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**Resistance to Celebrating**

**By Margaret Paul, Ph.D.**

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RESISTANCE TO CELEBRATING  
Margaret Paul, Ph.D.

Some people really love celebrations - birthdays, anniversaries, holidays - while other people seem to dislike them. Derek will tell you that he could go through life very nicely without celebrations. To Derek, celebrations are a bother, a nuisance. They are meaningless and commercialized, created by big business to make money. Derek does not want to fall into the trap of being like everyone else.

Bonnie, Derek's wife, is just the opposite. She loves celebrations. She loves to buy just the right gifts for people. She loves to celebrate people on their birthdays and anniversaries. She loves Thanksgiving, Christmas, as well as Chanukah, since she is half Jewish. To Bonnie, celebrations are times when she can express her love and appreciation for people and her gratitude for her life. Bonnie is sad that Derek doesn't like to join her, and often feels lonely at holiday time because Derek is so resistant to celebrating.

How did Derek get this way? What causes him and others to dislike celebrations?

## Resistance to Celebrating

Derek grew up with a very controlling, invasive mother. She tried to control Derek in many areas - how he wore his hair, who he dated, how he spent his time, what courses he took in school, what major he had in college. In addition, she exerted much control over him during celebrations. Not only did he have to get her a terrific present, but whatever he got was never good enough. For Derek, celebrations were not fun at all.

Now, as an adult, Derek is in resistance to being controlled. He has transferred his anger and resistance toward his mother onto society and big business. Now it is society and big business that are trying to control him. Now, because he is an adult, he no longer has to give in as he did with his mother. Now he can resist being controlled.

The problem is that it is not really an adult who is making the decision to hate holidays - it's a

wounded, angry resistant adolescent who just doesn't want to be controlled any more. Derek actually has a little child inside – the happy, playful, loving child - who would love to be celebrated on his birthday and would love to celebrate others, but this tyrannical, controlling adolescent part of him (who is just like his mother!) won't let him. So, like Bonnie, his little inner child ends up feeling sad and lonely on holidays and birthdays, while the adolescent part of Derek thinks he is beating the system.

Derek will never be able to experience the joy of celebrations until he starts to care more about what is truly loving to himself and others, rather than being controlled by his resistance to being controlled. As long as not being controlled - by Bonnie, by his mother, or by society and big business - is more important to him than taking care of the little child inside who loves celebrations, Derek will be in resistance.

One way of moving out of this resistance is to find something he does want to celebrate. Can he celebrate his love for his wife? Can he celebrate the loving part of himself? Can he celebrate the fact that he is free to resist and rebel if that is what he wants? Can he celebrate his freedom to choose, his free will to determine what will bring him joy? Derek has the choice to move out of celebrating what others say he should celebrate and discover what he wants to celebrate. Then he might discover the joy of celebrating!

Meanwhile, Bonnie needs to take care of herself and find people who would enjoy celebrating with her. Rather than being stuck in her loneliness around special days, she needs to find friends to celebrate with her. She needs to let go of trying to get Derek to join her - which only taps into his resistance - and figure out how to take care of herself in the face of his choices. She will just lose out if she tries to have any control over his resistance. However, if Derek is open to learning about his resistance and open to learning about what he could celebrate, she can certainly engage in those discussions with him. If she lets go and he opens to exploring, perhaps they can discover new and joyful ways of celebrating!

Margaret Paul, Ph.D. is the best-selling author and co-author of eight books, including "Do I Have To Give Up Me To Be Loved By You?", "Do I Have To Give Up Me To Be Loved By My Kids?", "Healing Your Aloneness", "Inner Bonding", and "Do I Have To Give Up Me To Be Loved By God?" Visit her web site for a FREE Inner Bonding course: <http://www.innerbonding.com> or

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## **Release Resistance and Accomplish your Goals**

**By Peter Murphy**

### **Release Resistance and Accomplish your Goals by Peter Murphy**

Do you ever feel like no matter how hard you try you just cannot seem to make significant progress? You learn some new skills and are excited about using them only you never seem to get around to applying what you learned. No matter what you do your life is like driving uphill with the handbrake on!

What you are experiencing is resistance, one of the biggest barriers to creating your life the way you want it to be. Resistance happens when all parts of you are not pulling together to get you what you want. Thankfully there is a way of releasing resistance so that you can move ahead with greater ease.

Two Steps to Release Resistance:

1 Notice that you are feeling stuck. And then let yourself feel that resistance in your body, allow it to be there without judging it or trying to get rid of it.

2 Ask yourself: would I rather stay stuck or would I rather be free of it? Ask yourself this question, notice your answer, and then ask the question again. Allow yourself five minutes to repeat this process or until you feel more relaxed, lighter and more at peace.

Then return to your activity with a greater sense of being able to do whatever it takes to get it done.

Peter Murphy is a published writer. He publishes a free weeklyzine full of practical tips for communicating at your best under pressure. All new subscribers receive a free e-book with powerful strategies for being at your best. To subscribe send a blank email to:



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