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RESISTANCE IS FERTILE

As my clients face the music (dreamboard?) toward bettering their money situations and lives, they often find so-called negative emotions arising. Janet wants a partner, but every time she approaches Match.com, she feels her hopelessness about finding someone. Michael wants a better job, but working on his resume makes him sleepy.

In Star Trek: Next Generation, one species gets incredibly good at taking over other planets and species. They're called The Borg. They have a saying they robotically repeat to all their victims: Resistance is Futile.

Let's revise that saying to: Resistance is Fertile.

Resistance, or any emotions that come up when you are pursuing desires, are often fertile with information. I'm not talking about chronic depression or anxiety – that's different. I'm talking about that little blip across your screen that comes up as an unhappy emotion. How can we use it and learn from it, rather than thinking there's something wrong? How do we compassionately tend to these before they drag us too far down?

It's good to have lots of options– I've always thought healing is having more angles to view things from. Here's a method for when the comic relief option just isn't cutting it.

TWO STEPS FORWARD, ONE STEP BACK

I don't know if you've noticed, but the human realm is not always one big angel party. We've got opposites. We've got the in breath and the out breath. We've got gratitude, we've got resentment. We've got anticipation; we've got dread. We make progress and step forward, and the next week, we feel vulnerable and step back.

We're human. Yes, a big game we're here to master is creating what we want. But like most games, reaching the end isn't the only goal. It's being present and having fun on the journey.

With each step we take, there are opportunities to heal. Each emotion we feel can be a communication from our heart. Being heart-connected is a gift in itself, but it takes some work. Our heart doesn't only give the Shiny Happy People report, as the REM song goes.

You are familiar with the well-worn path of Your Life Now. It's become cozy. It's the known. As you invite change, which is what we're doing here, you are bound to come across the old design of what got you here. Often there are beliefs and difficult experiences that led us to make decisions that limit our potential in important areas. So it can be terrifying to change impulsive spending habits or jobs when they're comfy.

When you step forward to change patterns and create a new scene, you directly confront and rub up against the old crap as well as the unknown. This must be scary – so many say, “Don’t get your hopes up or you’ll be disappointed”. People can be easily critical and label a venture a failure. Yet we know that the only failure is turning on the TV when the wild unknown is calling you out.

Every moment you stand on the membrane, the threshold between what is and what could be. Every day, your heart fills you with information you can either ignore, or be fed by. When fear or resistance comes up, experiment with seeing it as a part of the creative process. Try this the next time you’re having one of those heavier emotions blip across your screen, or even if something just doesn’t feel “right”. Play the game for a moment as if all is truly good – all the emotions you have.

Hey, let’s start out just feeling grateful we’re calling this game what it is, and have the awareness to play it ;)

CONNECTING TO YOUR HEART

In order to try this approach, consider that a troubling emotion is an opportunity for compassion toward yourself. An invitation to connect ... and listen to your heart. See what happens and what you can learn with this tender approach.

When you find yourself in a dip in the road, take 5 minutes or more for this exercise.

First, get a meditative rhythm going by noticing how your body is, and how your mind is. Tired or strong? Speedy or foggy? Just notice it. Take a few deep breaths. Say to yourself, “Now I’m getting somewhere”. Or, “Resistance can be fertile.”

Now, go to your heart. Breathe in and feel how your heart is doing. Does it feel contracted? Scared? Vulnerable? Just breathe in here; you might even put your hands on your chest to help you focus here. Just let it be, whatever is true now with your heart.

Now, invite the Divine, the Source as they say, into your heart. Repeat the name you use for this, and let it touch this tender place, let it hold and support you there. Take a few minutes for this.

Now ask yourself, what does my heart need here? Ask to be shown. Ask for more if you don’t get anything or don’t quite understand what you get. Trust what you get. And then, ask for what your heart needs from the Divine. Let that quality or emotion fill your heart.

An example would be, say you’re feeling vulnerable before or after putting yourself out there in the world. The old fears are under there that it won’t possibly work for you to actually create work or love that makes you happy. You sit with that and realize, “I need compassion right now. I need to stay in touch with this vulnerability and tend to it.”

And you breathe in compassion from the Divine in waves, right into your heart. You take in any information about whether to take any action steps, but often just being with your heart can shift things. Even if it's your perception about the situation at hand. You say, "Hey – I am on my path. I am taking risks, and it's okay to rest now and then". You can feel gratitude even when challenged.

When you take this approach, feelings of any kind are a gold mine. There's no need to feel bad about feeling bad – that's a downward spiral with no smiles. When you have a direct method to connect to your heart, you can stay present with your journey at all times. This is a key to creating good things, staying present, and enjoying the ride.

Blessings to your heart and your wallet. Let me know how it goes ;)

Denise Barnes

The MoneyMonk eZine

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SoulSavvy / MoneyMonk eZine, PO Box 1002, Boulder, CO 80306