



FLIPPING THE VOICE OF RESISTANCE

(from The Zen Leader)

LEAD THE WAY

Flipping the Voice of Resistance

Situations unfold moment by moment, and it's not possible or necessary to bring a voiceover of awareness to every moment. But for situations where you know you've gotten seriously stuck in the past – stuck on your dream, needing to prove yourself, feel secure, loved, whatever – in those moments, ask: how can I serve the situation? What's best for the whole picture? Imagine taking yourself out of it and ask: if I were dead and yet still able to act, what would I do? Or simply show up, and engage in the spirit of service and trust intuition to guide your actions.

If you start down this line of fully-aware inquiry and your inner voice comes roaring back with resistance, as in, "I don't give a damn about all that, I just want [fill in the blank]!" that is your springboard for this flip; you've come to the icy knot that would have to melt to make this flip possible. See if you can name what need is screaming to be met; get to know it. Shine some awareness on it; it may not melt in the first light, but neither will it get all of you, because the part that's aware is not itself needy. Hear deeply your inner voice of resistance and imagine flipping it. Examples are given in the table on the next pages.

Flipping the Voice of Resistance

Need Level	Voice of Resistance is saying...	Flip to...
Physical	<p>I don't have the energy to deal with this.</p> <p>I'm so tired.</p> <p>I'm exhausted.</p> <p>I'm sick.</p>	<p>I have access to more energy now if I breathe deeply and slowly.</p> <p>What's exhausting me that I can let go of?</p> <p>I will recharge and come back to this.</p>
Security	<p>I need more money for family, college, retirement, etc.</p> <p>I need to keep my job no matter what.</p> <p>I'm afraid of what's going to happen to me.</p>	<p>We can be resourceful living with just enough; If I over-indulge myself or my family, the gravity of greed is enormous.</p> <p>No matter what, I can add my best value.</p> <p>I am not separate from life; it doesn't happen <i>to</i> me.</p>
Affiliation	<p>I'm afraid if I do this, people won't like me.</p> <p>I need to be included, in the know.</p> <p>I need to keep this person happy.</p>	<p>If this is what the situation calls for, it will eventually be in people's interest.</p> <p>If I keep moving toward the things are deeply important to me, I'll be included in the right things.</p> <p>I truly don't serve this person by turning them into a bully; what's really right for this person right now?</p>
Personal Power	<p>I have something to prove.</p> <p>I need to be right.</p> <p>I can't stand it that this person has disrespected me.</p> <p>I'll use this person because I can.</p>	<p>Try to prove, and the case is never closed; serve life, and the case never comes up.</p> <p>The more I open up, the bigger "right" gets.</p> <p>What else is right here?</p> <p>Other people act out of their own needs; it has nothing to do with me, and I don't need to make it about me.</p> <p>What's truly in this person's interests?</p>

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Need Level	Voice of Resistance is saying...	Flip to...
Self-Actualization	<p>I have so much to do. The work is never done. I'm so busy.</p> <p>I must achieve this dream (vision, mission).</p> <p>I'm only as good as my last achievement;</p> <p>I need to achieve again.</p>	<p>I don't have to keep achieving to know I'm alive. I can pace myself, and tend to what's essential.</p> <p>This dream (vision, mission) has energized me; I need to keep listening to life for how it might change and how to grow with it.</p> <p>Serve life, and I move beyond the question.</p>

The more you flip around resistant needs, the more you'll understand your own stuck points, the less they'll get all of you, and the less potent they'll become over time. The needs will not go away, but you'll be better able to meet them just enough to get them off the table.

You may start down this line of inquiry or enter a situation in the spirit of service and still have no idea what to do. You're not sensing resistance, you're not sensing anything. In that case, wait. Do nothing. Listen. The situation may be best served by staying out of it. Be open to that possibility.

And finally, you may start down this line of inquiry or enter a situation in the spirit of service and certain actions suggest themselves. Enter them completely, extend your energy, and serve the situation. You've made the flip.