

Day 16: The Law Of Non-Resistance or Detachment

Quote today *“Resistance is a signal that you are moving into a new area, however, whatever you resist persists. Do not resist the resistance.”*

Bob Proctor

Recap of the Law This Law could be called the Law of Detachment. Learn to respond rather than react. Learn how to relax and go with the flow and be in acceptance. Stay focused on the real objective instead of being in resistance.

Today I am grateful for.... Write at least three things that you are grateful for on this magnificent day. Connect to the feeling of gratitude.

Meditate (at least 15 min.) Feel free to meditate on this law or choose a meditation of your choice.

Exercise As you exercise, be aware of your breath and see if you can stay present while exercising.

Hydrate Drink ½ ounce of pure water per pound of body weight (or 30 ml per kg). 2 glasses upon rising, 2 glasses between breakfast and lunch, 2 glasses between lunch and dinner and 2 after dinner.

Your Life Insight Keep your awareness in defenselessness. Relinquish the need to defend your point of view. Feel no need to convince or persuade others to accept your point of view. Remain open to all points of view and not be rigidly attached to any of them.

Your Mindful Practice Take a moment, breathe and just be in the present. Today commit to staying grounded in the present. Whenever you find yourself worrying about the past or feeling fearful about the future, take three deep breaths to bring yourself back to the here and now.

Day 16: The Law Of Non-Resistance, Continued

Your Success Strategy Turn every challenge into an opportunity. These are the best opportunities for you to learn and grow. It's all about how you decide to approach them. List how obstacles from your past have actually led to more positive things: new knowledge, inspiration, unexpected opportunities, etc.

Your reading meditation This is your reading meditation time—time you have devoted to expanding your thoughts and understanding more about these laws.

Take a nice deep breath in through your nose and let it out through your mouth. You are going to let all the tension leave your body and as you exhale repeat in your mind the word, relax. You are in the right place at the right time. Your body and mind are in a highly creative vibration right now. Your mind and your heart are ready to receive, completely wide open. Ready to receive whatever it is that you need to know right now. You now have the best possible guidance to allow you to experience the teachings of this Law, and to gather all the important information in any way that it appears.

The Law of Non-Resistance is probably one of most challenging Laws to master because humans are conditioned to resist and react in all situations instead of responding. (This Law could be called the Law of Detachment too.)

Understanding this Law could be a big turning point and revelation in your life because it calls for you to live with uncertainty and no attachment to the process or the outcome. When you meet with obstacles you must let go of the resistance and allow the difficulties to flow through you without affecting you. See the challenges as stepping stones. Simply flow like a stream or river does. When it encounters a boulder in the way, it doesn't waste its energy on how to move the boulder, it simply flows around it. You too can look for ways to flow around the challenges. The new flow you develop will eventually lead to the vast ocean, tapping into your inner strength and truth. Stay in the flow and get to your end goal in an easier way. Be committed to your goal or vision but unattached to the outcome and flexible in the process. Go with the flow of divine timing.

Realize that reacting and opposing is not strength, it is a weakness. Everything you push against will weaken you and increase the power of the unwanted thing. In many spiritual practices, it is your resistance to what IS that causes your suffering. By changing your perspective, you can usually eliminate the effects of a problem, even if nothing about the problem situation may have changed! Know what you can change and have the wisdom to accept the things you cannot change. The serenity prayer sums this up nicely.

Another way to apply this Law is through meekness. Learning how to be meek is a strength by which you win an argument by refusing to argue. Meekness means you have the strength to move beyond situations that are less than life-giving. This is actually a very powerful position from which to operate. Instead of aligning yourself with disharmony or intolerance, the Law of Non-Resistance connects you with well-balanced action.

Now, to finish your reading, take three deep cleansing breaths, knowing that with each breath you integrate the information you have received. Trust that this is so, and it will be.
