



What Do You Resist?

By [Maureen Keyte](#) | Submitted On July 06, 2012

Swiss Psychiatrist Carl Jung said, "What you resist, persists."

I find this principal simple to understand, but a little more difficult to integrate into my everyday way of being. The concept, as I understand it, is trying to tell you that anything that you don't want in your life will continue to occur as long as you are putting your attention on it. So, if you are in any type of challenge - financial problems, illness, relationship conflict, etc--- the more you dwell on it, talk about it or worry about it, the more it continues to be a part of your life. Even if you are saying to yourself, I don't want this, I want this to stop, I want this to change - you are still strongly engaging the negative, and therefore creating more of it with your thoughts.

There are probably hundreds of books, seminars and tapes out talking about this idea of keeping your focus positively on the outcome of what you do want or need, feeling as if you already have it. But, how do you do it? If you really are worried or feeling stress over an issue in your life, how can you learn to shift your emotions to good feeling ones?

In my constant quest for self-awareness, most of what I've learned says to start with changing your thoughts and then your emotions will change. I think this is true, but it is easier said than done. It is actual "work" to constantly shift your mind and your body when you just don't have those good feelings inside yourself - yet. The key word being -YET!

You probably already know this simple idea of how to live your life with acceptance and hopeful anticipation of what is coming to you. That doesn't mean you don't feel bad at times, but I think the message in Carl Jung's famous saying is to be o.k. with where you are now instead of fighting against it. Accept and be grateful for whatever and whoever is in your life at this moment and come to a feeling of peace about exactly where you are. Then, start to say with faith, everything I desire is on it's way to me.

How do you move ahead into the life we really want? Accept where you are instead of constantly focusing on where you think you should be. Be a little easier on yourself and take a sigh of relief. Feeling better about where you are is the first step to finding the motivation to take the steps that are necessary to move forward. Stop resisting; and what you don't want will soon stop persisting.

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