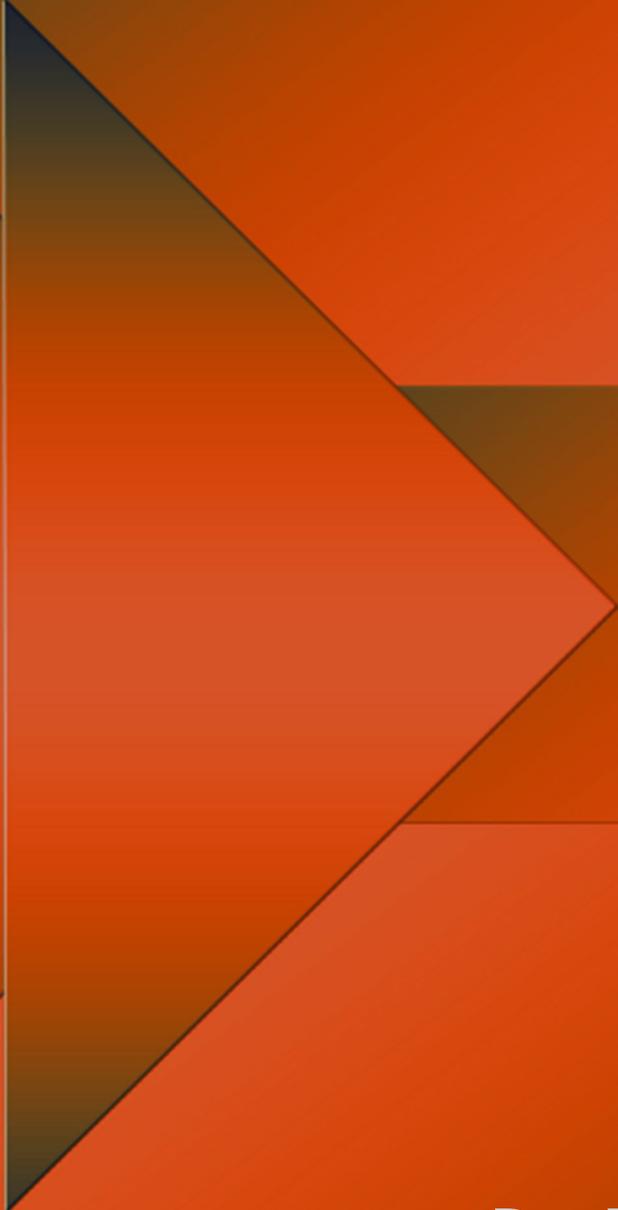


# Understanding Resistance

And How To Move Past It!

Complete Transcript



Dr. Elona Sanders

# RESISTANCE

November 28, 2016 by [Dr. Elona Sanders](#)

## Introduction

Thank you for making the investment in your life through the anointed and dynamic ministry of Elona Sanders. With her cutting-edge message of empowerment, you are sure to be inspired along with Spiritual Success™ tools that will activate you to break through barriers and shatter glass ceilings. You will break free and stay free. Listen now with new ears and an open heart.

*This is the day the Lord has made let us all make a conscious choice to rejoice and be glad in it.*

I am Dr. Elona Sanders I have been in ministry for over 30 years and I recently retired from being in full-time pastoral ministry. My background was in "Deliverance Ministry." It was during that time that I developed my philosophy for deliverance ministry which is in 3 parts. As I stated before, only 1/3 is about deliverance from darkness and the other 2/3 is where I have landed since 2010 and that is on empowerment and destiny fulfillment.

My philosophy for deliverance is not all about darkness, demons, and devils around every corner because when God began to speak to me He said, "My People can break free but they can't stay free, they get delivered but they're not staying delivered", meaning that something else needed to happen and we began to look at the word as recorded by Jesus the Christ when he says... when an unclean spirit goes out of a man he looks for a place to rest. But, when he finds none he says I am going right back where I've come from and take 7 others with him and we focused there. But my focus and my purpose now are to bring us into empowerment and destiny fulfillment.

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There is a poem I love to read and it's an anonymous writer so I don't know who to give credit but it's called: *"I Bargained With Life For A Penny!"*

*"I bargained with life for a penny and life would pay no more. However I begged at evening when I counted my scanty store, for life is just an employer, He gives you what you ask, but once you have set the wages, why, you must bear the task. I worked for a menial's hire, only to learn, dismayed, **that any wage I had asked of life, Life would have willingly paid!**"*

So, ladies and gentlemen, it's up to us that anything we set our hearts and our minds to do life is a just employer. The entire Universe, Ministering Angels and everything in "Spiritual Laws" are working for us. The famous American Entrepreneur and Animator Walt Disney said:

***"All of our dreams can come true if we have the courage to pursue them. If you can dream it you can do it. It's kind of fun to do the impossible!"***

Why is that we can make up our mind, conceive of something, focus on it and achieve it. We are the species, the only created beings that have this ability to set goals and decide that we are going to shift, change, move, evolve and become something that we can dare dream.

It is because we are uniquely divine. And everything that we are, we are just like our Creator, God! We are just like Him. We have what I call a **"Rich Inner Life of Kingdom."** Jesus The Christ said that the Kingdom of God is within you. And within that Kingdom, everything flows out of that.

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Now you know my background, I am a pastor, I've been in ministry close to 40 years. I've been in church much longer than that, so this is my foundation and this is my reference point for a lot that we do. And we were raised up thinking that anything bad that happened to us it was the "Devil" if something good happened it was "God" and were just the victim in the middle. Well, that is just a misnomer and that is not the way that we have been created. We've been created this **"Rich Inner Life Of The Kingdom God."** Everything that we need is within us. Everything that pertains to life and godliness is already in us. It is infinite, it is boundless, it is limitless... all the love, abundance, joy, peace, success, any good thing that you can think of resides within us and it is unlimited.

But now, there is something else that runs with us called, **"Resistance!"** I want to take a minute and talk about that because we're going to run into Resistance at every turn. Resistance and another word for that is, we can call it... unreasonable reasons. But as creative people, as entrepreneurs that's willing to step out from the norm and dare to take a chance on themselves and take a chance on their creative ability, you are going to run into Resistance.



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Why, because you are no longer running with the “pack”, you are no longer running with everyone else’s reality, but you begin to hear the beat of a drum from within your own heart and within your own Spirit. That is what each and every one of us is doing, even coming in this direction. You know when it comes to people, friends and family, they are the first ones to discourage you or to tell you what you ought to do, or if I were you I wouldn’t do, or why are you running with that group, or why are you joining that scam? It goes on and on. But Entrepreneurs, and that’s you and me, we are people that take risks. That word literally means that we are people who take a risk, meaning that you are betting on yourself. You are believing that you have the power and the ability to create something. You dare to dream you dare to imagine and then move out with that.

There is a list of forces that are waged against people like you and me, against everyone really, but in particularly people that disconnect themselves from what we deem is secure. From what we deem as normal, what we deem will keep us safe. When we step outside of that and say I am going to bet on me, then fear, self-doubt, procrastination, addictions, distractions, timidity, ego, narcissism, self-loathing, perfectionism, you name it, it’s a whole list of things that we find ourselves up against every day, our rational/reasonable thoughts, our friends, and our families.

How many of you have heard you say to yourself, “come on now be reasonable?” Or, other people would say to you, you’ve got to be reasonable. Or that just doesn’t make common sense. Well if you and I want to get to the place called great and see the success that we know that we can have we have to go a little bit deeper and a little further than the surface.

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You see, all of us are here in "*Total Life Changes*" and we all have the same opportunity. The playing field is even when it comes to that, the opportunity is here for each and every one of us. But, because we are individual people from different backgrounds and experiences, we may not all move the same, we may not all achieve the same but if we all take care of "Resistance", each and every one of us can meet the level of success that we are pursuing.

But Resistance, beloved, is a beast! It plays for keeps, it will argue you down tooth and nail. (I am painting a picture so that you can see what Resistance is.) Resistance is a part of the "Ego mind, the Flesh Mind, the Carnal Nature", whatever you want to call it. Its job is to keep you small, comfortable, reasonable, rational. It shows in many ways. Resistance will take on any role it needs to take on to keep you under its control.

So whenever you pursue any calling. That's anything that will propel your life forward, you're going to run into **Resistance**. As I said before, Resistance is not a demon, it's a part of your "Ego mind." It's invisible, it's infallible, it's universal, it never sleeps and, listen, it plays for keeps. Resistance is a beast! And I want to give full credit to Mr. Steve Pressfield for this work and he has a trilogy of books called: "The Art of War..." "Do The Work..." and "The Professional."

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It (Resistance) will talk to you in a spiritual voice, it will quote Scripture to you, it will bring back anything from the past. It will bring up anything it needs to do to keep you from moving forward. Anytime that you are in your head, and you are wondering and you are going over and reasoning and trying to figure things out over and over again, Resistance is on board. It's like the "chatterbox" that lives in your head that never ever stops. If you notice that "chatterbox" that's in your head that talks all the time, have you ever slowed down enough to really hear your own inner dialogue and realize that it takes both sides of the argument. It will argue for and against at the same time and I am telling you it is an endless battle when you are up against Resistance. But, we do have a remedy for this.

I've shared with you some of the common things about the unreasonable reasons that come up when you want to move forward. I can speak to you very well about this because I want to tell you that you will deal with resistance from now and until you leave this physical, earthly dimension. We get smarter about how we use the power the tools that God has given us to move past Resistance.

You don't want to get in a tug of war because that's wasted energy, but what you want to do, and I am going to share with you today how to use your tools that God has given to you. I call them "**Spiritual Success™** Tools to move past Resistance. And once you recognize how Resistance shows up for you, and you recognize it, you acknowledge it and then tap inwardly to begin to bring up the tools that you need to move past it and to go on.

# RESISTANCE

Steven Pressfield said this in his book, "Do The Work" about Resistance when he said it's infallible, he said:

*"Like a magnetized needle floating on a surface of oil, Resistance will unfailingly point to true North—meaning that calling or action it most wants to stop us from doing." He goes on to say... "The rule of thumb: The more important a call or actions is to our soul's evolution, the more Resistance we will feel toward pursuing it."*

So, in my background, we were taught that anytime there was opposition it was the devil or if you had too much opposition that meant stop because God didn't want you to go that way. We ended on that more times than not that if we felt too much Resistance, too much opposition, too much trouble, we taught it was God saying don't do it and we didn't do it. Beloved, if we are never challenged we will never grow, we will never stretch we will never move.

What I am learning in this season is that you don't get to be the expert, you don't get to be the story-teller, or the role model until you stretch, you grow and you move pass it and you earn the right or you are qualified to teach. Resistance is not something that you are going to beat in the head one time and it's going to be over I want you to know that. It will come up again and again as you continue to evolve, grow, and move.

What does it look like for us even in "Total Life Changes?" Resistance will show up about not making the phone calls. Not plugging into the system not following up with your customers, not making events that you know you qualify for.

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You will come up with the reasons and excuses not to move forward.

Resistance shows up as:

- I don't have time today
- This is not the right time
- I am not ready, (and I told you the famous saying... "Start before you are ready!")
- I don't have the money
- My husband, my wife, my family, etc.

Those are the five most common reasons that people use even when you are dealing with your prospects and they have objections, you are going to notice that these are some of the five areas they will use about not joining the business or joining the company and, it's a way to help people see past that.

People always have an either-or mindset and they will say "I don't have the money right now because I am on a budget and we want to pay off bills or, I don't have the money because I just moved and I need to buy more furniture." But there is always a way beloved. There's always a way. And we want to shift from an either or mentality into both. How can I do both?

Robert Kiyosaki said in his famous book, "Rich Dad Poor Dad", said, the moment you say I can't afford something we shut our brain down, but the moment we ask HOW CAN I AFFORD IT? (You need to do that little exercise with yourself.) If you say I cannot or I don't , or I don't see how, in your Spirit, you can feel your energy go right down to a rested, neutral position. The moment you ask the question, HOW CAN I AFFORD IT? You'll feel energy rise in your Spirit and your mind will get activated start trying to help you find a way that you can get it done.

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Let me show you a couple of other ways Resistance will show up for you and this is huge because many times when you are trying to move forward and take on a new venture or get your business up and moving.

Resistance can show up as **CONFUSION**. You will become confused, so cloudy and so foggy that you don't know what to do. And I bet if I were to ask for a show of hands how many of you have ever been in a place in confusion, even about what to do about this business. How to work the business? How to go forward, or should you continue or should you go back?**RESISTANCE CAN SHOW UP AS CONFUSION!**

Now that we have our hands to the plow we must all make a decision to continue to go forward. So Resistance can show up as confusion and it can confuse you so badly until you will just throw in the towel. I just wrote a blog post about what to do when you are totally confused. And the first thing is to do nothing... that is a temporary do nothing. That's not a permanent do nothing. That's like... I am going to take a couple of hours and I am going to get quiet and get still... do nothing.

When you are totally confused you don't ever want to throw in the towel, but you do want to slow down enough to do what? Tap into that rich inner life. Beloved, I am telling you all your answers, everything you need to know is within you.

# RESISTANCE

## RESISTANCE CAN SHOW UP AS ILLNESS

Resistance can show up as illness sometimes. You can be fine, doing fine, could not have been sick for years and the moment you take a step forward and venture out all of a sudden, all these things are showing up. Your body is starting to breakdown in different areas.

Remember all this is....the messages that are in your subconscious mind very deeply, from an unconscious state, is remembering that YOU SAID you wanted to be safe. You didn't want to be criticized, you didn't want to be judged, you are afraid of success. You were afraid of failure, and so your ego mind feels that it has a responsibility, it's doing its job to protect you. And so by any means necessary. We are in almost like a yin-yang kind of a thing or we have a dichotomy here. But remember, it's those messages that are deeply ingrained that we are responding to every single day of our lives. That is why we can take full responsibility, because a long time ago you may have shied away.

My example—when I was young and in school I was teased mercilessly, I didn't look all that good going to school back in the day. And I was teased mercilessly so I learned to shrink because I did not want to endure that criticism. So there was a message deeply ingrained in my subconscious mind that I want to be safe and I really don't want to be seen, so what did I do, I took a vow of invisibility. I was fearing being seen because I thought that on a deeper level that if people really got a good look at me up close they would see that I was defective.

You see we don't believe that we have those kinds of messages ingrained in us but we do. Thank goodness we are able to come to a place of freedom.

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## **RESISTANCE CAN SHOW UP AS FORGETFULNESS**

Resistance can also show up as forgetfulness. You will forget to make phone calls, you will forget to follow-up. You will forget to make meetings. You will forget to make sure that your auto ship in turned on. This is another way that Resistance can show up.

## **RESISTANCE CAN SHOE UP AS LETHARGY**

Resistance can show up as lethargy sometimes where you just cannot seem to get yourself together. Even though you've taken your NRG or you NUTRABUST, and if that lethargy persists start looking to see if perhaps resistance is trying to keep you from taking the next step forward which also goes into procrastination. Procrastination is rooted in perfectionism and perfectionism is rooted in fear and fear of your self-worth being judged. Right... We all know the big one, fear.

## **RESISTANCE CAN SHOW UP AS FEAR**

Fear shows up in many ways. Self-doubt, self-loathing. Resistance will show itself in many ways. But, how do you move past Resistance?

## **MOVING PAST RESISTANCE**

That's why it is important to start learning how to get quiet and tap into your rich inner life and the kingdom of God that is within you because everything you need will begin to flow out of that. Peace is a very important force that you want to tap into. What's going to happen when you get quiet and you settle down and you begin to ask the right questions. How can I make this business work? How can I use the gifts and the talents that you have given to me to make this work?

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As our coach just stated we are not going to lose ourselves to fit in. We cannot be exactly like someone else. We can duplicate systems. Systems are duplicable. But we cannot be someone else. You have to be yourself. You have to tap into what I call your **SASS™** (***Strongest Authentic Spiritual Self***). And why I say authentic is because if you are like me and you are multi-gifted and multi-talented you can do many things and do pretty good at it. But you want to get to your AUTHENTIC SELF. You want to be so still and so quiet that you begin to hear the song of your heart sing.

Every one of you on this call, there is a song that your heart wants to sing to the world. What is that song? That is you in full expression of who God put you in this earth realm to be. You want to be able to tap into that song, hear it and let it flow out to the world.

You have to find out and ask the question... How can I work this business using my gifts, my talents, my abilities and flow out of that to make this business successful? And this is how you move past Resistance.

When you hear and when you understand, or when you feel, or you sense or you have some intuition or a light bulb goes off, or you hear words, you begin to tap into that and follow it. Write it down. Meditate on it. Speak it out. That will allow you to start moving past Resistance.

And we have been told that the angels that have been sent to help us, they begin to move differently because you are giving voice to what was spoken to you. The psalmist said that the angels excel in strength when they hear us give voice to the word of God or what was spoken, or what you heard deep within your Spirit. Now you have angelic assistance, now because you are still and you have taken the time to tap in, you are flowing out of your Divine-Self, your God-Self. Now you are in perfect alignment with Spiritual Law.

# RESISTANCE

And all of that is working for you as well. So it is worth it not to get frazzled, not get upset, not to get stressed, not to become discouraged or dismayed and quiet, but... to tap in when you feel it coming. You know you can feel these things coming afar off.

When you feel it you have to remember... NO, I am on the right track, I know that I am here for a reason and a purpose and I am going take a minute and get still and get quiet and then I am going to flow out of my rich inner life of the Kingdom of God within me.

Alright... so let's wrap this up today. Remember Resistance is an invisible, infallible force that is a beast! Resistance will be with you, but there is a way to move pass that when you recognize some of those attributes of Resistance. When you recognize it you want to:

## 1. Get Still...

Turn your focus and attention inward and tap into your rich inner life, you want to ask the right questions. You want to be still so that can feel, you can sense, you can hear and gain clarity. Clarity is king. The clearer you are on your goals, your dreams, where you are moving forward to, the clearer you can get on where you really want to end up. You can accelerate your goals or accelerate your process. So you want to gain clarity. Write down what you hear and meditate on what you hear. You want to speak out of your mouth boldly and affirm what it is that you are hearing and then you want to take and inspired action. Because faith without works is dead.

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## 2. Practice...

Practice this, put these spiritual tools into motion and you will begin to see your life shift, change, evolve and you will look like in natural what you see in your Spirit. In other words, your outer circumstance or your realm of appearance will begin to match up and align with what you have been seeing in your Spirit all along. Alright, beloved, I am going to release you with many blessings for your day and your week. Until our next virtual connection, be blessed... Bye now!

Thank you for joining us today, please go over to [Http://ElonaSanders.com](http://ElonaSanders.com) and download your copy of today's message.