

NEWSLETTER

YOUR LIFE - SET FREE



April Showers Bring May Flowers!

April showers are generally not fun, at least in my experience. They are cold, wet, and windy. They turn umbrellas inside out and make walking to work, to the car, and to the store an exercise in puddle jumping and 50 yard dashing. But it is the month when the earth finally thaws from the cold winter (at least here in the Northern Hemisphere) and plants need rain to begin their growing cycle. To get those beautiful May flowers, we have to go through all those cold April showers.

The same thing applies when we begin to make positive changes in our own lives. When we experience challenges, issues, even mental and emotional pain, we decide we want to change, we HAVE to change. But as we start down that particular path, we encounter resistance. Fear comes up - what if it doesn't work? What if I am not good enough? What if it ends up being worse than what I have right now? This is your mind protecting you from change - because we are wired to feel that change is dangerous.

Just like those April showers, resistance can be cold, wet and windy. It slows us down and holds us back. At times it feels like we can't make any headway at all. Our traditional support systems may break down, like umbrellas turning inside out, which feels even worse. And resistance always happens! I don't know anyone who has not had to face resistance while making change happen. So what do you do?

The key to overcoming resistance is knowing that you have a choice to continue in spite of it. You are bigger than your resistance. But if you don't know that or believe that, then when resistance happens, you give up your choice and let resistance win. In that moment, it feels easier to give up than to continue. And maybe at that point it is. But giving up doesn't change anything. You will still experience the challenges, issues and pain that you had before you started. Only now it will feel worse because you tried and didn't change it so you lose both confidence in yourself and hope for a better future.

The thing about resistance is that you can wear it down. If you keep choosing to go ahead, eventually it loses its power over you. You can continue along your path of change. You will survive all the April showers. And then be able to enjoy all the beautiful May flowers. Resistance is normal. What you choose to do with it will determine your results. So don't give up. Keep going. Great things are waiting for you!