STEPS TO OVERCOMING RESISTANCE

What to do when tempted by your resistance -

1. Notice/label it for what it is! DO NOT let it disguise itself as something important. See it as RESISTANCE...and call it by its name.
2. Be willing to give it up
3. Ask Holy Spirit for His help in seeing it differently
4. Accept whatever you hear as the answer for you where you are at
5. Be grateful for your willingness to choose again ☺

NB Resistance will sometimes (read “many times”) seem to be the light (HS), and so you must listen closely within your own mind, that you become aware and discerning of where your instructions and desires come from.

A useful question to ask WHENEVER you are tempted to fill your time with ANYTHING is,

“What is it for?”

When you ask, remember the purpose of time:

“time” is for healing your own mind/forgiving your false beliefs.

This is its ONLY purpose!

If you are using time for any other purpose, you are NOT using time at all! Any answer other than the healing of your own mind is but a delay in your purpose of healing.

So, if you ask, “what is it for?” and you find you have given this time for another purpose, then ask yourself,

“What do i want?”

When you answer this question with the answer from your Heart, the One true deep Desire we all Share...to Awaken...you will find the willingness and the means to change the purpose (but not necessarily the form) of the current time.