

# Resistance and Freedom

**Freedom = the absence of negative emotion**

## **Effects of Negative Unconscious Programming**

Unconscious problems restrict us in every area of life and functioning. Without consciously knowing it, we are highly programmed to limit ourselves, automatically, in a variety of ways and to repeatedly experience many common problems and feelings:

- Loneliness, abandonment, isolation
- Self judgment, self-criticism, self-rejection, blame, shame
- Dysfunctional and unsatisfying relationships
- Underachieving sports performance and ability
- Lack of personal fulfillment, inability to embrace and enjoy life
- Poor business and financial decisions and low income
- Poor sexual performance and satisfaction
- Guilt, shame, embarrassment, self-consciousness
- Reduced mental, emotional, and physical skills, talents, and effectiveness
- Poor health and physical functioning, low energy
- Lack of zest for living, inability to embrace or accept life
- Low self esteem and self concept, self-doubt
- Depression, despair, discouragement, disappointment
- Sadness, grief, sorrow, helplessness, hopelessness
- Anger, rage, resentment, bitterness toward self and others
- Phobias, anxieties, fears, shyness, dread, worry

All of these are Blockers which, when unearthed, will free you to move toward Freedom and Wealth.

The lists that follow in the next section are provided to help you recognize the blockers that may come up in you during the Wealth Coaching Program. These words and phrases characterize a particular level of energy or vibration.

Shame	Guilt	Apathy	Grief	Fear	Desire/Lust	Anger	Pride	Courage – Love	Peace
Humiliated	Blame	Despair	Regret	Anxiety	Craving	Hate	Scorn	Adventuresome	Ageless
Despised	Vindictive	Condemning	Disdain	Punitive	Denying	Vengeful	Indifferent	Alert	Being
Contempt	Remorse	Helplessness	Sadness	Apprehensive	Callous	Abrasive	Aloof	Alive	Boundless
Losing face	Recrimination	Poverty	Loss	Cautious	Compulsive	Aggressive	Arrogant	Assured	Calm
Non-person	Masochism	Hopelessness	Dependency	Clammy	Demanding	Annoyed	Bigoted	Centered	Centered
Invisible	Victimhood	Cut-off	Regret	Cowardice	Devious	Argumentative	Boastful	Certain	Complete
Withdrawn	Embarrassed	Dead	Depression	Defensive	Driven	Belligerent	Clever	Cheerful	Eternal
Worthless	Tormented	Desolate	Abandoned	Distrust	Envy	Boiling	Complacent	Clear	Free
Giving up	Torn	I can't	Wounded	Doubt	Exploitive	Brooding	Conceited	Compassionate	Fulfilled
I don't count	Cheated	Doomed	Betrayed	Dread	Fixated	Caustic	Contemptuous	Confident	Glowing
Despair		Humorless	Blue	Evasive	Frenzy	Defiant	Cool	Creative	I am
Lost		I don't care	Disappointed	Frantic	Frustrated	Fierce	Critical	Daring	Light
Powerless		Why try?	Distraught	Hesitant	Gluttonous	Frustrated	Disdain	Decisive	Oneness
Useless		What's the use	Heartbroken	Horried	Greedy	Fuming	Dogmatic	Dynamic	Perfection
Ashamed		Vague	Heartache	Hysterical	Hoarding	Furious	False Humility	Eager	Pure
Left out		Futile	Heartsick	Inhibited	Hunger	Harsh	Gloating	Enthusiastic	Serenity
		Giving up	Hurt	Insecure	Impatient	Hatred	Haughty	Exhilaration	Space
		Numb	If only	Irrational	Lascivious	Hostility	Holier than thou	Flexible	Still
		Stoned	Ignored	Nauseous	Lecherous	Impatience	Hypocritical	Focused	Timeless
		Unfeeling	Inadequate	Panic	Manipulative	Indignant	Icy	Generous	Tranquility
		Lazy	Inconsolable	Paralyzed	Miserly	Irate	Judgmental	Happy	Unlimited
		It's too late	It's not fair	Paranoid	Must have it	Jealous	Know-it-all	Honorable	Whole
		Forgetful	Longing	Secretive	Never enough	Livid	Narrow-minded	Independent	
		Hardened	Melancholy	Shaky	Oblivious	Mad	Never wrong	Initiative	
		Bored	Misunderstood	Skeptical	Obsessed	Mean	Opinionated	Integrated	
			Mourning	Superstitious	Overindulgent	Merciless	Overbearing	Invincible	
			Neglected	Suspicious	Possessive	Outraged	Patronizing	Loving	
			Nobody cares	Tense	Predatory	Petulant	Pious	Inspired	
			Unwanted	Terrified	Pushy	Rebellious	Prejudiced	Motivated	
			Unloved	Trapped	Reckless	Resentment	Presumptuous	Open	
				Uncertain	Ruthless	Resistant	Righteous	Optimistic	
				Uneasy	Scheming	Revolted	Rigid	Positive	
				Vulnerable	Selfish	Rude	Self-absorbed	Purposeful	
				Escape	Voracious	Savage	Self-satisfied	Receptive	
				Wary	Wanton	Simmering	Smug	Resilient	
				Worried	Wicked	Sizzling	Snobbish	Resourceful	
						Smoldering	Special	Responsive	
						Spiteful	Spoiled	Secure	
						Stern	Stoic	Self-sufficient	
						Stewing	Stubborn	Spontaneous	
						Stubborn	Stuck-u[	Strong	
						Sullen	Superior	Supportive	
						Vengeful	Uncompromising	Tireless	
						Vicious	Unfeeling	Vigorous	
						Volcanic	Unforgiving	Visionary	
						Violent	Unyielding	Willing	
						Willful	Vain	Zest	

## Resistance

### *Resistance eats up enormous amounts of Energy.*

Instead of allowing the natural flow of things to take us where we want to go, most of us most of the time expend our energies trying to swim upstream. Why do we do that? Because we harbor self-defeating beliefs: life is hard, we have to struggle to get anywhere, we constantly need to prove ourselves. All testimonies to our resistance.

Resistance is subtle and even insidious. Resistance is struggling against the natural flow of things making life more difficult and more stressful. In fact, resistance TO WHAT IS is the greatest obstacle to being in the flow where all is easy, effortless, and enjoyable (EEE). What's more, resistance prevents us from moving ahead in our becoming wealthy and successful.

Resistance comes in many guises. Have you ever set an Intention or started a project with the greatest enthusiasm and then somewhere in the middle of things lost all juice for it? That's Resistance. Do you remember the last time you were told you should or had to do something (do you hear your mother's voice?) and your reaction was "Oh yeah?"

Subtlety is the order of the day here. You misplace your office key because you really don't want to go to work today. You realize once again that you've missed your sister's birthday and have to send a belated card. Three Mondays in a row, your son has stomach pain and wants to stay home from school. Your favorite excuse to people for not following through on things is that you are soooo busy and don't have the time.

Here's a dramatic example of Resistance. Two months ago, Lynn, a good friend of mine, spent just half an hour with her brother Johnnie on the phone leading him through the Tapping routine she had just learned. Johnnie's MS had him in a wheelchair more than a year and he was on heavy doses of medication. In the half hour call, Tapping had given him such relief that Johnnie was able to stand up and even take a couple of steps. After all the laughter and tears, Lynn took him through the routine a couple of times, carefully making sure that he knew exactly what he had to do and making him promise to Tap at least four times a day. Just this morning, Lynn told me that she had called her brother and discovered that he had abandoned Tapping after just two days, calling it voodoo, despite its remarkable results just two months earlier.

What happens when we "should on ourselves" gives us insight into how Resistance forms. "Shoulds" and "musts" and "have to's," all imperatives, naturally stir up Resistance even when it involves something we want to do. Come back into childhood with me for a minute and listen for the voice of your mother (or father or older sister) as I tell my story.

My mom liked to keep my hair long and, as a three year old, I began to hate having my hair combed because it hurt when it "pulled." You can imagine the pattern of Resistance building up when, every morning, my haired had to be combed. I would run away and I would hide and I would throw tantrums. Nothing worked. Then I got really creative. With my mom's sewing scissors I cut all my hair off! Of course, everyone should keep themselves well groomed, but even now, I find myself resistant to spending time on my hair.

Here are some of the masks that Resistance wears:

- Whenever you feel that you have to, must, or should do something, you're in Resistance.

- The feeling or thought “I can’t” is a sure sign that energy is being expended in Resistance.
- When you feel as if you are moving through molasses and are encountering petty little obstacles.
- When you seem to be stalled for no apparent reason
- Realizing that you do not have what it is you want to have (or that you are not what you want to be or that you are not doing what you wish to be doing.)

Because it is so powerful, Resistance becomes a habit pattern that shuts down your ability to think straight, to see clearly, or to feel appropriately. It is especially the latter – emotions -- that, when intense, keep you from perceiving what’s actually happening in your world. After a few months of contention with my mother over having my hair combed, dozens of other “shoulds” were created – all opportunities for Resistance.

I AM WEALTHY. MY LIFE IS A SUCCESS