A misty forest path leading to a bright light at the end of a tunnel. The path is made of stone steps and is surrounded by tall, thin trees. The light is a warm, golden glow, suggesting a sunrise or sunset. The overall atmosphere is serene and hopeful.

The Path from Resistance to Presence

A poetic journey to emotional well-being and
finding peace in the moment.

The journey begins with a familiar feeling.

The deck opens by exploring a common, unsettling experience: waking up feeling down without an obvious reason.

- › “This morning I woke up and I felt quite down in my spirit. I don’t know why... I why... I had a good week... I’m rested... but I just felt this down.”

This feeling prompted a search for triggers and a struggle to lift the spirit, a common reaction to unwelcome emotions.

This sets up the central question: ‘Now I know where the sadness has come from... what do I do with it?’



Dark Clouds

Dark clouds they come
I wish that it were not so
But one clue that history left us
Is that those clouds will finally pass
So I don't let that stop me
I'm going on

The first wisdom: Do not resist the clouds.

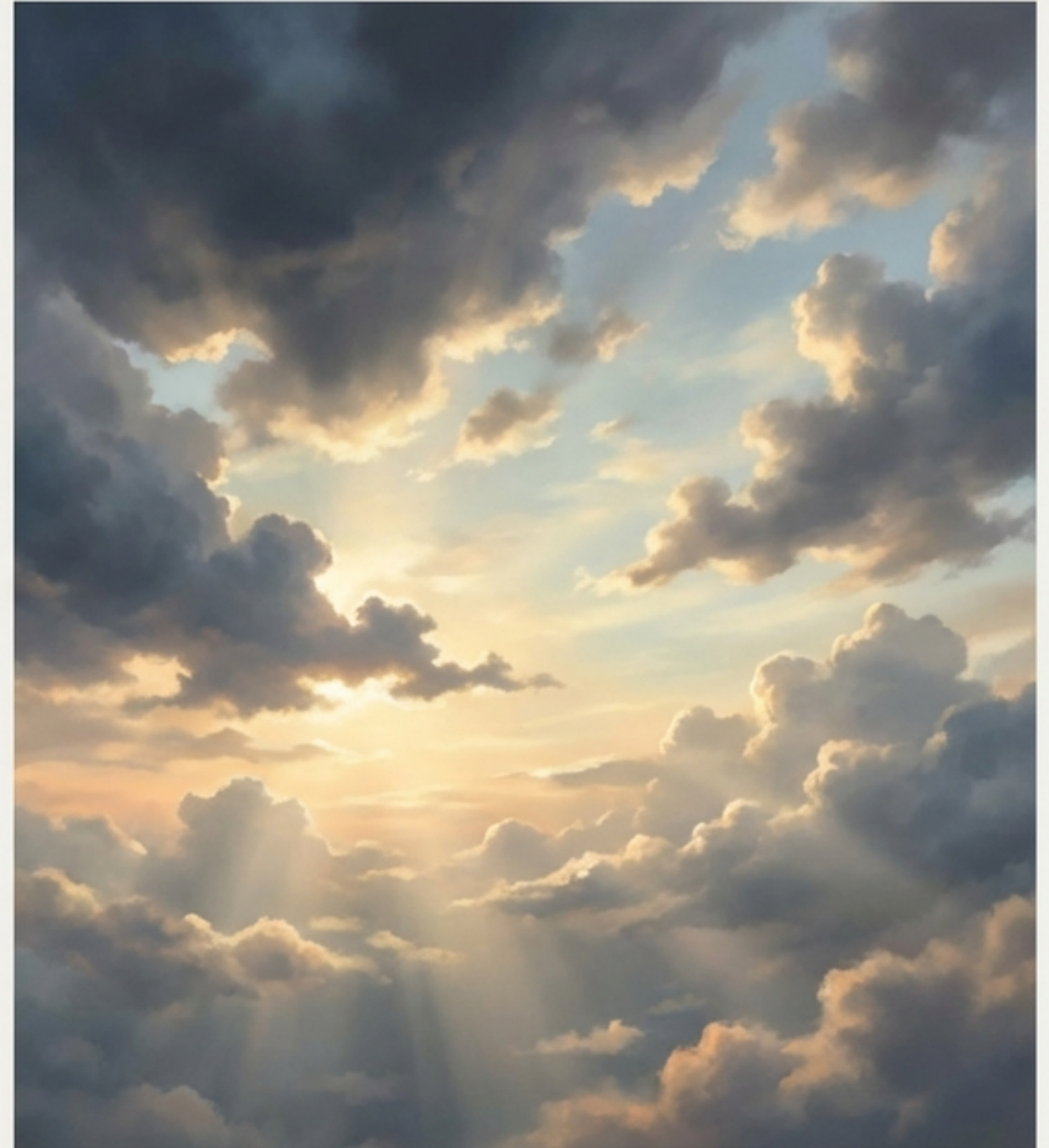
Core Insight

The poem reveals a fundamental truth: sadness, like clouds, will pass. **The key is to allow it to flow without letting it define your entire day or being.**

The Paradox of Fighting

The text explains the irony of resistance. Our natural tendency is to fight negative feelings, but doing so only gives them more energy and power to persist.

Experiencing sadness **doesn't mean you are destined to be a sad person.** It is an experience you're going through, and ultimately, it will pass.



The Great Escape

Running from that pain inside
Denying, numbing and avoiding

It has nowhere to go

Trapped inside

Resistance, futile assistance

The only game...

Don't run from it

The only way is through it

It will finally pass once it is done

A place where Peace and Freedom are found

Acknowledgment is the only path to freedom.

Core Insight

When we deny or avoid unpleasant feelings, they become trapped. The poem suggests that “the only way is through it.” This means acknowledging the feeling and giving it space to be expressed.


Connection to Grief

The text explicitly links this process to grieving.

➤ *“You can grieve changes in your life... what used to be that no longer is. Until you allow that process to play itself out, you cannot embrace what currently is.”*

The Function of Pain

A key explanation is provided: The emotion showed up for a reason. Once it is acknowledged and its “job is done,” it can pass, and our natural state of peace is restored.



Too Busy

Too busy focusing my energy
Fighting what is not okay
Can't focus on what's happening for you
If I make peace with what is
Having compassion for me
Maybe then I can focus on you

Your focus is a filter, not a window.

The Problem with “Fighting What’s Not Okay”

The text explains that what’s “not okay” has already happened. Fighting it is an attempt to grapple with the difference between our expectations and reality.

The Mirror Effect

“When you focus on fighting what’s not okay in someone else, we certainly miss that... there’s a shadow of it in us that we’re not okay with in ourselves either.”

The Transformative Shift

The solution is not to change the other person, but to shift from fighting to learning. See what they are mirroring to you, adjust within yourself, and the relationship will transform.



You can only focus on one thing at a time. Choose wisely.

- > Never mind those big things
- > The ones that feel out of control
- > That is because they really are
- > Don't waste your precious focus on those

Core Insight:

Focus is a filter. When you focus on what's wrong, you are actively choosing *not* to see other contexts or possibilities. The invitation is to shift focus to "what love would do."

The Power of Agency:

You cannot control others, but you *can* control your response. The three things within your power:

1. Change how you *see* the situation.
2. Change how you *show up* in the situation.
3. Change the situation by *leaving* it.





The Greatest Illusion

A creature they call perfect
Rarer than hen's teeth
It they sought and still they seek
But none can agree on what it is
So the sands of time fade
For those who sit and wait
Resisting the pleasure of the present

The high price of chasing an illusion.

The Internal Cost:

Seeking perfection leads to being “very critical” of oneself. The core feeling is a lack of trust in oneself.

“It just led me to doubt myself when there was no reason to doubt myself.”

The External Cost:

The need for perfection is projected onto others, leading to an inability to delegate and a breakdown of trust in colleagues.

“I wouldn’t trust my colleagues to do certain tasks... I didn’t trust that they could do it to the perfect standard I had in my head.”

The Inevitable Outcome:

Burnout. The constant effort to control outcomes and meet an impossible standard is unsustainable.

The Alternative: The agile approach: release what is ‘good enough,’ learn from the experience, and iterate.

I Can Adapt

I can adapt to changing situations
Because I have not made my mind up
What this should be
I am free to see what comes to me
Hear what wisdom it has to give...
So at no point do I tell it how it should be
I let it speak and take the lead...
Trusting with every turn of events
What the universe will serve up must be
That I've learned to trust

We don't need to be in control. We need to respond to what's present.

Core Insight: The ultimate practice is to let go of a predetermined plan and trust what unfolds.

Proof in Practice: The session itself is the perfect example. It began with an open question: "What's top of the mind for you?" By trusting that process, the exact poems and wisdom needed for that specific moment emerged naturally.

"What's the chances that what's happened for you, pretty much most of the pieces that we've got in here addresses exactly what happened for you today?... That's what you get when you trust."

The answer arrived.

I asked him why am I feeling this way...
I don't have no reason to feel like this.

“I feel more peaceful now than
when I first came on.”

“My mind feels clearer and I'm able to
articulate now.”

“It's also given me a better
understanding of me.”

You get the question first and then you get the answer later.
He's giving me the answer, hasn't he?