

DON'T RESIST RESISTANCE...

We have all seen and been in awe of the beauty and elegance of a butterfly. Let me tell you a story...

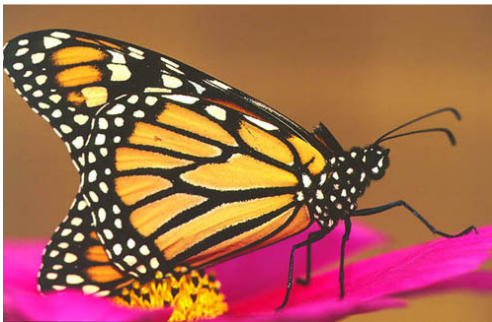
A young boy found a cocoon that had fallen off a tree and so he picked it up and took it home to look after it. He had just learned in school how a beautiful butterfly always emerges from the cocoon and so he sat there watching and waiting. As the butterfly started to push through a small opening in the cocoon the boy got excited.



After several hours of struggling the butterfly had still not emerged and so the boy, with only kindness in his heart, decided to help. He got a pair of scissors and simply snipped off the remaining bit of the cocoon.

The butterfly was then able to easily escape the cocoon, but emerged with a swollen body and small wings. The little boy watched and waited for the wings to enlarge and the butterfly to be able to support its body which would reduce in size at the same time. Neither happened! The butterfly spent the rest of its short life crawling around with a swollen body and shrivelled wings – it was never able to fly.

It is all about the struggle



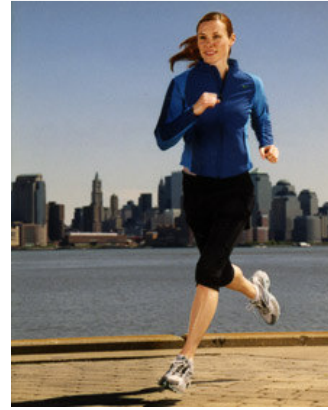
What the little boy, in his kindness and haste didn't understand, was that it was the restricting cocoon and the struggle required for the butterfly to get through the tiny opening that forced fluid from the body of the butterfly into its wings, so that it would be ready for flight once it achieved its freedom from the cocoon.

It was the struggle and the resistance that allowed the butterfly its beauty and ability to fly!

Embrace resistance to allow you your beauty and ability to fly..

Why are we so keen to avoid struggle and resistance in our lives when it is through this resistance that we achieve the ability to fly in our own lives. The most obvious example I can give here is an area of my life that I invested a lot of time in and that is physical conditioning.

I have mentioned more than once that I dislike exercise and the discomfort it creates! I also know many people who avoid it because of this, or if they don't avoid it they participate at a level that is within their comfort zone and their current capabilities. The only way a muscle gets stronger is through increasing resistance on an ongoing basis. The only way we get fitter is by gradually pushing ourselves beyond the point we have been before. Is it easy? No. Is it fun? Not always. Will it help us to become lean, fit & healthy and love ourselves in the process? Absolutely.



We are faced every day with situations and circumstances that create challenges and resistance for us. If we simply embraced this resistance and knew that on the other side is a beautiful butterfly then I know we would handle adversity and struggle with a more determined and positive outlook.



I have heard a fabulous analogy that problems are gifts wrapped up tightly in wrapping paper. The bigger the problem the harder to get the wrapping paper off, but the bigger and more beautiful the gift will be. A health problem offers the gift of optimal health if we take the time to unwrap it. A relationship issue creates the opportunity for bliss and happiness if we work through the struggle. Money problems provides us with opportunities to find solutions and create financial abundance. The gifts are beautiful beyond imagination if we persist through the struggle to unwrap them.

Do today what other won't...

It is my belief that the greatest resistance we face, that prevents us from doing and achieving in our lives, comes from other people. We seem to be so worried about what others think that in many cases it prevents us from doing things that would really will allow us to fly. How many times are we discouraged from doing things? How many times are we ridiculed and laughed at for wanting something more in our lives? How often are we given bad advice from well meaning people who know no better? The big and most important question for all of us is; how many times will we listen to these people and let their words and influence prevent us from going for and achieving something we truly desire?

Here is some good advice that I got from my mentor. If the person giving us advice, resistance or ridicule hasn't achieved what we desire then we shouldn't listen to them. In fact I will go as far as to say that if, in our pursuit of a better life, we are met with a lot of resistance from most people then we **are right on track!** If we want to be exceptional and live exceptional lives then we need to **do the things that most people will never do.**

I will leave you with my favorite quote – ***'I will do today what others won't so I can live tomorrow like others can't'...*** Embrace resistance and fly!