



HAVASS
Academy & Coaching

DAY 9

The previous day, we talked about the resistances you may face. Let's talk about how to deal with those resistances today.

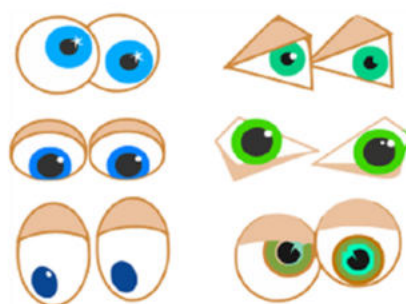
Excuses: We said, "Excuses are all those judgments made up by the piece that resists change in order not to reach the new reality you desire". So what can you do when your ego resists on using excuses? You can start by hearing. Yes, I am talking about listening as you know it. No excuses. The more clearly you hear what your ego is telling you and what excuse it comes from, the more full and convincing your answers will be. The second step is to persuade your ego. Just like convincing a small child, word by word, calmly, lovingly...

- **Your ego:** You will never have a great relationship because who would want you?

What have you got to give to the other person?

- **You:** Of course I can have a great relationship. First of all, I have an endless love inside of me that I can give. Then I have a lot of fun, he/she can have a lot of fun with me! I know how to enjoy life.

Mishaps: We said, "Think about all the mishaps you face when you start a new job. You will go to a job interview; your car breaks down, something is spilled on you, the heel of your shoe is broken, thunder... because you resist change." First of all, knowing that all these mishaps are the result of your resistance will change your view. Then you can try to calm your mind.



Breathing exercise:

Stop whatever you are doing at the moment. Get ready to take a deep breath. As you breathe, imagine yourself inhaling all miracles with your breath. Fill it all in. Then get all the setbacks, all the negative thoughts, worries and fears out of your system along with breathing out. Repeat. This will help you to change the focus and transform the energy that creates your current situation.

Procrastination:

We talked about the ego's game of delaying your work with various excuses, even though you can actually do what you need to do at that moment. Let's take a look at what we can do about it. Our brain works very simply. It runs away from pain to pleasure. If this procrastination game -created by the ego- seems quite logical to you, then the pain of doing that specific thing is greater than the pain of not doing it. Let's say you postpone exercising. So the pain of doing sports is greater than the pain of not doing it. So: What will we do in this situation? We will reverse the game. In other words, we will increase the pain of not doing and the pleasure of doing. What will happen if you continue to not doing sports? What will you miss by not exercising now? What will you be deprived of? So what will you gain from doing sports now? What benefits will it provide? How can you make it enjoyable?

Referencing from past:

We said, "If you have attempted to achieve something in the past and failed for various reasons, your ego brings all your failures and puts it in front of you in a wonderful presentation. If you don't know this is a game, you can enjoy it too." If your ego references you from your shared past, then you can remind yourself why you failed and what you are doing differently now. Even if you're working with this program right now, it might be enough to convince it that you've changed the way how you're doing it.

- **Your ego:** You thought every person who came to your life was the right person, but you were always disappointed; Are you sure you want to get hopeful and offended again?
- **You:** There are undeniable differences between my previous relationships and the relationship I aim to establish now. Once, I know how to love myself. I learned to claim my own values. I also got a guide that shows how to set the right goal and how to get there. You could have persuaded me that I would get the same results, but I changed my path and did not go on the same path. I see no reason why my path should not be successful. If I do, I'll be ready to do my best to transform that too.



Tasks:

- Two great exercises are waiting for you on the worksheet! One of them is about persuading an excuse that the ego offers you. The other was prepared to break a procrastination game. You can respond to all the resistance you will encounter from now on by using these exercises.



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