you are? Good.

Then in that case, I will leave you to explore the treasures that your resistance has brought up. And if you do feel like sharing or talking about it, I would love to hear about it in the group. And enjoy, you perfect, not broken, not actually resistant people. Thank you for coming to my talk. Thank you for putting up with my flusteredness at the beginning.

And I'll see you all next time, whenever that is. Bye.

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