

# Move Towards Your Resistance

Our minds have the tendency to turn away and move away from what we're fearing and resisting the most. We naturally don't like pain, frustration, difficulty. So turning away and avoiding and putting off are protective acts.

And yet, this keeps us in our comfort zone. The path of growth is in the parts we're resisting.

**Each day, find the thing you're resisting the most and move towards it.**

I don't mean that you should do something that's actually unsafe. Jumping off a cliff to your death is not a good example of moving towards your resistance. Putting yourself in physical danger isn't what I'm suggesting.

I'm inviting you to find the thing in your business or personal life that you know would be powerful for you, but that you're resisting doing. Move towards that.

Turn toward it and look it in the face.

Move closer to the fear and let yourself feel it completely. Open your heart to it.

Let your love melt the resistance a little. Stay in it even if it doesn't evaporate. Be courageous and fearless with it.

Do the thing you're resisting the most. Do it bolder and louder than you are comfortable with. Do it with love, from a place of love. Do it long enough that you are no longer held back by it, and your relationship to it is transformed.

Find the joy and beauty in the middle of the resistance. Find gratitude in the midst of your fear. Find play in the midst of your burden.

You only need to focus on one small moment of it at a time, instead of the whole huge burden of it. You only need to open your heart for a moment. And then another, and another, but you don't need to worry about all those others right now. Just this one moment.

Move closer to your resistance, open your heart to it, do it repeatedly, and see what happens. That's my invitation to you.

**Join my Fearless Training Program and practice with me.**