

Why Your Resistance is Perfect

A Message For Your Heart From
The Heart's Voice

I know you've heard the call.

There's something you know
you're supposed to do.

And maybe you were doing it
for a while or maybe you have
yet to take a single step.

**It's something exciting and
a little scary.**

A dream, a desire, an idea,
a longing or vision.

But then something happened.

Resistance kicked in.

You got stuck and you're
not sure why.

**I know you've struggled and
I know you're frustrated.**

And I know you've probably been
really hard on yourself about it.

**But I want you to know
right now that it's OK.**

I mean it's really, really,
REALLY OK.

**And I'm not just saying that
because I want you to feel
better.**

**(Although I DO want you
to feel better.)**

**I'm saying it because you're
right in the middle of a
perfect and profound
evolutionary journey.**

And you're being guided by your
own heart – soul – higher self,
(whatever you call the part of you
that KNOWS.)

**And hardly anyone
understands this at all.**

So when we get stuck everyone,
including us, thinks there must
be something “wrong”.

**Let me reassure you...
there's nothing wrong at all.**

You're not lazy, pathetic, or
unmotivated if you're
in resistance. Far from it.

**Instead, it means a part of
you has already said YES!**

**You've finally kindled
enough desire...**

...to trigger an ancient and caring
protector that lives in your brain.

It's called the amygdala.

You might know it as the
fight or flight brain.

I call it the safety brain.

**It's the part of you that
remembers the scary things
you've forgotten.**

It files these memories away
so it can remember what
to protect you from.
It wants to keep you safe.

**It's the source of everything
we call resistance.**

All your negative thoughts,
doubts, procrastination and
self-sabotage originate in
your safety brain.

**Your safety brain has been
your loving protector as long
as you've been alive.**

And, hey – you're still alive!

**But now the voice of your
heart is calling.**

And that just can't be ignored,
because the call of your heart is
anything but trivial.

It's EVERYTHING

**Your heart holds a vision
of who you've always
wanted to be.**

It calls you to that possibility over
and over again. It never gives up.

**Your heart is determined
to take you on a journey
that will turn you into that
wonderful person.**

**But your safety brain wants
you to live inside a small,
very comfortable box for the
rest of your life.**

It wants you to colour inside
the lines and never run too
fast or feel too much.

But that's not why you came.

**Your heart knows there's no
aliveness without pain.**

Your heart remembers that
you came here for the
Astounding Adventure
of loving, breathing and feeling.

**You came to try, and fail,
and grow and become more
and more of the possibilities
that live inside you.**

**And this will most certainly call
you out of that tiny box.**

And it's SUPPOSED TO!

Because each resistance you encounter is one of the essential things your heart is ready to transform in you.

**So every resistance you face
and transform...**

is the perfect next step to
your dream **AND** to your
most alive, most authentic self.

What a gift!

**And it doesn't have to be a
struggle, full of judgment
and self-doubt.**

There's another WAY...

**When we embrace the
essential purpose and
wisdom of our resistance...**

...transforming it can be the sweetest,
most meaningful work we'll ever do.

**So, instead of battling your
safety brain...**

you can make friends with it
and invite it to share its
deep wisdom with you.

**Instead of judging the
stuck-ness...**

you'll console that part of you
and release the remembered hurts
with compassion.

And the beauty is...
You only need to learn this once!

For one dream, one desire or
one calling.

And once you know it...

you'll know what to do with your
resistance to any other dream,
desire or calling you'll ever have.

Let the transformation begin!

Are you ready?

It's just one step at a time.

**And the first step I want to
share with you...**

is how to stop feeling bad about
resistance and start telling a
whole new story about your
transformational journey.

**I've created a FREE e-course
designed to help you
do exactly that.**

It's called:

**Keep Saying Yes –
Hearing & Answering the
Call of Your Heart**

I'll show you how to relax,
let go of the struggle and
discover the deep wisdom
behind your resistance.

You can sign-up now :
[Keep Saying Yes](#)

**Do you feel any better?
I hope so.**

**Because saying Yes to the call
in your heart doesn't have
to be a tug-of-war.**

**Read this whenever you need to
remember that even your
resistance is wise and beautiful.**

**And share it with anyone you know
who needs to hear this too.**

**Now go sign up and start
creating YOUR new story!**

Keep Saying Yes E-Course



Susan Johnstone and The Heart's Voice offer wisdom and resources designed to help you follow your heart beyond the resistance, through e-books, classes and personalized coaching.

Contact me about YOUR transformation!

susan@theheartvoice.com