

10-9-2016 Readings: Resistance and Crisis... A prelude to growth

A Pilgrim in Your Body, Energy Healing and Spiritual Process, Jim Gilkeson

The next time someone accuses you of "resisting," tell them, "I'm not resisting; I'm merely regulating the pace of change in my life."

Resistance, Release, and Renewal (The 3 Rs of Energy Healing)

... When you bring awareness to sensations arising within you, neither trying to change what is happening nor trying to keep it from changing, you are supporting the process of transformation and renewal. When you connect with your [self] and bring mindful awareness to both the structure of [your] body and the energy that enlivens it and follow the physical and energetic movement without trying to force or hinder change you support the underlying process of renewal. This seems to hold true in particular with what we tend to view as obstacles, such as fear, pain, resistance, anger and sadness, not to mention the *twin structures* that come out of hiding when we take a step toward our innate wholeness. Not only do processes unfold when we finally pay attention to the things we typically try to avoid, they often turn into allies. Facing a fear of failure can lead to finding the strength to succeed. Turning inwardly toward a wistful sadness can lead you to a pool of grief and uncried tears that, when they are finally released, can give your life new depth and soulfulness and lend an unexpected lightness to your spirit. The unlocking of our gifts and qualities often involves embracing apparent obstacles and witnessing their metamorphosis.

The triad of resistance, release, and renewal expresses a perennial theme in healing, growth, and development. Taken as a package they describe a continuum of events, a recurring pattern in processes of change: resistance is often a precursor to the release of excess energy from a person's body or psyche, followed by the potential for a move of consciousness into a new place.

There is something about being alive that insists that we grow and change, and the resistance we invariably encounter is likely to occur *at the edge of new growth*. If it is treated with respect, that resistance often reveals itself as an ally. Using the tools of energy work on yourself and in your work with others will offer you a host of opportunities to witness the dynamics of change seldom does a deep change inside a person happen without resistance. In the process the forces line themselves up: the forces of change over here and over there, the forces committed to preserving the status quo and regulating the pace of change in our lives. Both sides are undeniable. They converge, yin and yang merge and in the miraculous alchemy of co-creation, something new is born. The whole process begins, however, with resistance.

Trusting the Dynamic of Release

In the context of energy healing, we use the term "release" in a specialized way to indicate the discharge of excess energy that is held in our bodies and psyches. In this sense, release can take place in any part of ourselves where we can hold energy. Releases range from barely noticeable finger twitches and knee jerks to sighs and yawns and full-body surges of emotion. Our bodies and psyches use these natural forms of release to regulate and balance the energetic metabolism in our systems, expelling what's old and in the way and drawing to ourselves new impulses and fresh energies that will help us toward our hidden wholeness.

Release that carries a person's experience into new territory underscores the importance of subconscious cooperation between you and your healing partner [yourself]. One important factor is your acceptance of [your] process, your capacity to connect and simply be present with yourself, neither dampening what comes up nor pushing for a release. The energy healer who would facilitate release in a non-forcing way learns the signs and symptoms of impending release and acquires a generous appreciation for the resistance that typically precedes it. Ideally, the healer has also gained enough experience in riding the rapids of her own personal process that she trusts the dynamic of release as it crescendos, peaks and then drops off. She understands that the wave of release, if allowed to do so, can carry her partner onto new shores of peace and insight.

What follows are some signs and signals of energetic release that body/energy workers pay attention to:

- A build-up of resistance is often a harbinger of release.

- Twitches, sudden flinches, shaking, quivering, trembling
- Breathing changes
- Heat (localized rises in tissue temperature to radiant whole body hot flashes)
- Fluttering eyelids and rapid eye-movements
- Emotional release or outward motion of energy: If that out-motion is “pressed back” (repressed) or “pressed down” (sup-pressed), the result is a jamming together (com-pression) of energies.
- Mental Release such as the flurries of mental images that can rise up but which leave little or no impact as memories or information.

Release vs. Clearance

The process of resistance, release, and renewal is not a random process at all. It is a perfect example of the three-fold spiritual path in action. The build-up of resistance, which often comes before a release, and the release itself are a vehicle provided by nature for moving our consciousness out of the known world. This self-healing, or self-optimization, invariably involves a shift toward balance, and this seems to always include the releasing old experience—as opposed to merely repressing of it—and the drawing-in of new life force and experience.

It’s easy to get the impression that release is a one-time event. In practice, however, that is not always the case. Not infrequently, you can go through a significant release only to find that there is more to do. The need for release will continue as long as the pattern behind the build-up of energy has not cleared. Imagine a stream of water moving along easily and unimpeded. Small sticks and leaves are washed along in the stream, and they too, move right along with the moving water. Now imagine that, somewhere in the path of the stream, the flow of water encounters a jagged stone. The stone is not so large that the water can’t move around it but because of the stone’s particular shape, it has to make a detour. Perhaps some of the water stops moving, and what was once fresh, flowing water begins to pool and stagnate. The sticks and leaves that were moving along with the stream start to hang up on the stone, and in time they accumulate to the point that they impede the free flow of water and maybe even stop it altogether.

We see a similar thing with the movement of life force within us. Energy patterns shaped by the injuries and traumas of your life have their way of impeding the flow of life force through you in the same way the jagged rock collects the sticks and leaves that impede the flow of water in a stream. In your energy system these obstructions can turn into stagnate pools, and become a collection point for all kinds of energetic debris. You can go into the stream and clean out the accumulation of flotsam and jetsam that hangs up on the rock, but as long as the rock remains in the stream, this accumulation will continue to occur. Likewise, you can periodically release the buildup of energy that collects around trauma patterns, but the permanent release can happen only if there is an actual clearance of the pattern that collects the build-up.

The Loving Diet, Jessica Flanigan (excerpts)

Our relationship to our illness [resistance] is the cure. What is your relationship to your resistance? Are you a victim? Is it hostile? Is it an unhappy relationship? You might not be able to change the fact of illness or resistance, but you are completely capable of changing your relationship to your illness [resistance] to create more happiness in your life. When you identify with loving instead of with pain, liberation, abundance, and joy are more available to you. The relationship to your struggle then becomes one of cooperation. This book is going to show you that the remedy to what ails you is always loving.

To achieve this relationship of cooperation, I’d like to ask you to consider a different way of living on this planet. Doing so means you will have to make the decision to trust your life. Once you fully come to understand that there could be something bigger than each of us that is leading the world in which we live—you will see and experience dramatic change. Whatever it is—God, Buddha, The Divine—you’ll come to understand and believe that this force may actually have your best interest in mind. And if you don’t believe in God, believe in love.

I believe that disruption of any kind actually is here to help us, free us, and love us. This path took its time unfolding itself to me. It was not an overnight process. It was a gradual process that has gained momentum in the last few years. I took this journey inch by inch, at first. But now I take the perspective that there is no such thing as *good or bad*. There is only more to experience that will assist me with loving everything. There are only experiences that deepen my inner foundation to trust, love, and grow.

When you start investing in the idea of trusting your life, you will tap into an understanding that the illness [problem, resistance, pain, loneliness, addiction] you're living with might just have a positive aspect to it: wisdom. If even for a moment you can consider the idea that the [problem] has something to give instead of take away, and then it is instantly working in our favor. Then life opens up a series of opportunities and it becomes your decision each time if you are going to take off the ugly costume and see what riches lie inside. Even if it means your life falls apart, it is doing so because wisdom is trying to come forward in the process. Then use the struggle [resistance] and the willingness [release] to your advantage [renewal]. Those things can come forward through the doing and trying too, but in some ways it is like making our bag of tricks in life include all of what makes us up, not just the "good" stuff. I think this is far more rewarding because then you don't have to discount anything in life. Then the messed up childhoods, bad marriages, tragedies, and diseases all get starring roles in our greatness, not just the awards, grand houses, or big incomes.

We are all trying to run away from the things that we don't like, or others don't like, in ourselves and trying to be perfect. But the imperfections are opportunities for being vulnerable, building courage and ultimately for increasing wisdom. We choose to decide if we will love them. And when we do, when we love the difficulties in our life, they open a door to the idea that we are already whole and perfect, and adversity was just the way we came to understand that truth.

A LOVING AFFIRMATION

*Take one step toward coming into cooperation
with your resistance, your struggle and wake up each morning
and say "I trust my life."*