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What Are You Resisting?

By Margaret Paul, Ph.D.

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What Are You Resisting?

Margaret Paul, Ph.D.

If you are stuck somewhere in your life, the chances are you are stuck because you are resisting something. Many people grew up with one or two controlling parents or caregivers, and therefore learned numerous ways of overtly or covertly resisting being controlled. Who or what are you resisting?

RESISTING BEING CONTROLLED BY ANOTHER PERSON

Noah fell madly in love with Celia. It had been a long time since he had felt in love and he was delighted when it finally happened. Given that both Noah and Celia were in their mid 40's, they didn't want to wait long to be together. They had a whirlwind romance and got married within six months of meeting.

However, within a short time, the passion and in-love feelings were gone. What happened?

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Celia is a person who loves to feel connected with others. She is also very afraid of disconnection with the people who are important to her. As a result, she wants control over people staying connected with her. She tries to have this control in very subtle ways. It's not anything she does overtly – it's more of a covert energy pull. It's in her eyes, in her smile, in her hug.

People who are not resistant love Celia and feel loved by her. Her subtly pulling energy does not create fear in them of being controlled. In fact, the opposite happens – they see her as a very safe person and open their hearts to her. Most people will tell you what an open and loving person she is.

Noah, however, is a very resistant person. Having experienced the same kind of subtle energetic pull from his mother, he has a deep fear of being controlled. His unconscious response to Celia is to close his heart and withdraw to protect himself from being controlled by her pull. It's more important to Noah

to protect against being controlled than it is to be loving. Therefore, the more Celia pulls out of her fear of disconnection, the more Noah resists connecting.

Until being loving to himself and Celia is more important to Noah than protecting against being controlled, his heart will stay closed. If Celia were to pull back completely, he might open his heart again, but it would close as soon as she wanted connection with him. Just her wanting the connection feels to Noah like a pull. This relationship has no chance of regaining the in-love feelings until loving Celia is more important to Noah than protecting against engulfment. He is resisting the very thing that originally brought him joy.

RESISTING BEING CONTROLLED BY YOURSELF

The resistant pattern can continue on the inner level, creating much immobilization. For example, if one part of you is saying, "We've got to lose weight," or "We have to get this place organized," or "We've got to get the bills paid and the taxes done," or "We've got to stop being late everywhere," another part might be saying, "You can't tell me what to do. I don't have to do what you say." It's as if there is an inner controlling parent telling you what to do, just as your parents might have, and an inner resistant child resisting in the same ways you might have learned to resist when you were growing up.

If you are stuck in this inner pattern, it is important to realize that the same thing is true as when resisting another person: it's more important to you to resist being controlled – even if it is by you – than to be loving to yourself. Obviously, if you are overweight, it would be loving to yourself – to your health and well-being – to lose weight. It would be loving to yourself to clean up your living space and get it organized, to pay your bills and get your taxes done, and to be on time. If being loving to yourself were your highest priority, you would do these things or whatever else you are resisting. You are stuck because resisting being controlled, out of a fear of losing yourself, is more important than being loving to yourself.

RESISTING BEING CONTROLLED BY GOD/SPIRITUAL GUIDANCE

This same pattern can be operating in reaction to spiritual Guidance. I've counseled many people who clearly hear the small still voice of Spirit guiding them, but refuse to listen out of the fear of being

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controlled by God. Others resist even the possibility that spiritual Guidance exists for them out of this same fear.

If you are stuck in your life, you might want to look at what you are resisting. You might want to explore the wounded part of you that is so afraid of loss of self – of being controlled, engulfed, smothered – that you resist all that is truly in your highest good. Making this unconscious pattern conscious is the first step to getting unstuck.

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 <mailto:margaret@innerbonding.com>

Reduce the Volume of Your Ringing in the Ears by Reducing Your Stress

By Paul Tobey

Nearly a third of the population suffers from Tinnitus; ringing in the ears. And, of that third about 25% percent have it seriously enough to seek medical attention. So, for the millions of tinnitus patients; the ones who are suffering on a daily basis, the focus of this article is on you. I'll be sharing with you an amazing secret which will control your tinnitus volume like nothing else out there. The catch is; it may just be the hardest thing you've ever had to learn.

It's hard because most people do not understand even what it is that's making your ringing louder; let alone how to deal with it. You hear it talked about all the time. Many people know the symptoms of it but, the vast majority of people have no idea how to deal with it. And, believe me, it's your worst enemy as a tinnitus patient. What is it? What's this dreaded monster?

STRESS!

I can feel you getting stressed out just by reading it. But, by far the #1 way to reduce your tinnitus volume is; "Get rid of your stress."

REDUCING STRESS = REDUCING VOLUME

Why is this so hard to do? Well for starters, most people have no concept of what stress is. Most people think it's the symptoms ie: anxiety, anxiousness, being up-tight, feeling anger, resentment etc. The truth is the symptoms are not stress. And therefore, once you learn the real definition of stress, only then can you learn to rid yourself of it. So, here's the definition of stress...

Stress is; "The amount of energy you put into resisting your situation."

It's not the situation that's causing you stress, it's the energy you put into resisting the situation. So, how do you not resist it? Well, there's really only 2 non-resistant choices you can make in any

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stressful situation and that is to either; a) accept it or b) remove yourself from the situation. Do you know how many people misunderstand this concept? Staying and fighting only makes the stress worse because you're acting out of fear and your ego wants to win. You cannot win, especially at the expense of others.

So, let's talk about tinnitus and stress. Tinnitus actually causes stress because of the constant ringing in your ears. The worse part about this is; when you're stressed out your tinnitus volume goes up and you get more stressed right? That's why tinnitus is such a hard thing because you're constantly caught in a vicious loop of stress and constant ringing. That's no way to live, is it?

How do you reduce the stress? Stop hating tinnitus. That's a very hard concept for you to accept but the fact is hating tinnitus causes more stress because you're resisting it. Don't! Tinnitus is your friend. It's here to tell you something about your life that you don't already like. It's here to tell you that you need to be taking better care of yourself. You need to be doing what you want to do instead of what others expect of you.

Acceptance of tinnitus is the key to healing. When you accept your tinnitus you will reduce the stress

and anxiety that it causes and therefore you will reduce your volume. Remember, reducing stress = reducing volume. Guaranteed!

Knowing the definition of stress will help you a lot and knowing that you need to accept tinnitus will help but, it won't give you the weapons you need to win the battle. I can't teach you that in one email. That's a journey you'll need to take over a period of time. But, there's no better time than the "now" to start anything. When it's 2 weeks from now it will be NOW! So, it will always be now and therefore you can only start, NOW! Are you confused now?

What I'm really trying to say is this; I know you can get a handle on this thing if you just make a clear conscious choice to learning everything you can about acceptance. If you don't try, you'll still be completely stressed out and going crazy with Tinnitus many years from now. You don't really want that now... do you?

The author Paul Tobey has developed a free eReport "The Six Top Ways to Reduce the Ringing." It will change the way you feel about Tinnitus forever. Check it out...

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<http://www.paultobey.com/tinnitus/6-top-ways-ereport.html>

The author Paul Tobey has developed a "How-To" information kit called "A Practical Guide to Tinnitus Free Living." It comes with a beautifully edited eBook, an accompanying audio recording and an audio meditation specifically designed for Tinnitus Patients. A must have for all Tinnitus Sufferers! Check it out...

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