

DANGEROUSLY POTENT (USE WITH CAUTION).



Resistance
DESTROYER

*A STEP-BY-STEP EXERCISE DESIGNED TO HELP YOU ERADICATE
LIMITS ONCE AND FOR ALL.*

RESISTANCE DESTROYER

LET THE RESISTANCE DESTROYING BEGIN

HAVE YOU ever wished you could make a limiting belief, negative pattern, or energy-sucking habit magically disappear?

If only you could just read some magic incantation and open your eyes completely free of your unwanted resistance. Whiz, bang! Your innermost epic self is magically uncorked...

You would probably do a lot more of those things you've always wanted to do. You know, all those dreams you put on a "someday" list you never seem to find the time or courage for.

You'd also be a lot more confident. You would deliberately and easily do what you wanted, without questioning yourself or second-guessing your abilities. You would act with total certainty and assurance that whatever you decided to do, that was what would come to pass.

You'd wake up with the confidence knowing that today would be just as joyful and radically satisfying as the last.

But I'm going to assume that's not what you're currently experiencing. There is probably something that's getting in the way of your true genius.

While I can't guarantee this technique will be a magic incantation that makes your limits disappear and never return, it is incredibly effective as a tool in your working on your own terms arsenal. The more you practice this limit transforming trick, the more you'll find just how eerily effective it is.

One day you might even find that you can't remember what it was that was limiting you in the first place.

LIMITS, BEGONE!

I should start off here by saying that I didn't create this technique. It's not something I claim to have devised or have patented. It's simply part human psychology, part a mashup of NLP (Neuro-Linguistic Programming) and habit change tools.

It's part meditative calm, part alchemical mystery. It's a calculated collision of various techniques I've tried and used it with coaching clients throughout my years of exploring self development, limit breaking, and personal transformation.

This technique doesn't give you access to anything you don't already have. It powerfully and subtly opens a path to tap into the incredibly deep and powerful pool of resources that exist within you.

PART ONE – DISSOLVING

STEP ONE

Begin with whatever uncomfortable, negative, or unwanted feeling or limitation that's arising for you. Allow it to come to the forefront of your mind and look at what's being expressed. It might be a feeling of "not good enough" or "not having enough" or something else entirely. (Not good enough and not having enough are two very common and core limiting beliefs.)

The important part here is to allow it to come forward

without judging it or attempting to push it away. Be honest with yourself about what's being expressed.

STEP TWO

Now, once you have a clear awareness of what the feeling or thought is, allow it to rest within your mind and body. Just allow it to be there, within you. Be okay with it settling there, and give it the space that it needs.

Simply allow it to exist, without offering resistance.

STEP THREE

The next step is to notice where in your body the feeling is resting. It may be in your shoulders and neck, your chest and heart, or in the bottom of your stomach. Or it might not be in any of those places. It might be somewhere else entirely.

Allow it to rest in that place within your body and simply notice that it is there. Feeling a sense of acceptance and peace is essential, so it's important to be gentle with yourself here.

STEP FOUR

Whenever a thought or resistance arises, bring your awareness back to the place in your body that the feeling is resting in.

Keep bringing your awareness back to that feeling place until you notice the feeling has dissolved significantly.

You can do this for as little or as much time as necessary. There is no right or wrong amount of time for this process to take. You may even find that you can't even remember what it was you were concerned with in the first place. If so, that's completely fine.

PART TWO – TRANSFORMATION

STEP ONE

Once the limit has dissolved, or resistance has decreased substantially, it can be useful to follow your mind (you can do this even if the limit has not yet dissolved). Now that you've allowed the feeling to rest in your body and are aware of exactly what it is, we can begin transforming it.

To do this, we need to make a basic assumption: that any seemingly unwanted, frustrating, or negative thoughts have some kind of intended good they are trying to do for us that we can't easily perceive.

STEP TWO

Beginning with that assumption, ask what the intended good that's trying to be reached is, underneath the feeling or thought.

Follow wherever you're guided and allow yourself to be open to exploring many different layers of intention. For example, with the feeling of "not good enough" you can ask yourself, "What is the intended good that is trying to be reached with this feeling?" You might find underneath that a part of you wants to be protected from being embarrassed.

STEP THREE

Once you've gone through the first layer, the key is to keep ask-

ing the question “What underneath this, that is even deeper, is trying to be expressed?”

With the example of not good enough, you may go on from the desire to be protected from embarrassment, to find that there’s a deeper layer of safety and well-being that’s trying to be reached. Then if you ask the question again and go deeper, you might find that there’s a essential feeling of Peace or Love that is wanting to be expressed.

STEP FOUR

When you feel that you cannot question or probe any further, you know you’ve reached a basic essence of what is truly wanting to be expressed. You will feel this intuitively, and have a sense of finality.

STEP FIVE

Now once you’ve reached that basic level of expression, ask yourself what it would be like if you started from the place of feeling this basic essence of Love, Peace, Unity, Harmony, or whatever it is that you are being pulled to experience. Allow yourself to know that you have access to feeling this way now, without having to achieve it, or seek it in the future by following some sort of sequence of action. It is available to you right now, and here.

That’s it, you’ve transformed that surface level, unwanted (but well-meaning) feeling into an intention that fuels and nourishes you, rather than depletes you.

Practice this a few times with your resistance, and once you have the hang of the resistance destroying technique, you can practice it at any time you feel is necessary.

THE FINAL STEP

Whatever the core feeling that you’ve discovered is, tell yourself: I want to feel _____. Allow that feeling to flood your consciousness. You don’t have to create it, or manufacture it and “get it” from anywhere. It is available to you right now, within you. If you have trouble feeling it by simply saying “I want to feel _____” then ask the question “Is there _____, even here?”

For example: if you want to feel confidence you might say “I want to feel confident.” Then allow a feeling of confidence to flood your body and being. If you’re feeling challenged with it, ask “Is there any confidence at all, even here?”

Be open to whatever arises and repeat until you are feeling the way you want to feel.

Congratulations, you’ve just transformed your limitation into a powerful resource and ally!

What Next?

Now that you've learned how to incinerate resistance it's time to move to the next book. You can read the Backpack in any order you want, but we highly recommend opening Reports from the Road next. You'll find inspiring case studies from fellow travelers.