

Protecting Your Self

How do I protect myself? This is a question I am frequently asked.

Sometimes we find ourselves around negative people or events that we don't really wish to be around. How most people deal with this, is to go into "resistance". They protect themselves by resisting what is happening at the time, a type of shutting off. This seems a feasible thing to do, however the result of this action is creating a contraction in their own energy. So let's take a quick look at what that means for health, wellbeing and personal expansion.

Everything we resist in life causes a literal energetic contraction. An energetic contraction is a crystallization or hardening of our own life-force, and each time we perform this action whether consciously or unconsciously the result is the same -- we store this "resistance" in the cellular layer of the body. This is pollution to the body, and is the opposite to expansion. When you think about it, we've done this type of resisting our whole lives (I know I did) because we don't have the understanding or the tools we require to do it differently.

Resistance is cumulative, it builds up in the body over time. At first we may not notice that we're storing these blockages, but eventually they will create a feeling of heaviness, tightness and discomfort physically, mentally and emotionally. This becomes our normal way of operating and we get stuck in an endless cycle of pressure. This is not pleasant! There is a restlessness that bubbles up inside, and an inability to really let go and relax and enjoy life. Life is hard work and happiness becomes a distant memory as it gets buried deep inside. The sad thing is that we have no idea what to do about it! We just keep soldiering on and getting on with life... until we can't!

The good side to this is, that we can release the old resistance and contraction stored in the tissues of the body. We can also protect ourselves from adding more pollution to the body, and consciously influence expansion and freedom into our lives.

One of the keys to staying healthy and living a balanced and "feel good" life is to be able to control your internal environment without resorting to resistance. One of the primary teachings that I have practised daily since 1999 and also work with, is "Harmony". This is so incredibly practical and simple, but not so easy to achieve without, understanding, awareness and daily practise. It is the lack of "Harmony" in our emotional and mental states that affect our physical bodies and ultimately our lives. It is the difference between feeling good and feeling bad, and also being able to connect to the Higher part of yourself or not.

As soon as we become annoyed about something, or "attached to a situation or an outcome that we don't agree with, it is so easy to lose our harmony. When this happens on a daily basis we become so unbalanced that this becomes our "normal" -- but it is anything but normal. We've stepped so far away from "normal" that we've forgotten what it is to be living in a state of harmony.

The "I AM Series" is a metaphysical program that shows you how to protect yourself, and how to connect to the "Higher" part of yourself at will. **Module 1 -- "I AM Connected"** shows you in very real and practical terms how to work with your own Higher Intelligence or "I AM Presence" and how to "connect" and "harness" this incredible part of you. This part of you is One with Universal and Cosmic Consciousness. It is very real and very loving, powerful and wise, and very accessible. It also holds the key to your "Divine Plan" -- the reason you are here on Earth. What does "Harmony" have to do with your Divine Plan? Everything! You must be able to maintain harmony to have connection, communication and direction with your "I AM Presence". It holds all that you are looking for. This is the ultimate Personal Development -- blending every level of your being.

It's time to know how to work with this glorious part of your self!