

7

STUCK?



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STEP 7 STUCK?

What happens when you get stuck and whatever you try just isn't working?

Let us be positive in the assumption that you are 'on task' and that you are experiencing the process of change. We need to be realistic. Things happen, and at times things will appear to be going wrong.

Things can appear to be going wrong for various reasons. Often things seem not to work because you have taken a wrong turn in life and your intuitive self is telling you not to do it. Sometimes, it will simply be that the timing is wrong and that you need to back off or re-schedule and perhaps not be impatient.

THINGS HAPPEN AT THE RIGHT TIME

There will be times on your journey when it all just seems to keep going wrong. It is as if the universe seems to be working against you. The more effort that you put into achieving your task, the less effect it seems to have. It is as though the more that you try to do, the more

things seem to go wrong. Sometimes, we look at other people who seem to have it all and we wonder, ‘How do they do it?’

It is common for clients in therapy to ask the ‘Why this, why me, why now?’ question. The answer is nearly always, ‘I don’t know’. However difficult your task or challenge can appear, you have the resources to deal with them and overcome them. You will find these resources within you or in people around you that can help you.

YOU ARE NEVER ALONE

The world is full of people with millions of years experience at being alive. Collectively, we are never alone and together, we have all that we will all ever need. Sometimes, when we feel lost, stuck or unsure of how to proceed, we need to do one special thing: talk to others.

PROBLEMS SHARED ARE PROBLEMS SOLVED

You do not have to reinvent the wheel. Systems, ideas, formulae and structures have been used over and over again and the effective ones are well known. I highly recommend the book ‘The E Myth’ by Michael Gerber who explains why McDonald’s is not only successful but is predictably successful, because they always do certain things in certain ways. Often, we keep moving and get beyond ‘stuck’ by using systems that we know will work.

We become stuck, or cease to function effectively, because we run out of steam and energy and develop inertia that stops us moving forward. It is at times like this that if we have a system and we keep that system going despite any negative feelings that we have, our project, and our life, will keep moving forward.

WE ALL FEEL FLAT SOMETIMES

I have never met anyone who is one hundred percent positive, one hundred percent of the time. At some time, we might all feel down, flat or disheartened. When you feel flat, what do you do?

WHAT HAVE YOU DONE FOR YOURSELF IN THE LAST WEEK?

You need to look after yourself. It is important to ensure that you have enough positive input. You would not run your car without oil. If you did, then the engine will seize up and break.

If you run yourself without support, then you will seize up and break. If you don't look after yourself, your mood will drop and you may well develop depressive symptoms. It can then get to the point that you run out of steam and become stuck or immobile, and your ideas, projects and intention grind to a halt. You may even question...

“Is it really possible that by changing the way that I think, feel and act, that I can change my life, my destiny and create my future in the way that I really want?”

Well, the answer is a definite ‘yes’, you can, but only if you really, really, really want to. Life is not for the faint-hearted. To succeed at anything, you must be focused, directed, motivated and consistent.

Success belongs to those people who, despite whatever negative things and events the universe throws at them, keep going and do not give up.

Recently, while running a support programme in an American factory, part of the English team was talking about how there had been a problem in production, ‘We had three hours down time’, he said. His American boss said clearly, ‘No, we never have down time, there is only an up time deficit.’

THERE
ARE
NEVER
PROBLEMS.

ONLY
CHALLENGES.

It is strange how the archetypically English mind will see the negative while the archetypically American mind will only ever acknowledge the positive. The negative intrusion in the mind is the dark side of the mind asserting itself.

When we know and acknowledge the negative drives within us, they can be dealt with and overcome by doing certain things in certain ways, and that begins with being positive.

WINSTON CHURCHILL

Winston Churchill famously led the people of the small Islands of Britain to stand up against the military and industrial might of Hitler's Germany. In his 'We'll fight them on the beaches' speech, he inspired the population to 'never, never, never, never give up'. They didn't, and with a little help from their friends, eventually won the war.

This powerful example of success despite the challenges is as true for any individual as for any country. Consistence and persistence, even against the odds, even when everyone thinks you are mad, will get you there in the end. The strange thing is that often the voice that tells you that you are mad and will never succeed is in your head. The tools in this book will help overcome the negative you.

In a world where the majority of people have and live out negative paradigms, they may think you odd if you begin to be positive. If people believe that 'life is a bitch and then you die', and there you are being all positive, they will think a) that you are mad, and b) that you should get a grip and see the world in a real way, in the way that they see it.

OTHER PEOPLE DON'T WANT YOU TO CHANGE

At the end of the previous step, the homework was to look at your relationships and to look at if they need to be renegotiated. The chances are that the people around you will not want you to change, people generally want the world to remain constant and change is mostly uncomfortable and difficult.

When you attempt to change, other people may find it threatening. Your partner may be threatened by you attending a course, making new friends, losing weight, getting fit or doing things without them.

From time to time, relationships need to end. I am not here advocating divorce; I am talking about relationships in a much broader sense. If the reasons that you have become stuck are due to the relationships and friendships that you have, they may well need to change.

When we go through the process of self-development, often our ideas and beliefs begin to change, develop or grow. The result of this can be that we no longer identify with the group in the same way and we may need to move on. We are becoming one of 'them'. The group that we are seeking to leave may not be happy with our decision.

CHANGE EVOKES INERTIA, WHICH IS WHY WE AVOID IT AND BECOME STUCK

THE TREE AND THE FRUIT

Look at the people around you, your family and your friends. What do you think of them? Do you like them? What about your business associates, neighbours, community, your culture, your nation?

Do these people and these institutions resonate with how you see yourself, with how you see the world, with what you want and desire from your life, or are they contributing to you being stuck? It stands to reason that if we spend time with people, the way that they are will, in some way, rub off on us. Do you want that?

I spent nearly ten years living in a community of self-developing people, rather like an Ashram. When I arrived, I was in a depressed and dark state. My teacher, or the man who was to become my teacher, suggested to me that when you are lost and you do not know what to do with life, you should ally yourself with people who you might respect or trust and serve them selflessly. His intention was that in the end, their positive ideas and action would rub off on me so that I too would become a positive person.

I did join the community, and I took a vow of obedience, and he was right. I worked hard and did what I was told, so that in the end I overcame my negative self-beliefs and became positive. Over time, their positive values rubbed off on me and I learned to leave my negative past behind.

The people and circumstances around us affect us all, though most importantly, we are affected by our response to those experiences and people.

So, have a look around you, and ask your self what is it that people that you associate with are saying about you? If you look at their values, morals, ethics and behaviours, do they reflect you? Is this situation ok? Is this what you really want? Will these people help you get to where you want to be?

ARE YOUR RELATIONSHIPS HOLDING YOU BACK?

THE LAW OF ATTRACTION

This law is and always has been operating throughout your entire life. Everything about you, all of what you are right now, everything that you have manifested, both good and bad, is the result of what you have paid attention to and the habits that you have formed.

You are the sum total of your experience, or more accurately, the result of how you have responded to the things that have happened to you since you took your very first breath.

Unless you understand this, you will never be able to change.

You are, always have been, and always will be, responsible for everything that has happened to you.

Unless you understand this, you will never be able to change.

There is a huge power that comes from understanding this. If you know that you are completely responsible for creating your past, and your present, that makes you a pretty powerful person. It also follows that you must, therefore, have the power to create your future, to create what you want in your future life, on every level, no exceptions.

UNLESS YOU UNDERSTAND THIS, YOU WILL NEVER BE ABLE TO CHANGE.

If you understand and accept the law of attraction, you can enact the law of deliberate creation.

It is important to realise that these laws of attraction and creation are not biased to good or bad, positive or negative; they just are. Once you focus on anything, by the law of attraction, you will bring it towards you, good or bad. If your life is tough or stuck right now, you

might be able to accept or understand your part in creating it.

TO GET UNSTUCK, YOU NEED TO ACT

Often, we forget that the material world is based on material/physical action and that all that you can ever do in life is to move things around. When we are stuck, we have stopped moving things.

TO CHANGE THE WORLD, YOU HAVE TO DO SOMETHING

Imagine that you are sitting comfortably in your lounge but you are hungry and you decide that you want a sandwich. It doesn't matter how much you meditate or visualise the sandwich, it doesn't matter how much you yearn for, or desire, the sandwich, unless you actually get off your butt and go to the kitchen and make it, then it will not come to you. In every aspect of your life, unless you act, nothing changes.

The law of attraction may have taken you to the point where you decided to go to the shop to get the ingredients to make the sandwich. That presupposes that you used the law of attraction to do something, maybe a job, to get the money to buy the shopping, which must mean that you used the law of attraction to do whatever you did to get the money in the first place, like maybe get qualified or trained. The whole point about being in a body is that it is physical; we live in a physical world, made of physical things, where we are able to move physical objects.

Now, I am sure that there are some people who are powerful enough to command that a ham sandwich falls into their lap, and that no sooner is it said than it happens, though I have never met anyone like that. However, I have met many people who cannot get the sandwich,

however much they visualise it. They might have read books like *The Secret* and believe that they should be able to manifest a sandwich by positive thought alone, when this strategy fails, and these people have lived lives of severe disappointment with feelings of personal failure and even guilt at not being good enough.

ACTIONS LEAD TO RESULTS

When we are stuck, we have ceased to act. Sometime we become stuck or cease to act because we are scared of getting it wrong. Often, it is only when we act that we know if the action is the right one or the wrong one. However, if we act, we learn and grow.

THE DITHER POINT

There is an experiment in psychology that involves mistreating rats to explain an issue of being stuck. First, the rat is dehydrated to the point where it is dying of thirst. Then it is put into a cage with a water bottle. Now, the rat heads for the water in desperation. However, the psychologist has put an electric plate in front of the water bottle, so that each time the rat moves forward, it gets an electric shock and jumps back.

The rat has a dilemma. Shall it go forward and withstand the pain of the electric shock to get the water, or does it withstand the pain of dying of dehydration? What happens is that the rat runs up and down the cage unsure what to do and eventually stops motionless at a point just in front of the electric plate staring at the water bottle. This is termed 'the dither point'.

Rats are just like people. Some will simply watch the water bottle and die of thirst, while those with greater fortitude will withstand the electric shock to get the water and survive.

When we become stuck, we are often at the dither point. We are often faced with the dilemma, ‘Is the pain of moving forward greater than the pain of staying where we are?’ The choices are do we maintain the status quo and put up with life as it is, do we give up on our ideas and dreams and do something else instead, or do we move forward, come what may, withstand the pain of change and the obstacles that lay in our path?

I have also met and worked with many thousands of people who have been able to change their lives, and have achieved exactly what they wanted, by enacting the law of intentional action and overcoming their own dither point.

In a simple sense, these people understand the law of cause and effect. It is simple: If you want something to happen, you have to do something, even if it is painful.

SAME OLD, SAME OLD

Some people get stuck and remain stuck because they keep doing the same thing. If you want something to change, you have to do something differently, it doesn't work if you keep doing the same thing in the same way.

If you always do the same things in the same way, you will always get the same results.

Often, when they are stuck, people try to do the same thing but more intensely or harder. All that happens is that they just get even more of the same things than before.

ACTIONS LEAD TO RESULTS

The only thing that you can do in the material world is to manipulate

material things. For you to be able to read this, I am pressing the keys of my iPad, an action. If I print it, this is an action. You buy the book, an action. You read it, an action; if it is on Kindle you need a reader or a computer, an action; you need to purchase it, an action, with money that you earned, an action...do you get the idea?

All events, experiences and creativity involve action. If you want to achieve a goal or change a situation, and you understand the law of cause and effect, you need to act deliberately; this is the law of intentional action. It is when we act intentionally to deliberately create something that's the law of attraction. It is only when you understand these laws, and begin to use them in your life, that you will begin to understand how the law of attraction works.

TOLERANCE AND INTOLERANCE

Sometimes, we become stuck because we are intolerant of other people or of situations. We may not see it as intolerance because most people see their own intolerance as them knowing the truth.

When the Taliban force women to wear clothing to hide their bodies or force them to stay at home and not work, they are simply describing their own fear of women and their fear of losing their male power and their domination. This means that the huge value of female consciousness is lost and wasted and, in effect, society becomes stuck in old, outmoded and destructive attitudes and behaviours.

Your own intolerance and prejudice can blind you to potential and possibilities that would allow you to achieve what you desire. To be open and accepting of the help, ideas and energy of other people can be the quickest way to becoming unstuck. If our own intolerance gets in the way, we may become stuck forever.

NEVER ACCEPT INTOLERANCE

Intolerance is never good. It does not matter if it is internal intolerance of your self or external intolerance of other people. The only thing that we should ever be intolerant of is intolerance. We can only do that by dealing with the intolerance that we meet in a positive manner. If we face intolerance with negativity, we will only feed the issue and allow it to grow bigger and more powerful.

LETTING GO

A common theme in this book is about letting go, and that means being clear of prejudice, intolerance, past hurts and future fears. To let go and be in the now is a skill and a habit when we learn to focus and become mindful.

THE POWER OF PRAYER/MEDITATION

Prayer, meditation and contemplation are all techniques of silence in which we learn to focus and listen. We may use this silence to ask questions, seek answers and attempt to solve problems, but we only hear the answers and gain the support if we take the time to listen. It is the answers to our questions that become the basis of our visualisation.

IN THE KNOWING SILENCE, WE HEAR THE ANSWERS TO OUR QUESTIONS

When we are stuck, lost or unsure, then we need to ask and in asking we need to learn to listen. It really does not matter who or what we think or believe we are talking to.

Those with a spiritual leaning may see this as a guide or psychic

communication. Those that are more cognitive may see this as a product of the brain.

It is always said that meditation has two halves. The first half is the twenty minutes or hour that you are in meditation and the other half is the other twenty-three hours in the day when you live what you have learned from your meditation. One half complements the other.

A collection of black abstract shapes, including circles and hexagons of various sizes, scattered across the lower half of the page. Some shapes are solid, while others are hollow or partially overlapping.

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CHAPTER 7 TASKS

Daily Tasks

**REFLECT ON AND RECORD WHAT YOU HAVE DONE FOR YOUR SELF IN THE LAST WEEK
LOOK AT THE PEOPLE AROUND YOU
AND RECORD WHAT YOU THINK OF THEM**

(If you look at their values, morals, ethics and behaviours, do they reflect yours?)

Thoughts

Do you need to make any changes? When you get stuck, what are your sticking points? When you are at your dither point, what is your dilemma?

When you are stuck consider these:

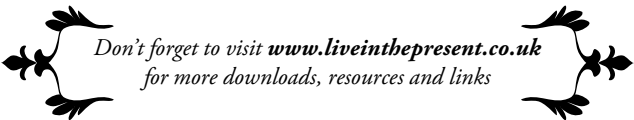
**DO YOU HAVE A CLEAR IMAGE OF YOUR GOAL,
A CLEAR IDEA OF WHERE YOU WILL BE AT JOURNEY'S END?**

Do you have an awareness of the way markers, the milestones that become the timeline, so that you can see your route and know where you are up to?

Do you stay focused on your goal, despite any obstacles and difficulties that you may encounter, through persistent and consistent action, so that whatever happens you never give up?

Do you, as Winston Churchill put it, 'Never, never, never, never give up'?

Every step on this journey is meaningful, and may be tough, though this issue of being stuck and dithering and getting beyond the obstacles is crucial.



*Don't forget to visit www.liveinthepresent.co.uk
for more downloads, resources and links*