

*Facing The  
Lions, Tigers,  
& Bears!  
Oh My!!*



# *Lions, Tigers, & Bears – Oh My!*



- **What Stops YOU From Going With The Flow?**
- **Your Body Knows**

# *Lions, Tigers, & Bears, Oh My!!*

- **Flow Is There To Guide You**
- **But YOU Don't Know What's Round The Bend**



# *Lions, Tigers, & Bears, Oh My!!*

- **Gripped By**
  - Uncertainty**
  - Doubt**
  - Desire To Take Control**
  - Wrestle The Flow From  
The Arms Of Life**



# *Lions, Tigers, & Bears – Oh My!*



- ◉ Dealing With Blocks, Obstacles & Resistances Means Dealing With
  - ◉ Fear
  - ◉ In Its Many Forms

# *Lions, Tigers, & Bears – Oh My!*

- Fear Drives
- Insistence On Control
- Refusal To Inquire (Look Within)
- Unwillingness To Surrender To 'What Is'
  - Power Struggle
  - Apathy



# *Embracing Your Resistance*

- Means Understanding The Energy Of Fear In Your Body

- **Your Tools**

- Intention
- Curiosity
- Willingness
- Courage
- Distance
- Viewing From Multiple Perspectives



# *How Do You Do It?*

- **Steps 4 and 5**  
**Catch & Re-Direct**  
**Power Of Your Attention**

**Away From Fear Rooted In**  
**Either/Or Living**

**Toward Courage Rooted In**  
**Both/And Living**





# *Start By Revisiting Your Landmarks*

- **Weaknesses → Clues For Finding Your Fear**
- **What's Your Relationship With Each?**
  - Acceptance
  - Resignation
  - Tolerance
  - Annoyance
  - Fear
  - Anxiety
  - Dread
  - Frustration
  - Hatred



# *Revisit Your Landmarks*

○ Strengths Also → Clues

○ What Your Relationship With Each?

- Comfort
- Joy
- Ease
- Anxiety
- Trepidation
- Doubting
- Fear
- Terror



# *Pinpointing The Obstacles*



- Move Through Landmarks One By One

Notice How You Feel About Each One

In Your Body

Top & Bottom Of Each Loop

# *Pinpointing The Obstacles*

- Check Every One You Definitely **Don't** Want To Experience
- Every One You Feel A Huge **NO** Toward!



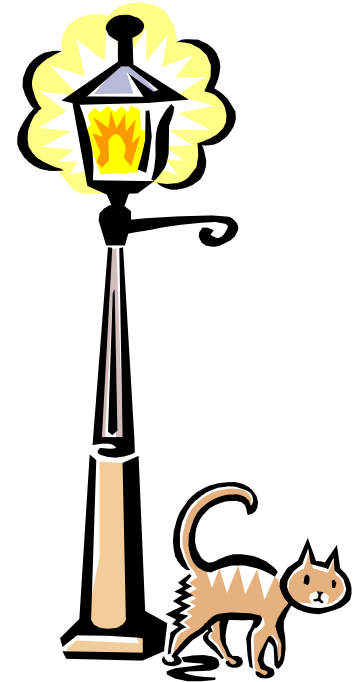
# *Unacceptable Landmarks*

- Won't Visit Them
- Don't Really Exist
- Won't Accept As Real Landmarks On River's Route
  - Someone Else's Fault It's There
  - NO! NO! NO!



# *Create A Ruthless Sanctuary*

- **Be Totally Honest With Yourself**
- **It's Just Between You & The Lamp Post**
- **In The Long Run, It Pays Off**



# *Resisting This Step?*

- **If You Want To Go With The Flow, And Can't –**
- **Need To Know What's Stopping You**



## *Resisting This Step?*



- If You DON'T Want To Do This Step –

Try To Identify What's Preventing You?

If Not, Why Not?



# *Remember What's It All About?*



## o Old Strategy

Set up what you like against  
what you dis-like → stress

## o New Strategy

Be neither for nor against  
→ inner peace



# *Homework*

- **What Stops Most Folks From Going With the Flow?**
- **What Is The Mystic's Guidance For Relating To What Stops Us?**
- **Where Are Your Resistances Located On Infinity Loop Map?**
- **How Do You Know When You've Found Them?**
- **Once You've Found Them, What Are You To Do With Them In This Step (#4)?**
- **If You're Resistant To This Step, What Should You Do?**



*See you in the next Video*



*Much love,*

*Ragini*

