

RELEASING FEAR AND RESISTANCE TO SHIFTING

Fears generate resistance within the mind and the body - which can contribute to physical, mental and emotional pain and unease. Here is a simple meditation to ease your mind and body's resistance to shift.

Either standing or laying down, spread your feet more than hip-distance wide. Extend your arms out from your body like you're holding hands with someone two feet away on each side. Close your eyes and begin to slow down your breathing until your body feels quieted and your mind focused.

Allow your attention to rest on your whole body. Take a few breaths as you feel the energy of your body. Silently say in your mind, "My body is open to nourishment and healing." Repeat several times.

Move your attention to your heart center. Take a few breaths as you focus completely on the energy of your heart. Silently say in your mind, "My heart is open to receive love." Repeat several times.

Move your attention to your throat chakra. Take a few breaths, focusing completely on the energy of your throat. Silently say, "My throat is open to speaking divine truth." Repeat several times.

Move your attention to your third eye. Breathe and focus completely on the energy you feel there. Silently say, "My third eye is open to receive divine wisdom." Repeat several times.

Move your attention to your crown chakra. As you breathe and focus on the space above your head, silently say, "My crown chakra is open to receiving divine light." As you repeat this, you might imagine a portal opening and light streaming down from above into your crown and flooding through your entire body.

Doing this practice each day (or any time you are feeling anxious about your experience with the shift), will help diminish your mind and body resistance. You are surrendering to spirit, declaring to your higher self that you are open to changing... to shifting.

When you ease your resistance to change, change becomes easier.