

Resist Nothing Exercise to Guide You to Be More Present and at Peace
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The purpose of this exercise is to understand if your body is resisting the present moment and to guide you to accept and allow the present moment where you can be more relaxed, comfortable, content and at peace.

When you are in resistance with the present moment your body, breath and mind may be tensing, rushing, pushing, judging, complaining, fighting, fleeing, defending, avoiding or taking things personally. Your body may also be stuck in one or more of these resisting patterns from a past experience that continues to drive your way of being in the present.

Resisting the now can create tension, narrow focus, distress, limits, pain, illness and bound energy. On the other hand, accepting what is happening in the present moment can bring about contentment, harmony, peace and wellbeing.

There are three components to help resist nothing. Observe neutrally, accept what is happening and relax your interest in what is.

The first step to observe neutrally, simply observe any resistance you have neutrally, without judging. By simply observing your resistance neutrally you bring an awareness that was not there before. Just the act of neutrally observing in and of itself lessens and dissipates the resistance because there is now an acknowledgement of the resistance and acceptance that the resistance is happening and this opens the door to allowing other choices, allowing other ways of being.

In observing you create a pause, a gap, between the resistance and your awareness of the resistance. In this gap is a space, a stillness, an awareness that connects you more to the present moment. In this space is where conscious awareness of choice emerges. This is your power, not power over, but power to choose. Rather than unconsciously reacting to life experiences, with observation you now have the conscious awareness, an inner locus of control, to choose a way of being. And when you are fully present, centered and aligned with your true energy in this stillness, you will be free from resisting, free from judging, tension, complaining, rushing, avoiding, taking things personally and more. And your choice will bring value to you and all.

This does not mean resistance will never arise in your life, but as you listen and practice what is in this audio more and more you will have the tools to neutrally observe and accept the resistance, which will bring about an awareness to choose what aligns with you that brings value to all rather than be bound and limited by the resistance that can disconnect you from living in the now.

After you neutrally observe your resistance, next accept what is happening right here, right now. To accept means that there is no judgment or interpretation. Then relax your interest you have with what is happening in the present moment. Relax your interest of what will happen to you, others and the situation.

This process is different for each person and will unfold as you feel safe and open with it.

I will now guide you to become more aware of any resistance you may have so you can connect to the present moment more where you can be more calm, content and at peace.

Wherever you are right now, if you are walking, eating, talking, listening, shopping or resting, observe and sense how you are being. Observe how you are holding yourself in this present moment.

Observe your breath and allow your breath to shift if it may as you neutrally observe it.

Now observe your body and allow your body to shift if it may as you neutrally observe it.

Now observe your thoughts and allow your thoughts to shift if they may as you neutrally observe them.

Notice if you have any tension, pain or other resistance in your body, breath or mind. If so, observe neutrally and fully accept that this is happening here, now. To fully accept means to acknowledge what is happening neutrally, plainly, without judging, without evaluating. This does not mean you have to agree with what is occurring, just that you are not trying to block, stop, or fight that which is actually arising and happening. When you are fully accepting what is as it is you will then be able to allow yourself to relax and be at ease here, now, as you will have a knowing of what is needed for you to keep aligned, present, calm and content.

You can always go back to tensing if you want, but know and experience that you can be at ease, relaxed and comfortable right now, as well as anywhere and anytime. There are many ways to be, just simply observe and accept how you are, and then be open to allowing another way.

Your body knows how to be relaxed anytime, anywhere. It is your thinking that creates the tension and resistance and gets you out of the present moment. When your body, breath or mind are tense this is telling you there is something in the present moment that you are not accepting and you want to be different. There is something not aligning with you. Resisting is a way to try to externally control what is happening because you don't know how to change or set the conditions for how you can be here, now aligned with your true energy, your true nature and your values. By observing your resistance and tension you can begin to be open to acknowledging your needs that align with you and allowing yourself to set the conditions to get your needs met that will bring value to not just you but everyone and everything.

To relax, observe neutrally and sense and allow yourself to be present, to be here, right now with whatever you are doing and with whatever is happening, which is where you only ever are. If you are worrying, fearing, judging, or complaining, you are not here. You are not accepting what is happening as it exactly is. Sense with your awareness you are right here. Be aware of how you are in this space from within and around. Sense the stillness and the calmness in the now. There is no problem right here, right now. Sense this deeply. If you are resisting this, observe that and allow the resistance to be, don't fight it. You will know you are accepting and allowing and not resisting, when you are truly comfortable, calm, content, relaxed, appreciative and at peace with what is as it is.

Observe again if you are tense. Observe and accept that, don't resist. Keep observing any resistance and tension plainly, neutrally. Accept the resistance and allow the energy to move where it needs to go. Let the energy flow. Allow yourself to accept what is and to be deeply comfortable right here, right now with whatever is happening. If you are resisting, you still want something to be different. But everything here, right now can only be the way it is. It can't be any different. What is in the now is what is

showing up because that is what it only knows how to be for right now, so it can't show up differently. But with your awareness and acceptance of the now, you can choose a way of showing up differently. You can set the conditions for how you can be present, calm and content with whatever is happening.

So again continue to fully accept all that is here in the now and allow yourself to be here with what is right now. Fully be in this present moment deeply relaxed, at ease and content with what is happening as it is. This means you don't have any judgments or expectations of how the now should be. Again the now can't be another way at this moment because this is what is only known right now to be for the now. However, you can control your way of being in the now which can impact the now. So ask yourself if how you are showing up supports the way you want to create as your way of being.

Continue to allow yourself to be comfortable, to be relaxed, to be appreciative and to be content with all that is here, now. Your body knows how to relax and be comfortable. Just observe and your body will shift to its aligned and balanced way when it feels safe and open to do so. Don't rush this, that can create resistance. Relax your interest with this process and any outcome. The more you practice all of this you will begin to sense a knowing of what you need to do. You will sense what will keep you grounded in being present. It may be to slow down. It may be to say no or set a condition with someone. It may be to make a change with your sleep, nutrition, job, words, money, or habits.

Keep allowing yourself to observe and relax right here, right now. To be here now means to allow what is to be as it is and to flow in the experience. This means instead of judging and having expectations of the present moment, you are accepting what is and setting the conditions to keep you aligned with your values and needs to flow with the present moment. Instead of trying to control and change that which you cannot control, you create how you want to be in the present moment. If you feel uncomfortable that is a pointer you are still resisting and not flowing with what is and you have a need you are not acknowledging or addressing for you to flow in the now.

To summarize, whenever you observe or notice that you are tensing and resisting first accept this neutrally and then relax your interest in what it is you are tensing about and resisting.

Sometimes why you are tensing and resisting may not be known. That is OK, don't resist that. Just accepting and relaxing your interest in all that is happening right now, including not knowing, opens you to allowing yourself to be more present, calm and comfortable.

The following relax your interest suggestions can help you see if you are resisting and guide you to shift your resistance to acceptance:

Relax your interest in the process of this exercise.

Relax your interest in the outcome of this exercise.

Relax your interest in needing to breathe a certain way.

Relax your interest in your thoughts.

Relax your interest in needing to know things.

Relax your interest to be in control.

Relax your interest to be right.

Relax your interest to be heard.

Relax your interest to be perfect.

Relax your interest of your expectations.

Relax your interest in what you think you should or should not be doing.

Relax your interest to be seen.

Relax your interest with your beliefs.

Relax your interest to belong.

Relax your interest in yourself.

Relax your interest in your job.

Relax your interest in what will happen to you.

Relax your interest in others.

Relax your interest in the outcome of a situation.

Observe if there is something you are resisting that has not been said here and relax your interest in that.

Relax and allow everything here and now to be just as it is.

Continue to go about your day neutrally observing, accepting and relaxing your interest in all that is here for you. If you can accept and allow your resistance, you can also accept and allow yourself to be at ease, comfortable and content.

Read over and practice this at least once a day, twice a day is ideal, for 30 days. And whenever you are aware that you are resisting the now accept and relax your interest in that which is getting you to resist and see what shifts for you.

You can contact me and check out more of my videos, articles and resources at presentforpeace.com.