



In the realm of healing, resistance is something that needs to be understood and talked about. When there is any type of change happening in your life or in the times that you most need something to change, you will experience resistance. More often than not, 'what is' prefers to stay as it is. Yet change and flow are essential to our existence.

Even when you have a great desire to change and shift things in your life, you will run into resistance. Sometimes it shows up as tendencies, habits, or emotional outbursts you can't seem to get out of. Sometimes it shows up as avoiding what you know in your bones is really healing and good for you. Sometimes it is you, sometimes it plays out in the people around you.

It is all about push and pull. Every decision has a magnetic quality. When you make a life-affirming decision and act on it, you are creating a magnetic pull in a certain direction. All the decisions and vibrational experiences that came before then also carry a magnetic pull. The question is which direction is stronger.

The next question is, which direction are you feeding? With every life-supporting, life-enhancing, life-affirming thought, intention, word, and action, you create a new reality and a new direction for yourself. When the old thoughts, intentions, words, and actions begin to push you back, you can always choose a different life-supporting direction.

What I find often is that the wounds contribute a whole lot to resistance. Sometimes just holding a positive vibration isn't enough. It becomes

necessary to look at what wounds lie underneath the pull of resistance. When a certain unhealthy vibration from your childhood or adolescence is stuck in your field, it becomes a whole lot harder to sustain a life-affirming flow of energy in your life.

If you find that the pull of your resistance is too strong for you to handle, let's chat about what wound might be contributing to it and figure out how to go beyond it.

With love and light,

Damla