

Mary Allen:

Okay, let me officially welcome you to *Momentum Mastery Monthly*. I am so excited about our call today. This is our call focused on an Inner Peace topic, and our topic for today is about *Relaxing Resistance*, which is really about recognizing the conscious and unconscious ways that we can resist success in inner peace. We're going to focus on, once we are aware of that resistance, how we can relax that.

So, this may be one of the most powerful calls of the entire Momentum Mastery Series, because the awareness of resistance is just huge. Unfortunately, most of it is very unconscious, and we just come to have a sense or a habit, a common place to feel stress, to feel frustration, to feel those eeky emotions, to feel uncertainty, to get caught up in overwhelm or frustration. The good news is that as we come to recognize these various shades of resistance for what it is, we actually have the power to really transform it.

This invisible force, we'll call *resistance*, has a lot of power in our lives; but by the end of this call, you will really come to be empowered by resistance. Then allow it to just be a trigger point to inspire you back to a place of inner peace.

And, so for today, we're going to jump in and talk a little bit about the different forms of resistance. Those of you that have been at an *Awakening Beyond Achievement* event will recognize some of what we're going to talk about. But there will be some things that are new so you want your ears perked there. We've talked a little bit about resistance in the call that we did on *Inner Peace for Conscious Achievers* which all of you— if you don't already have it in your hands, will be receiving it actually very soon. And then about the 15th of each month, we're going to be sending out CDs from the previous month. So, very exciting to start to be receiving CDs in hand, really excited about just getting those first couple CDs in your hand.

When I talk about the Inner Peace Reality Check process, one of the places where we look at is resistance. So, today's call is dedicated 100% to this. So, with me, you'll be pulling out your – what I call the metaphorical magnifying glass of curiosity and really getting good at recognizing these different forms of resistance. To make this in real time applicable to you, the listener, I want you to think about right now, first off, a situation where there's some kind of "stuckness" going on. Or if you're not feeling particularly stuck and things are flowing really well, think about up an area in your life where you'd like to have more momentum.

So, think of that because if we're not just moving full steam ahead, chances are there some little form of resistance that maybe creeping in and even just relieving it a little bit can pick up the pace there.

One way to look at resistance is – I remember a long time ago, talking with my husband and my father about how electricity flows. There's something called the resistor and all of this technical engineering talk. I didn't understand any of that. You know, "How does that work?", "What's a resistor?" You know, it makes no sense to me. But it's actually quite easy to understand and very pertinent to our conversation today.

So, draw on your sheet of paper, two parallel lines that representing a pipe. So, water may be flowing through the pipe, electricity maybe flowing through it. And, a resistor if you just imagine putting in kind of an angle – you know, a line that's at an angle but doesn't, doesn't cross over both lines. So, there's still, if you imagine a current flowing in the direction of the angled line, that there's still a way for water or electricity to get around the resistor. But, what the resistor does is it actually kind of narrows or cuts off that pipe, that electrical circuit. Or we can even think about it in terms of our arteries, right? When we get cholesterol building up, that's a form of resistance that builds up makes it a little more challenging for blood to flow through. Of course, we all know that if blood flow gets cut off a 100%, we have a heart attack on our hands, right?

As another way to just imagine resistance, it's the same thing in our everyday life. We have resistance going on that is directly tied to how much flow is in our life. When we begin to relax resistance all around us, we get this optimal flow, and we're in the present moment. We can just act, and we're inspired to act. Choices, intuition, all these flow and can happen very, very easily. When we've got resistance piling in, it's like turning up the degree of difficulty in living life. So, I'm not particularly a big fan of suffering. So heck, let's focus on how we can relax resistance in our life.

We're going to talk about some of the big categories of resistance and even things that you may have not even thought of as resistance before. Then, we're going to give you seven strategies to relax resistance. My guess is this, you'll be able to identify either one or two of these methods to apply to your own situation to create more flow. Okay, so, that's what we're going to do.

And as always if you've got a question as I'm talking, just press star two to raise your hand, I'll turn around here and make sure that I see your hands raised. But as we get towards the end of our call, we're going to open up the lines and hear from you. I want to hear from each of you, one or maybe two forms of resistance that are showing up in your life currently and how you're going to focus on relaxing that resistance over the coming weeks - so, over the next two weeks, to make some commitments there. So if there is resistance good news is by the end of this call you're going to have a couple of strategies in hand.

All right. So here we go. We've got lots of categories of resistance. As we step in to these different forms of resistance, one thing just to be mindful of is when we even talk about resistance it can be cause for contraction, right? Sort of like we talk about depression or anger, we might start feeling our bodies contracting. Same with resistance, we've noticed this at our *Awakening Beyond Achievement* events. So, just to be mindful of that, that we can have resistance to the conversation of resistance. But we will get to them - the inner peace side and each one of these really is a doorway to greater wholeness, to greater inner peace.

So, let's take a few of these. Here right at the top of the list is love and intimacy. We've got some relationship experts here on the line. And boy, how many times do we resist or can we resist and cut off love from flowing into our life? So, often we see in relationships particularly somebody that's having difficulty maintaining a great relationship so often it's not about her choice in partner so much or his choice in partners. But that one either, they or their partner is resisting love - giving it to themselves or receiving it from other people. When we resist love, it makes it really hard for love to stay around, because we're unconsciously or even sometimes consciously pushing it away. So, love and intimacy can be an area of resistance.

Another huge area is in the area of receiving. We were talking about this on some previous calls. So our sense of worthiness, our sense of abundance, receiving all of these is an unconscious block to goodness flowing into our life. So, we may look at that as a form of resistance. Sometimes another big form of resistance can be around, resisting what is, resisting the present moment, resisting reality. Sometimes that reality can be wrapped up in a, "To Do List." Resisting the reality of all the things that you committed to doing. Sometimes it can be resisting weather or traffic. I was recently at a family event with a whole bunch of introverts. So,

you get to a place with a whole bunch of introverts, there's sometimes difficulty in getting conversations going.

So, I was noticing the reality of the situation that, "Wow. We've got a lot of introverts, and it's kind of hard to make a conversation going. If you ask an introvert a question, you get a one word answer. There's no conversation going." So, we can resist what is, even though fundamentally there's nothing wrong with silence, right? But we can resist what is. And of course, that can show up lots and lots of ways. So, it's another big category just resisting what is.

Another big category of resistance, talking with a client about it this morning, is attachment, which can be an interesting form of resistance. When we are attached to something, let's say, attached to a certain person being in our life or doing an activity with us or an attachment of how we're going to make a living, or an attachment to what you're going to do, your itinerary for a day. When we're into attachment, what we're doing is we're resisting all kinds of other possibilities, right? We're resisting the possibilities of other relationships in our lives. We're resisting the possibility of maybe a more fun and exciting day. We're resisting the perfection of the moment. So, attachment can be a very interesting form of resistance.

Let's see, another big category is worry or fear where we're resisting a future that hasn't even happened, right? We can get caught up in – and even anxiety can happen, all these maybe as a result of a future that hasn't happened. All right, so we can also resist the past that we often call that regret. Sometimes we judge the past so that's a form of resistance.

Another form is uncertainty. Ah yes, uncertainty. Who likes to be in a place where you just have no idea? When we resist uncertainty, all kinds of emotions can arise in us and can be distracting; so we are less available to navigate whatever uncertainty is in our lives. This is a big one, if we're going to have the degree of inner peace that we have in our life, it's going to be directly correlated with how willing and able we are able to navigate uncertainty in our lives. It's one of the biggies.

Another huge category of resistance is around feeling. Certain emotions and feelings that many human beings don't like to feel fully: anger, sadness, and even jealousy. These are certain ones that we're taught that "It's not nice to be angry." If you're a boy, "you're not supposed to be sad or show certain emotions." So we

learn to discuss it. But when we resist our feelings and emotions, whatever we resist will control us. Whatever we resist, persists. So we keep it locked into place. That's true for all of these. The more we resist, the more it escalates. So unfortunately that's one of the truths about resistance.

Another place of resistance is resisting our own power or resisting our own strength, right? This can happen when we minimize our self, when we are feeling like a victim, when we're not really wanting to take responsibility for a situation. Often times we are resisting our ability, our strength, our power to handle a situation.

So another great thing to be aware of, those of you that are doing big things in the world writing books, coaching, speaking, doing live events, interestingly enough we find that some people along this path have resistance to being seen. So on one hand, they want to really get out there and make a big difference in the world. On the other hand, there's this resistance to fully being out there. Maybe resisting looking like a fool, resisting looking stupid, resisting other people's judgments or disappointments in you, right? All of which is a future that hasn't happen or maybe is not ever happen. So we start to see that resistance can get bundled together with other forms of resistance that'll get you tied up in a nice emotional knot.

Another big category is resisting others, right? Okay, I know it sometimes annoys me when people don't live in to the fantasy of who I want them to be. I've got a military brother. He can be very short on words. Sometimes it's like, "I want you to be more talkative. Tell me what's going on inside." And we only have this limited time to spend together, right?

So to the degree that I allow, that I resist whatever amount he's going to speak or not speak or share or not share, doesn't affect his inner peace, it affects my inner peace, right? So, first off, if I resist how much he's talking, we might even begin to see right away that that's probably not going to help. It'll probably keep him more quiet, but the more we can surrender in and accept whatever is going on, this is particularly true with other people, other people's personalities, their quirks, other people's choices. The more we relax about it, very often things shift and change. Often we end up getting what we want. I know this is particularly true.

When I first met my husband, well, he's an engineer type. We'd be having dinner, and I'd be sitting there thinking, "Well, ask me question. Let's have a conversation going. We've got this time to

spend together. Let's keep talking." And I would practice to sort of surrendering and just accepting what was instead of fighting the reality. As soon I got to a place of peace where I authentically was okay with the silence, inevitably something would arise and a conversation would get started. It would be very engaging and dynamic and interesting, and it always blew my mind and still even to this day. Sometimes I forget to practice that myself, so that can be another place we resist, because other people their choices, their personalities.

So we hit most of the big ones. Time. Time can be another place of resistance. Having our whopping 24 hours in a day, and well sometimes we want to squeeze more into that. When we resist the reality of time, we can feel that right? It just builds tightness in our chest and it often puts us in a place of non-action. So, when we resist time, we end up becoming less productive. It sort of sabotages are our best efforts.

It ties in with procrastination as another form of resistance - procrastination where we're resisting action. Very often we're resisting divine inspiration, divine flow, right? That could be from another form of resistance. It could be from fear. We make up a story about a future that hasn't happened, that we're going to be rejected in the future. So therefore, we should not get started on writing our book, here in the now.

So there we've got our set of big categories of resistance. So let's begin to talk about ways that we can relax resistance. How's that sound? Yes? Yes, yes, yes. Okay. You're all on mute so I can't hear you, but I'm going to pretend that you're talking back at me.

Okay. So, let's run through these. I'm going to run through these ways to relax resistance. Then we're going to open up the lines and hear from you about which forms of resistance are alive in your life. Actually, let's do that right now. I'm going to open up the lines and see what forms of resistance you are noticing that are alive in your life. Either something I've shared, or maybe it may not be something I've shared. Who would be willing to report one or two forms of resistance that's alive in your life?

Catherine: Mary, This is Catherine.

Mary Allen: Yeah, hi Catherine.

Catherine: I'll take one of those and three of those and two of those. No.

Mary Allen: And isn't that the truth? The truth is, it's like, "Oh my gosh, I do that, I do that, I do that."

Catherine: It's so comfortable though, because there's just so many different avenues to consider. I think self compassion is really big in a time like this. Two of them really got me, one is the not being seen part, because that's really happening for me. You know, like I am all of a sudden being in a place I always dreamed to be and there is a little of that what will happen if and when to actually be more visible.

The other one you touched my heart when you were talking about being with your husband in the car with him not wanting to say much to you, because I have a situation exactly the same. And what I do it always works, I just sit back and say to myself or to my inner being I want to feel connected. I just say that sentence to myself a couple times, and then I just rest. And every single time the person that I'm with engages with me.

Mary Allen: Oh beautiful.

Catherine: So I hear in that just what you said about – I didn't realize I was letting go. I was just thinking – I started it as an experiment, you know, you get a brainstorm. Because it's the lack of connection that makes me feel like I need to chatter to my partner.

Mary Allen: Exactly, exactly. Almost with every form of resistance, there is actually a disconnection from ourselves very often, at the core of it, right?

Catherine: Right. Great list. I mean that'll take you months just to work through it and watch yourself change your attitude about some of these things. So yeah. And I can't wait for the tips so I'll stop now.

Mary Allen: We got the tips coming.

Who else recognizes one or more forms of resistance that are alive in your life? We've got the lines open.

Katie: Mary, this is Katie. I think my two biggies are the resisting reality of how much I can do in a certain time period.

Mary Allen: Oh yeah.

Katie: Making the gigantic To-Do List, and being frustrated at the end of the day, because I didn't get very far on the list. I have to remind myself that, there are things that I can't control. So I just roll the other things that were undone over to the next day.

Mary Allen: Yes.

Katie: But sometimes having a big project, something that's going to take a lot of time on that list, produces procrastination.

Mary Allen: Yes.

Katie: I find myself doing a bunch of little things instead.

Mary Allen: Right. It's right, because we want that immediate gratification that having something done so we resist the bigger thing, because we so want that sense of accomplishment.

Katie: Yes.

Mary Allen: Yes. I imagine we have many people here that resist the reality of time. Well, doing that this week, because I only have two days in the office, and then I'm gone for another week at a five-day training. All right, how are you going to get everything in? And how about one more? What are your top two forms of resistance?

Michael: This is Michael.

Mary Allen: Yeah Michael.

Michael: My top form of resistance, and I'm not even sure if its resistance is – how would I put this? Choosing a path.

Mary Allen: So choosing a path – so resisting cutting off other options?

Michael: Yeah. But I don't see it that way. That's the problem.

Mary Allen: Okay.

Michael: The way that I see it is that I've been a generalist for 20 years. Why should I change?

Mary Allen: Right. Well you don't need to.

Michael: Well, yeah. Except that a lot of things in life are geared towards – well, if you’re like this then this is for you. If you’re like this, then this is for you, you know?

Mary Allen: Right, right, right. So this brings up an interesting point when we find resistance to somebody else’s input. We get to look at it through different lenses, right? There could be some resistance to disappointing somebody. It’s like, “Why is everybody telling me I should do this?” If we resist in disappointing others we might go against what we feel is aligned with our soul and our being. Okay? But then we’re resisting ourselves, right?

So we can resist disappointing others, we can resist to ourselves. Then we are in our little tug of war. So I would first go and come back to: what do you want to do? Align there first and foremost. There are plenty of people that are a generalists – look at general practice or family practice doctors. They deal with all kinds illnesses. It’s not just feet or hearts. There are many professions including Life Coach Mary that would be a generalist even though, you know, I say inner peace, I really I coach everything.

Michael: Right. But then how do you tell people what you do? I mean, I was in IT for 20 years but I was always as a generalist, the question I hated the most was when somebody said “What do you do?” I had no clue how to explain it to them.

Mary Allen: Okay. Well, so that gets us into a slightly different topic. But what I do – especially in the earlier years, is I say something that I do that would be relevant to them. If I know that they’re in sales, I’m about helping them increase their productivity and have a life while they’re being high producer. If they’re a mother, I focus on, them feeling even more at peace with their children and maybe relating to parents. If they want to lose weight, I talk more about health, right? Or I might even give them a smorgasbord and let them know that I deal with health, I deal with relationships, I deal with business productivity and inner peace. Give them a buffet.

Michael: Thank you. You know, somebody had given me the advice, and I had forgotten about it.

Mary Allen: Yes.

Michael: Thank you very much.

Mary Allen: Here is a case of resisting your own inner nudge.

Michael: Yes.

Mary Allen: Yes, until you get nudged somewhere out.

Michael: Well, I don't mind going with the flow but, yes.

Mary Allen: Yeah. That's it.

Michael: Yeah. That's a really good, good idea. Thank you.

Mary Allen: Okay. You're welcome, you're welcome. So let's talk about how we can transform resistance when it arises. First tip is simply **awareness**, to just even being, noticing or not feeling good in some way or feeling stressed, overwhelmed. Some kind of lack of flow just getting present and aware can be enough to transform it.

So let's say that uncertainty arises, just having a sense of awareness about uncertainty. We might remember a time where uncertainty was a good thing like right before Christmas, right? A sense of anticipation of, I don't know what presents are going to be under the Christmas tree but I'm uncertain. Uncertainty can be a good thing. But just having the awareness, let's say that you're dwelling on the past or the future.

Just having the awareness that "Wow, I'm really anticipating a future that may not even happen." Then, bringing yourself back to present moment awareness in the here and the now and that whatever problem isn't even here, that may very well be enough. Or maybe you're resisting, taking responsibility. I know sometimes slipping into a place of blame or victimhood that could be a form of resisting responsibility. Okay, so maybe just the awareness is enough to transform that resistance. Or as we were talking about people that aren't talking when we want them to talk - even just coming into a place of awareness that, "Wow. I'm really attached to them talking right now so I can feel okay," and that maybe just enough to bring a sense of connection back to you.

So, awareness number one. Another, another key one and this is going to be good for many of them. That is just **standing in a place of willingness and choice**. So totally feel the fear and do it anyway, right? Feeling a sense of "Can I handle this? Can I do this?" It's like "Well, I don't know." But instead of letting the fear or the resistance control you, just being more powerful and moving through.

This can be a good one with being seen for example. Act as if you love being seen. Step into the choice of doing it anyway. The more we move into something and choose, we can transform.

So *choice* is another huge one. It's almost relevant with all of them, because very often when we're in a place of resistance, we make up a story that what we're out of choice. "This is just the way it is." We forget that life is dynamic, and it can shift and change.

So here's a number three and that is, **loving yourself back to wholeness**. Loving yourself back to wholeness. What I mean by this one is when we're in a place of judgment; or for example, one of my clients today broke up with his girlfriend many months ago and was in resistance to that relationship coming to an end. But he's in even more resistance when his mind continues to think about this woman that is no longer in his life.

One of the ways to relax the resistance is, instead of standing in judgment or worry or attachment to this person or even obsessing of this woman. Love yourself in whatever is going on. Love yourself in the judgment. Love yourself in the wanting or the longing for someone. Love yourself in the worry, you know, "I'm worried, I'm worried, okay." So instead of giving yourself a hard time for it, can you find that part of yourself that can come in and be that source of connection and love you for being in the judgment? And what's wild is, as we love ourselves in these disconnected states, we actually connect ourselves back. It works really well too when we're in a reaction of emotion, anger or sadness or any kind of inner turmoil. If we can just step back and love ourselves in that place of turmoil, then it begins to transform.

So it's very similar to what Katherine was saying earlier about, "I want to feel connected." You can give that connection to yourself. You can imagine that connection to another person, but in either case we now have love very present in the space. So that's number three.

Another big path back to, (and it's a relaxing resistance), is **feeling your feelings**. So this is a big one when we resist feeling, let's say depression is alive for you or maybe you're angry at a choice of spouse or a child has made. If we're not willing to feel into the feeling, it can be a place where we get emotionally stuck. So a great way through it is just to feel it. So, feeling your feelings.

I was visiting my mom – some of you may have heard this story - visiting her in Sacramento and some of you know she's in early stage of Alzheimer's. And she had been off of her medication, because it was making her sick. Here she was working and balancing her checkbook and feeling very, very frustrated. She's kind of at that point where she's like, "I'm not going to be able to do this anymore. I'm going to have to pass this over to Andy (her husband)."

Well she doesn't like the way Andy balances the checkbook and does accounting; it's not her way. She was resisting that, and he's not making it any easier by saying "Well, I'm seventy something years old, and I'm not going to change. So you're just going to have to live with it." A nice, warm, compassionate conversation.

My mom and I ended up jumping into the car and heading off the Elephant Bar to have some lunch. I can just feel the tension in the car. My mom is a mixture of anger and sadness and pissed off at Andy. We get to the Elephant Bar. We get out the car, and we're walking into the restaurant. I turn to my mom, "So mom you know I am America's inner peace coach. Would you like a little tip?" And she looked at me, and she's like, "Yeah, sure."

She was obviously wasn't feeling too great. "So what feeling or what emotion is really alive for you right now?" And she's like "I feel angry." I said "Good. Okay, I want you to really feel into that anger right now. So I just said "Grrr," and she turned to me like "Grrr." This huge smile comes across her face, and she just lit up like a Christmas tree, "Oh, oh I feel a lot better now." Then, we had a really pleasant and amazing lunch, because she had felt through what she was unwilling to feel and really go to that place of anger.

Very often with feelings and emotions we go up to like 90%. We think we're feeling angry. We think we're feeling pissed off. But if we're only feeling it 90%, we're actually going to keep it alive. The trick when those emotions crop up is to dive into them, and just allow your self to feel it. Feel the sadness, feel the frustration. Even for the overwhelmed - the freaking out about our overly abundant To Do List. It's like "Oh, I've got too much to do!" Something like that can be really good to shake it up. So feel those feelings. So that's a big one.

Here's another one. So this would be number five and that is, **practices**. Those of you that attended the *Awakening Beyond Achievement*, we spent a lot of time talking about practices. There

are lots of ways we can use practices. One is say for example to exercise emotional muscles. So if we are noticing resisting our ability to receive, resisting a sense of worthiness, we might practice feeling worthy on a daily basis. We might just consciously make a decision that for a couple of minutes every, everyday we're going to just step into the feeling of worthy and deserving. So we might imagine things flowing into our life for no reason except for that we deserve them. We are worthy. We are abundant. So a practice can help counterbalance, let's say unworthiness is one form of resistance, and we exercise the opposite so that evens out the flow.

If we only do bicep curls at the gym, we never exercise the triceps. We're actually prone to injure ourselves when you don't exercise muscles in their sets. So we want to make sure both sides are exercised. And very often there's, one set, worthiness and deservingness is a good one. Most of us have the unworthiness factor way too exercised.

Another area of practice here, if we minimize our self that can be an area of practice and just making a point of **catching yourself anytime you're saying something that minimizes**. If we go to one of those previous boot camps, and choose to always ask, "Can I say something?" It's always asking for permission in front or apologizing for asking a question. Constantly minimizing yourself in a way, we want to stop doing this and make a conscious decision to practice not minimizing oneself. You know sometimes we do it out of fun and just another sarcasm. Yet, it reinforces that minimizing self, and ultimately it isn't very empowering. So practice can be really good for that one.

Discipline, there is another good one. Sometimes we can resist discipline - resist taking action. Resist doing something overtime and just getting exercise in the practice of discipline. It almost doesn't matter what it is. The more we exercise discipline, it's reinforcing our ability to choose. So we might just for fun say 21 days, we might do even for a 30 or 90 days where everyday we write down 10 appreciations. Maybe we take 10 minutes to meditate or maybe it's a discipline of going for a walk every single day or exercising in some way every single day. The more we practice discipline just for the sake of discipline, we're going to find ourselves not resisting taking action as often.

Okay. So we've got two more. Another big one is *the* one. This step is super, super good if we have any resistance to other people. When we're in judgment, reaction to other people, the key is

Byron Katie's *The Work*, four questions and a turnaround. We won't be going into to whole lot of detail about *The Work*, we'll actually do a call later this year about it. If you're not familiar with Byron Katie's *Work*, I recommend going to lovingwhatis.com. I also recommend going to my website, lifecoachmary.com, and go to Conversations with the Masters.

I've interviewed Byron Katie three times, and it's a phenomenal way to get an introduction to her work. I highly recommend her CD set. But essentially what happens in *the work* is two things. One is we're really looking at the reality of the situation, "Is it true?" Let's say, you know, "I'm angry and frustrated that so and so is not talking to me." Often I'm making up a meaning: they don't care, they don't want to connect with me. That would be a good statement to do the work on. "They don't want to connect with me." Well, is it true? Or, is their way of connecting is connecting in the silence? So, we're evaluating the truth.

The other thing that we're looking at is that we often do the work to discover that what we're in resistance to is actually a quality that we haven't owned or a quality that we're resisting within our self. So this can be another place of acceptance and embracing a different aspect of our self. We find through the works, "Ah, wow, I'm resisting my part. Maybe I'm not being willing to connect even in the way that would work for this person." So the work is that another huge powerful, powerful process.

Then, number seven is the **Inner Peace Reality Check process**. You may remember this from previous calls; we've got six questions. The first question, "What's the reality of the situation?" The second question, "What am I resisting?" So, the Inner Peace Reality Check will help us hone in on the resistance. The third question, "What will it cost me if I keep resisting? What if I keep resisting?" Not a very pleasant question, but a good question to help us get perspective. Question four, "What can I appreciate about the situation?" Number five, "What are my options?" And number six, "What will I consciously choose?"

So now, I went through those really fast, but all of you will be receiving those Inner Peace Reality Check process on a CD in the next week. So, you can go through those more in detail. But let's look at where we apply the Inner Peace Reality Check process. If I'm in a place of resistance around uncertainty, good opportunity, well, let's check in, what's the reality of the situation? "Okay well, you know, I'm certain about how I'm going to get all these items accomplished in the next week." "Okay. Well, what's the reality

of the situation?" "I've got five projects to do. What am I resisting?" "Well, resisting the idea that I might not be able to get them all done."

All right, we may fast forward down to "Well, what are my options?" "Given I have X amount of time, and this many projects, which one is the biggest priority? What are my options, and then what will I consciously choose?" So pick one, and really force yourself - this is one of the times, Michael, where we do want to narrow our self down and make a choice is, in a situation like this.

Another time we can apply this is if we're minimizing ourselves on our strengths. We might check in, "Well, what's the reality of the situation?" I've handled every situation so far in my whole life, but maybe, not all as elegantly as I'd liked. But reality is, I can actually handle most things. That maybe something we discover.

So the Inner Peace Reality Check process, again, can be one of the more powerful tools for us to use when we're just feeling stuck. So maybe there are multiple points of resistance. We need to detangle them one by one. Okay. So that's a little summary there. I'm going to open up the lines.

Katie: Mary, I have a question.

Mary Allen: Okay.

Katie: I was trying to write down the six parts of the Inner Peace Reality Check, and I didn't get the fourth one.

Mary Allen: Okay. The fourth one is, "What can I appreciate about the situation?"

Katie: Okay. Thank you.

Mary Allen: Yup, yup. And that's in your packet from *Awakening Beyond Achievement*, and the form is also in the Momentum Now Forum. And actually that worksheet will come to you in the mail with your two CDs.

Katie: Lovely.

Mary Allen: Yeah. Yeah. So, well first off any questions about any of these seven strategies for relaxing resistance?

Katie: You mentioned the work of Byron Katie. How do you spell that?

Mary Allen: It's B-Y-R-O-N, and then Katie, just like you, K-A-T-I-E. And her website is lovingwhatis.com. I highly recommend the CD set, *Loving What Is*, also by the same name. It's seven CDs, really a great introduction to *The Work* and as far as resistance to other people it is the single number one best tool.

Katie: Thank you.

Mary Allen: You're welcome. Okay. So, let's hear. We had a few people that were willing to share what resistance was alive in their life. Which method did you discover, maybe a good way to relax that resistance? Is it through just simple awareness? Is it through making a choice? Loving yourself, some kind of a practice, feeling the feelings, investigating the work or the Inner Peace Reality Check?

Katie: I think I've used all of these, one time or another.

Mary Allen: Yup, yup. Well, and so what resistance is alive in your life right now?

Katie: Making order out of chaos.

Mary Allen: Oh, okay.

Katie: We discussed this at the Inner Peace Conference in Dallas.

Mary Allen: Yup, Okay. So, making order out of chaos. So of all these tools, which one might really help you the most, right now?

Katie: Well, the discipline of being just dogmatic about it and doing it, chipping away a bit at a time.

Mary Allen: Yup.

Katie: And also just have an awareness of the reality of this is a big job.

Mary Allen: Yeah. Yeah. So, good. I would say for you, a great one really is the Inner Peace Reality Check. You keep coming back to reality, to keep looking at where the points of resistance are and then to keep coming to question number five, in that series which is "What are my options?" Like, "Okay, I've got all these choices of things that can get done. Which one will I consciously choose right now?" And that discipline of just choosing one will make your life

so much easier. If you choose one thing, we can all handle one thing one at a time.

Katie: Right.

Mary Allen: Yeah. So, who else? What resistance is alive in your life and which of the seven keys will you consciously work on flexing?

Cindy: This is Cindy.

Mary Allen: Yeah, Cindy.

Cindy: Hi. Whatever, I'm resisting right now. I don't know exactly what it is that I am resisting.

Mary Allen: Okay. So, let's take a look.

Cindy: Let's take a look. Yeah. I don't know if maybe it's feeling my feelings or is it what other people are thinking.

Mary Allen: Ah. Okay. Let's look at if we're resisting what other people are thinking first that we're resisting something that's a non-reality, right? Unless somebody tells you what they're thinking, you have to make it up on your head.

Cindy: Okay. We make it up in our heads. I think I'm just in this weird place. But a lot of it is just basically going on disability at work. I'm getting a lot of negative feedback from work. That's somewhat making me feel tired, like I don't even want to do anything. I just feel like crying all the time. There's no reason for it. I know that I'm resisting something, but I haven't been able to figure out what it is that I am resisting.

Mary Allen: Okay. Okay. Well good. So, you've given us some good information. We want to get really good at finding resistance in various situations whether they're with our clients, or self. So, I'm hearing a couple of things here. One is sounds like there's some resistance to, number one, feeling an emotion. There's a lot of emotion that's alive and present. I would give your self full on permission to love yourself. Love yourself in the tears.

So, give yourself full permission to feel those feelings and love yourself while you're doing it. Maybe even set up the time and the space that, "Okay, you know, this is it. I'm going to just feel in to it," and simultaneously love yourself. Then, I'm also hearing a piece around disappointing others and what other people are

thinking here. So, we've got some options here. We can go to Inner Peace Reality Check process. What's really the reality of the situation?

Cindy: And that's what I keep telling myself. They are very short-staffed, and they're very over-worked. So therefore me not being there makes them more overworked.

Mary Allen: Yeah. Yeah. Yeah. You're resisting them being disappointed in you in some way for having to work harder, right? I mean nobody wishes other people, "Oh, please, work harder. That would be so much fun."

Cindy: You're right.

Mary Allen: You can go to, "What is it costing me if I continue resisting?" How would it feel?

Cindy: I'm costing myself my inner peace.

Mary Allen: Exactly. Right, okay. So, good. So, what can you appreciate about this situation?

Cindy: That I have time to work on my coaching business and develop products that I'm trying to develop. It gives me a lot more time because my husband has some too since I can't walk.

Mary Allen: Uh-huh.

Cindy: So, I, so it's really giving me a lot more time on the computer to work.

Mary Allen: Okay, got to love that.

Cindy: Sometimes I'm procrastinating there, because of all the other stuff that I've been feeling.

Mary Allen: Uh-huh. Okay, right. When we get distracted by these other things then – yeah, it totally keeps us from acting.

Cindy: You know I did see that, the resistance how it almost seems like everything's been snowballing for me the last week.

Mary Allen: Yup. As we start kind of peeling them apart one by one, we can do it for each one, right? Here, I'm going to do one thing here. So, then you can go to, what are your options?

- Cindy:* My best option is to follow the doctor's orders and just concentrate on getting myself physically better.
- Mary Allen:* Yup. Okay.
- Cindy:* And feel at peace that for some reason the universe has allowed me to get in this physical position so that's why I should advantage of it.
- Mary Allen:* Right, right, exactly. Oh, and I just got another one, resistance with your work mates there could be a level of like resisting their brilliance to be able to handle things in your absence.
- Cindy:* Oh, yeah. I don't think so.
- Mary Allen:* Okay.
- Cindy:* I mean I talked to other people that found out even, one of the girls sent me to the doctor today, one of my friends said she doesn't work there any more. Somehow I feel really guilty for being – I'm disabled. She was like, “Yeah, they made me feel that way when I had kids.” She had twins last year. So it's something that the company does. The way they act. That's the way they talk. It's the way they – whatever problem they're having which I know I shouldn't let their problems be my problems.
- Mary Allen:* Right, right and that comes back to a place of choice, right? It's really getting that it's their issue. One of your choices is to, “Oh, let's skip the doctor's advice, let's get ourselves in there,” and potentially create more damage for your self.
- Cindy:* Right.
- Mary Allen:* Right.
- Cindy:* I know even today one of the bosses or it's my supervisor's boss said– which was sort funny to me, because she knows that nobody can do this. She said, “It seems like you just go to work and put your foot up.” And I was like, “But I'm in fall danger.” I'm like, “So, would you really want me there when I could fall?” (My phone's dying.)
- Mary Allen:* Okay, well then, we better work to wrap up here. Okay good, just like that kind of picking it apart, getting curious that there can be more than one place of resistance. And that we can kind of keep

coming back to these different strategies. We'll just open up the lines. I think there was Michael's – do we still have Michael?

Michael: Yes.

Mary Allen: Okay, so what did you notice – what resistance was alive and which strategy can you apply?

Michael: Well I think I'm having resistance to key number one.

Mary Allen: Okay.

Michael: Because I know you've mentioned that at least twice if not three times, and I keep missing it. It's like my brain's just not hearing it.

Mary Allen: So resistance - key number one - which is awareness.

Michael: Oh it's awareness. Okay, thank you.

Mary Allen: Yep, yep. Awareness, it's so simple, right? Just being aware of resistance often transforms it.

Michael: Right. Well, the other thing I want to say is that I actually want to give you a testimonial for key number four, feeling your feelings.

Mary Allen: Uh-huh.

Michael: A few weeks ago I have to get up and speak in front of an audience. I was really surprised, because I've done this before but on this particular day something happened. I guess I was nervous and my voice went up by half of an octave. I couldn't figure out how to bring it back down.

Mary Allen: Uh-huh.

Michael: I was talking like this the whole time.

Mary Allen: Uh-huh.

Michael: Anyways, so I thought about this and then again last week I had an opportunity to speak again in front of an audience. I wasn't going to; I wasn't going to let this happen again. And I actually thought of you. I remembered seeing a video maybe a month ago or something like that. You were going for an audition for the Oprah network.

Mary Allen: Uh-huh.

Michael: You talked about how nervous you were - and what you did was you talked about the beating of your heart. It was beating fast and everything. You just focused on the inside of you, on what you are feeling.

Mary Allen: Uh-huh.

Michael: I did that, and it worked out great.

Mary Allen: Nice. Nice, nice.

Michael: I calmed down. And it all just worked beautifully. I was amazed that it actually worked. I was impressed.

Mary Allen: Nice. Well, and this is a combination of a few things, right? It's awareness and presence towards a beating heart; it's feeling the feelings. It was also just the choice and the willingness to be with it as opposed to resisting and keeping locked in place.

Michael: Exactly.

Mary Allen: Beautiful.

Michael: Thank you very much.

Mary Allen: You're welcome very much. Awesome. Awesome, awesome. All right, well, here we are kind of wrapping up for today. Our next call is on August 10th. So that's two weeks from today.

August 10th at 5PM PT. You, as always, will have the information about the call in the forum momentumnow.ning.com. We'll be posting the recording there as well as some hand-outs so look for those notes. And as always, you can connect with other members that are in the forum. We've got just an extraordinary group of people there. For many of you, I will get to meet you on August 7th in Newport Beach at the Hyatt Newporter. So, looking forward to seeing you August 7th. And with that a big group virtual hug, and we'll talk to you next time.

Katie: Thank you.

Cindy: Thank you Mary, have a great night.

Michael: Thank you Mary.

Mary Allen: All right, bye-bye.

Michael: Thanks, bye-bye.

Katie: Hope you feel better.

Mary Allen: Thank you.

Cindy: Bye-bye.

Mary Allen: Bye-bye.

[End of Audio]