

## Living Responsibly...It's Only Natural!

Sheryl Eaglewoman

Welcome! This week our topic of choice is “Resistance”. The topic keeps coming up...and I keep resisting. A comment from my mother cinched it being this week’s offering. While discussing how I *felt* about her waking me up with her early morning phone call, I noted she was not the first in the last 2 days to “catch it” for rushing me. She laughed and said, “ Everyone should know, the more anyone tries to rush you to go even faster, the more you will purposely back up.” Moms know too much. So, of course, with food for fodder, I had to think about it. Again. Okay, so I resist resistance, or do I?

Resistance. It isn’t necessarily a negative process. Resistance is a good place to be coming from when it means being able to stand-alone and not be so easily swayed to “run with the herd”. Resistance is a great place to center from when others propose our life plans to us, rather than allowing us to further our own lives in ways we ourselves consider enriching. Resistance is a fabulous tool when it comes to wanting to react, when we know we shouldn’t. So, if resistance is such an asset, then why write about it? Aha! All things are different degrees of the same thing. So, although being resistant to certain vibrations, persons, activities, etc. can certainly help keep us in balance, resistance to that *which is Universal direction* will always throw us head first into chaos. Why is this? Because WHEN WE RESIST, WE CREATE WAKE. Think about it. When one resists something, there is an energetic response that relates somewhat to friction and that “friction” will create a disturbance in the energy field around us. This friction or disturbance will become an energetic wake that will slow down our chemical and physical and emotional responses to the stimulus. The obvious question here would be; are we resisting that which we should be embracing? Are the loving messages of growth, sent by the Universe, being embraced...or not? Are those things easily acquired, but without much worth, drawing our intention away from that which we intended when we chose to be birthed into this world. What are we resisting, what are we embracing...and how are we to know what to do which to? Well, that’s the easy part. If it allows your spirit to fly; if it allows your soul to grow and soar; embrace it, even if it is resistance itself. If, on the other hand, it only fulfills the physical desires, well then, maybe here is where a little resistance will allow for balance. Remember, in all things recognized as having different degrees, the balance point is the expression of neither. The balance point of resistance would then be acceptance. In acceptance, there is no wake, no friction. To accept, there must be trust. Do we...trust?

You know...it can appear to be very difficult to accept what appear to be Universal decisions being forced upon us. Most of us struggle at one time or another with life questions pertaining to resistance, such as; why is this relationship not obtainable, why is this person ill, why don’t I have more, why, why, why... How many of us will stop to note that perhaps if we quit resisting just a wee bit that we might just see that we are resisting the very aspects we need brought to us. Maybe it is not yet time for what it is we desire. Fruit comes to ripeness, over time; yet it does not fret. Perhaps our inner growth will allow us to have that special relationship when each person is in a place of love where the friendship will last forever, instead of a tumultuous year. Perhaps, when we understand a dis-ease can be an ally, come to teach us the many things that will set our spirits free, we will learn the lesson brought to us, instead of battling the disease all of the way to the grave. And whether we carry on our life on this plane or another, we will find our healing here, in the acceptance of our growth, of our understanding the lessons brought.

Yet, the most important part of resistance is, if we are resisting something, we are attracting it to us all the same, because that which we think we don’t want has become our focus...and we get what we focus on. Further, and even more importantly, we have been distracted from our intended focus, from where we were going in the first place. When we can back up far enough away from our circumstances, when we can be “not so attached” to what we *think* then we are able to see the depths of our world and that our inner self travels at a speed far surpassing our physical world into realms not consciously considered. Perhaps it would be best if we shallowed our desires in the shadows of the reality we now recognize as our own value manifest. When we are out of balance we resist our very selves, because we are the Universe manifest. When we embrace the Universe as without a seeming separation from our own selves, then we find balance, because, as we know innately, there is no such thing as space. We are

the Universe and as the Universe, we contain all that there is. So the bottom line is, you cannot readily resist that which you need because there is really no distinction between you and it. Therefore, *all that is* is within oneself. The only thing one can achieve through resistance to one's self is a huge energetic waste of energy. So, accept what comes to you. Feel it, touch it, smell it, reason with it. Learn from it. Learn whether it is valuable in our life. If yes, accept it, for it is right. If no, accept the lesson it brought you, then let it go, for that is right. Accept your resistance to acceptance, as resistance with understanding is acceptance.

Question of the week: If you could say one thing to people to really encourage change in the world, what would it be?  
Answer: Simplify!

Book of the Week: *Tales of a Shaman's Apprentice*; Plotkin, Mark; Penguin Books, 1993

Have a question you'd like to see addressed by Sheryl Eaglewoman? E-mail your question to [sheryleaglewoman@livingresponsibly.com](mailto:sheryleaglewoman@livingresponsibly.com) for "The Question of the Week".

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