

Free Your Inner Guru – Episode 16
How Badly Do You Want It? Dealing With Resistance to Change

Laura Tucker: Welcome to this week's episode of Free Your Inner Guru. I'm your host, Laura Tucker. The results are in. Today I'm reporting back on the experiment we started during last week's episode, part one of the series, how to bring more joy back into your life. If you didn't catch last week's episode, no worries. I've got a quick recap for you before we dive in.

[00:00:30] Have you ever had the experience where just as you are about to take action towards a new bigger better result that is close to your desires, that you are met with uncanny amounts of resistance? Welcome back to Free Your Inner Guru. Thanks so much for joining me here today. If you didn't have a chance to hear last week's episode, I'll give you a quick recap of the experiment that I invited you to join me on.

[00:01:00] I am always making adjustments to my own habits and my own routines in an attempt to up my game, up my level of consciousness, and I hope you are, too. I started off with something relatively small last week. I noticed that I, like so many people, was turning to look at my task list or my to-do list with an incredible amount of resentment.

[00:01:30] Maybe it's because it's summer and I'd much rather be outside having leisure time. Maybe it's because I haven't had much time for my creative passion or I haven't made much time for my creative passion, photography. But it was getting increasingly obvious to me that my mindset in that area needed a bit of an overhaul.

[00:02:00] I encouraged you to join me on an experiment to mitigate some of this and to raise the energy of the entire situation. I chose as my activity that I can't avoid, but have some negative energy around, I chose grocery shopping. To me, grocery shopping is drudgery. I don't get a lot of joy out of it traditionally. I chose photography, and I realized that if I were traveling, I would probably be going out to all these interesting markets and taking pictures of different parts of the city or area that I'm in, and yet I don't do that here in Toronto, as much as I enjoy street photography, as well as just outdoor photography.

[00:02:30] My plan was, last Sunday morning, to get up early, grab my camera. Not my phone, but my actual big camera. The one with all the detachable lenses, head down to the beach, take some pictures, then go on over to a farmers market in an area called Leslieville. I packed up my bag, made sure all my batteries were charged and got things ready the night before. I was quite looking forward to it, which was

[00:03:00] evidence that the shift would be real.

[00:03:30] I get up in the morning, and much to my surprise, I couldn't move my neck. I must have slept awkwardly, and this is a deterrent because my camera is sizable, and carrying around a bunch of bags, it would have been much easier to stay home and do the same old, same old, and avoid taking this new course of action. It got me thinking about this can be a pattern in any area of life or business, that you spend the time thinking and designing, and suddenly there's a phone call comes in and there's something urgent that needs to be taken care of. Or you go to start a new physical regime, and you stumble and fall and scrape your knee to bits. It makes it very difficult for a couple of weeks.

[00:04:00] All of these things have happened to me, and I needed a good reminder that this was a form of resistance. Resistance is a part of the

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[00:04:30] game. Sometimes our resistance comes from inside of us. It's self-created. It's attached to our fears. It's attached to our play safe or play small team. Our protective instinct, to keep us from standing out among the crowd and appearing to be different. Sometimes the resistance shows up in our bodies, like mine did that morning. It seems like a little thing, but it actually really is a big thing when you start looking at how this pattern can replicate amongst your different environments in your life.

[00:05:00] One of the things that I've learned on my personal development journey is that resistance is a part of the process. You can power through it, is one of your choices. You can detach from it or you can deal with it. Before I left the house, I had an extra long hot shower to loosen things up, did a few stretches, and assessed that I wouldn't be injuring myself if I carried on with my plans. If I would have been injuring myself, that would have been forcing it, and that is absolutely an approach that does not work long-term and is not sustainable in the face of resistance.

[00:05:30] This is what happened. I went down to the beach, took a few pictures. The conditions weren't great, so I headed over to the market. I was drawn to these giant sunflowers, just on the edge of the market, and although the sun was blazing and it wasn't ideal time for photography, I really got into it, and thought, "What can I do here that's different, given that the conditions are not ideal." One of my images just makes me so happy when I look at it. It's a beautiful image of a ... I cropped in really close on a sunflower which I've got it attached to this episode on my website. Out of this endeavour, I got one keeper shot that makes me smile when I look at it. That's a great outcome.

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[00:06:30] But then it went on from there, and I truly believe the reward of being conscious of the resistance and taking care of my body to the best of its ability or my abilities, and then gently moving forward created a great opportunity. When I got back from dropping my camera off in the car with my shopping bags, the very first vendor I came across at the farmers market was a massage therapist.

[00:07:00] Now this was early Sunday morning. In my normal life, massage is not available to me early on Sunday morning. I just looked at her and I laughed and she saw me there, and I said, "You must be the reason that I'm here today." Ten minutes later, there I was on her massage chair, getting some of the help that I needed to shift the energy around my neck and shoulders, and I've made a really great new relationship out of it.

[00:07:30] Here's the bottom line on what I got out of that entire experience that applies on a much bigger scale. When you can look at your resistance, detach from it, and not react to it emotionally ... I could have chosen to be frustrated, angry, feel sorry for myself, feel bitter, "Oh, look at me. Just when I'm going to go and do something good for myself, this happens." Instead I remembered, this is a necessary and natural part of the game. It's almost like you're being asked, "How badly do you want it?"

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The answer to that question is up to you, but if you want it badly, I encourage you to explore it in a similar way that I did. Find the lesson. If it's something physical, take care of it in a gentle, but detached way,

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[00:08:30] and continue to move forward in the spirit of play, experimentation and openness, because you never know what's out there when you cross over through that resistance and create something new. It could be a new relationship, a new friendship, someone to introduce you to your next best client or your next best friend. But you don't know unless you get into the game and play.

[00:09:00] Thank you so much for listening to today's episode. I know you have a lot of choice where you receive your inspiration and information. If these ideas and stories resonate with you, I would be so grateful if you take a few extra seconds for two quick things. One, if there's an idea or moment in the story or conversation that you feel would make a difference in someone else's life, take a quick moment to share on whatever app or website you're listening on. Two, subscribe so that you can become part of the ongoing conversation. Big conversations become the catalyst for meaningful change.

I'm Laura Tucker signing off for Free Your Inner Guru.