

The Big Voice of Resistance

In a class titled "Resistance and Responsibility," the instructor asked the participants to give voice to their resistance. After concentrating to see my resistance, this is what emerged...

There is a physical pain in my thighs that says:

I am not going to move. You cannot **make** me move.
You cannot put me in a group which tries to give me different points of view.
Anything new scares me. I do not want to listen. Do not make me!
You are constantly changing and I hate it!
Why cannot you just let me be the same that I have always been - your familiar resistance!

Do not get annoyed with me. I am reflecting myself in your husband, son and mother. They want you to be securely the same as usual—they reflect my core being.

I was born when you viewed your first incarnation on the physical plane. I did not like it! I see the world as a bad place. **My role is to protect you from experiencing basically everything!**

I like to freeze all around you so you can be safe, and I can be safe.
I have a prominent place in your life and you better believe it!

My resistance's name is Helena. I have a love/hate relationship with Helena. Helena represents to me a raggedy, ungroomed girl who does not know how to be.

At the same time I want to help her, I cannot stand her.

Helena is made out of fear.
Nothing feels safe to her.
There is no security.

Helena represents this crazy world, there is no order, there's only anarchy.

You can not be safe.