

How to Deal With Resistance

You have direction! You have focus! You know exactly what steps to take next
aaaaaand... BAM resistance.

Yes, we all feel it.

It's part of the human experience.

And once we do, there are simple, easy ways to get through it and back into heart-centered action.

Here's my favorite.

Steps:

1. Choose one of the 5 Power Poses from the Sensitive Soul SOUL-ution PDF.
2. Relax into the pose until you feel grounded.
3. Allow yourself to think about a specific action that you've been resisting.
4. Welcome all the thoughts, feelings and sensations that come along with it.
5. Shine light/breathe into any area that feels tight or constricted.
6. If you feel inspired to, dialogue with the resistance and ask it questions about its purpose, or simply repeat Steps 2 through 5 until you feel complete.