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Can Mindfulness Meditation help people with Neurotic Resistance?

WHEN WE ARE UNABLE TO ACCEPT REALITY EVEN THOUGH IT IS RIGHT IN FRONT OF US, OUR MIND CREATES A DELUSIONAL REALITY. SINCE DELUSIONS ARE NOT BASED ON FACTS, THEY CAUSE **NEUROTIC RESISTANCE.**

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Can Mindfulness Meditation help people with Neurotic Resistance?

THE ANSWER TO THE ABOVE QUESTION IS YES. IF WE OBSERVE THE SYMPTOMS OF SOMEONE WHO HAS DEVELOPED **NEUROTIC RESISTANCE**, WE SHALL REALIZE IT IS A WEAKNESS OF THE MIND.

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**Mindfulness Meditation at
Chidhakasha is structured to
develop a strong Mind.**

**A STRONG MIND ACCEPTS REALITY AND ADAPTS. THERE IS NO
NEED TO CREATE AN ALTERNATE DELUSIONAL REALITY.**

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A Strong Mind not only helps in accepting facts, but is a guardian angel which protects us from known and unknown dangers and impending threats, and also guides us to make the right choice. A strong mind is also known as Perfect Judgement, Higher Intelligence and also as Intuition

A STRONG MIND CAN SEE BEYOND THE OBVIOUS.

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**A Weak Mind cannot empower the Nerves.
To perceive accurately, our nerves must be
strong. If our nerves are weak, we perceive
everything through the lens of the EGO.**

**Perception through the ego
interprets experiences and events
as an attack on the personality.**

Perspective

pə'spektɪv noun.

The unique way of viewing and interpreting life based on experiences and beliefs, influencing emotions and decisions. Open perspective involves considering diverse opinions for a nuanced understanding.

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**In other words Neurotic
Resistance makes a person
Egocentric who has only Self
Interest in Mind.**

ALMOST EVERY PERSON WHO REFUSES TO ACCEPT REALITY HAS
ANGER JEALOUSY & HATRED WHICH ARE HIDDEN & SUPRESSED.

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**Neurotic Resistance makes a
person loose Reason and
become Impulsive and
Suspicious of everyone.**

**SINCE THE FILTER USED TO PERCEIVE THE WORLD IS THE EGO,
PEOPLE WITH NEUROTIC RESISTANCE CAN EASILY FIND FAULTS
WITH OTHERS.**

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**I have come across children as
young as twelve years of age
whose parents mistakenly
developed Ego of the child
instead of Self Confidence and
Faith in Oneself.**

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**Many of them develop Depression
as they are disappointed that
People do not consider them and
treat them as God.**

**THEY ARE ALWAYS DISSATISFIED AND DISCONTENTED, AND
FIND IT VERY DIFFICULT TO LAUGH, AND IF SOMEONE MAKES
FUN OF THEM OR INSULTS THEM, THEN THEY BECOME SPITEFUL
AND WANT TO TAKE REVENGE.**

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Neurotic Resistance makes people stubborn, obstinate & hypersensitive. They cannot accept opposition to their cherished ideas and beliefs. They are very certain that there is only one way to see things, and their way is the only right way, and that only they can know and understand everything fully

MANY OF THEM DEVELOP DEPRESSION AS THEY ARE DISAPPOINTED THAT PEOPLE DO NOT CONSIDER THEM AND TREAT THEM AS GOD.

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Neurotic Resistance has many other symptoms and all of them point to a weak mind like

1. Low Will Power, that is the inability to break self sabotaging & self destructive habits and thoughts for ex. the inability to give up worrying, using the phone, eating out or wasting time talking.

2. Lethargy, which is aversion to mental and physical activity and also restless and impatient as they find reading a book or meditating boring.

Neurotic Resistance has many other symptoms and all of them point to a weak mind like

3. Seeking continuous excitements, trying to find solace in social gatherings, as neurosis prevents people from being alone their own company. They are fearful, superstitious, superficial and due to low self esteem and insecurity, they are very anxious to portray a superficial self image. They go out of their way to justify their actions, and seek approvals so that they are accepted by society.

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It is possible that a person has healthy nerves and a weak mind. They will still have the above listed symptoms.

But it is very unlikely.

A WEAK MIND IS THE RESULT OF ZERO FAITH IN ONESELF AND LOW SELF ESTEEM. A MIND BECOMES WEAK WHEN WE BELIEVE THAT OTHERS AND OTHER THINGS HAVE MORE POWER THAN US AND ARE TRYING TO MALIGN OR HARM US..

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Can Mindfulness Meditation help people with Neurotic Resistance?

YES. I HAVE MYSELF TRIED IT AND FOUND THAT BY ACCEPTING EVERYTHING THAT HAPPENS, EVERY EXPERIENCE AND BELIEVING THAT IT IS FOR MY BENEFIT THE WEAK MIND BECOMES STRONG.

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Is it so easy to accept everything, what about those events and experiences that I had which only I had to suffer, and no one else around me suffered?

IT WAS LIKE I WAS BEING SINGLED OUT FOR PUNISHMENT. HOW DO I ACCEPT THAT? I CAN ONLY SAY THAT ONCE YOUR MIND BECOMES STRONG YOU WILL SEE THE SAME EXPERIENCE DIFFERENTLY AND EVEN BE GRATEFUL THAT IT HAPPENED TO YOU.

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