

Desire & Resistance vs. Reality Creation

Definition of **Desire**: Wanting, Craving, Needing, Expecting, Searching

Issue: **Wanting = Not Having**. Wanting separates us from what we “want”.

Would you rather want a different reality or simply have a different reality?

Some specific “wants” that keep us energyless and separate from creating the reality we intend to create:

Wanting Approval

Resisting Disapproval, Wanting Attention, Praise, Applause, Confirmation. Being needy. Being afraid to lose love. Wanting to be noticed. Wanting to be discovered. Getting angry at criticism.

Wanting Control

Fear of Losing Control. Forcing things. Wanting to understand and figure out something. Wanting to “make something happen”. Wanting to be Right. Wanting to persuade and coerce. Manipulating. Holding Tight. Distrust. Rebelling against Authority. Paranoia. Opposite side of the coin: Lack of Control, lack of responsibility, wanting someone to take care of you, being a victim, looking for answers “out there”, waiting for others to “do it”.

Wanting Security

Fear of Death. Wanting to Survive. Protecting oneself and others from dangers and threats. Wanting to make sure. Wanting to assess all risks before acting. The opposite side of the coin: Wanting to Die. Wanting to give up. Having no more drive. Aversion against Life. Wanting to quit it all. Exposing oneself to dangers.

Wanting Separation/Oneness

Wanting Oneness: Afraid of Being alone. Wanting to connect with people or groups. Wanting to join something, be a part of something. Wanting to belong. Wanting to be normal. Wanting to be like others. Wanting Love. Craving Sex. Wanting Spiritual Enlightenment. Wanting Separation: Wanting to be different. Wanting to be better than others. Wanting to go away. Not wanting to see others. Feeling cramped and constricted. Wanting Freedom. Dissociating. Wanting to separate from someone.

All of this mental and emotional “wanting” (but not having) can be recognized, felt and released to allow for more freedom, more having, being and doing.

Have you been *wanting* to change your life? Have you been *wanting* to change yourself? Well, that's exactly why you haven't. If wanting to change would create change, you'd have changed a long time ago. Have you been *wanting* to reach a goal? You might, but it causes much more effort if you keep emotionally separating yourself from *already* having.

A Desire is of course the first step to change, but if you stay stuck in that first step, it causes more suffering than fulfillment. A Desire is one step short of actually believing or knowing you can do it or have it or be it. Ever heard “you gotta want it more!”? That's not true. Strong Desire creates the reality “I want it, but I can't have it”.

Intending, as we use it in Reality Creation, is something very different than “wanting”. An example: Intend to raise your arm in the air. Now do it. Thanks. That's intending. Now excess baggage of wanting, desiring, needing, trying to make happen, trying to get, trying to change. You intended it, and it happened. Very simple.

Definition of **Resistance**: Not-wanting, avoiding, defense, ignoring, fighting, pushing, pushing away, going against, being against, being “anti-”.

Issue: Anything you resist becomes stronger. What you push, pushes you. What you resist, you give attention and power.

Conclusion: Neither Desire nor Resistance help you to experience the Realities you want to experience.

For a moment, feel what it feels like to want or need.

Now compare that to feeling what it feels like to appreciate, like, allow, have, be or do.

Embrace & Release: A Technique for De-Creation.

I will now teach you a way to release, let go of, let free, let be thoughts, emotions and beliefs so that you can get your stuck energy back...and actually feel that while it's happening.

The method is so easy that you can remember it anytime and utilize its refreshing nature throughout your day. Because it is so easy, many people underestimate its power. But using it, you can release issues you have been carrying around since decades...within only a few minutes. The method consists of two steps:

1. Embrace a thought or emotion (confront, welcome, view, be-aware-of)
2. Release the thought or emotion (cease to react or give attention/importance, relax)

I recommend applying these two steps many thousands of times throughout your life. Too easy? Too simple? Not effective? Then let me tell you this: Actually, we normally do neither of those steps when something is bothering us in life. Our “normal” reactions when unpleasant Emotions or Thoughts show up are either to:

1. Suppress
2. or Express

the unwanted. So something comes up that bothers us and we either ignore, resist, push down, push away, try to distract ourselves (TV, Internet, Drugs, etc.), try to trivialize, try to overcome, try to analyze, try to solve, try looking for a solution (elsewhere), try covering it up with positive-thinking, etc. All these are actually *Suppressions* of the Energy. Or we start talking about it, explaining it, justifying it, go into catharsis (shouting or crying), or start going into action to „handle“ it. All these are *Expressions* of the Energy. Expression is better than Suppression, but it is still a perpetuation of the Energy you'd rather just embrace and release. And this is the only reason we carry around certain issues for years rather than only minutes or seconds, waiting for some „solution“ to come up from „out there“ before we allow ourselves to just release the issue.

Getting a Feeling for Embracing and Releasing

- Think about this: You can only let go of something you have. That's why we first embrace before we let go
- Pick up an object. Drop it. Pick it up again. Drop it. Do this a few times until your body learns what it feels like to release and let go and also learns how easy it actually is. It is more a „stopping to do“ than a doing.
- Quiz-Question: Did the object disappear after you dropped it? Did it „go away“? Did you „get rid of it once and for all“? No. But you are no longer wasting energy or attention on it. You cannot „get rid of“ anything in life. All-that-is has its place in an infinite universe. But what you *can* do is release the relevance or importance of certain things, which results in your energy and attention no longer being stuck on it and your awareness expanding.
- Pick up another object. And grip it very, very, very tight. What you are doing now is what most people call „normal life“. Release your tight grip. You see? The object is still there. It has not disappeared. Now drop it to the floor. See? It still exists. If you really „need“ it you can pick it up again anytime. This teaches us that you cannot only let go of the unwanted (resistance) but also of the wanted (desire), without losing it. When you let go of a pleasant feeling, for example, often an even better feeling comes up. You do not have to hold-on-tight to something positive.
- Focus on a tiny spot on the wall of the room you are sitting in. Now, release this focus and perceive the whole wall. Now release this focus and perceive the whole room! You just experienced two instances of release.
- Just like you picked up an object earlier, pick up a thought now. Focus on a thought. Now release the thought. Your attention goes on „empty“. Focus on another thought. And let go of that thought, relax. Releasing is only a decision and can be allowed to happen within seconds.

De-Creation (Basic Version):

1. What are you feeling right now?

Or: What is an issue you'd like to release? Note: Even „feeling nothing“ is a feeling.

2. Could you embrace this Feeling?

Or: Could you welcome this Feeling? Or: Could you allow this Feeling? Or: Could you relax into this Feeling? Or: Could you go to the Core of this Feeling? This is not done shorter or longer than 10 to 60 seconds. If you do this too long, you get „lost“ in the feeling.

3. Experience anything that comes up.

Any thoughts, memories, associations, nothingness, sensations, pictures, sounds that come up are allowed fully, without reservation, analysis or debate. What comes up may be vague or clear, seem important or unimportant. This is not done for more than 10 to 30 seconds.

4. Could you, just for now, release your attention from this?

Or: Could you release this? Or: Could you let go of this?. Note: This is not asking you to let go, but asking if you *Could let go*. If you answer yes, *that's fine*, if you answer No *that's fine*. Even giving oneself permission to say „No“ facilitates a release from an issue. If you want to do the long version of this step, also ask: „Would you like to release this?“ and „When would you like to release this?“ These two questions are helpful additions for beginners. Relax your attention. No analysis, no debate. This is not done for more than 2 to 20 seconds.

5. Put your attention on the same issue or on another issue and repeat the steps.

Usually, the steps are repeated with the same issue until you feel free and at peace. This may take only one repetition or several. Important note: If you are having difficulties releasing something, then give yourself permission to hold on to that issue before continuing to release it. Then you can either end the process or continue with something else that came up or another issue you want to release.

Being practiced in this technique means that you have applied it hundreds of times on many different things. I recommend you apply it to all of your resistances and desires (you may use the list above to uncover some of your desires and resistances). If you wish to learn about Variations and Special Cases of this technique, these are contained in the „Mid-Level Reality Creation Course“. If you wish to listen to this technique in a guided Audio Meditation, see our Audio-Meditation „Emotional Clearing“ (Both products available in our Online Shop).