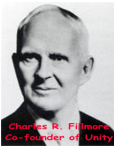


Today's Lesson
A Matter of Nonresistance
 PowerPoint notes available at:
www.unityofbakersfield.org

A Matter of Nonresistance



In the matter of nonresistance, Charles Fillmore wrote:
Nonresistance is a passive state of mind. The law of nonresistance as taught by Jesus is demonstrated only by erasing from the individual consciousness every thought of personal rights.

A Matter of Nonresistance

What are some of those personal rights keep us for achieving a state of nonresistance?


I have a personal right to:
Feel angry, depressed, sad, jealous...

I have a personal right to:
Express my hate, resentment, prejudice, criticism...

I have a personal right to:
Blame others, seek revenge, act suspicious, be selfish and skeptical...


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In his Sermon on the Mount, Jesus taught that, "No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other." He followed that up with...




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"Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. And which of you by being anxious can add one cubit to his span of life?"



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"Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' But seek first his kingdom and his righteousness, and all these things shall be yours as well."



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“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day's own trouble be sufficient for the day.” (Matt 6:24-34)



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Non-Resistant VS Resistant

Relaxed	Tight
Sense of flow	Tension
Lighter emotions	Heavy emotions
Acting	Reacting
Energy	No Energy
Can hear	Can't hear
Easy to see mistakes	Hard to admit mistakes
Self-control	Controlled externally

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Gini Grey in her article on [Being in a State of Non-Resistance](#) writes:

Resistance requires effort whereas being in a state of non-resistance requires no effort at all. When we are in resistance we become stuck, defensive, shut down and reactive. Even slight forms of resistance can cause emotional and physical distress, blinding us to possibilities and solutions. Fear, judgment, and denial are all forms of resistance.

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Non-resistance involves accepting what is, even if it is unpleasant as resisting it only makes it worse. Resistance acts like glue, sticking us to the things we don't want to be near. Yet when we let go, relax and move into a state of ease, difficult situations disappear or don't bother us as much.

If you notice you are in a state of resistance, the next step is to try one or more of the following suggestions as a way to become non-resistant:

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◆ *Visually.* Imagine your body is clear and see-through like glass or water so nothing can stick to it. This will allow anyone else's judgments, problems or emotions to pass right through and out of your space.

◆ *Physically.* Do something natural to relax your body - go for a walk in nature, stretch, breath deeply, or do an enjoyable form of exercise.

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◆ *Emotionally.* Feel emotions as they arise - don't stuff or repress them - let them be there and notice they are just the body's way of communicating to you through vibration.

◆ *Mentally.* Release resentments and judgments. Learn to let go of thoughts and beliefs that create a resistant attitude.

◆ *Spiritually.* Center within and meditate on the state of non-resistance. Touch into your spiritual essence of ease and lightness.

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By adding the practice of nonresistance to our spiritual life we will begin to see the benefits it brings to our health and state of mind. Someone once said that “Worry doesn’t change anything.” But it does! It changes how we see perceive things. When worry becomes obsessive, it steals our happiness, our peace of mind, our faith in God as the all sufficient provider. Worry keeps us from realizing that, “It is the Father’s good pleasure to give you the kingdom.”

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Keep in mind that a little anxiety is normal, but constant worry is toxic. Remember that: You are the pinnacle of God’s creation. God is always there to help supply your every need. God created a world that is filled with abundance, accept yours by asking, seeking, and knocking. And above all else, if you believe you can –
You can!