

Conversations with the Unseen

Episode 26 – Resistance is a signpost

MX

Hello, dear friends.

Laura

Hello, Mexicans. So, today, we're here with again, our dear friend Susan to continue the conversation that we were having in the last podcast. So thank you, Susan, for being with us.

Susan

My pleasure.

Laura

And so, where we ended up in the last conversation Mexicans is, you were talking to us about the energy journey and at the end Susan was talking about it's not just about the energy that caused the experience, but also how we're being with what has unfolded. And that led us to resistance and not allowing what is. And so, where from here Mexicans? What would you like to talk about?

MX

From a human perspective, there are many events, many aspects to the experience of being human that the human self attaches great importance to. And in doing so, it can become disappointed, agitated, when life does not unfold in ways that the human self believes are necessary in order to live life in the way that the human self wishes to. And the reasons for this being the case are primarily the distorted nature of the human experience - believing that what the senses are showing is reality. And the other primary factor is the conditioning, that we refer to as programmes, that exists within the human mind. And beyond these factors there exists a different experience, one aligned with what is really going on and aligned with who you really are. So, as the human self makes its way from birth to death, much seems to occur. And the human perspective would be that it must try to control what seems to occur and try to organise life in form in a way that is acceptable to it. And this is impossible for the human self to bring about. And what usually occurs is a sense of frustration, anger, disappointment, confusion, and when something else shows up in the world of form for the human self, that is not what it believes should happen or what it wants to happen, the human self can, and frequently does, resist what is unfolding and will normally try extra hard to make something else happen. And the alternative to this frustrating game that the human self plays is to be curious about what has unfolded and what is unfolding for the human self. And in that curiosity which can replace the resistance there can be treasure, there can be realisations, there can be something valuable to the human self which is that what is occurring is a direct response to the energy that the human self is aligning with. The energy can be linked back to the programmes, the beliefs, the stories that the human self is believing to be true, believing to be how life is. And so, the invitation is to question the energy the human self is being, to question what the human self is believing about itself and about others and about the world of form generally. To be curious about how what is unfolding is directly linked to the energy that the human self is being. So the human self, whilst it tries to control at the level of effect, is in fact in the driving seat of its experience - but not in the way the human self has been believing.

Laura

So Mexicans you spoke about the distorted nature of the human experience. And what that brings to mind for me is an invitation that Andy had made to me around pleasures of the body. And this human self could feel the programmes - long standing, old programmes. And what I noticed is that the journey for me has been around seeing them, not being them. And in that moment, I was able to have a conversation with Andy sharing the human self's perspective. The old me would have been like, it's kind of like a lose-lose situation - you either do something you don't want to do, or you don't do it, and you don't say anything and the energy goes funky. And so the choice that was made in that moment was to share what was going on inside me - in the head. And I did, and Andy and I then chose to align with the inner being. And as I did, what I got straight away was - you're taking too big a step, too big a step from where you are energetically. Take a smaller step. So I said, okay inner being, show me a smaller step. And I heard myself making an invitation back to Andy which he aligned with his inner being said yes - it's taking me longer to explain this than it is in terms of how it unfolded. And actually, a really, really deeply beautiful experience was created, and I was really shown how, wow, when I first asked the energy, it was no. But I can see that the no was coming from the inner being, being aware of the human self and where it was at, like this isn't possible. But to actually slow down and to question that conditioning, those programmes, enabled us to create an experience that completely was beyond all the programming. Not only was it a beautiful experience, it was such a powerful demonstration of what was available in the moment, and how quickly the energy changed, just by slowing down. And what was created, I would have said 10 minutes earlier, there's no way that's possible. And so that's what comes when I listen to the Mexicans saying.

Susan

I acknowledge you for sharing. And I can relate to it, I guess with a different content, but that experience of the reactive nature of the mind. Here's a situation, here's how I react. And I still get caught in it, but maybe less now than I used to, I can certainly see it where I am reacting and I can see some things in hindsight that it's a programme. Okay, what is it I'm reacting to? Where's that no or that yes come from? Because I guess sometimes we're in situations where we said yes, and then go hang on, this is not where I want to be. What I love about what you've shared was the slowing down that happened for you and then the invitation back to Andy. So it wasn't like a one-way he's offered me this invitation and it has to be a yes or no. It's how things can evolve. And I think when we're responsive rather than reactive, that's more likely to happen. So I guess that's what I hear in what you shared and the Mexicans said a few moments ago, what's occurring is a direct response to the energy the human self is aligning with. And that's the thing I'm being shown more and more is what energy am I aligning with that is creating this experience? And part of the experience is my reactivity to whatever's going on.

MX

And we would say that, when the human self notices resistance, it is a signpost. And on the signpost, it says 'programme'. So, to be curious around the resistance, to identify the programme can be helpful. It can be a contribution to be aware of a programme - even if in that moment the human self is feeling unable to see beyond the programme. It is useful to identify resistance as the result of a programme - something that the human self is believing. And to look to the inner being whenever possible is an approach we would recommend. And perhaps taking a smaller step will be possible in the way that you describe. What the human self is attaching to, believing - in the same way as any other thought or story - is just energy. And it is a trick of the experience, the distorted experience, to believe that there is energy which is in some way different from what appears to be

solid matter. And we would say what appears to be solid matter is energy also. Everything in existence is energy. And what determines the way in which the energy is experienced has to do with the vibration. What appears to be solid is energy vibrating at a lower frequency. And this creates the experience of something that seems to have solid form. And energy can be experienced in an infinite number of ways. The human self can experience the energy of what you would call your sun, the sun, the radiant energy of the sun the human self would say is real, because it is being experienced through the senses. The human self would say that light is a form of energy - when you turn on the light, the light shines. So, it would call that 'real' because it can perceive it. Similarly, with heat and other forms of energy that are not solid. And so, is it possible that there are other energies that are beyond what the human self can perceive? And logically this must be the case. The human body is equipped with ways of interacting within energy of particular kinds, within a very narrow range. And yet, the human self can perceive energy in other ways other than these more familiar receptors, the eyes, the ears and so on. There are senses within that engage with the non-physical. And this is frequently experienced by humans and described as intuition, a hunch, gut feel, passion. So, for the human self to be more tuned-in to these energies that are more subtle in nature, only because the human self is conditioned to focus attention on what seems to be occurring as perceived through the senses. When events unfold, it is helpful for the human self to remember that what it is being shown through the physical senses is an incomplete account of what is unfolding. And therefore, to be curious would be to go in search of a different perspective, a more complete perspective on whatever is unfolding for the human self in that moment. The human self has been conditioned to believe what the senses are showing and conditioned to believe that it knows - it knows, it understands what is happening. It wants to offer an explanation to itself and others. And we would say wisdom is in recognising that the human self does not know - the human self cannot explain what it does not understand. And we would say there is much that the human self does not understand. There is a mystical and mysterious life unfolding, at the same time as the physical life seems to be taking place. And it is that that offers so much in terms of creating a more joyful experience of the brief journey into form. And also, so much in terms of expanding your awareness of what you came to experience in the world of form, the greater you, the non-physical you that chose to incarnate as this person that you are currently experiencing.

Laura

Wow. On a different day, I might have a different response to the myriad of things that you've just shared with us Mexicans. I guess what really occurs to me as we've been talking about resistance is how it can often be that when there's resistance, it feels like an instantaneous shutdown. And it feels like that's just how it is, of course it's that way. And I don't know about you Susan, but then this human self can go to, well, that's going to take a long time to change, especially if it's something that as the Mexicans you talked about, of a lower like something solid. And I feel like for me, what really blew me away was that whole interaction that I described - less than five minutes. And it was amazing to be in the moment, and how quickly it unfolded when I was able to, as you said Mexicans, be really curious, what else is possible here? As opposed to No. And yes and no didn't feel like I was like, Oh, I don't like either of these options.

Susan

And I totally relate to that, the experience I had yesterday where I suddenly saw resistance happening just in a different way. The moment that I saw it, and actually, it's really funny, because the moment I saw it was like, hang on a minute, this is just resistance in a different way. I was out walking, and there was a sudden big gust of wind. And it really felt like, whoa, okay, that's just gone. And just as you're saying how quickly it could change, and this is something that okay, so it's to do

with the back, which we talked about in the last podcast, but it's a programme that I see has been around for a long time. And that thing of this is going to take a long time to change or it's going to be like this forever. And almost that kind of resignation to is there any point in trying? Or, you know, I've tried in the past and you know that trying word that we've talked about before. Yeah, how quickly it can change. And absolutely, it's the curiosity, I feel that's been probably one of the most important and powerful things that I've discovered on this journey is how when I can bring a curiosity to any situation, it changes it. Just the curiosity. And I said this last time about just asking the question, what else is possible, is coming from a more expanded perspective, it's inviting in other perspectives. And so yeah, my experience is that I'm going to say almost always, because the human self doesn't want to commit to absolutely always happening, because it's still a little bit sceptical, but almost always, something new comes up. And it's almost always in the human self's terms 'better' than what I thought I was faced with before.

Laura

Yes, it's the human self being willing to consider or be open to the possibility that its perspective isn't the only perspective or that it's a limited perspective. And I really love sitting in the energy, and this is a practice because I can see that in the past, the human self that didn't like its perspective was like, I need to try and get another perspective - which is just control. And so actually, just to say, 'Inner being, show me another perspective here. How do you see this? What's a softer perspective?' and then just waiting. And sometimes, it's quite comical, how it feels like, you've had one perspective that the human self has been quite married to, and then all of a sudden, it's just like this whole other perspective and the human self is like, Hmm, it could be that too. And it's just really funny to see how willing the human self can be to throw out a programme when it has a perspective that it likes more, that's believable. So I guess for me, it's like, if I'm feeling sad, I can't be, 'Joy is my birthright' because the human self is like, fuck off, that's just bollocks. It's too much. And so it's back to what you were saying Mexicans around, there's something really, really, really powerful when there's resistance about taking a tiny, tiny step, which is the complete opposite of what the human self wants to do, which is, 'I am not shifting this until it's one step that solves the whole thing', which has so kept me stuck and stuff.

Susan

It's the all or nothing - I either stay where I am, or I have to completely do a 180.

Laura

And Mexicans, you've talked about when we start to shift the energy the first thing is feeling differently about it on the inside. Whereas the human self that's all about the senses is like, 'No, I want the world to form to change and then I'll feel better'. And, my goodness, when I was staying at my parents I played that game with such commitment, it doesn't work. It really doesn't work.

MX

When the human self considers the present moment and reflects on the journey to the present moment, how was this present moment reached? Whether this present moment is a delightful experience for the human self or whether it is a distressing experience, how did this come about? And frequently the answer will be a series of small steps to reach this present moment as it is. And therefore, to invite something else, something that is desired, we would say take the next step that the human self feels able to, in the direction of what is desired. And it does not matter how small the step, the cumulative effect of small steps is to create a new experience. And frequently what happens is, new habits are created, either habits in the physical or habits in the mind. And there is

clearly a relationship between those two, to take small steps that become the new way of being around a particular aspect of human experience. And this is not the same as the human self trying to control the physical world. It is more of an invitation, and what you align with goes out to the field, it is radiating out to the field. And as you take a small step in the direction of what you desire to experience, that sends a signal to the field. It is in a way, an intention, a bit like taking a journey. And the intention would be to move in a particular direction. And it is the same in calling unto yourself an experience that you would wish to have on your human journey. And so there is a combination of aligning energetically, creating in the energy what you desire, what you desire to experience, and having some let's call it faith that this is possible. And faith would show up in taking a small step. If there was no faith, then the human self would not bother to take the step, it would say, 'That is a waste of time because what I desire is impossible'. And so to align with an energy of all things are possible, all experiences are possible for the human self. And, from where the human self is right now, to take a step, to look to the inner being for inspiration in terms of what that step could be. And to take that step in faith will be, we would say, a more successful way for the human self to create what it desires in terms of experience.

Laura

At the beginning, the very beginning of this conversation, Mexicans you talked about so as the human self goes from birth to death, much seems to occur, as it looks to the human perspective. What was occurring to me as I was listening to you is, if we were to look at the energy journey, from birth to death, it becomes so much simpler for me. Because I start to think about, okay, if I was to look back, it's like, frustration, impatience, anger, with some moments of real joy and some magic. But actually, there was a real predominance and lack would have been the story. And the idea of beginning to practice managing the energy and being more aware of what energy I'm being and knowing that I have a choice around that in the moment starts to feel quite exciting. Because these default energies associated with the invisible programmes that we have come in with or picked up along the way, they start to disappear, and make room for new experiences to come - satisfaction, freedom, joy, ease. And the idea that we can actually consciously and intentionally create our experience is really exciting.

Susan

It is, and it's making me think about something I was reading the other day. And what I took from it is in essence that you think about really wise, enlightened perhaps, or people that we kind of hold in high esteem - wow, they've really sussed out life. And, from what I've read and I hear stories recounted from these people is that they experience that freedom, joy, satisfaction, happiness, all of these. And very often, are actually very, very similar to very small children. So small children before the ego has developed and before they've learned all these programmes, or these programmes have started to condition them, how do they live life? Freedom, joy, it's all about satisfaction. And I just love that because just thinking about the journey of life from birth to when we leave this body, and all the stuff that happens in between, and we're actually just coming back to where we started. Which is comical, but also, for me, that's like, oh, wow, okay, so I'm not trying to learn something new here. I know how to live in this way. I have been it. And for me, just in this moment, it's like that's quite reassuring. And yeah, takes quite a lot of the pressure off. I think that simplicity that you talk about, it's not a pressure, I've not got to learn something new that I don't know how to do, like play a five string guitar or become a concert pianist. I kind of know how to do this. Love that.

Laura

Yeah, I love that. So Mexicans, wow thank you for what for me has been a wonderful conversation. I'm just wondering what would your final words be to us and to anyone else who may be listening?

MX

Be curious.

Laura Borland

I love that. You know you said Mexicans resistance is a signpost to a programme. And when you said that I actually saw a picture of a crossroads. And one way was pointing 'Programme' and the other way was pointing 'Be Curious'.

MX

We would say follow the signpost that says, 'Be Curious'.

Laura

Susan, thank you. It's been an absolute joy.

Susan

Thank you. I've loved it. I love how at the start the conversation we really don't know where it's gonna go. But it always goes in the most wonderful direction. So thank you, Laura. Thank you, Mexicans.

Laura Borland

Mexicans, thank you. Thank you. Thank you. Thank you.

MX

We flow love to you. Until next time.

Laura Borland

Until next time.