



What is the nature and purpose of resistance in the ego?

The moment we take the posture of ego, of identification with our history, it implies resistance. There is no such thing as ego with no resistance, and the ultimate resistance is the resistance to simply being, the resistance to our True Nature. And that's because ego is always trying to do one thing or another, and True Nature isn't doing anything. It just is. It is nature. It is luminous presence.

The nature of ego itself is an ongoing resistance to what is. Even just manifesting as ego implies that we are resisting our nature, because if we didn't resist our nature we would instantly *be* our nature. So, the fact that we are not experiencing ourselves as our True Nature, the fact that we are not this spacious presence, implies resistance.

The resistance can be quite subtle, and of course, there are many reasons for it. It might be that we don't believe that we are our True Nature. We believe instead that who we are is the one who is resisting, and we are attempting to preserve our identity. It might be that allowing ourselves to feel our True Nature would threaten us too much by bringing all kinds of vulnerabilities, fears, or insecurities into the open. In fact, truly being is a kind of death. I talk about things such as resistance and how to be allowing, but to really be without resistance means ego death, ultimately.

Resistance happens in many ways and can be explicit or implicit. Explicit resistance occurs when some experience we don't want arises or is about to arise, and we defend against it by thickening, contracting, dulling ourselves, or pushing against what is there. For example, a hurt is arising, and you say, "No, it's too much; I don't want to feel that." Our consciousness then thickens to push it away, to close it down. There is a direct rejection, denial, or pushing against our experience or some element of it.

On the other hand, sometimes it happens that resistance is implicit or indirect. In that case, we don't try to avoid or stop feeling the objectionable part of our experience—we attempt to manipulate it. For instance, we may try to control our experience or direct it or want it to be

something different. We may believe that we are accepting our experience and trying to work with it, but we can't do that without resisting what it is, without fighting off what we are experiencing. We know this must be the case, because if we are not fighting, or resisting, we are spacious—we are allowing whatever is happening to just be as it is. (**The Unfolding Now** - June 2008 Publication)