



## Resisting Resistance... causes suffering

Suffering isn't caused by a situation or circumstance as much as it's caused by *our reaction* to that situation or circumstance.

In the video I mentioned my client who was having trouble sleeping. As we worked together, she was able to see the three layers of "the story" she was experiencing.

This isn't the actual track we followed. However, it's generic enough that you can get a deeper understanding of how the challenges often snowball into a mountainous challenge.

Layer One: I call this the "awake problem." It's not actually a sleeping problem, right? Being awake when I want to be asleep is the circumstance. There's something happening mentally, physically or emotionally that is interfering with sleep. This is where I would focus for maximum effect. What are you stressed about? What's out of balance? Let's address the problem at the core.

Layer Two: Our reaction to being awake "when I think I should be asleep" causes the EGO mind to write a lot of stories filled with rational-lies about how this is going to harm me. This layer is no longer about the true challenge of some imbalance causing the waking problem, it now becomes a mind game of spinning up the original distress and morphing it into something else.

Layer Three: The reaction and resistance to feeling afraid. By listening to that story, we now increase the layers of disruption and we try NOT to think about how scary this is. This is where the EGO mind begins generating beliefs:

*"What if I never get to sleep 8 hours a night again?!"*

*"I don't even want to think about how awful I'll feel. (Yeah, right. That's exactly what I'm focusing on – feeling afraid about) I feel awful just thinking about how awful I'll feel!"*

Now I can't sleep because I feel awful and afraid!

The reaction is fear. We resist fear! The fear disrupts our energy systems.



The solution: Tap using **The EGO Tamer® Tapping (TETT)** template.

Even though I think I should be sleeping and I'm not (and therefore my focus has become hating the feeling of the story about not sleeping- UGH!), I am willing to relax and explore what this story is trying to teach me.

Even though I feel horrible when I don't sleep...and if you don't believe me just ask me tomorrow when I haven't been sleeping. I've probably been up all night fretting about not sleeping. I've been frustrated and annoyed because all the rules in my book of rules tell me that I need a certain amount of sleep to function and well, dang it all, I didn't get "enough sleep."

Even though I realize I'm battling within myself about my stories about sleep...and if you give me a minute I'll show you how other human EGO minds have proven that we need "x amount of sleep" to function, heal, etc. And, yes, I have great faith and I do believe that there may be another way to respond to this...(yawn) but I think I'm just too sleepy... (Hope you hear me giggling all through this)

What if, I just observe what is going on in my busy head that's keeping me from sleeping?

What am I obsessively thinking about?

What does thinking about (worrying, fretting, being afraid) about this do to my energy system?

If my energy system is agitated and stressed....No wonder my poor body can't sleep.

What if I could decide to just listen to these stories--- give myself permission to choose to feel crappy about them or not--- or even sink one layer deeper?

What is keeping me awake?

I probably don't know what to do about the initiating concern yet.

What if I just sit with it for a bit and allow the thoughts about it to be heard. I can be loving with these fear thoughts.

Yes, I probably have a reasonable explanation for being worried or agitated. Could I tell my mind to be still... be still... we'll explore this tomorrow... be still mind... be still!

Breathe!!