

What is Resistance?

1. Resistance is a major block to freedom.
2. Positive momentum is required to overcome resistance.
3. The want for imperturbability allows us to overcome resistance.
4. Resistance is opposition to force real or imagined.
5. Wanting to control the other person, who you think is trying to control you, is only an experience of your own resistance.
6. "I can't" is resistance
7. Resistance is just another program which we have put into the mind, to protect the ego.
8. If there were no resistance, we would go free. We are constantly having to release the resistance in order to let the feelings up and out.
9. Resistance is when you haven't decided yet whether to do the thing or not. And you're doing it anyway, and it's difficult. To make it easy to do, all you need is to decide to do it, or decide not to do it, and follow that decision.
10. Resistance is pushing against the world so that it will push back.

Resistance Awareness

I recommend you take on as many of the following assignments as possible to get the maximum benefit out of this course. Incorporate them into a new daily routine, and commit to it for the next six weeks.

1. No drugs or alcohol.
2. No television or movies.
3. Start each day with a minimum 15 minutes releasing.
4. End each day with a minimum of 30 minutes releasing.
5. Review your resistance worksheets at least 10 minutes a day.
6. Do a minimum of 15 minutes jogging or other physical exercise each day. Use it to release on resistance.
7. Be on time for each class. Lateness is an indication of resistance.
8. Carry your notebook with you at all times. Write down each gain, however small, as it happens.
9. Practice keeping quiet at times. Release instead of talking.
10. Speak to your partner about your gains and releasing at least once a day.
11. Keep a record of your escapes and the approximate length of time spent on them.
12. Keep the Six Steps in view throughout your day.

Questions to Discriminate About Resistance

1. Let go of what we want to prevent—then we are not holding it in mind. What is it you want to prevent?
2. What you don't undo—you will go through.
3. One of the ways you know that you are resisting is you HAVE TO or YOU SHOULD or anything you have EFFORT IN IT. Check.
4. What things could I do, with ease—if I dropped all resistance?
5. If you did not have it in you—it would not bother you. What bothers you?
6. Would I rather resist or would I rather be free?
7. Choose to let go of that which is making us uncomfortable.
8. Every time we come from feelings, we are coming from the past. It is only a program—so let go of wanting approval or wanting control or wanting security.

Resistance Exercises

1. What would I have to give up in order to let go of ALL my resistance?
2. What bothers me? Could I let it go?
3. What things could I do with ease—if I dropped all resistance?
4. What is it I have to do or should do? Could I let go of that?

Resistance Worksheet

Feelings I resist

Thoughts I resist

Situations I resist

Help that I resist

Resistance Worksheet (cont.)

What do I resist about myself?

What do I resist doing?

What do I resist having?

What do I resist being?