



Lesson Three

Releasing Our Resistance

1. Resistance produces stress inside me.
2. The antidote is: Acceptance.
 - Acceptance of life, people, situations — just as they are.
3. PRACTICE NOTICING RESISTANCE IN YOUR BODY.
4. Then ask yourself,
 - What am I resisting?
 - What am I afraid of?
 - What is my agenda?
 - What are my expectations?
 - Why am I sad, angry, depressed, grieving?
5. **Can I release my resistance and make “becoming orange juice” my goal?**

6. **WHAT is the deeper fear, or wound, that is wanting my attention?**

Video:

Resistance

Meditation:

Body Scan

Evening Relaxation

It is What it is.

What we resists — persists.

Let your mind wander in simplicity.
Blend your spirit with the vastness
Follow along with things the way they
are. Make no room for personal views.
Then, the world will be governed.
~ Chuang Tzu