

Mark Shepard: Hi, Mark Shepard here.

Today, we are going to explore the notion of resistance.

The notion of resistance,

The Notion of Resistance.

When so many of my clients have come to me, I would say possibly 50 percent of the people that have come to me over the last 20 years saying they wanted a change, somehow, couldn't seem to get one.

Even though the other 50 percent...

I don't know if these are the correct percentages, it's just illustrating.

Don't be nit picking right now I'm illustrating. LOL

Fifty percent of the people using the same exact techniques who said they wanted the change **got the change**.

Transformed their lives. Miraculous. Earth Shattering,
SIGNIFICANT CHANGE...

I don't know if it's 50% or what. The question is:

Why did some people get the change and the others not get the change?

I use the same tools and process with everyone.

It all comes down to resistance.

Resistance comes in all different forms and shapes so let's know what we're up against.

This is a shout out particularly to Eric who has been struggling with this and is brave enough to admit it. That's really the first step because **if you know you have resistance then you know what you need to work on.**

Sometimes the key to unlocking the resistance is like a Rubik's cube of things. It's a great opportunity to grow deeper, faster, better.

I know you don't want to hear that. You want to be done with the problem and move on with your life.

We all want that but sometimes it's not as fast as we want.

So let's talk about resistance. Shall we?

Basically the word resist is really to oppose and then stance, you're literally taking a stance against what it is you say you want.

This is in psychological terms, this is not World War II underground resistance, this is your personal resistance in your attempt to solve the problem that you probably found me in the process of trying to solve.

Whether it's anxiety of some shape or form or weight loss or a habit, whatever it is. When we don't merely get the results we say we want, that we dream we want, that tell ourselves we want, we don't get that. Most people blame the process so they give up but some of us were in too much fucking pain to give up. I don't know if that's you but let's call a spade a spade. This resistance is stopping us from getting to where we want to go.

Call it a block, call it a detour, call it a distraction, call it whatever you want, it's the thing that is either taking your energy, so that you have no energy to move through it, or it is literally shutting you down, blocking you. You hit that wall, you turn, and you go right back to the old neurological pattern. You can't seem to break out of the pattern.

A couple of things we have to talk about. Get this down. Resistance, resist plus stance, it's an opposite or an opposing stance. Where does this resistance come from?

Basically, your unconscious mind.[draws a picture on the white board] This is not your face, this is your mind.

There is what we call the critical band. There's conscious mind and then your unconscious mind.

Again, this is just a map, this not the way it really is. This is a drawing on a board. [laughs]

Conscious mind and unconscious mind. There are things your unconscious mind is doing all the time that you are not consciously aware of, like beating your heart, breathing your lungs, regulating the flow of nutrients from your digestive track into all the individual cells of your body.

That's happening without you going, "OK, cell number 4,027,032, take the little bit of nourishment, there you go, good boy." No, your unconscious mind is handling so much. Some of it is totally outside of your conscious control and and some of it is able to be affected or influenced by the conscious mind.

That's why I'm really cranking on the "why" questions. You ask yourself why and it opens -- I'll see if I can draw a little doorway, it opens a doorway into your unconscious mind. You can literally drop in, "Why does it work out better than I can possibly imagine?"

You can drop that into your unconscious mind with a why question, because unconscious minds are hard-wired to go for those why questions.

"Oh, any why questions coming down? Great, got it. Let's focus on that."

If your presupposition is good, boom, your unconscious mind takes it in.

But what about something that literally is in a lockdown in your unconscious mind? Like, the reason you still have anxiety, even though you've taken all

these courses, even though you've tried all the medications, and you're off them now, that's good. [laughs]

"What is causing this not to shift using the techniques? I'm doing my breathing, I'm thinking good thoughts, I am following along with the crush anxiety now daily thing to do."

"I'm rolling my eyes, I am doing EFT, I'm going out into the future and turning looking back and seeing, imagining the situation work out better than it could possibly imagine. I'm chanting, why does it work out better than I could possibly imagine all the time and none of that's working?"

Now, a couple of things, did you just hear that that's just a list of some of the things that are in crush anxiety? Those are things I do all the time, everyday and I have not considered myself an anxiety sufferer for a long time. That's a lot of different patterns and things to do. First question I always ask is, one, are you really using the tools?

I'm sorry if that's the first question I ask because if you actually use these tools they will literally be bombarding this locked off place until your unconscious mind will open the damn door. You wouldn't care how long it took because you're using the tools. I know for a fact these tools work. You can't use your tools and not have a positive result unless you're not really using the tools, that's one. I'm sorry.

Number two there is a secret benefit from staying the same. It takes a pretty big person to deal this because it isn't "logical" but it takes a big person to go, "You know what? Yeah I see it, I'm getting something out of it."

We call this secondary gain, it's not pretty. We call it that because there's some benefit of keeping this locked down. There's some benefit from this whole pattern.

It's like a corporate or political committee that mouths "Change is good!" but does everything to keep change from happening because change means they would be out of a job.

Some of us can often see what another person gets out of it,

"Oh they get attention."

There was a woman who had agoraphobia and essentially her husband did everything for her. She literally just lived in her house, she never had to go to crappy PTA meetings, she didn't have to go to open houses, she didn't have to go to weddings.

She didn't have to do any shit that she didn't want to do because she was agoraphobic and her husband did everything for her and everybody else, gave her a pass: "Oh she can't come she has agoraphobia."

She was off the hook, why would she change that? That is an extreme example perhaps of a secret benefit, secondary gain. Now if you're willing to be honest that's the question you have to look into and something only you can look into.

Turn the video off and go and work on it right now. Ask yourself a why question, "Why do I release the secondary gain?" You could ask yourself, "Why do I address the secondary gain?" You can begin to grind a why question into this presupposing that somehow you learn what you need to learn to release the secondary gain or you've got to offer something better.

You've got to make a better offer, you got to make a deal.

You've got to cut a deal with your unconscious mind and give your unconscious mind something that's far more pleasurable than whatever perverse pleasure your unconscious mind was getting from staying the same.

Sometimes we can really shift this by basically just adding more emotion to using the tools. That's why I LOVE cursing when I use EFT. :o)

There's another little piece there, I'm totally nonlinear here so hang on a little bit with me because I'm just going where my unconscious mind wants

to go. This is one of the situations where I'm deep in trance and I trust my own conscious mind to share with you what I know and what my thoughts are about how to resolve this challenge.

It's something I've thought of a lot, it's deeply in me, it's a deeply troubling issue because I've gotten massive positive results when I started using the tools in most areas of my life.

There were some areas that were much slower to respond and I think I had some massive resistance there and then there have been some insights even recently that have shed some light on this. So, I'm just going where we're going.

There's some secret benefit, three. Let's review. Some people are breaking through resistance because they're not really using the tools.

They used them once. They used them one day. They used one tool but they aren't compulsively, obsessively focused on using the tools. If they were, the resistance would fall. Eventually it would fall. Or there's some secret benefit from staying in the situation.

You have got to give a better benefit. For the lady who had agoraphobia, she wasn't my client. She was a story my own teacher told, a teaching tale. Essentially he couldn't help her. Could not help her. At some point though, maybe her husband passes away. Her family gets irritated and tired of waiting for her.

Somebody says, "You know what, you're on your own grandma." or "You're on your own mom." or whoever. She runs out of groceries. She gets her little backpack and she walks down to the store and get some food. Hello? Boom. Problem solved.

She wasn't ready to do it. You may not be ready to do it. If you're in a lot of pain from anxiety, you don't want to hear me say that. You want me to somehow give you the key that unlocks this.

I'm doing the best I can.

But Ultimately, you're going to have to make a decision.

That whatever gain you get from this, is way less interesting, exciting or pleasurable than the positive gain you're going to get by releasing it. We'll talk about positive gain in a minute.

The Third one is:

Who else benefits from this problem?

In the case of the lady with agoraphobia, who else was benefiting? Her husband benefited because he got to feel needed. Everybody else in the family benefited because they didn't have to put up with her shit at family gatherings.

Now she's going to leave the house and hang out with them? Eww!

No, I'm just kidding. I'm just kidding. Who else benefits from this problem?

If you suddenly today stopped having anxiety, Eric, Deborah, Henry, Frank, Fred, Mary, Belinda, Bethany, Mark?

If you stopped having anxiety today, who would be inconvenienced by that? Who would be bothered by it? Who would not be able to run their habitual program around you?

Good question to ask. These are the three things I think that are causing resistance.

1. **Someone's not really using the tools.** They're saying they are. They're not being honest. They're lying to themselves.
2. **They're getting some secondary gain from having a problem.**
3. **Someone else has some secondary gain from them having a problem.**

I worked with a young man who had significant anxiety. This guy was so tied to his mother's apron strings. There was such a weird symbiotic thing

going on between her and him. That the fact that he had anxiety kept her engaged and involved in his life past his early 20s.

Too much involvement.

You know what I mean. It was like, "Huh, interesting." Every time we'd get the guy away from his mother, he would be freaking amazing. Then he'd go back home and somehow she would start getting into his business, getting her opinion in, sticking her nose into his life, breaking him down so that he would be vulnerable and needy and weak.

That way she felt NEEDED. Her primary relationship was not with her husband, this young man's father. It was with her son.

ewwww! I know.

She'd send him to the psychiatrist who would give him a different medication. He couldn't break that cycle. At some point he has to say no to his mom. At some point he has to tell his mom to go shove it. Get out of his life.

He's a man. At some point he has to get out on his own.

The anxiety is a pattern that he benefited from as a kid because it got him attention and made him feel special. It's like a Rubik's cube. This twists that way. You twist this the other way and around.

Eventually you go, "Oh my God. If only I just loved myself enough."

I worked with this yesterday on **HonestHypnosis.com**,

"What if you really loved yourself?"

If you really, really loved yourself and believed you were worthy of the best, you wouldn't tolerate the old pattern.

In a second it would be gone. The resistance would evaporate if you truly loved yourself. We have limiting beliefs like filters in the way. I'm going to do a whole separate module on really destroying limiting beliefs.

There may be some resistance. Maybe the resistance is simply a belief on the unconscious level that change has to take a long time. Or that you're not smart enough to do this. Or that you have ADD. Or you have some other reason why you can't learn how to do this. Or that you aren't using the CRUSH anxiety tools correctly.

It could just be a belief that's locked in place. It could be your belief that you're not a visual person.

I may be teaching you some visual tools to shrink down shit on you mental movie screen that is triggering your fight or flight response. I've seen people go, "I don't get that because I'm not a visual person." I go, "Really? You're not visual?" I'll say, "Think about your kitchen."

They'll go, "OK." I go, "How do you know you're thinking about your kitchen?" They'll look sheepishly and then and go, "Well, I guess I had a picture." We have pictures that happen fast.

Fast means OUTSIDE OF YOUR CONSCIOUS AWARENESS...

I would have to say that 99.99% of anxiety sufferers make REALLY POWERFUL SCARY MOVIES ALL THE FUCKING TIME ON THEIR MENTAL MOVIE SCREEN... But they do it so often, so fast, so POWERFULLY that they aren't aware that they are doing it.

We are good at that. Brilliant!

You might not have been able to get the benefit of using the tools because you have a secret belief that you don't even know you have. That somehow you're not a fast learner or you can't visualize or you're "this" or you're "that". Or you're the anxious one.

Beware the labels that you "sucked in" as a kid.

Maybe they reinforced, "Oh, he's shy." "He's shy." "He's shy." "He's shy."
"She's anxious." "He's anxious." "We're anxious."

I worked with a client recently. And he kept saying, "My anxiety."

I've talked to other people....

I have a guy who's got an immune thing going on. He calls it, "My illness."
Like he owns it. Like it's his.

I like the word dis-ease because anxiety is not a disease. It's certainly a
dis-ease. It's not caused by a germ or a virus or some outside force.

**Anxiety is simply the way you've been
using your mind. If you have been using
your mind in a certain way and
somehow can't even imagine using your
mind in a different way, that's resistance.
The way through it is to change your
thinking pattern.**

What if you stopped interpreting it as
"resistance" and started interpreting it as
"learning curve"?

Because some things, for some people, take longer than others. That's the
process. I set out in 1978 to be a professional singer, songwriter. It is now
2015, and last week I made \$750 bucks plus my church music gig where I
make a couple of hundred bucks every a week.

That's pretty good. Forty years and I'm making a couple hundred bucks a week as a musician. Is that a failure? No, we have a learning curve.

We have a learning curve where we have a very slow start.

Start slow, finish strong.

This may be you. You may be on this path. This may be your anxiety journey.

It's not that the techniques that aren't working, it's that you just have to work it longer. You have to work it. You have to worry it like a dog worries a bone, and worry in a positive sense. You have to grind at it. You have to just absolutely demand every day, that you start your day with, today is the first day of the last day of the resistance.

There's an old teaching tale about a stone mason. He tapped endlessly on this one little spot where he wanted the stone to split. He tapped. and He tapped. He tapped for days or weeks. Day in and day out. He tapped with his chisel and his hammer. All day. Every day.

Then on day 28 or whatever. CRACK! the rock split.

Boom. You grind at it and one day you suddenly go, "Oh my God. It wasn't that big a deal. It was just me taking charge of my unconscious mind."

Because I have news for you. Whatever horrible thing happened in your past that you're unconscious mind is repressing to try to protect you, if you adopt these tools and techniques...

If you adopt the mind-set that "there is no wrong", that everything is perfect, That this process that you're in is exactly the perfect process for you to be in, because that's why you're here in this body.

This is your work. If you took that attitude and that belief about this "Problem," this learning opportunity, where would the anxiety go?

You wouldn't give a shit about it. It would literally disappear. If you were able to truly accept your present moment as, "Hey, this is what's happening now." I don't need it to be different. I just need to work on how I'm going to respond to it.

I need to work. To work on how much I can love myself in this situation.

I can work on what better ways I can approach this. More resourceful ways, more innovative ways. More creative ways, more dynamic ways, more self-loving ways.

What if, every situation that used to cause you to tense up and get all anxious and freak out now causes you to automatically click into your POWER?

What if you start seeing the old anxiety pattern as

"Holy crap. Here's another opportunity. I'm going to practice this. Why does it work out better than I can possibly imagine? I'm going to breathe, now I'm going to breathe. Why does it work out better than I can possibly imagine? Oh, I'm going to roll my eyes. Like I said, roll my eyes. I'm going to roll my eyes."

I dare you to do three of those things at the same time and still have the problem. I would like to sit in the room and watch you do the techniques, and still have the problem. I would like to see that. I would like to see it because, that's what's going to happen.

You're going to do the techniques. You're going to add another one and another one. You're going to be focused on them.

You will interrupt the pattern.

All of a sudden, your physiology is going to shift. You're going to feel fine, until you remember, "Oh I'm anxious. Oh, let me remember that." Does that make sense?

Please do not take this personally because this is about me, as much as it is about you. This is how we do this. This is how we humans operate. We are kind of bizarre in this.

We're pretty complicated. The thing is, we've got these three brains. We've got the lizard brain, we got the mammal brain, and we got the limbic, logical brain, the most recent one. One of the challenges with anxiety is, it's a habit for you. It becomes a habit. It's just literally what you have programmed your body to do.

We can change habits. We install new habits all the time. The latest research is saying that it takes from basically 28 to 60 days to install a new habit.

All you needed back in your past was a month or two of continuous anxiety thinking, noticing that there was a benefit to it because anxiety is helpful. Anticipating the future is a useful thing, because then you've thought things through. You may be better informed as to how to respond to some challenging situation. You've thought it through. You've lived it over and over on your mental movie screen. You rehearsed it and rehearsed it.....

That's the proper use of anxiety. It will never disappear. Because any time you think about something in the future you don't want to have happen, that is where the anxiety threshold begins to build.

If you're making worst case scenarios consistently and constantly, making it big on your mental movie screen, that habit is anxiety. If anxiety is what you've been doing, [laughs] it's habit.

Let's install a different habit.

Let's install the new habit of using all of the different tools, the habit of saying, "why does it work out better than I could possibly imagine?" Rolling your eyes, or moving your eyes back and forth and making some pattern with your eyes, or breathing up over the backs of your legs and over the top of your head and down the front of your body, that's a new habit.

That's a new thing of imagining the best case scenario. Going out into the future and turning, looking back. Seeing 15 minutes after the successful completion of an amazing event, you will not be able to feel anxiety anymore, because that is literally doing something different with your mind. If you do that enough, you practice it, you will be fine.

Part of the problem is, there sometimes is a physiological anchor that has been set. Certain events or situations, sounds, phrases, words will literally, like Pavlov's dogs, trigger an anxiety response BEFORE you have time to consciously think or respond... Your gut is called your first brain. Sometimes the knee-jerk physiological response is installed in your autonomic nervous system.

That's a little bit different from resistance. We can do collapse anchoring. We can do a lot of different things to clear that kind of a response.

That could be another little piece of it. Either way, the minute you find yourself triggered, you can consciously change your physiology. Your self-talk, the pictures on your mental movie screen. You can do that anytime you're triggered. Do something different. Because up until now when you were triggered, you'd go into a full blown anxiety attack.

Or whatever it is that you've been doing. Does that make sense?

A habit is like a table. If you knock out any one of the legs on a four legged table, it can't stand. Or if you knock out any one of the legs on a three legged table, it can't stand.

Literally, a habit is a process of A plus B equals C. It's like this situation. That person makes that face, and that equals me feeling childhood terror come up. Because one day my dad did that with his eyebrow and the next thing you know, he jumped out the window, whatever. I don't know what it was. It could be A plus B plus C plus D equals X. It doesn't matter. It could be a whole string of things.

For many anxiety sufferers, it's like we have such a highly sensitive neurology, that often it doesn't take much. We're the ones...I was clearly hyper vigilant as a kid, because I had so much anxiety about so many

things. I was so sensitive to criticism that I was always anticipating. I was always trying to look to see, how can I be helpful? How can I be a good boy?

My secondary gain was, I got really good at perception. I got really good at paying attention like a bird. Paying attention to things that other people were entranced about. I was noticing. I got really good at doing things well. At self-correcting or self-criticizing, so that I could beat my parents, so I wouldn't be criticized by them.

My parents were good parents, and I had a good childhood. Even the best childhood, there's stuff that you have taken in. The thing is that, you're feeling the anxiety in this sensitive neurology and you're feeling the pain. You want relief from the pain, because the pain is here. We'll draw a pain threshold. Your pain threshold is here and you want it to go down, because it hurts.

You're learning and these patterns, these habits, some of them are sticky. Some of them, you've had so much secondary gain, you can't even see it. Some of them, you're going to require more work on yourself. There may be layers to the onion.

All of that, the minute you go, "OK, that's the way it is." The minute you accept that there's no instant fix. The minute you accept that, "You know what?"

This is a PhD in living, and I'm in kindergarten.

It's going to take a little while. I'm ready. Let's go." This is building a pyramid. It doesn't happen overnight.

This is literally recreating yourself, and literally understanding yourself, according to a whole new set of rules. If you used them and applied them obsessively and compulsively, the change would happen pretty quickly. You have to be motivated.

What is motivating you to stick with this and grind it out? What is motivating you to do the work?

Your pain. Pain is motivating you.

Maybe, if I had suddenly become a successful musician in my 20s, it might have been bad. I don't know how it would have been bad, but I wasn't, so I can imagine. It could have been bad. Maybe there's a reason your unconscious mind is not letting you get to where you consciously think you want to go.

Because, maybe if you got relief from anxiety at this point in the journey, you wouldn't do the next bit of work that might make a huge difference in a life that's pretty good versus a life that's freaking awesome.

Maybe If you got relief TODAY you might stop working on yourself too soon.

You might slack off.

Maybe you NEED this struggle like a butterfly needs the struggle to get out of the damn chrysalis. Without the struggle the butterfly's wings can't properly inflate so it can fly.

I don't know. But have you ever stopped to think how freaking awesome it is that you ARE NOT A DAMN BUTTERFLY?

You are HUMAN. You are an apex predator!
You are at the top of the food chain baby!
You ain't no monkey living in a tree.

[LOL couldn't resist]

You don't know.

It again comes down to your interpretation.

Is the resistance "bad", or is the resistance causing you to do better work, deeper work?

Maybe you did a shitty, lazy ass job the first time trying to clear this. The first 20 times, trying to clear this, the first 100 times.

I don't know about you but I've caught myself thinking lazy ass shit, ways I could cut corners through out my day...

Doing the dishes. Yeah, I'll wipe down the stove later.

Doing the laundry. Yeah, we don't really need to fold all of the towels and sheets. Whatever. I see it in myself every day. Little ways my lazy ass unconscious mind is using the Law of Least Effort to avoid really doing a great job at something...

It's always there. For all of us. Every animal is programmed to follow the path of least effort... the path of "least resistance".

so you might want to consider that your "resistance" is really the easy way out. How is your resistance the path of least resistance? hmmm?

Maybe you need to actually get back to the basics. Go deep with it and go,

"I'm going to find a way over this, I'm going to find a way around this, I'm going to find a way under this, I'm going to find a way to release this, to love this until it just vaporizes."

Because ultimately it's in your unconscious mind. Ultimately it's something you're imagining. There are no real rules.

This is something you've created, and if you created it you can release it.

Just maybe not as fast as you think you "should". Get out of "Shoulds" and accept the fact that there may be a very good reason that your unconscious mind is not letting you rest easy yet.

Because if you got rid of the anxiety, maybe some other tools, some other experience that you need for your full package [laughs] wouldn't happened. I don't know, but that's up to you to decide.

It's up to you to change your perception of even resistance, and to love it, and to welcome it, and to ask questions of it like, **"What can I learn from you resistance?"**

How can I use you resistance?

How can I release you resistance?

Hey resistance, what gift are you bringing me?

Hey resistance.... FUCK off!" LOL say it with LOVE!

What if you start to...I'm serious about this.

This is thinking differently about the problem. This is turning the problem upside down. You're not talking to resistance? That's weird. As if resistance has something to teach you. You might learn something here. Careful.

[Sarcastically] We don't want to let go of our problems too soon. Because if we let go of our problems too soon, what will we do without them? That could be scary in itself. Think about that one. What would I do with no problems? [laughs]

Think about it. Your problem is serving you. How is it serving you? Find out. Wouldn't it be fun to find out?

Ask it questions. Then shut up and LISTEN. Write down whatever weird answers your unconscious mind gives you...

Then begin to imagine a life where you are so empowered, that you can release anything you need to anytime.

What would that be like? What would it be like to be absolutely able to blast through this? What if you actually did the things you have been avoiding doing? The things that basically step you in the direction towards an empowered life?

To use the example of the young man who I had worked with several years ago.

At some point, he told his mother he wasn't going to talk to her for a while, and you know what? He didn't. He kept his word. He set up boundaries she was not invited to cross.

She tried all kinds of stuff. She even got sick with cancer. He did not talk to her. Then eventually he cleared what he needed to clear. He was able to go back and resolve his issues with his mom, and they were on good terms until she passed away.

But there was a bit of a distance. Because he had BOUNDARIES now. She was not allowed past a certain point in his “business”. You might think that’s sad.

“Oh his poor sweet mother. She was only trying to LOVE him...”

RIGHT. And her love was a toxic, manipulative pattern that kept her in control because SHE was terrified and had an anxiety pattern that HER mother imprinted on HER.

The thing is though that's like a man, and I don't know if it is true for women or not because I'm not a woman [laughs] . I know as a man, there is a certain point where you have to step out into the world in your own way to face the fears that have held you back.

Alexander the great couldn't step into his power until his dad, King Phillip of Macedonia was dead. He couldn't conquer the world by staying home and

being a good little boy. Sometimes we have to face our fears and demons and accept our own power.

For me, I went right from my mom's house into a 13-year marriage. From there into another relationship, and when that relationship was over, I for the first time in my life at age 40 contemplated living all by myself, and I thought I was going to die.

I Thought I was going to die, and by that I mean I was I was terrified.

I was filled with dread and MASSIVE ANXIETY.

I didn't know anyone. I had no friends. I had always depended on the woman I was with to make all the social shit happen. I was shy guy, loner. I didn't know how to be comfortable around other people. I didn't know how to sell. I didn't know how to support myself. I didn't know how to hold fast to an idea and not let other people destroy it with their little thinking...

I was afraid all the time.

Where was that fear? It was in my mind. I was creating it. Where did it come from? When I was a little kid, my mom told me a scary story about, if I ran away from home how horrible it would be me all alone out in the dark at night all by myself [laughs] .

Some interesting stuff. I can go on. I had a phobia of living alone. No, I'm not going to tell that to myself.

I love living alone now [chuckles] . That was over 10 years ago. That was 1999. 16 years ago. Long time ago.

And I obviously did not die.

Living alone in a massive apartment complex FORCED me to learn NLP and self hypnosis because I did not have a choice. I was going insane with loneliness. Solitary confinement is a tough punishment. Even hardened criminals need human contact.

The bottom line is, the resistance can be your friend. The resistance is your next learning opportunity, and maybe if you focus on loving yourself and accepting yourself exactly as you are. Even with that resistance. Even with the anxiety. What if you just said, "OK, this is who I am."

Stephen Hawking does not resist the idea that he is in a wheelchair and can only blink his eyes. That's all the guy can do. He doesn't resist that, but he works with it. He doesn't bitch and moan, because he knows it's not something he's going to solve. He's going to work on making the best use of it. While he has a single breath still in him.

The guy has lived longer than anybody ever expected him to, and created more good, more value for the world than millions of other people combined. This could be your opportunity in your life to be at peace. This is who you are. This is where you are right now. It's as it is, and stop resisting the resistance.

Think about that one.

Stop resisting the resistance.

What you resist persists. Stop resisting the resistance. Allow it to be a teacher for you. A tough teacher perhaps. A Demanding teacher. But a good teacher ultimately.

I'm going to stop because that's been enough. That's been pretty heavy, and I just literally just let my unconscious mind run with this. Hopefully this is helpful. Talk to me.

Again It's nonlinear. I didn't expect it to be linear. If you need linear, I'm not the teacher for you. Because I follow where it goes, and this is where it went today.

Resistance could actually be your best friend, because sometimes the quick and easy way is not the right way. Sometimes starting slow and working it, and working it, and working it, and working it just absolutely enables you to finish strong.

Start slow. Finish strong.

I'll see you on the inside. See you next time.

See you in the next module, the next course, the next whatever it is that we see each other in.

I believe in you.

I love you.

I know that you can transform your life by transforming your thoughts.

I know sometimes it's scary. Sometimes it's terrifying, but it's always exhilarating and enlightening, and in the long run it is the way to master your mind for a change.

Mark Shepard, over and out for now.