



Exercises and rituals for the principle of non-resistance



# INTRODUCTION

RESISTANCE IS THE STEPPING STONE TO OPPORTUNITY.

Resistance is basically the brick wall that is holding you back from pursuing your dreams, it's keeping you frustrated, stuck but most of all it's making you **reactive** towards your reality.

The key holder of resistance is that you are unconsciously choosing to react from fear instead of consciously learning to live in love.

Affirm to yourself from this moment forward:

**I CHOOSE TO SEE LOVE INSTEAD OF FEAR.**

That is really the beauty of it. Your resistance is a tool into the inner workings of what is holding you back. You cannot move forward until you start witnessing your fears and what is directly hindering your reality.

**Ego or the resistance is your teacher**, it is your tool into seeing what needs to change and what needs to be let go.

This guide is filled with daily exercises and rituals to start implementing the practice of non-resistance into your life. Now, non - resistance is not about being a doormat or sitting around "doing nothing", it's about allowing our life to flow in new directions instead of resisting the changes.

## OPENING UP YOUR AWARENESS

Once we start the letting go process, you will begin to notice changes happening in your life. There is one thing that happens once we start becoming aware of resistance - you start to see into the subtle systems and patterns.

The think is most people don't even want to look or observe why they are having resistant thoughts. When you start to let go, you will begin to notice change showing up and even opportunities or insight that was once swept under the rug come to surface.



# INTO THE EXERCISES

Some of these exercises may even seem familiar to you but now we're approaching them from an entirely new perspective.

Resistance exercises and rituals are broken down into

Releasing Techniques  
Energy Clearing  
Self - Awareness  
Kundalini Breathing  
Word Empowerment

Releasing Techniques is something we already touched on if you did the work in the previous step about getting rid of the old in your life.

Energy clearing, not to be confused with healing is techniques designed to purge you of old energy or the past identity.

Self - Awareness is about adapting the new into your physical world, either through challenges, new insights, new studies or new thought patterns.

Kundalini Breathing is about going back to inner stillness of the present moment, this allows you to stay present and helps us release stagnant energy as it occurs. This section is great when you're on the spot and feel resistance coming.

Word Empowerment is something I'll touch on a lot later in the course but it's really about how "thoughts become things" and what words are we using to fuel our experiences.

Use this guide as a handbook to help you defeat your resistance. I recommend trying what you resonate with the most first then start trying each one as you go.

When you start bringing these tools into your daily life, you will be transformed and begin to experience miracles.



## PREPARING THE TEMPLE

To start letting go of the resistance we need to create a way to start physically removing the stagnant energy from your life. We can do this consciously with symbols. Symbols are how the subconscious operates.

In order to do that, we need to prepare our sacred temple, the divine body and begin a habit of self-nurture.

One of the main things I will point out throughout this course is that Symbolism is vastly powerful. In fact I will cover the broad spectrum of Symbolism throughout various Gates in this series. The main point you need to learn right now:

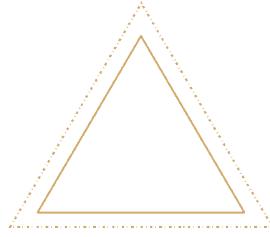
Everything in our reality is a symbolic reflection of your inner mind.

This means, your thoughts, feelings, beliefs, ideas and behaviors are all an internal guide map of your mind. In lay mans terms, your internal mind is a projection of your external reality.

This is even proven in quantum physics with the latest theory Biocentrism that all of life cannot be experienced without an observer aka The Law of Observation.

Everything goes back to consciousness because you are the observer.

Therefore a lot of these rituals will start mirroring our symbolic intentions and interpretations of consciousness.



## Cleansing the Spirit

**BENEFITS: SELF - WORTH. RELEASES OLD ENERGY.**

I would like you to create a sacred time to nurture yourself properly, you're going to spend time pampering your spirit!

Make a special time for you to have a nice hot revitalizing bath or long shower. Add purifying sea salt or Epsom salt, essential oils, tension/muscle relief serum, crystals, relaxing music or whatever suits your needs.

As you are bathing say the words:

**“Water the healing element,  
Water the healing element,  
Water the Healing Element, free my spirit,  
I am healing and cleansing my soul in these waters”**

Repeat these words as much as you need, feel free to make them your own.

Let yourself put the intention verbally to the universe that you are healing and cleansing your soul in these waters. The body is the temple for your soul, therefore we enable ourselves to set the intention that our soul is ready for revitalization.

Our words carry vibration and have power, don't underestimate the power of words or intentions for they hold tremendous power in your reality.



It is how we naturally communicate through our personal universe after all, therefore words are one of the strongest forces that your reality is created.

I personally feel baths are better for this because it feels like you are going through a symbolic process of cleansing through the womb, then emerging from the water, being reborn.

Your cleansing space is always a great place to ponder our thoughts or have new ideas, why is that?

### **You're cleansing the consciousness!**

When you feel ready to get out, take a moment and envision all of your troubles and daily stresses that hold you back, going down the drain.

Let it all go. Let go of the resistance, It is gone.

## Bonus Points

Get a Massage! Ask your Partner or book an appointment later in the day so you can have a relaxing massage before or after your revitalizing cleanse. Massages can help release built up tension and energy blocks.

Don't you always feel amazing after a long shower? This is more than just a bath, you're creating an intention to let go, intention fueled by action manifests into being.

Repeat this Ritual with the *"Water the healing element"* mantra as needed throughout the course.

### TAKE ALIGNED ACTION TODAY FOR RESISTANCE



Use the Cleansing your Spirit ritual with the healing mantra:  
*"Water the Healing Element"*  
Then envision all your worries, negative energy and everything that isn't doesn't serve you going down the drain. It is released from you.

**I release. I let go. I uncreate. I destroy the past from my experiences.**

## START CHANGING YOUR PERSPECTIVE

A lot of resistance is actually due to where our mindset is at; most of us are in the vibration of struggle, hardship, overwhelm, self-neglect or daily stress. These mindsets all underline one thing,

*"Life is hard, there is no other way but struggle"*

However when we directly switch our mindset, like tell me the things that make you happy?

We're offering our energy a new vibration, a new perspective to start oscillating into our reality.

Your mind is like a radio, you need to start switching the channel to some music you enjoy instead of listening to the stuff you hate.

**In truth, it's the angle we're looking at things that needs to change.**

One time I lost the keys and I couldn't find them anywhere, so I asked my guide, "where are the keys?" I was still thinking in lack because I couldn't find them, instead of focusing on the problem, begin to focus on the solution. I wrote this,

"Instead of thinking that you lost the keys, begin believing they are already found."

Instantly, walked over to the toybox and found them in a truck...

When you change your perspective, your reality will literally start shifting, however subtle it is. This is why when you observe the shifting taking place you start becoming more consciously aware of your personal reality.

Changing your Perspective is always beneficial if you lost something or get into an argument with someone. Switch your perception of it.

Maybe you just aren't seeing correctly? You have to mentally push yourself into a new view of reality to begin seeing with new eyes.

- △ Begin to watch the silence.
- △ Pay attention to the symbols and patterns you are reflecting in your reality.
- △ Examine the details, become the observer by watching your surroundings, The subtle, the glitches, the deja vu, the synchronicity that occurs.



There are no coincidences.

These often subtle coincidences or deja vu happenstance are here to be a flashing green light or a red flag in your mind going off, telling you:

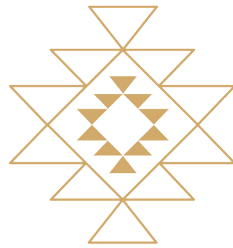
Watch your intuition in this moment especially...  
**Begin Watching the Patterns you are creating.**

## TAKE ALIGNED ACTION TODAY FOR RESISTANCE



Change your Perspective the next time you have a problem come up.  
Begin to think differently in terms of the end-result.

**Open up to New Perspectives by looking from all perspectives,  
put yourself in the other person's shoes. Look at every angle.**



### GET OUT OF MONTONY - SHAKE IT UP

My favorite way to get the energy moving! Another way to instantly shift your perspective to gain new insight is literally start shaking up your reality. This is actually fun.

Do you sometimes get tired of the same thing, eating the same foods, wearing the same clothes, going to the same shops, same family vacations, and every single day it's the same damn thing?

### **SHAKE IT UP.**

This is such a simple task but it is surprisingly one of the most powerful because you are letting "new" everything into your life.

Get yourself out of that comfort zone! Push yourself into New territory by doing new things, setting new challenges and opening yourself to developing new skills.

For instance, do you have a favorite spot? Like this is the spot you always go to for comfort, tv, computer or reading time. We all have one. You know your personal equivalent to "Dad's favorite chair"? Remove it.

Example: I always sit on the couch with my laptop, but then I got sick of that spot. So instead I decided to sit on the floor, in the kitchen, outside or by the window. You're giving yourself a NEW perspective, a new view of reality.

This is really fun because say you're in a stuck vibration, the easiest way to move is to change your comfy spot. If you need a new perspective, go look at the room from a literal different angle. Crazy, right?

This doesn't have to be drastic. I'm not saying sign up for sky diving...simply change up your daily routine and start some subtle changes.

Here's some ideas to get you going on shaking up your world:

- △ Move your furniture
- △ Change your Daily work route, try a different road home.
- △ Skip TV or the news for a few days, Try a book for new insight
- △ Try sitting in silence for an hour
- △ Try a new sex move!
- △ Unplug during meals, dates or conversation.
- △ Cancel plans, order in, relax and nurture you!
- △ Google a few exotic recipes to try
- △ Spent some time in nature or go for a walk
- △ Find a new hobby or play a game with some friends!
- △ Learn something new. Pick up a new study, try an ecourse, take a new class, study a language.

You get the point, the theme here is "new" and the list is endless. You don't grow when you're stuck in a box. Think outside the Tesseract.

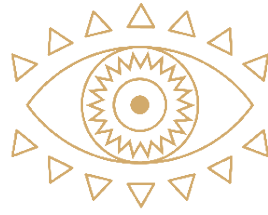
## TAKE ALIGNED ACTION TODAY FOR RESISTANCE



### SHAKE IT UP BABY - CHANGE YOUR DAILY ROUTINE

Our lives are often so busy that we unconscious turn the remote to autopilot. When we break up our daily routines physically, we shake up all that old stagnant energy in our lives. **Find something to shake up!**

This is great for manifesting because it tells The Universe you are ready for new everything in your life. Get Ready!



## ORGANIZING SPACE

While the soul loves a good cleanse, what's even better? Organizing.

What is so special about organization? It allows our life to flow with more ease and fluidity. In short, **let's make our life easier.**

Perhaps you're always going to make dinner but you have to do four steps before you can find the pan or the hidden spatula. What if you could start placing things in a systematic, easy way for your life to flow better?

Take some time to organize after you clean up, Change the order of how you previous had items. Give everything a proper home to create more structure in your life.

Create more systems and organization in your home for better flow.

The symbolism of organization is awesome, it allows us to start putting order, ease and flow back into our life.

This symbolically tells our subconscious, life is moving easier.

How cool is that?

**TAKE ALIGNED ACTION TODAY FOR RESISTANCE**



### **ORGANIZE YOUR SPACE**

Take some time to organize parts of your home that need it most. Create systems of living so you can have a better energetic flow. This one is a game changer for letting go of struggle & hardship.

**This tells your subconscious - Let's Make Life Easier!**



## TRANSFORM NEGATIVES INTO POSITIVES

There is one thing that is overruling everything in your life,  
can you guess what it is?

Your language Patterns!

“Always”, “Never” “should” “All the time” “can’t” “Every” These words are your  
weapon to destruction or your key to success.

Thoughts can be manipulated, changed, transformed and altered always in flux.

These language patterns create your choices and give birth to your experiences  
through your relationships to the world around you.

Take a moment and think about: What are you projecting out into the world?  
Remember the ripple.

When you're frustrated, hungry or exhausted we tend to exaggerate or complain  
creating an unconscious pity party on ourselves.

Saying things like “ I always have a million dishes to do” or “ All the time I seem to  
attract people who play mind games!”

### **We live in a “yes universe”**

What's really happening is when you complain and exaggerate you're telling the  
universe:

“Yes, I don't like doing the dishes, send me more dishes”  
Yes, I don't like mind games, send me more mindgames”

The Universe says, “Okay sounds great sending you more of that!”



The universe is not carrying a vendetta nor judging you, it's merely a shift in your perception that you need to witness.

When we focus on the negative complaints, we inevitably keep attracting those complaints because we're not changing the problem we're feeding it. We're feeding the energy of unconscious fear.

Begin to watch your language patterns and what you are telling the universe directly into your reality. Observe consciously where are you complaining or struggling - are you recycling the problem or trying to get rid of it?



Almost all of us are trying to recycle it!

## THE POWER IS IN THE WORD

WORDS ARE NOT MERELY WORDS, THEY WIELD POWER. THEY ORCHESTRATE YOUR LIFE, USE THEM WISELY.

Write a list of **all the complaints** you are saying about your life. Get really honest with yourself, let everything come up without judgment, get angry and pissed off if you need to, it's okay. Now Let it all go and Release it.

Let's switch the channel!

Now we're going to flip those statements. and write a list of the opposite.

**The positive solution. Feel the sigh of relief.**

**Most of you might be thinking, wait that's an option?**

Now the universe is going to whip that up in your reality because you just released and transmuted all your past frustrations.

It is that easy if we take the energy to start focusing on our solutions.

This exercise not only works but it can start changing your life!

Here's some examples:

**Problem:** I am so tired of cleaning up after everyone all the time!

**Solution:** I'm grateful that everyone is starting to clean up after themselves, it's like the cleaning does itself.

**Problem:** I wish my toddler would stop wetting the bed, it's driving me crazy!

**Solution:** My son always wakes up dry, I'm so grateful, it's a miracle!

**Problem:** I never get enough rest, I'm always running myself thin and working too hard, I cannot stand it!

**Solution:** I am always well-rested, I am so happy and grateful that I balance work and play so I can nurture myself.

At first this can bring up resistance like *"no way that's going to help!"*  
But eventually this exercise is going to make you feel sooo good.

I already feel better, don't you?

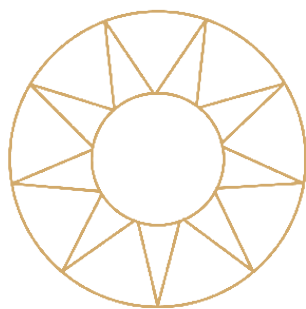
## TAKE ALIGNED ACTION TODAY FOR RESISTANCE



### TRANSMUTE THE NEGATIVE

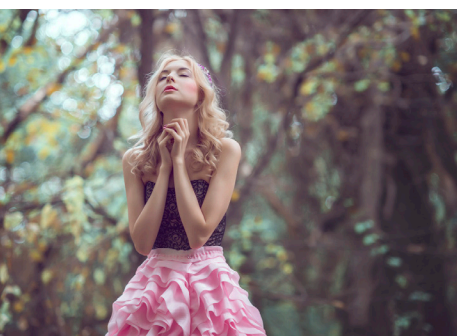
Make a List of all your complaints about your life right now. Get honest with yourself. Then write another list of the positive solutions, focus on the positive and let the universe take care of it.

**Congratulations, you just transmuted your past, Feel better?**



## GRATITUDE PRACTICE

If you know me, you know gratitude is a huge part of my journey, so if I'm repeating myself it's only to share that it's such a useful tool for combating resistance!



Gratitude is one of the closest vibrations to enlightenment. It's basically saying "I received!" Therefore Gratitude is literally the energy of abundance and receiving abundance.

If you aren't doing a gratitude practice, I strongly urge you to start even if it's just 3-5 affirmations or a simple prayer of gratitude you speak out loud. Gratitude can take you over the mountain, **it's that powerful.**

It's basically an intention tool to help boost your energy as it allows you to get out of your own way and be grateful for who you are today!

What's beautiful about gratitude is if we are grateful for our past, present and even our future, life begins moving and taking off!

I find it's really good to be grateful for all aspects of our lives especially making peace with our past.

Gratitude for our present aligns us in seeing all the wonderful things we've already manifested into our lives. You did that with all your previous thoughts, isn't it amazing?

Gratitude is the key to prosperity as it is truly the heart of miracles.



# A Grateful Heart is a Magnet for Miracles



Living life in everyday gratitude is pretty much living in the higher vibrational you. It's an amazing transition tool for resistance because it literally allows us to see the beauty in everything, including our faults.

Instead of beating ourselves up or being shameful for having a negative thought, gratitude is here to say:

**“Thank you for showing this to me, now i’m ready to release it and let it go.”**

Do you know what happens once you start thanking your fears?

You forgive yourself for them and they start to loosen their grip on you.

Try that next time you began to experience any form of negative thought.

Instead of reacting to it, breathe deep a few times and say:  
*“Thank you for showing this to me, now i’m ready to get rid of it.”*

We'll go much deeper into this in Gate 3

**So here’s your Soul Homework: Start a simple gratitude practice each morning as a part of your daily rituals. Even if you write 3 statements it’s better than zero, write and speak out loud gratitude for who you are, what you have in your world and most of all where you are going!**

Gratitude for our future reality is also a great way to attract your desires!

## TAKE ALIGNED ACTION TODAY FOR RESISTANCE



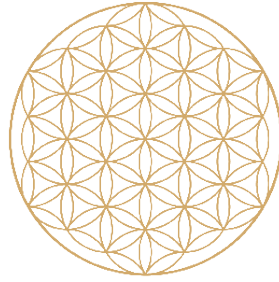
### START A MORNING GRATITUDE PRACTICE

By expressing more gratitude in your life you will set your soul on fire with good vibrations. Get a journal or use the printable here.

Gratitude is living life as though you are creating miracles everyday.

**EXPRESS GRATITUDE EVERY DAY**





## CREATE A DAILY MANTRA FOR EMPOWERMENT

Another ticket to get out of resistance is by installing a new mantra in your daily life. I absolutely love mantras they are so helpful because it's like a silent kick in the pants to help you stay on track.

Mantras are a daily affirmation we repeat throughout our day to empower ourselves or use in meditation. I fell in love with them a few years ago but what's amazing about them is how they start shifting your mindset.

Get creative and have fun with this, you can pick a new mantra each day that supports you or you can stay with a similar one until you desire a new one.

You can create daily reminders for you everywhere if you need to, Phone or computer reminders, put it as a wallpaper, a post-it note or even on your daily planner.



Put the mantra wherever you know you will see it so your subconscious will keep getting that same message over and over again.



**When ever you need a boost, set daily reminders to remember your Affirmation.**

It's a fun way to add more positive energy to your day even if you're in a bad mood it helps bring us back to center which is why they're so helpful.

Here's a few examples of affirmations:

**I AM WORTHY OF LOVE. I AM LOVABLE.**

**I CHOOSE TO SEE LOVE INSTEAD OF FEAR.**

*Resistance is the Stepping Stone to Opportunity*

What's even better about daily mantras is they could be anything that resonates with you. You could even create a theme on who you wish to become. For example, "I am a spiritual kind successful entrepreneur." or "I am a happy, loving, compassionate person" repeat as needed.

You can also use them directly to shift negative beliefs you may hold about yourselves such as working hard, not finding love or even more creativity

Mantras help serve as a reminder that we can always choose love over fear. It starts with changing our mindset and thus changing our reality.

Have fun with this one, it's almost like a little reminder that we always have the choice to change our thoughts.

## TAKE ALIGNED ACTION TODAY FOR RESISTANCE



### CREATE A DAILY MANTRA

Create daily mantras to empower your day, repeat affirmations to help you on your journey. Put reminders around your home, in your phone or computer to help condition your mantra into your subconscious!

This is so fun, get creative and watch the mindset shift.

## KUNDALINI BREATHWORK

If all else fails. Remember the Breath.

I decided to include breathwork in here because while simple - it really does help through fear, especially anxiety.

What I like about yogic breathing patterns is they are easy to master, no tools required and most importantly they will always work wonders on the body.

Our Breath body is so empowering towards our mind because we may not realize our normal breathing is usually shallow.

We are supposed to be changing our breathing patterns through the nose.

When we begin to do long deep breathing, we get a full amount of oxygen and revitalization towards the body. It not only helps us heal but it can give us the energy to transform and align with our present awareness.

## PRANAYAMA

Pranayama is one of the most familiar breathing works, you may have heard of it before but I have always sworn by Pranayama. It's helped me when i'm stressed, angry, frustrated, anxious and even during childbirth.

It is a technique you can always turn to if you suffer from anxiety, need to find balance or really grasp your core center.

When you are battling the resistance,  
Always come back to the breath of pranayama

## Pranayama is perfect for:

- Those who have wandering or anxious minds
- if you feel stuck in a cycle of resistance
- Stress and tension relief
- Anger or frustration
- Desire to increase your health
- Great for contractions or false labor pains
- Paranoia/fear
- Panic Attacks

Pranayama is a form of long deep breathing through the nose.

Sit cross-legged or feet rooted into the floor for stability.

You close your mouth and take a very long deep inhale breath through the nose. You will feel your diaphragm lifting up your stomach. Then exhale through the nose.

Repeat as necessary for a few minutes.

## **Breath of Fire {Agni Pran}**

Benefits: Stimulates & Balances Nervous System, Detoxifier, Cleanse blood, regulates pituitary gland, Solar Plexus Power, Core Strengthenener, Improves Digestive system

Breathe of Fire or Agni Pran I learned in Kundalini Yoga practice, which originally I didn't think I was doing it correctly. I had a true resistance to this one, originally thinking it was kinda silly. It wasn't until I started experiencing the after-effects of this miraculous breathing pattern that I had a revelation on the clarity of breath of fire. It works Internally. Try not to give up on this one right away, the results will amaze you. Find your Endurance.

Breath of Fire is excellent for Detoxifying the system, If you want to get rid of a bad habit, old energy, lose weight or break free of old patterns I highly recommend working on the Breathe of Fire. This is one that I hope you practice and develop an appreciation for because it is great for the body.

It is also linked to Solar Plexus Empowerment so if you need work on the solar plexus, definitely work with perfecting the Breath of Fire.

Ana Brett mentions thinking of a panting puppy to get the rhythm right.

Ana Brett mentions thinking of a panting puppy to get the rhythm right.

It may seem odd at first but practicing the panting puppy will help you get into the right rhythm from transforming it from the mouth to the nose. It takes a bit of time to get used to so be gentle with yourself.

Begin putting your hands on your knees.

Panting puppy is where you stick your tongue out and literally pant for a few minutes. You will notice your stomach pull in and out in a very fast rhythm.

Breath of fire works similar but instead of using your tongue, close your mouth and begin breathing rapidly in and out of your nose with your mouth closed. Totally different than pranayama.

As you breathe rapidly in and out of your nose, it can feel as if you are pumping your stomach into your diaphragm repeatedly. It gives your core a bit of a work out in the process but what it is doing is detoxifying your blood and revitalizing your Nervous System. This can often shake up Kundalini.

## **Sitali aka the Cooling Breath**

Sitali or taco breath is a bit silly but awesome! I learned it from Yoga with Adriene but I was very surprised on how fast it works. It has also been around for a very long time. This one is great if you need an instant relaxation technique.

Its good for anxiety, stress or the cool down after a hard workout where your heart is racing. Most importantly it's a great way to overcome resistance!

You literally roll your tongue into a Taco Shape, then breathe deeply Inhale. Exhale. Repeat as necessary.

## Sa Ta Na Ma

Existence. Life. Death. Rebirth.

Sa Ta Na Ma is an ancient Yogi Technique that combines affirmation with meditation. This one is so easy you could do it just about everywhere except maybe driving... However it is an excellent mudra position for meditative practices especially.

Sa. Ta. Na. Ma.

Begin in the classic mudra position with both index fingers touching thumb.

Chant Sa.

Move thumb touching middle finger.

Chant Ta.

Move thumb touching ring finger

Chant Na.

Move thumb touching pinky finger.

Chant Ma.

Repeat Sa. Ta. Na. Ma. for approximately 2-3 minutes.

The reason you have to do it for a few minutes is this increases the letting go of resistance. If you only do it three times it isn't going to do anything, you have to create a momentum with the affirmation: SA.TA. NA. MA.

It allows you to witness endurance and absolute surrender.

You will notice after completing this practice, energy in your life will move.

You will feel a wave of relief pass over you.

Breathwork is easy peezy if we do the mental discipline and practice it.

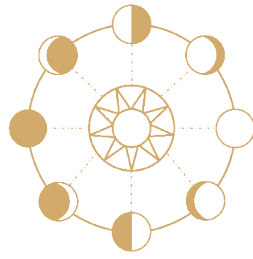
### TAKE ALIGNED ACTION TODAY FOR RESISTANCE



#### USE BREATHWORK TO DEFEAT RESISTANCE

When all else fails, remember the breath. Breathwork can help us avoid downward spirals. It's great for our body, mind and spirit. It helps us push through the resistance and come back to present.

Try some of these and see for yourself!



## TAKING ALIGNED ACTION

You can say all the affirmations and talk the talk but until you start taking some real action, you're still going to be stuck. When you are trapped in resistance, the best thing you can honestly do is start taking new baby steps in the direction of your goals and dreams.

Even if it's a very tiny step, it's still a step you didn't take before. See what happens is a lot of us get fixated on these fantastic ideas but rather than acting on them, we get stuck in the romantization of them. We're excited about these amazing dreams and goals but instead of DOING, we just fantasize about them.

I like how Mike Dooley says it, "If all you're doing to create change in your life is waiting for the phone to ring, Oprah won't be calling, nor will prince {princess} Charming be showing up at your door anytime soon"

You have to start showing up for yourself and that starts with taking action. We have to stop waiting by the phone and start taking very simple action. The easiest way to get out of your head aka the resistance is to MOVE!

If you are having doubts or daily stress, it's because you're probably not prioritizing what you are doing. When we give ourselves a step by step plan of action. Our Life starts moving again.

It doesn't matter where or how you start, as long as you start and keep going...

### TAKE ALIGNED ACTION TODAY FOR RESISTANCE



#### START TAKING ACTION IN YOUR LIFE

Write down what are five ways I can start taking aligned action in my life within the next 24 hours? No excuses. just doing.

NOW GO MAKE MAGIC

## IN CLOSING THE RESISTANCE CHAPTER



There are plenty of tools to use to start dismantling resistance in your life, the problem is most of us aren't aware of them. These are very simple tools to start adding to your day to day life that can drastically shift your mindset and outlook on reality.

It's not really about negative thoughts, It's about how we're viewing the negative thoughts that is the problem.

Once we're able to question our dissonance and combat the resistance, your life is going to start skyrocketing!

Everything is psychological and the beauty of that is realizing these illusions we create through fear are nothing more than illusions of separation.

If there's anything I've learned on this journey it's that sometimes we need that smack in the face to realize:

## **YOUR RESISTANCE, FEARS & UNCERTAINTY OF THE FUTURE ARE NOT EVEN REAL.**

You will always be guided by your Higher Self and your Higher Self is gifting you these breadcrumbs all the time. We merely need to start listening and paying more attention to the patterns we're creating.

Ultimately when it comes down to it, love is the highest truth holding your hand through the darkness of fear.

Resistance is just the stepping stone helping you get there

You got this.