

# Bailing Yourself Out of a Slump...

If you've ever made a New Year's resolution or some kind of goal you want to pursue, you'll be familiar with the many temptations you face. If you want to lose weight, you'll find yourself faced with chocolate cakes, sugar cookies or a deluge of rain that prevents you from going on your regular jog. If you want to become prosperous, you'll find yourself faced with all kinds of "goodies" you just have to buy, regardless of your best intentions to invest your money, not spend it on passing fancies. If you promise that you'll spend more time with your family, you find yourself swamped at work, unable to leave on time lest you get fired! Why does this happen to us?

The answer is simple: it's a basic law of the Universe, called the Law of Resistance. Whenever we want something, or create a plan to achieve something, we are met with an equal and opposite force called Resistance. It is law, and it is a required part of the manifestation process. We can't, by any of our usual means, get around this Resistance. And, the stronger our desire for something, the greater the Resistance. Seems to be a rather unfair system, doesn't it?

But people do achieve great things everyday, so how do they get around the Resistance? There are all kinds of motivational books and seminars that will give you thousands of methods for dealing with Resistance, and the common theme that runs through all of them is getting out of yourself. You see, we all have a set of standard tools that we try to apply to every situation in our lives. For instance, some people use logic to analyze everything while other people run away from difficulty. Some will become more aggressive in the face of obstacles. Whatever our standard toolset, we usually can't think outside that toolbox. We're stuck with the same old tools that we've become accustomed to using, and we end up with the same results every time. So what we need to do is apply a new set of tools to help us get around the Resistance. In other words, we need to get out of ourselves, and change the way we think and act.

To apply the analogy of a fighter pilot, if our plane were to get "hit" and start going down, we would need an eject button to get out of the plane before it crashed. Similarly, when we get hit by Resistance, we need a metaphysical eject button to get us out of old patterns before we crash and burn (and eat that jelly donut)! To create an eject button, you first have to be able to recognize the Resistance you face around this particular endeavor. If you want to lose weight, you would look for the indicators that tell you when you are about to break your diet or escape your exercise routine. In terms of your diet, stress, lack of water, overwork, social situations or lack of exercise may cause you to eat unconsciously or incautiously. In terms of your exercise routine, bad weather, overwork, other appointments and time constraints from other areas of your life may cause you to dodge your daily workout. To find out what the warning signs are for you, observe yourself carefully for a week or two before you actually start working on your goal. Write down everything you can about what causes you to forget or act contrary to your goal.

Once you've done some detailed research, create some bailouts or eject buttons to help you when you see those warning signs. For instance, you might work with buddy. You and your buddy could agree to call each other whenever you meet with Resistance. You should have a definite plan of

action for your buddy. For instance, have your buddy remind you of your goal, give you some affirmations, remind you to take some Rescue Remedy (a Bach flower essence available in most health food stores) or tell you to breathe. Whatever your plan, make sure you have one. You may actually want to have more than one bailout, just in case your buddy is not available. You can call a time out on yourself, and simply breathe deeply for 10 minutes. You can take a 5 minute walk. You can name the obstacle, such as "This is Resistance. It's a necessary part of the process." You can write your goal on paper and look at the paper whenever you feel weak. In fact, it's not a bad idea to make a list of your bailouts and start at the top of the list whenever you see the warning signs. Keep moving down the list and doing each item until the danger has passed.

Most people never plan for Resistance, so when it strikes they are unprepared. If you plan for resistance ahead of time, you'll be much more likely to walk right through it by using your eject button. Try this approach with small goals first, then move on to larger ones. Once you get good at this process, manifesting your goals will become much smoother. Good luck!