



Resistance

This brief article is to explore the natural resistance many feel when attempting to engage the Mbsr practices.

We have a certain **Aspiration** (desire, longing, yearning, wish, inclination, expectation, hope) when first signing up to take the 8 week class

Then that aspiration meets the **Reality** and we find we may have missed the mark. Here we meet the **tension between the two**.

This is not a problem but a possibility to find the creative tension, how do these two opposites inform the other?

The typical way we are trained to observe this is often in negative view of failure. That we lack character or initiative or will or power and lose our self-trust or trust in the practices.

Instead try to reorient your view:

This is normal.

We meet obstacles anytime we set an intention toward new direction (new habits)

These are often called ‘hindrances’

Curious to ask, just what do they hinder?



In Mbsr they become objects to study. Opportunities to experience what hinders and what helps. But more, that they are not in the way of anything, they are here, and practice is to apply an embodied sense of curiosity and care with anything that is right here right now.

- Agitation – distracted jittery sense
- Aversion – pushing away
- Attachment – pulling toward, want, craving
- Apathy – dull, heavy, tired, lethargy
- Agnostic – doubt

What Helps?

View = ah, this is here and is object of attention within attitudinal components

Intention = realign the direction that you are intending to cultivate

Investigation = **SITE** hmm, what is this like directly v just conceptual

Energy = it does take ‘right energy’ effort for discipline, what dose?

Mindfulness = attitudinal components plus deliberate closing the leaks of attention

Concentration = exercising muscle of attention that is being distracted by hindrance

Joy = see what is right, right now, elements of gratitude naturally arising

Equanimity = stand right in the middle v pulled to one side or the other

Couple of Inquiry Questions (you can feel free to jot down your exploration)

Primary here to open, inclusive, curious, kind, and not concluding

What are you preventing from happening by not doing ABC



What is the ‘direct experience’ of Doing ABC (SITE)

What is ‘direct experience’ of NOT Doing ABC (SITE)

What is intention of avoiding a practice

What is the Action of avoidance of practice

What is the impact of avoidance of practice

What Drives you when you Avoid

Now, **Next Steps to Habit Change include:**

See the new habit, where, when, what are you doing, seeing, saying, etc

Sense the impact of this habit, granularly embody sense of it

Set determination to use Cues to **ReMember this Newness into Habit** – environmental visual perceptual cues, smells, touch, etc (use of post it reminders, a corner that invites with calm images like rocks, bells, fountains...) use others for accountability cues to set challenge out loud and seek support (mindfulness Mondays is great way to get this support) be prepared for obstacles (e.g., too tired end of day just want Netflix, see this when you have energy in morning and plan accordingly how will you meet this obstacle differently – (eg, take hot shower to come back to body, have a place to transition that reminds you to ‘stop, drop, and roll’, eat high protein, drink water), anything that can **get your body, brain connected so you can remember your intended behavior**

Finally (for now)

Saturate in the Sense of What feels like Benefit when you do ‘practice’

And, so too, saturate in sense of what it feels like to dull down and avoid



This will begin the recalibrating of brain to find new reward in this new and very challenging invitation to move toward your actual experience whether it feels like ‘good weather day’ or not.