



## THE CAUSE OF SUFFERING IS RESISTANCE

During our lifetime we have many things **‘happen’** to us. Accidents, death, family problems, relationship break ups, financial difficulties and all the other things that come along to ‘wind us up’. That’s life, and there not a thing we can do about it. But it is not what happens to us that causes misery and depression; it is **our reaction** to it that creates our experience.

For example let’s suppose that it is a really hot day and I have two people sitting in front of me. I decide to pour water over both of them. One lady jumps up shouting ‘how dare you. I am soaked. My dress is ruined. I hate you’. The other lady smiles blissfully and says ‘thank you. I was so hot and that water has made me feel so refreshed’. This is the same incident with totally different reactions. Each person made a choice as to how they reacted.

- ♣ We do not have to accept our initial reaction.
- ♣ We do not have to accept our overwhelming emotions
- ♣ We have a conscious choice as to how we react
- ♣ We can stop resisting and accept ‘what is’
- ♣ We cannot change ‘what is’ so why whinge and whine about it.

Many people have become conditioned to a pattern of behaviour that only allows them to have circular thoughts. Worry, for instance, is a circular pattern – no matter where you start, you always end up at the same place. Most people operate on a very low threshold of stress and will almost always display reactive behaviour in any negative circumstances – no matter how small and relatively unimportant it might be.

We are not talking about positive thinking. We are talking about the potential of reprogramming your brain. Each moment of the day your brain is creating new neural pathways, so why not make a choice to make empowering changes.

Each and every time in your life that you have been **depressed, angry, miserable,** and **apathetic** or **stressed** you are simply resisting **‘what is.’** If you stopped resisting, you would no longer feel bad. Think about it for a moment. Can we change any one thing that has **already** happened? Obviously we cannot. So what benefit is there for you to get stressed over what has passed? And yet millions of us do, day after day, particularly in the corporate market where stresses run dangerously high at most times. A reactive environment is a stressful place to be. So let’s take the time now to focus on how we can best address this situation.

When you feel upset or hurt by another person’s words or behaviour understand that you do have a choice how you react. You can

- ♣ Get angry
- ♣ Feel hurt
- ♣ Withdraw
- ♣ Feel humiliated or embarrassed

**THIS IS YOUR CHOICE!**

Or a more constructive way to deal with potential conflict is to

- ♣ Detach from it personally
- ♣ Stay calm
- ♣ Recognise your emotion. Then unpeel the layers as to what the real emotion is
- ♣ Ask the other person to expand their meaning
- ♣ Realise that it is your choice to feel humiliated or embarrassed – not the intention of the person [unless in exceptional circumstances] to ‘make you’ feel that way

We are born with brand new shiny unconditioned brains. But as we go through life our brains become conditioned by our parents, teachers and peers. Even life itself can help to format our brains as to how we feel and react. You only have to watch the evening news, and suddenly you might believe that the world is a very dangerous place. Over time, your brain sets up the neural pathway for this belief, and suddenly you find yourself living in fear, having panic attacks and afraid to leave the house. This happens!

Your beliefs may not even be your true beliefs. Can you question each belief and ask yourself ‘is this my true belief, or is one that I have adopted from my parents, peers, teachers etc?’ At five years old, when your mum says to you ‘speak when you are spoken to’ your brain registers, ‘I do not have an opinion that is worthy to be heard.’ As you grow into adulthood, this may manifest itself in anger, shyness, aggressive behaviour or a manic desire to be heard.

**But the good news is** that these things can be undone. We are creating new neural pathways by the minute, so it is simply a process of creating new beliefs and awareness’s.

The successful achievement of this is to become consciously aware of every single thought that you have. Your thoughts create an emotion. This in turn creates your behaviour. Therefore if you **police your thoughts** you will by default create different behaviours. People judge you by your words and behaviour – that is after all the only thing that they have to go on. Only people with higher awareness can see and hear the nuances behind other people’s words and behaviours. To become this way is to gain great personal empowerment. You can do this just as easily as anyone else. Of that I have no doubt.

When something happens that you judge to be negative or hurtful, do not resist it. Do not put up a fight and feel insulted, angry or annoyed. Take a deep breath and accept what has happened. Then take a metaphorical step back and decide if or what action you might want to take. Remember that this incident is only a trigger for your emotions. This

trigger will **cause** a response in you, as it has many times before. But it isn't the trigger that then causes your reaction. This is **your own choice** as to how you react.

If you feel that the person is speaking to you disrespectfully, then you may decide to take an action, and you might say 'I would prefer that you don't speak to me in that way. I find it hurtful. Please explain to me exactly what you meant, so that I can understand.' Give people boundaries. This is the way that good relationships – personal and business - work. Everyone must know what is acceptable.

Always remember that emotions are not – as most people believe – the things that drive us. **Our thoughts create the emotion.** Change the thought and you will change the emotion. It sounds simplistic, and in reality it is. It is a process of simply changing long held conditioned responses.

Ask yourself 'does this emotion hurt me or serve me?' if it does not serve you, why on earth would you persevere with it? As human beings our natural inclination is to move towards pleasure and away from pain. Your old worn out responses are clearly driving you continually towards pain. Let it go!

## **Scientific stuff**

Humans naturally operate at a Beta brain wave level, which is resonating at 13 – 100+ Hertz. When it starts to move over 30Hz you will begin to feel stressed. Your brain then goes into chaos and you will – to all intents and purposes – begin to display dysfunctional behaviour. This might take the form of drugs, over reactive behaviour, overeating, overworking, sex addiction, drinking, depression, over exercise and many others. When you are feeling stressed, you have simply exceeded your threshold for stress. What you need to develop is a method to increase your stress threshold levels.

Just by closing your eyes you will automatically lower your brainwaves to an Alpha state. This resonates at between 8 – 12.9 Hertz. Alpha brain waves are associated with

introspection. In my experience, the only way to learn is to *venture within* to learn about who and what we are. As we enter Alpha levels the body begins to release calming neuro chemicals. Regular meditation – which can simply take the form of closing your eyes for half an hour a day, and allowing yourself to relax – will enable your brain to operate more frequently at the lower beats. Life will begin to feel less stressful, and your reactions will be more appropriate.

When you begin to understand that all of your experiences are not external, but are in your brain, it makes sense to become fully conscious of your daily thoughts. It is immanently true that you are the product of your thoughts. Think negatively and you will encounter negative experiences. Think positively and you will soon be attracting those experiences to you. Thoughts create energy, which create intention, which creates action and results.

### **Start from today**

Police your thoughts. Do not react immediately to external stimuli, not until you have given yourself a moment or two to work out what is ‘really’ going on in your head. **Actively want to change.** I know that you will not be happy if you are in a constant reactive state. When you learn how to limit your reactions to more appropriate responses, you will feel calmer and more in control.

As a bonus, you will also find that other people will react to you more positively. Somehow we know instinctively when someone is likely to be a stressful person. No one likes to spend time with someone who is agitated, impatient or angry. Learn to be calm and others will gravitate towards you. Your relationships will be stronger and more fulfilling. Your business decisions will be more impactful, and your interactions with clients or colleagues will prove to be much more productive.

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