

MODULE 3

Resistance and Anxiety

VIDEO SUMMARY



Video 3:

Resistance and Anxiety

Questions in PDF that show you what to do when you come across resistance.

▶ What is the nature of my resistance to this person, this subject, this experience?

▶ What can I learn from my resistance?

▶ What am I hiding from?

▶ How can I move past this with grace?

- ◆ Pull a card from one deck for insight
- ◆ Pull a second and third card from 2 other decks
- ◆ If it feels like your question has been answered in one card and it feels complete, leave it at that. Play around.

Resistance readings using Colette as an example:

Q. What is the nature of my resistance (to being organized)?

[the card that you pull will tell you what it's affecting]

Card One (WOTO): 'Exchanging Gifts'. – the resistance is about cutting off flow and sabotaging herself. If not organized it affects her capacity to exchange gifts.

Q. What else can we learn from this resistance?

Card Two (W of A): 'The King'. – telling her that she needs to be sovereign, work with king energy, to not be distracted, to detach and get to work. This is the only card in the entire deck that represents an organized person.

Q. What can we learn from this resistance?

Card One (W of A): 'The Wasp'. – tells her that she'll have less anger and agitation.

Card Two (Enchanted Map): 'Talisman'. – telling her that she knows from past experience the results that come from being organized...she has the knowledge already.

Q. What am I hiding from?

Card One (WOTO): 'Higher Power'. – tells her that she's hiding from her partnership with Spirit. When disorganized etc. she is disconnected from her higher power.

Q. How can I move through this with grace?

Card One (Enchanted Map): ‘Strength’

Card Two (W of A): ‘Focus’

Card Three (W of HR): ‘The Rainbow Prince’

Summary – Strength in Focus and what happens is ‘The Rainbow Prince’... compensation for hard work after having persevered.

Remember you already have all the answers you need from Spirit in the way that is right for you, and it can show you the way to move out of your circumstance with grace and ease, rather than deny the resistance.

How do you work with resistance in a group? You need to be prepared – ah, that’s interesting...there’s resistance here.

Each person’s pulling 3 cards to journal about and then return the next day to go over the cards ‘fresh’. Let the person who had the resistance go first. Goes to *‘what can I learn about this energy that showed up in our group and what is the best course of action to take now?’*

Remember if resistance comes up, it comes up from something personal first, with universal underpinnings. Take a ***‘time-out’***.

Remember to put the ***grit in your journal*** and bring the ***pearl back to the group.***

The lessons within this module are for you to integrate during the entire course – not for you to ***‘get’*** in just one week. Give yourself time for the integration.

It takes time to integrate new ideas and it also needs the experience to go along with it