

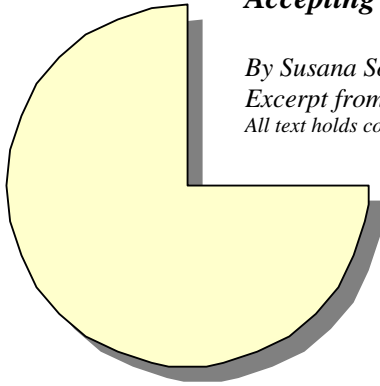
Resignation

Accepting Less Than We Truly Are

By Susana Sorí - Miami, Florida

Excerpt from upcoming book

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What is it that stops us from attracting and holding on to love and life's abundance? Through our healing practices, or in our own life, we may have already dealt with issues and patterns that held us back and kept us from the love we want...appreciation of self, mistrust, fears, past feelings and lack of empowerment in general. But, to my surprise, what I have discovered as probably the biggest, most difficult and most subtle of all self-imposed barriers to our happiness is...our own RESIGNATION to what IS and to what could be.

Why is this answer a surprise? It is a surprise, not because resignation is a cause of our discontent. It is a surprise because most people MISS resignation as something that holds them back, because it is so close to us, we just can't see it. Yet, the intelligence of our energetic system reveals it so directly and with such strength, that I am inspired to passionately write about its effects.

Resignation is so common and runs so rampant in our culture (and other cultures as well), that it has become an accepted way of being. It is a socializing behavior that keeps us part of the "norm" or the "mass". It keeps us less controversial. It makes us servants of other's needs. We learned it as children by being resigned to not getting what we asked for, and not asking for what we wanted, because we felt we would not get it. As children, we learned resignation from our elders, our family and the media, by seeing and hearing statements of why they did not go for what they really wanted – "It was just not the profession I could have been successful at," "I took my lot in life," "It is dangerous to ask for what you want," "You have to be practical," "I couldn't be so selfish," "I had no support". Today we say, "It's my karma...it's in my astrological chart...it's a part of my personality." We sometimes proudly say, "It's WHO I am." We learn these boundaries and then we continue to self-impose them into our adult years. We learn this psychological behavior very young, and very young these patterns became active in us, sometimes at such subtle levels that until today they may still exist totally undetected by us.

...My karma, my chart, my personality!

Remember, whatever we hold in our hearts, we worship. In resignation, we worship in ourselves the lesser possibilities of 'who' we can be and 'what' we can have. We resign ourselves to that state. Instead of acknowledging the enlivening fire and joy of our heart, we acknowledge a false replacement; a replacement that is truly NOT to our own benefit but to another's, or society's. Resignation is a PAST stuckness of one's self, rather than future directed. It is an idea that WAS and, either others are holding it for you, or you are holding it for the benefit of others. I repeat:

**Resignation is stuckness from the past that either others are holding for you,
Or, you are holding for the benefit of others.**

This statement is worthy of deep contemplation.

Resignation: A replacement for our joy! We make these false replacements the source of our vitality by 'saying' they are more important. In acknowledging their importance, we have given power to their truth

because the culture expects it, the family supports it and we condone it. This pattern of resignation runs very deep. It's strong and very subtle. It is subtle because it masquerades as love, service, compassion, support, sacrifice, etc. Watch it. When you have resigned to being less than you are, do you take the path of service and support so that you can feel other's acceptance of you through that action? Resignation is thus a state of personal diminished vitality because we are taking our vitality and enslaving it to the desires of another, sacrificing our wishes, and hopes, for their benefit.

The pattern of resignation is not just a feeling or attitude. It IS a VIBRATION in our systems that continually block our potential being-ness. Its truest test is the level of one's aliveness. If the aliveness is gone in you, then there is true resignation.

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This negative vibration diminishes our life's energy, and that in turn diminishes our ability to draw to us the love we want and deserve, so we settle for what is NOT our own heart's desire. This negative vibration acts as a poison that keeps us stuck and may later manifest as disease. This is because it is against our joyful nature to resign to things that are NOT in alignment with our heart's desire. We resign out of fear, inability to express or act upon...what we KNOW we can be. Then, we continue to create and recreate this inability since our intention and thoughts DO create our future and our world.

Resignation IS a physical vibration that we need to address and shift. This article may bring those false replacements and limitations to the front of your awareness and, that IS great...they are here to visit you and to say goodbye; they are here to remind us, and our clients, of the holes in the road tripping us over and over again. Once aligned with awareness and understanding, we have a choice not to get stuck in resignation when faced with these patterns again in our life. The layer of resignation IS definitely a very important layer to uncover and transform on our road to being a vessel that attracts and holds love and life's abundance!



About Susana

Susana Sorí is licensed as a Resonance Repatterning® and Holographic Repatterning® Practitioner, a practicing Mesa-carrying Shaman and a Certified Meditation and Yoga teacher. She is a member of the Holographic Repatterning World Peace Project and the Society of Shamanic Practitioners. Susana is currently engaged in writing books on the power of the breath and on transformation.