

OVERCOMING THE FEAR OF BEING FABULOUS

Welcome to Module 9 Breaking through Resistance

Overview

Sit back and relax as we take you through a series of guided meditations or imaginings that will guide you through ways of breaking down any walls of resistance that you might be experiencing as you move forward in breaking free and allowing yourself to become truly fabulous.

These guided meditations will help you discover the four steps for breaking through any lingering resistance that you might be experiencing.

So do NOT listen to this module while you're driving the car, or riding your bike, or engaged in any other activity that requires your attention.

Transcript

Jim:

We're going to delve into one of the most prevalent and most debilitating issues that men and women have to deal with, and that's their resistance to change and moving forward in their lives.

Now they this evening, we're going to look at what resistance is and how it operates and most important, how you can succeed at breaking through your resistance to open your future to whatever it is you want it to be.

Judith:

I'd like to start by letting you know something about me and my relationship with resistance because far more than my experience and history as a clinical psychologist, I know all too well what it feels like to be locked up inside and for some unknown reason, some mysterious reason not be able to move toward what I want. I've had the peculiar and maddening experience many, many, many times.

But just as something began to succeed in my life, I suddenly felt depressed or disinterested or I got sick. I know what it's like to be frightened and bewildered and feel some strange resistance to what I want. So I've learned a lot about the nature and the healing of resistance.

Jim:

And I too have had my share of resistances, confronted them and been confronted by them. I've had careers dashed and dreams surge up in excitement and promise only that fizzled into confusion and bewilderment, sometimes rage, despair, and emotional paralysis.

And my signature question for many, many years of my life was simply, what the hell is going on here? And that was the statement of my confusion and my, my being at a loss for how to in fact, deal with the disappointments. And as I said, the surging forward with excitement only to fizzle out at the end. So we're going to start by asking you simple questions. What is resistance? Well, it's any drag, any emotional weight that keeps you from moving forward. And we'll get into more of that as we move through this hour. But how is that possible? Well, just think about trying to change a habit.

It's not so easy, right? And why not? Well, because you've built a whole set of ideas, expectations, desires, behaviors around that habit, so you had become committed to what you're doing and what you believe. And if that commitment, unconscious commitment after all, that's why it's not so easy to change. And when you try, you feel it, drag, wanting to hold you back. That drag is your resistance.

Now, everyone experiences resistance. Everyone. There isn't a person on this planet who doesn't have to deal with resistance no matter how successful he or she may look. But when you don't know what you're up against, then change is not only tough, it feels wrong. And that's really, really a critical point. That change feels wrong. You may consciously want change, you may consciously desire change. You may consciously imagine where that change will take you, but it feels wrong to actually accomplish it.

And as I said, in my case, it didn't feel wrong to start, but it felt wrong eventually. And then it sort of like a huge dirigible that just crashed and burned to the ground.

So it's that feeling of it's being wrong and we'll develop that as we move through this hour. It's that feeling that keeps you stuck in place. It keeps you wishing and wanting, but never getting and never having. Not until you know that there is such a thing as breaking through resistance and then not until you know how to break through resistance.

Judith:

So as you work with and process the information we're presenting and the experiences that you will go through during this hour, you may experience emotions and body feelings that are unfamiliar to you. Perhaps even unpleasant or even emotionally painful. It's important to know that you have developed your resistances, when you did, to protect you from precisely those kinds of feelings. And when those kinds of feelings would have been unbearable when you were too young to have them come forward freely and freshly know that these feelings that you may experience tonight are signs that you are coming more to life.

They are essential in reclaiming your most intimate nature and your true personal expression. Freedom to live fully, creatively, lovingly in good health, to have a fabulous life comes from unconditional ownership of all you have been and all you are, the traumas and the joy, the limitations, and your power to grow and to change.

Jim:

We want you to bring to mind a situation that you're in currently where you're experiencing resistance. Resistance may take a lot of forms and we'll describe some of them as we go through this hour, but it may be lethargy or it may be wild rationalization that you use to choose to head not in the direction you say you want. Could be as simple as say going on a diet and wanting to go on a diet but not actually accomplishing it by continuing to eat.

Some the situation in your life currently that we want you to bring to mind so that we will use that situation because we're going to go through the four steps of breaking through resistance and we will reiterate that situation in each of the steps. You can explore it from a variety of these four angles, these four aspects and a variety of angles that come up within you emotionally.

So please bring to mind now a situation where you are experiencing some resistance to going forward. Could be fear. It could be anger, it could be a variety of things and bring that to mind and hold it and hold it throughout the hour because we're going to use it as the work study point for you each as an individual so you have a personal experience of what it is that we are talking about.

Okay. The first step in breaking through resistance is to identify the nature of your resistance. In other words, the internal structure of resistance. What it is that prohibits you from moving forward in your life, what does it look like? What does it feel like? How can you identify it, that sort of thing. So we would like you now to focus your awareness within and as we said before we began, this is going to be an hour's experience, so we suggest you don't take notes that you let the experience come through you because you will be getting the, the audio and the transcript when it's ready and edited.

So just take this in and let it be an experience for you. Focus your awareness within yourself vis-à-vis the situation that you brought to mind.

And here's your first task for the evening. Allow an image of change to appear in your imagination. Now that may sound abstract but trust what happens. Trust your unconscious. Trust what wants to speak to you and through you.

It might be a nondescript image, it might be a sound, it might be a face, it might be something, but what image appears to you when you want to conjure an image of change? What appears is exactly what you need to know now about your deeply held beliefs and attitudes regarding change.

What image of change presents itself to you?

And as I said, if there's no image, don't concern yourself. If it's just a sense or a sense of knowing, trust it. Does it signify adventure or excitement or pleasure? Does it signify moving forward and openness or does it call up feelings of danger, fear, difficulty, withdrawal, reticence?

And I'm going to ask you, how do you feel in your body as you relate to this image of change as you look at it and trust that this is for this evening with respect to the situation you've chosen, what change means to you vis-à-vis this issue.

And then I want to ask you a question. When in your life or who in your life taught you to hold this type of image or belief about change?

Now in general, resistance will feel like an unwillingness, a sense of tension in your body, perhaps sleepiness, anger, I don't know, boredom, a desire to eat, watch television, anything that would deflect you from the, from what's happening right now. And if you, we, if you feel resistance, if you feel attention, if you feel anything that sounds and feels like it's going to keep you from moving forward, don't judge it. Just notice it. Don't do anything with it. Just notice it. And by doing so, the first thing you will do, the resistance you experience are your attempts to prevent change.

And change is synonymous with being alive. So the resistance as you experience or your attempts to prevent change. And it's an attempt to interfere with your own stated

conscious goals and dreams. This resistance is unconscious. It's your attempt to get in the way of your own stated goals and dreams.

Judith:

Let's take a little closer look at what it may mean for you to change. And any resistance that comes up around that change that you aspire to.

As you focused on your issue that you're looking at tonight and you consider the idea of change and you notice any kinds of resistance that you're feeling? What would you lose in your current identity – the person you've been, the person people know you to be?

For instance, I've had some overweight clients when I was doing psychotherapy, who we finally were able to help understand that they were afraid to lose weight because then they would feel ordinary. They would feel just like everyone else. That was really a revelation.

Sometimes people with physical disease may be very ambivalent about really getting healed because with the disease they receive so much caring and sympathy and special treatment and help and care and they would lose all of that if they were suddenly healthy.

Or perhaps you feel that if you changed your life, you'd be judged as having been wrong the way you used to be. A failure the way you used to be. You might be concerned that if you grow and change, you'll lose friends or family members because they won't understand or approve of the new you.

Perhaps you know that there will be some kind of emotional pain involved in breaking your old patterns and allowing yourself to change. So you don't want to do the work. You don't want to feel the pain.

Well, we've all felt that, I'm sure.

It feels like such a risk to let go of the known the way you've always been and allow yourself to enter into the unknown, the void, that uncharted territory of your new future.

It's seldom easy for us to leave what we've known, but at this point, let's try to understand what may be forbidden within you regarding change. After all, this is an area that you're working on this evening that you want to change because you brought it forward to focus on.

We know that there's some kind of discomfort as you begin to consider changing or it wouldn't be an issue.

What relationship do you have with this hold back that you experienced?

Maybe it's fear, anxiety, depression. Does it arouse those overt feelings of resistance or is it just kind of a vague, not knowing. Boy do I know those times and it was just his vague, not knowing I couldn't figure it out. But remember, you have created your resistance to protect yourself from experiencing forbidden feelings, forbidden thoughts, forbidden memories forbidden desires.

Please pay attention to the fact that that resistance is there because you needed to protect yourself from something that was forbidden.

Jim:

A major obstacle to change that's desired is an unwillingness or an unconscious forbiddance to experience and release what Judith called the holdback. And that holdback, that roadblock, is filled with discomfort and pain when it's finally tapped into.

Now you can cry when you release it. You can rage, scream against the ways you were hurting your life against how you were told that you had to act in such a way that suited someone else's needs and desires; be they that your parents, your teachers, your religious leaders, friends, colleagues, when you deny that when you hold a false or distorted connection with and a loyalty to whomever it was that caused your pain or whatever it was that caused you to stiffen up and suppress down and say, I'm not heading off in that direction, no matter what happens, then when you deny it, you intensify it. Then you are in practice for the building of a resistance that eventually shows itself in confusion, bewilderment fear, whatever the emotion is that's tied to it.

And when you release and experience the truth of that, it's like in the North country when you are frostbitten. When people say, do not apply hot water to frostbite because it hurts terribly. So you apply warm water. But when that warm water begins to touch the frostbite, there is pain involved. When you love, when your desire, when something hot within you heads toward that frozen held the position that we call resistance, it's going to not feel pleasant because the resistance was put in place to be able to deflect, deny, suppress, and be at an arms-length from those feelings. So when you release them, you're on the path of freedom and new life, and when you emotionally feel and understand the ways that you have sacrificed yourself, you can reclaim your life and live in allegiance with who you are truly.

So proper grieving will lay your old life to rest.

And that grieving doesn't mean weeping. It could be silent, it could be sleeping, it could be exercise, it could be a variety of things. It doesn't mean the cliché that you will weep. But if you properly grieve, you will open the door to a new future, a new future for you, a new fabulous future.

So let's explore this more personally. I'm going to ask you to allow another image to form. So please you can even close your eyes while we're doing this. And allow watch yourself internally allow an image to form that represents the pain you will have to experience in the process of proceeding forward with your change. Take a look at that situation you brought forward. If you're going to go forward and since that situation has in it an inbuilt resistance, what is it that you're concerned about? What are you afraid of? What are you trying to avoid? And in that concern, that fear and that avoidance, you are not going forward. What is it that in there and take then trust, whatever shape or imaginary scene or memory that appears. Trust it. And now we're going to ask you to engage in a dialogue.

Ask this image that's arisen of what it is, your concern, your fear, your pain. Why am I afraid of you? Why am I afraid to go forward? And listen to what it tells you?

Trust whatever response you have. And how do you feel hearing your pains', answer?

Okay, now ask that image another question. And that is, how can I come to know you better? You're an important part of me. I need to know and accept you in order to feel complete and free in order to change. So how can that happen?

And notice how you feel as you receive an answer. If that answer is you can hear something or you don't hear something, you just know, you see something, you sense or smell or touch, feel something tangibly.

Cause if you're not getting anything or you're unable to visualize your pain, trust that this is an area of resistance that is very, very significant for you and repeated work with the audio or the transcript will help you break through to greater freedom within yourself.

Judith:

Now ask your internal image of pain to take you back in your imagination to an early scene when you were first blocked from that experience of pain. When you needed to hold it back and not experience it—to stuff it away.

Notice as you go back in time and you land in some early, early experience, if it arouses any physical or emotional resistance to going back there. If you don't have a concrete memory of a particular time, a particular age, follow any imaginary scene that may develop.

When you land in a particular scene and you may even want to make one up, just to allow the recognition to unfold, who is in the scene you're observing? What is happening? What is going on for you that is painful for you? What is going on that makes you shut off your experience of pain? That makes you shut down to being you?

Fully alive you.

Stay with this scene in your imagination and notice what you, in the scene, are feeling or would have felt if you'd been safe to do so.

Notice what you would have said or expressed if you could have done so without receiving more pain as a result.

And remember that sorrows that go on expressed soon make themselves known through depression, physical illness, social discomfort or other forms of resistance. The truth will always present itself to you in some form.

And remember what you resist does persist.

So take a moment to be with the experience that has opened inside of you. Acknowledging your pain, the pain you had to suppress, helps to heal it.

As you do this, know that you are reclaiming some disowned part of yourself even if it's just a little glimmer allowing you in time to feel strong enough, sure enough to go forward into the change that you want to make into your new, larger life.

Jim:

Okay? Again, can you that situation in mind that you're working with, and we're going to move into step two, which is we entitled that your inner saboteur, that voice, those feelings and thoughts that swirl you into a stalemate, a frozen ball of inaction.

Now you have to recognize your inner saboteur. And we used the word saboteurs quite, quite explicitly because that within you, that within the resistance that wants to maintain its position, that wants to stay where it is mostly because it's afraid to move forward and release itself in such a way that it will have to release the pain and the anxiety, the fear, the depression, whatever it is that is contained there in order for you to move forward.

Saboteur? We use that as an image and a metaphor, but it's the desire not to do that. So I will do whatever I can to not head in that direction. And that's mostly unconscious and it feels like it's happening from someone else.

So you're in this situation of yours, you're presently feeling a resistance to moving forward in the area of your life that you've chosen to focus on. And that resistance can actually feel like an inner enemy or a pack of monsters for that matter, sabotaging you, just as you're beginning to make progress, in little ways.

You know you could spill coffee on yourself and burn yourself. You could do something. Make some stupid, simple, dumb error that you know you could do any other time, a thousand times in your sleep and you make this mistake. Simple little

things. So in order to change successfully, it's essential that you have to have inner permission to leave the you you've known, I'm going to repeat that.

You have to have internal permission to leave the you, you've known and create a new life for yourself—a life that's better and larger than the one you're currently experiencing.

So let's go on and explore your resistance to change. Turn your attention back within yourself and that situation you've chosen. And in that context, bring to mind a desire or a goal, but change you've chosen and are currently working to achieve within that context. Spring to mind, that desire or a goal, something specific, tangible in the world that you're after.

Now, when imagine yourself going after it and do you feel an unwillingness? Do you feel a concern? Even if you're rationalizing now and saying, but I don't have the proper orientation. I don't have the proper education, I don't have this or I don't have that, which may in fact in the technical sense be true. But if you're using it to stop you from going forward, like for example, getting the education you need, that's called the resistance.

For example, people say, I hate to exercise if they want to lose weight or I'd lose all my friends if I changed. Or is your resistance to feeling fear or anxiety or rage or depression or sadness? Perhaps your resistance shows itself in behaviors. Like I said, you spill something on yourself, you crashed a car, you, you do something that comes so out of the blue that it seems like it's a godsend like in a lightning strike. But you can virtually guarantee that it's a resistance stopping you from doing what you want because of the consequences of it.

Maybe your body expresses itself through tension in your eyes or grinding your teeth or headaches or fatigue. I know fatigue is one for me. When I am in resistance, boy I can sit in front of the computer and literally nod-off and not even know I'm nodding off until I look up if I've done it again. The resistance is still there.

That doesn't mean we haven't, Judith and I, removed huge iceberg chunks of it. But it's always there and it's there, as I said, even for people who appear to be most successful.

So how do you respond when other people offer suggestions, like we are doing now for your change in healing? Are you open to this? Are you listening? Is there a part of you that's dismissing us saying this is all psychobabble and it's completely irrelevant and really kind of loony?

Do you feel contempt for the suggestions that we're bringing or are you open to this possibility and willing to go forward into the valley of the resistance?

Judith:

With any expression of refusal or unwillingness, of course you maintain your status quo. You shut the door to any experimentation or exploration of who you say you want to become. Just make sense. You resist the change because you are internally forbidden to move beyond where you presently are. You see the inner saboteur is that part of you that still believes that your safety depends on you clinging to your old ways of believing, feeling, and living the old way.

You can think of the inner saboteur in this way; As that part of you that as a child, adolescent, young adult, whatever originally demanded that you be good, that you behave in ways that wouldn't get you in trouble for doing something your parents, teachers, or others didn't approve of.

Now, as you consider breaking out of that old mold, whatever it is that you're focusing on, your inner saboteur who is still loyal to those old ways of your parents or teachers or whoever gets scared, that inner saboteur gets so scared, it punishes or attacks you for wanting to change, for even considering change.

That inner saboteur demands that you not change.

Focusing on the goal that you have in mind right now, I asked you to notice how much do you want it. Really let your desire speak to it. Feel it. At the same time notice any ambivalence you feel about wanting it, about deserving it, about doing the work that will require to get it.

Notice any doubt or fear or anything else that wants to get in your way.

Jim:

And in the context of that desire, that feeling of desire that we're asking you to feel. I want you to bring to mind the image of someone, not yourself and trust. Whatever comes up, bring an image mind to mind of someone, not yourself, who would be pleased or kept comfortable if you remained in resistance and did not go forward.

Who would reward you for not achieving this specific goal?

And really, again, trust because sometimes the responses to this seems so bizarre, but trust what's coming up. Because when you allow that person to become clear in your imagination, who is that person? And I'm actually thinking about a person, not a thing or an idea, but a person who would be comfortable if you remained in resistance. And as you see that person or that image what is that person doing or feeling?

What comes up for you as you watch? Is that person happy? Sad? What is that person doing or feeling? Because whatever's happening, know that that person does not want you to leave. That person wants you to stay the same. Notice the feelings in your body.

Do you have any conflict or sense of struggle with whatever's happening? You want to move forward and here is someone standing there or sitting there or even floating there who would be kept comfortable if you remained in resistance. And there you are, the desire to stay behind, the desire to go forward and in conflict. You'll be good if you stay. There'll be approval if you stay. You'll be safe if you stay. And you'll be exactly who you've always been if you stay.

And notice what you may believe is your desire; what you may believe is your desire to stay; what you may have believed all of these years is your desire to stay may in fact be someone else desiring or perhaps pleading or demanding or perhaps threatening that you stay. And that confusion has been in place and that's one of the ways to unravel and to answer the question, what the hell is going on here?

Judith:

And of course that force of your past, whoever those people, those communities, whatever they are, that makes up your inner saboteur. And that inner saboteur is that part of you that is in a life and death struggle to keep you in the past, to remain in allegiance with someone else or something else that wants you to stay the same.

You developed powerful loyalties to protect yourself at a time when to be different from your family, from your community, from your church, whatever it would have been would have been too threatening and too painful.

You created these old inner images about how life should be and how you should be as ways to ensure that you were acceptable.

The inner saboteur is that part of you that remains loyal to those old ways of thinking that you need to be acceptable, rather than be true to you, to be acceptable in the way your community demanded.

And the cost of that loyalty with it was the abandonment of your true self. In order to create a new life for yourself, you'll need to recognize who you truly are now, which you're already doing by considering the change that you want to make and by taking very seriously what we're saying and what you're experiencing as we guide you through these various explorations.

Breaking through your resistance requires that you shift your primary loyalty from its current, often unconscious commitment to the past and do a deep and abiding allegiance to your true self and to a fabulous new life.

You have to shift your loyalty. It's time to see yourself with new eyes and to more fully understand that you must betray your inner saboteur.

Jim:

Okay. We're going to ask you to change images now and ask you to bring a different image to the focus of your attention. So allow an image to form in your imagination of you in your largest, most fully developed, most realized self. You're healed. You're loving, you're love, you're successful, you're respected, you're creative. You have status in your community. People respect who you are. They come to you for assistance. You are willing to give assistance. You are living in communion with people and with nature and you really enjoy being well deep within your own skin.

Create a picture of your whole self as you most want to be. And notice how you feel in your body as you view this fully-realized version of yourself.

And hold that picture, hold that picture of your fully realized self. And now bring into that picture your mother. It doesn't matter whether she's alive or has passed on.

What does she do if she sees you as your full actualized self?

Notice the expression on her face. Notice her body language and notice what you, what happens to your fully realized self in that relationship? How does she feel towards you? How does she see? How do you feel toward her? Do you change? Does she? What implied or covert expectations of you do you perceive in your mother's attitude or feelings and vice versa? What implied a covert expectations of your performance do you see in that self of yours vis-à-vis your mother.

And now, thank you mother for this enlightening and helpful experience and say goodbye to her and let that image move out of your imagination.

And readjust your image back to your fully realized self, if necessary, if there was some change. And do that again to reflect your fullest potential. That potential where you are healed and loving and loved and successful and respected and creative and you have status and you have financial comfort and you were living in communion with people and when nature that's fully realized self of yours.

And bringing into that picture with you, your father. Again notice how he reacts to this full largest expression of who you can be. Now what happens between you? Do your sizes change? How does he look at you? What is the expression on his face? How do you feel toward one another? Pay attention to any implied or covert expectations of you in your father's attitude or feelings and vice versa.

And take notice and remark on what is happening inside your imagination. These are not imagination games. These are very serious images that we are calling up from within you that you are permitting to come forward vis-à-vis the situation that you are confronting where you cannot go forward. Something is in your way and we are exploring from various angles what that something may be. It may be a deep loyalty to a status, an idea, a person, a relationship that you have been on aware of.

And now thank your father for his full experience and say goodbye to him and let him go.

Judith:

Now return yourself in your imagination to your largest most realized self. Bring that person back into full form, fully loved, fully successful, enjoying life, robustly healthy. Whatever it means to bring yourself back to that most realized self.

And this time bringing your current self who you are today as you are in your physical body, into your imaginary picture with your large self. How do you respond to your own fully realized and successful, fully healed and loved and whole self?

And how does your large self, feel towards you? Take a moment to explore the meaning of this interaction between these parts of yourself.

What does your large self tell you is the most important thing that you need to do to become your large self in everyday reality?

Listen very closely.

And now thank your large self for the wisdom you've just been given. Let your large self go and reflect on any lack of permission you experienced in any of these inner meditations.

Anytime that you shrunk in size, anytime you felt guilty, anytime you felt bad, whatever it might've been.

You may notice that that has occurred out of a kind of love and loyalty for those close to you that have inadvertently sabotaged your own development and expression. In order to provide comfort and caretaking for the needs of your parents or spouse or others that are close to you, you may have been unconsciously more loyal to them and their needs than to yourself. You may even believe that is how you're supposed to live. If that's the case for you, you will automatically resist change in healing by doing what would be necessary to unblock your path you will put yourself at odds with your need to be a good daughter or a good son or a good spouse or a good whatever.

And this conflict is very painful and at the heart of resistance.

But as you form a closer alliance with your large, fabulous self, the inner saboteurs will continue to call you back to your old allegiances. You may notice depression, feeling hopeless, inability to stay on a diet or exercise program, feeling guilty about receiving help, the goodness in your life.

Anything that holds you back can be considered the powerful force of your loyalty to others rather than to yourself. And that's why you may start a project, a new job, a new love, and you start out with blazes that are free and wonderful.

And the closer you come to success, somehow you become lethargic and you lose interest. As Art Garfunkel sang in that song, the closer your destination, the more your slip sliding away.

Jim:

Okay? The third step of breaking through resistance is activating the self where you're awakening your internal authority for taking action to create your life as you want it to be. This is where you develop your sense of awareness in your power and capability for taking actions.

But first, before we do that, let's take a look at some unmet expectations you may have of life because we all do. Most of us hold conscious or unconscious longing to be taken care of and not having to do what ourselves, whatever it is.

So for instance, you might feel a yearning that someone see you perfectly or love you in just the way that you want to be loved. And that longing arises from a deep disappointment and long-held needs that have not yet been met.

So again, bring that situation that you're working with this evening to mind and turn your awareness inside and allow yourself to drift in your imagination. And just drift around.

Let your imagination just allow yourself to drift and drift until you find yourself in a place. A kind of wonderful place. A place in which your current needs will be completely and totally eaten care of.

What kind of place emerges in your imagination? Now someone comes to join you and your picture.

Who is that person that comes? Trust the first image that comes to mind, no matter how absurd it may seem in the moment. Just trust it.

Who is the person that comes to mind and joins you in that place where all your needs are taken care of. And what do you want from this person or this image right now and how were you treated and are you receiving exactly what you want? How does this provide you with what you need?

Cause here's the question for you. How old were you when you first began wanting someone to treat you this way? Where you, two, four, eight, ten, fifteen, twenty, thirty, forty?

How old were you when this particular kind of desire arose in you? Do you live your life now secretly wanting to be taken care of? You know a lot of us do and I'll probably all of us do to some degree. Do you feel that you have to receive this caretaking before you can get on with living your life? Cause that's a real trap.

That's like you have to be perfect before you can take a step forward. Do you have a sense that you can't or you won't give up the fantasy because the loss would be too painful even if it would open you to what is actually available to you by your own creation.

You can do it yourself, but there is this longing deep inside that says, I want somebody to do it for me?

And now please understand this, that fantasies about not having to do it, whatever it is, yourself are major obstacles to your healing, growth and self- development, major obstacles. Because they keep your focus in the past and they block your competent movement into the future.

Because then the solution to your life's difficulties are perceived as coming from outside of you. So the consequence of that is that you often feel helpless--there's nothing you can do about it, and often feel hopeless because if you want them to come from outside of you and they're not, what can you possibly do about it?

And now here's the most important point of this third step, activating the self. And that is only through the product of your own creation are you made to feel good about yourself?

I'm going to repeat that, only through the product of your own creation are you made to feel good about yourself? And I'll say it in another way. When you use your own creativity, your own creative capacity, your ability to create your own life, you acknowledge your internal strengths and wisdoms and livelinesses and creativity and intuition and desire and will. And these and other facets of yourself are what generate a feeling of being worthwhile and your life worth living. You can actually have that feeling because it generates from within you.

And when we looked at others to take care of us in any form, in any kind of way, we reject our own resources and are abandoned our own values, particularly if in those of us for whom that is chronic, that is a deep, deep rejection and a deep abandonment.

For example, if somebody in the family gives you a nice cushy job in his or her company without you having to do anything for it, you're not empowered to know your own worth. And I'm using this just as an example, you can apply it in your own situation. Quite the contrary.

You may feel that you can't get ahead on your own merit, that kind of cushiness that comes from somebody else and not from within you may actually undermine you. So if so, if you actually have that kind of job, your powers may languish.

You may stuck in a "gift" quote in a "gift" that robs your soul. So the greatest healing and the highest spiritual commitment of your life is the expression and development of yourself.

Judith:

Ideally, you would've developed a strong sense of self and mastery over your life as a child, encouraged by your parents to be all that you could be. But for most of us, that was not the case.

Our childhoods were often times of confusion with a lack of clarity about who we were to empower ourselves? our parents? or other people?

Too often survival in our families and our communities depended on loyalty to other people's needs rather than our own. But now it must become your time. You must empower yourself because in order to move through and heal your resistance, you must activate yourself. You must take action to produce the life you desire. You must become your own ally.

You must commit to completing actions that you start.

Often, resistance shows up as procrastination. It's a really common symptom. So in any way that you may be procrastinating in any way that you feel like, Oh, that's too hard, or I'm not really suited for that, or I don't have the education, I'm going to have to learn too much, stop that.

Now I say that, cause I've had to say it to myself a lot. Stop that. Go forward. Take the next step. You must commit to completing actions that you start. By doing this, you will develop trust and confidence in your own self.

Now take a moment to turn your attention to that still point deep inside of you. Deep, deep, deep inside of you where your energy is inseparable from the universe and begin a prayer, to whatever forces you believe in, to help guide you to your higher purpose. Speak to your story about what you want. Put the images of your new life into words and speak them silently or aloud as you wish. From this space bless all that you desire in your life.

Notice how you are feeling in your body. Perhaps you feel refreshed by your statement to the universal power that you intend to form yourself, a new. On the other hand, the experience may have aroused your resistance. You may even feel guilty or disloyal or sleepy. You may hear a voice saying that prayer is a waste of time. So you feel even more hopeless.

Let's look at this a little more closely. What is one thing, one practical, doable thing that you could do tomorrow to help make your desire, the desire you're focusing on right now, come true.

In your imagination, see yourself activated in this way. And notice how you feel in your body as you see this image of yourself taking action. How do you feel toward this person, you, that's taking this action toward the goal you want? At the same time, how

would your parents or other important people in your life feel toward you as you're taking action to become larger, to have a more fabulous life?

Take note of anyone who would disapprove or not understand. How do you feel in your body as you notice their lack of approval toward you?

Perhaps your resistance is a bond of allegiance to those people you love who do not approve or understand the lifestyle that you consciously want? This allegiance can even be to people who were dead. You see, when you love someone, especially when you're young, you form an internal image of them and you carry their image side and you're determined to live in ways that will be pleasing to them and to that internal image. We call that the Love Grip.

And when you take action that would bring disapproval down upon you from that internal image, you're stuck.

How can you move forward when you were caught up in internal conflict between what you want and allegiance to the past?

Jim:

And one more question. What else can you do tomorrow? Just one more choice that you can make to take action on your own behalf on your behalf.

Think about that situation you have brought to mind that we are working with tonight. What one thing can you do tomorrow to take action on your desire to move it a step forward? And you will meet whatever feelings and thoughts and actions and behaviors come up through the resistance that's part of the process.

Speak very clearly to yourself and inform yourself that you intend to accomplish your goal. This isn't just fantasy. This is real.

Tell yourself I'm going to do this. Continue to announce your intention until you can feel it in your body and you may not have any idea how you're going to accomplish your goal and that's irrelevant for the moment.

All you know right now is that you are committing yourself to your intention. And that intention that's gonna motivate you. And notice when you hear me say this, how do you feel? Do you have any feelings of guilt, discomfort or fear? That's okay. They're feelings of resistance alerting you that your commitment is a disloyalty to your former lifestyle and that this loyalty as much of a betrayal as it may feel like is absolutely what needs to happen if you're going to move forward.

Nevertheless, know, if you have those feelings that you have just taken a powerful action. That action may not be done in practical terms in the world. But the action starts from within. When you make that commitment, the action of committing to your

intention, that's the beginning and you have taken a powerful step toward a new future and again, a future in which you are activating yourself.

Okay? Later, make a list of everything you can think of to do that will in one way or another, help produce the results you want.

Now, I know you've heard this before. We don't deny that, but putting it on paper physicalizing it is very important. Even if now you don't know how to activate your ideas in a practical manner, it doesn't matter if that is completely irrelevant. Part of the reason you don't is because there's the internal combat between going forward and staying behind and that confusion can block ideas. Put the ideas, everything you can think of and make a list.

And when you have listed all of your ideas, choose one or two at the most that you can act out and commit to in the next few days. This is really critical. You have to be able to make a commitment for yourself and make this move forward, because if you do not, all of the conscious intention in the world cannot trump the unconscious power of resistance when you are not committed to that intention in that action.

Let me ask you a question. Can you make a pledge of allegiance to yourself that you will follow through on your own behalf? I'm gonna just ask you again. Can you make a pledge of allegiance to yourself that you will follow through on your own behalf?

Cause if not, you are assured that your inner saboteurs are in control of your life, not you.

And as you accomplish items on this list, cross them off.

Congratulate yourself on taking action. And please understand and this is really, really critical, that you don't have to do this all on your own. Ask for help of the divine, whatever that means to you, of your friends, of your neighbors, of whomever, ask for help.

If you really want a practical mantra, one that really works, commit to asking. And the mantra is simply I will ask, ask, ask, put yourself out there.

Let us know what you want. Let us give something to you. Let us help you

Open yourself to what others, what the world is waiting to give you. Because believe me, believe me, it is. I don't say that from seeing some theoretical perspective. I'm saying that out of experience, mine and Judith and others that we know.

When you open yourself, believe me, it's stunning. It was right there in front of you and you couldn't see it because you were blind because the inner saboteur and the resistance would not permit you to see. And when you open yourself, you will be making an act of breaking through resistance that you can practice anytime, anywhere.

Remember the mantra, ask, ask, ask.

Judith:

Now the fourth step of breaking through resistance is the opportunity to reclaim your life. This step is designed to help you surrender to an alignment with your deep inner truth. When you live in the clear space within, you will find an effortlessness of spirit guiding you toward your fulfillment.

To begin, bring an image of your resistance into your imagination. Whatever image comes up, whatever thought or sensation appears, trust it. As you perceive this creation of yours, be aware of any negative judgments you hold about your resistance.

Now these judgments keep you at a distance from a powerful energy source within you. The energy tied up in refusal. But your journey now requires that you make your refusal into a friend and a teacher. As strange as that may sound. You're resistance becomes a type of spirit guide pointing you to a path which will take you to the truth of yourself.

See, this is how it works. Life is a soul school. You may know that already. And for example, if you're angry or judgmental about your situation or your resistance, you are refusing to let yourself know the truth of something that is happening in your life. The obstacles in your journey can defeat you only if you refuse to learn from them. Only if you insist on just staying angry and blaming them instead of learning from them. So when you make your resistance approachable, you can come to value this creation of yours that has kept you company for so long.

Think inside yourself, deep inside yourself, and focus on this image of your resistance and open yourself as much as possible to this part of you. And embrace it as your creation. A creation that was important back when you needed it. You may feel like it's difficult for you to embrace it, but be patient with yourself because as you work with this image you'll find yourself relaxing and feeling actually more tenderness and compassion for this old guardian of yours. Remember, you invented this protective strategy which became resistance, but back then it was your protective strategy to help you survive during a more difficult time in your life. So for now, right now, tell your resistance, your inner saboteur that you're appreciative of its demand that you pay attention to it and let it know that you're committed now to healing the pain it has protected you from, and notice how it responds to you.

How do you feel?

And now take one more step. Ask your resistance for its help. Ask it to point you to a specific area of your life that needs healing.

If you don't understand the message you get, ask for more information. Pay very close attention to the direction you're pointed in.

Finally, prepare your resistance for the day when you will no longer need it. Tell it in whatever way you choose that you know you'll be able to get along fine without its help.

Tell it that in the meantime you value the challenge it offers you. The challenge of reclaiming your life, the challenge of becoming stronger, of growing bolder and becoming true to who you really are.

How does it respond? And how do you feel?

And now, release your image of resistance.

You may want to return to this image again and again if your resistance, your inner saboteur, remains triumphant and refuses to let you create your new life. Work with that image until you can let it go.

Jim:

As long as you believe that you need your assistance to protect you from being hurt, injured, or abused or that without it, you may get hurt or injured or abuse someone else. Those who are demanding that you remain as you've always been, and your belief will hold your resistance close inside of you and it will be as strong and more powerful than anything you can do consciously. Because as I said before, unconscious resistance always trumps conscious desire. Until that resistance has brought into allegiance with where it is you want to go, it's unraveled, and unpacked, and you can move forward. So when you understand that your resistance was valuable when you needed it, but now it sabotages you, then you can surrender to the possibility of a new life.

You can begin to rethink your life in new ways, but not before. To be truly alive, you must surrender control and predictability over your life. Now, that's not an absolute statement because without predictability, we can't dare go outside the house because we don't know what will happen. But the predictability we're talking about is the repetitive predictability that always ends up in the same place where you are stuck.

And that's a commitment to that kind of predictability as you are committed to your resistance unconsciously. So to be truly alive, you have to surrender to the mystery of being on this planet and living in your amazing body, your amazing heart and mind and soul.

So let's take a minute to be conscious of the wisdom of your body and all that it does for you without your conscious control. Focus inside your body and feel the mystery of being alive inside of all its capacities.

Judith and I moved from Santa Monica to here in upstate New York in the country, and one of the most terrifying moments I had early on was I kept hearing something and I

thought somebody was coming down the hall and it was turned out to be the thumping of my own heart.

And it took me a while to get used to that. But now I lay in bed and I can just assume a certain position and I can hear my heart beating And I can I listen to it.

It's a magnificent sound. So focus inside your body and shift now to your heart and localize your attention to that part of you that loves, loves without your bidding. Loves flowers, loves dogs, loves babies. Your favorite people, rather the divine, whatever you love, your heart loves for you effortlessly.

And then focus on your mind. The mind that keeps you conscious learns new information and stores it for you and permits you to change your mind, allowing you to become a different person.

It's rather awesome, isn't it? And then there is your soul connecting you to all other life, connecting you to the vast energy source of the universe. All of this is happening whether you're conscious of it or not. So being alive is an awesome experience when you stay conscious of who you really are. When you surrender control and allow yourself to be moved in unexpected ways, you come into the mystery of being truly alive and you recognize how numb and scared you've been for so long.

And you break down the barriers to your truth and move into an open acceptance of all that you can be is often quite painful and we need to alert you about that. Nothing is free. You don't go from being in resistance to being in joy without getting through what it is contained in the resistance that you've been protecting, hiding, running from suppressing since whenever the resistance was created, you can get feelings of sadness and grief. I know I have lost careers, as I said early on, and when I had to look at that and see what it was that I did, vis-à-vis the choices that I made. And the fears and sadnesses that I had to deal with. It was deeply sad, deeply sad because of my recognition for all the years that I sacrificed myself to an unconscious allegiance to someone or something that was not true to me. It was true to me in the sense that I was using it to protect myself, but it was not true to me because it was a defense.

You may even be angry at those whose needs and comfort seemed more important than your own. So be respectful to these feelings and let them come. Know that the feelings are part of you coming to life, honoring your sensitivity, and as you do this, you will want to feel compassion toward yourself.

Not that you will want to as a choice because you do this to compassion will simply arise. You will feel safe and accepted. And how can you create this for yourself?

Judith:

All right now. In terms of creating that for yourself, bring into your imagination the image of a small child. A small child that's the same gender you are. Allow this child to be about two years old. Who do you see? How does this precious young one feel toward you and how do you feel toward this child?

You might want to take this child into your arms or hold it on your lap. After all, this is the child that dwells within you. This is that dear child that is you and was you. That is dependent and so wants to be loved. This little child needs you for comfort, needs your caring. Actually it needs you for its very sense of itself because it is this child's spirit and inner experience that had to be abandoned long ago.

Notice the feelings in your body as you hold this child and look at it. How do you experience the relationship? What are the feelings that rise up inside of you as you connect with the young energies of your true self? Are you feeling compassion, warmth, and love for this young one? Or are you feeling alienation or fear? If you feel alienated from your young vital self, know that your loyalties are to someone else's attitudes toward you when you were little. Know that you are still identified with someone else's values, not yours, if you are feeling alienated from this child. When you claim your life as your own, you begin to embrace all of the experiences you've ever had. And when you do, you free up the energy you've used to squash yourself in order to fit into someone else's mold.

As these energies are released you will experience the need for more expression, more true self-expression and creativity. Your creativity in your life. You expressing your creative self.

So now look again at your young face. Look into the eyes of this young soul. Who do you see? What kind of spirit do you sense? What does this being have to offer you and offer the world? Tell this child that you have made a commitment to reclaim your life and to reclaim the life, the potential, the promise, the spirit of that child, and that you need the child's help to be an integrated whole person. Tell the child that you will take care of it from now on. You will be respectful of his or her needs and true expression. No more squashing, no more hiding, no more invisibility.

Your inner saboteur competes directly with the vital spirit field child within you, and it's essential for the wellbeing of that child and for all that you now desire, that you make a constant renewal of your commitment to reclaim your life.

And when you do, you give your small child the best possible caretaking available. After all, it's yours. As you and your child joined together in the creation of your new life, notice the unexpected, the unimaginable begin to happen as you continue to open your energies to the vast possibilities of your universe.

Things you've never thought of before. Events happening that you could never imagine. Many doors will open that were previously blocked. You will find yourself valuing all of life's experiences, not just the good ones, not just the safe ones. Your life will strengthen and surprise you as you surrender to your true expression. After all, the process of becoming is all there really is.



Summary of Key Points and Steps

In the context of overcoming the fear of being fabulous, resistance is any drag or any emotional weight that keeps you from moving forward. It might be lethargy or wild rationalization that you use to hold yourself back. It could be fear. It could be anger, it could be anything.

4 STEPS FOR BREAKING THROUGH RESISTANCE

Explore these steps from as many different perspectives as you can when you experience some resistance to moving forward.

STEP #1:

Identify the Nature of the Resistance

- What is it that prohibits you from moving forward in your life? What does it look like? What does it feel like? Can you identify it?
- Allow an image or knowingness of change to appear in your imagination. Trust your unconscious. Trust what wants to speak to you and through you.
- How did you learn, or who taught you, to hold this type of image or belief about change? Don't judge it. Don't do anything with it. Just notice it.
- Some form of grieving will lay your old life to rest and grieving doesn't necessarily mean tears or weeping.

STEP #2:

Recognize your Inner Saboteur that demands you not change

- Notice the internal voice, those feelings and thoughts that swirl you into a stalemate, a frozen ball of inaction.

- Also listen closely to Module 11 – Overcoming Negative Head-Talk.

STEP #3:

Activate the Self

- Awaken your internal authority and take action to create your life as you want it to be. This is where you develop your sense of awareness in your power and capability for taking actions. It's only through the product of your own creation that you'll feel good about yourself.
- How old were you when you first began wanting someone to treat you in a positive way, or when this particular kind of desire arose in you?
- But first, take a look at some unmet expectations you may have of life
- Make a list of everything you can think of that you can do that will help produce the results you want.
- Writing that list physically on paper is a very important neurological activity.
- Make a pledge to yourself that you will follow through on your own behalf.

STEP #4:

Reclaim Your Life

- This step is designed to help you surrender to an alignment with your deep inner truth. When you live in the clear space within, you will find an effortlessness of spirit guiding you toward your fulfillment.
- Become true to who you really are because that's what it means to be fabulous
- Release your image of resistance.
- If your inner saboteur remains triumphant and refuses to let you create your new life, continue to release your image of resistance until it goes.

