

# HOW TO RELEASE RESISTANCE TO JOY

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THE “SIMPLE CLEARING PROCESS FOR JOY “ CAN BE USED TO RELEASE OUR EMOTIONAL UPSET WHEN OUR BUTTONS HAVE BEEN PUSHED BY CHALLENGING CIRCUMSTANCES OR PEOPLE IN OUR LIFE. IF WHILE ATTEMPTING THE CLEARING PROCESS YOU HIT A PLATEAU YOU CANNOT EASILY BREAK THROUGH, YOU CAN USE THE FOLLOWING PROCESS IN ORDER TO DIRECTLY FACE THE “RESISTANCE” YOU ENCOUNTERED. THEREAFTER, YOU MAY TRY THE “SIMPLE CLEARING PROCESS FOR JOY” AGAIN, AND IT SHOULD PROCEED MORE EASILY AND NATURALLY.

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*(It is recommended that you do this process out loud, where no one will hear you)*

**Step 1:** Ask ... On a 0-10 scale, “If a ‘0’ is not the slightest resistance to feeling ‘total joy’, like a little puppy running on the beach who’s having his best day has no resistance to feeling sparkling joy (pause and see him), how much resistance do I have to feeling total joy as I open up to the pressures and effects of all that I’m dealing with, past, present, and to come?” .

*Then rate how on a 0-10 scale how much resistance you have to feeling total joy in the face of all that is upsetting you now and in your anticipated future = “X”.*

**Step 2:** Put this feeling into a simple sentence of the following structure, “I am feeling a ‘X’ resistance to feeling total joy”, such as for example, “I am feeling a ‘6’ resistance to feeling total joy”. Repeat this sentence over and over ...

**“I’m feeling a ‘X’ resistance to feeling total joy ... I’m feeling a ‘X” resistance to total joy ...”**

*Stay vulnerable & connected with your emotional resistance – like a child would be -- repeating this sentence over and over, until either at least minute to a minute and a half passes or your level of resistance clearly subsides.*

**Return to Step 1:** Go back and read aloud Step 1 and re-rate how you feel. You should notice the number steadily decreasing which will give you feedback on how effectively you are releasing your inner resistance to joy. *Continue with these steps until you’re happy with how much your resistance to feeling joy has subsided, and if you wish you can use the “Simple Clearing Process – Joy” to bring you the rest of the way to feeling totally joyful.*

*... It may be helpful to remember the adage ...*

**“Feeling my resistance ... Can melt all of my insistence.”**

## **A Spiritual Solution**

When we finally breakthrough our resistance to feeling total joy, we will notice that nothing will have changed in our outer life, but everything will have changed in our inner life—which is the true source of our inner joy. Most people are seeking a worldly solution to their problems: they try pursuing this or that, attempt to acquire more things, or they try to run away from (or avoid) whatever pushes their buttons and causes them some degree of pain or upset. This process offers, instead, a “spiritual” solution to our difficulties in life. By releasing our inner emotional pain, our outer world completely changes, and we can experience heaven-on-earth right here and now.

## **So How Can We Stay Joyful?**

We know life is likely to present us with challenges every day, so how can we stay joyful in the midst of challenges which keep coming our way?

We take showers or baths every day to keep our bodies clean – even though we will surely get dirty again. We brush our teeth every day – even though they will probably be in need of a brushing after our next meal. Some of us do physical exercise regularly, despite so many forces – including ageing and even gravity itself -- which are constantly acting against us.

But what do we do for our mental peace? Regularly doing something to “clean” or clear the mind is important, in the face of so many forces in our day to day lives acting to disturb it.

This is something we have forgotten, because no one has to teach children how to regularly “clean” their minds in the face of whatever is disturbing them. They innately know how to release their daily stress by crying, throwing a tantrum, or expressing their upset feelings – after which, they quickly return to being light-hearted, free, and joyful again.

We can definitely feel that way again as adults, finding our way back to regaining our youthful light-heartedness and joy if we take a few minutes time daily to do clearing practices.

