

OCTOBER 2018

# Sibyl

VOLUME 11: ISSUE 10

Mindfulness | Compassion | Authenticity | Insight & Wisdom  
Since 2007 | SPIRIT • SOUL • MIND • BODY

MAGAZINE  
FOR THE SPIRIT & SOUL OF WOMAN





Contributing Article Writer - 2018

## ARISE THROUGH ASCENSION

### *Why Do I Resist?*

By Angela Blaha

**This has been a common thread lately. Resisting what I know will better my life, make me happier and more fulfilled.** Yet, even though I cognitively know it will be better for me, I still resist the change or asking for help or (fill in the blank.)

When resistance shows up, it is downright maddening, and this feeling is my clue that the rabbit hole of despair is near. This causes extreme emotional and mental pain for me.

I work super hard to avoid the rabbit hole of despair, and I do it through what I refer to as my preventative care such as meditation, journaling, diving deep with cellular awakening, etc.

In this article, I want to dive deeper into resisting, like what is the purpose?

As a psychic, I can see the potentials depending on the decisions I make. This ability, however, does not seem to matter when it comes to resistance, even though I can see ahead I still resist. I can see how happy I will be if I make one little adjustment, yet I stay stuck.

Now, I know you can relate because you send me messages expressing how miserable you are, yet you do not book an appointment. This tells me, we all experience and understand resistance all too well. Again, what is the purpose?

It all boils down to trusting myself....knowing what I need and actually asking for the support to make the transition happen. The purpose of resistance is to trust myself to focus on what is important and taking steps to make it happen no matter what level of resistance I am in.

I was raised to be very independent, for me to ask someone else for support used to be (and still kinda is) a foreign concept. And it is sometimes hard because when I am in the midst of a transition, I am not sure what I need support with. This is where brain fog or unclarity shows up to create confusion. How do we move forward?

Just like you, I struggle with asking! Once I ask, I am full steam ahead, but there is so much resistance in admitting that I am not sure what I need. At this point, my opposition digs in even deeper with the actual asking for support when I have no idea what support to ask for. To make things worse, if I wait too long, I have so much confusion that I do nothing except sit in my misery and cry.

This is where my ability comes in handy because now I can go back to my vision and see the potential outcome and work my way backwards to where I am stuck. Then I know! I know what to ask for. No matter how good we are at what we do,, there are times when asking is the only thing to do to move forward.

[www.angelablahaha.com](http://www.angelablahaha.com)

South Dakota, USA

The banner features a purple and black abstract background with glowing particles and energy lines. The name "Angela Blaha" is written in a large, flowing, gold-colored script font. Below the name, the text "Angela Blaha, Consciousness Mentor" is displayed in a smaller, white serif font. To the right of the text is a small portrait photo of Angela Blaha. At the bottom of the banner, the website address "www.angelablahaha.com" is written in a white, sans-serif font.