

Resisting Now

Here's a simple way to dissolve fear, the heart of all stressful emotions:

Wherever you are, whatever you are doing, check in with your body and your mind. Are you resisting the present moment? Resistance shows up as thoughts about our inherent lack and vulnerability as beings—and our unquestioning belief of those thoughts. "I don't have ..." "I want ..." "I need ..." These are thoughts of unexamined fear.

How does it make you feel in the body, when the mind says you lack what you need to be happy, healthy, safe and protected—things like love, support, friends, intelligence, good luck and resources?

Take this example, the thought: "I don't have time. I'm too busy. I'm overwhelmed."

This is a common fearful thought. It tells us we don't have enough time, and thus aren't able to do what we need to make ourselves happy and to be protected against harm. It's a silly thought and objectively false, because all of us have exactly the same amount of time as everyone else.

Still, the mind barks: "I don't have enough time." How does this thought feel in the body?

Where does it hurt in the body? What tenses? How does it affect the breath? Can you see how you automatically believe the thought and in that way succumb to the stress it causes?

But if you work with that thought in the meditative way, you hold it in caring awareness. That gives you the chance to examine whether it's telling the truth, and if it's not, you let it go.

In relaxed awareness, you naturally don't answer the demands of stressful thoughts to feel tense, overwhelmed and distracted. That's how fear wants you to think and to feel.

Instead, abiding as calm awareness, those thoughts are naturally exposed as hurtful and fallacious and so, naturally, they dissolve, and along with them the suffering they entail.

This dissolving is what compassion wants to do, as you.

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