

# In Nonresistance: the world becomes a better place

--© 2009 J.Hamilton [www.visionariesLab.com](http://www.visionariesLab.com)

By J.Hamilton

[resistance](#)  
[processing power](#)  
[the natural world](#)  
[exponential contribution](#)  
[cause and effect](#)

## Resistance

Resistance is an ancient mechanism of defense that has less applicability as we evolve as a species. Where once caution, fear and doubt, and rigidity of purpose were the watchword, as we become familiar with our world, we discover there is nothing to fear. As we review our surroundings through the largest telescopes, the finest microscopes and the insights of the [quantum sciences](#), we find that all is order, more order and more order.

Chaos, for example, simply does not exist, for if it did, it would be unable to be contained within order. [Chaos](#) is nothing but order for which we have been unable to see the perspective of it all. Where once the moon was little understood and the night sky an overwhelming mystery, we now see it with different eyes. It will become increasingly obvious that the entire Universe, from the largest to the smallest, is benign, benefic, fully magnificent and in complete alignment with our own make-up. [reference Chaos, Visionaries Thrive In All Times (VTAT) Appendix B and C]

An understanding of resistance though, is important for several reasons. First and foremost, it is a very powerful factor in the dysfunctionality of life because it interferes with our connection with Source. Innate Guidance is very subtle and resistance makes it inaudible. Resistance drowns out our connection with Source - similar to "static on the line." Second, resistance is powerful focus in its own right and often carries an emotional attachment creating an even more powerful catalyst for linear reality creating going in the wrong direction! Further, resistance maintains the old Momentum, which was, of course, created by resistance in the first place. [reference Momentum: VTAT Chapter 11]

Alternatively, as we discover we have nothing to fear, we learn how to love what we once resented, feared and resisted. We learn how to "include" rather than exclude and we learn how to embrace rather than push away; principles more in keeping with the unfolding of the Universe and a better model for our own success. By accepting responsibility for what we

presently have in our lives and discovering that our realities have largely been a product of resisting what we don't want, we begin to flourish.

With CORE Resonance Training™, we learn how to mesh with something larger than ourselves, relax a bit, and become in sync with a larger order. Once we discover nonresistance, our Momentum begins to turn in a more favorable direction and things begin to get a bit easier. Nonresistance allows us to embrace and become part of something that we have inadvertently been saying "no" to for a long time..

### **Processing Power**

When the humans began to process their surroundings on their own, they slowly moved into overload for which we are seeing the finale in the early 21st century. A simple guess would suggest this began around 350AD, about the time [monotheism](#)\* became predominant. As the humans lost contact with the natural world, as certain powers came to be, as we became instructed in how to think, how to pray and for whom to hold our reverence, we became out of sync with our natural world. On the other hand, eventually we began to think for ourselves which has had its good points and its bad points.

Because we were never designed to truly process the inordinate complexities of decision making, i.e., the intricacies of potential outcomes and myriad facts that go into the rational decision-making process - which require an understanding of the "all of the facts at hand," we slowly worked ourselves into overload until we achieve the level of dysfunction we are presently experiencing. Because we don't have an adequate "operating system" in place, the brain created the mind as a *substitute and repository of automated habitual patterns, responses, and reactionary choices*. This is the circumstance we find ourselves in, both individually and collectively.

### **The Natural World**

It is in our review of the natural world that we get our major first hint. Success is inborn in everything - even in extinction and demise. Everything living; everything inanimate; everything in fact, ascribes to an order that knows no bounds. This can be referred to as the implicate order. There is an endless order that can be seen through the largest telescopes and the finest microscopes, and an order that even permeates our economic systems. And because we are becoming globally influential, i.e., attempting to create a greed and scarcity-based economic model at odds with the natural world, finally far enough out of alignment with the natural world, we are being forced to shift.

For if anyone has noticed, we have truly begun to overwhelm our atmosphere, our oceans and the very air we breathe - for which we have no answers or agreement - and suddenly, demand for fossil-fuels that pollute our environment have abruptly and dramatically declined. Suddenly, at a critical juncture on planet earth, our economic model based on scarcity, manipulation and a very short termed perspective has broken down. And be assured, it has broken down. Nature's order plays a larger part in our lives than we know.

Based on a success model of something far larger than ourselves, humanity is being forced to readjust its line of thinking. And while some will be first and others may be last, there are a great many who are wondering what is next. The first are those who recognize that a larger and grander order is at play. Those who, thousands of years ago believed God was behind every rock and in every bush, with a greater understanding, again attempt to align with something truer than themselves. And because of our mistakes and errors and the precarious nature of our predicament, very soon we are going to be far more apt to pay attention to something that works. "Out of contrast comes clarity" becomes increasingly apparent. [Reference "out of contrast comes clarity," VTAT Ch \_ Pg \_]

In alignment with something larger than ourselves - and be sure there is something far larger than ourselves; as we put our resistance aside, as we put our fear and doubt and rigidity aside, as we gaze at the stars at night or pick a piece of fruit from a branch of a tree in the middle of a dark and quiet night, we come into resonance with our Maker. For if we could afford not to do so before, the time of exploring all of our options is leading us to one conclusion. We are part of a larger whole and in synchronicity with this larger whole, humanity takes its next step as the most sophisticated expression of Innate Intelligence expressing itself on this planet.

Humanity is in a colossal state of readjustment as its economic models, its leadership models, and its man-made "lifeblood" goes awry. Humanity is responsible for the decimation of its home, and dysfunctional reality creating as "feedback" is mirroring our achievements, adventures and errors. As Innate Intelligence continues to lovingly feed us our due, we, as expressions of Innate Intelligence, will narrowly avert our own demise. For, if we have not been paying attention, humanity is at a point of no return, and very soon we will begin to pay attention - and luckily we have plenty of help, not so different from the tender grass shoot working its way up through a new crack in a sidewalk on a hot summer's day.

Because we have no option but to move forward learning as we go, revaluing our Momentum and quickly and more quickly matching our

experiences with our output, we soon turn the corner and become the successful species in keeping with the sophistication of our DNA for which we have the Universe at our back. Because Innate Intelligence is eminently successful, unless we continue to resist beyond all measure of common sense, not so dissimilar to the pouty child on the playground, we are assured of success. But even the pouty child reaches for a conciliatory tone at some point. The question is, "How badly do we need to be defeated in our present understanding before we allow ourselves another expression?"

### **Exponential Contribution**

As we move from resistance to nonresistance a metamorphosis occurs. As we set aside petty grievances and the "cheap thrills" they engender, we begin to go for more meaning in our lives. While once we were inadvertently satisfied by the thrill of anger, resentment and the incredible aliveness of hate and jealousy, we opt for the subtleness of love and allowing and the satisfaction of "puzzle pieces" snapping into place in our lives. As we move from pushing against; as we begin to admire the grandeur of mountain tops, flowering gardens and a love that has no bounds, we begin to see and admire "what works." As we discover what works, we begin to carry it into our next moment and the next.

As we come into alignment with ourselves; as we begin to see rhyme and reason, we also begin to identify the subtleness of our nervous system and the message it carries. As we step from the raucous lower octaves of existence to more refined interpretations of life and its bounty, we begin to contribute to a more useful unfolding of our own worlds as well as an enhanced meshing with others. As we move from resistance to nonresistance, we become not only more useful to ourselves, but more useful to the whole.

For example, it is becoming understood that as we become more conscious, we become exponentially more useful to the whole. It will not take 51 percent of humanity to turn the tide on our woes to give humanity a narrow win - and luckily so, because there is no time for this. On the contrary, as we become more conscious, we become exponentially more contributive. According to the work of [Dr. David Hawkins](#), MD, PhD, past co-author with Linus Pauling and the founder/director of the largest psychiatric practice in NYC in the 1950's, the conscious few powerfully affect the many.

According to Dr. Hawkins' **Map of Consciousness** first published in his seminal volume, ***Power vs Force*** (1995), consciousness is an exponential factor in the rise of humanity's evolution. Consciousness is the only thing that will counter the manipulation, ignorance and greed of a naive

population. On a scale of 0 - 1000, derived by 25+ years of kinesiological testing and research, Dr. Hawkins identifies:

1 person at 300 (willingness/optimism) counterbalances 90,000 individuals below 200,

1 person at 500 (love/reverence) counterbalances 750,000 below 200,

1 person at 600 (peace/bliss) counterbalances 10 million below 200 and

1 person at 700 (enlightened/ineffable) counterbalances 70 million who are below 200

Interestingly, the break point on the Map of Consciousness is 200 labeled as courage/affirmation. It takes courage to have more in one's life. For those who know no more than pain and fight and resistance, courage is the most powerful tool available. Below 200 are the states of Pride (175), Anger (150), Desire (125), Fear (100), Grief (75), Apathy (50), Guilt (30) and Shame (20).

Through the simplest of kinesiological testing, we have been able to see a about 50 point improvement in the lives of individuals over a short run using CORE Resonance Training™. According to Dr. David Hawkins, a human being typically only achieves about a two point improvement in a whole lifetime! The time of humanity very slowly spiraling upward is about to take its last gasp. Humanity is about to come "on-line" because it is the mechanism by which the whole becomes more and humanity takes its next step in alignment with its possibilities.

Humanity, in conscious alignment and less resistance, becomes an exponentially (logarithmic) contributor to our rapidly unfolding world. As we move from resistance to nonresistance; as we allow Innate Intelligence to flow through us into this dimension, through the circuitry of a coherent and resonant nervous system, we become significantly better able to contribute to our evolvment as a species! Our superconductive nervous systems are capable of extraordinary throughput and amperage for which a few are beginning to glimpse the possibilities. [reference amperage: VTAT, Ch 8 pg 149]

### **Cause and Effect**

As we recognize the correlation between what we think and focus upon, and what we resist and what we love - and what we get back as feedback in our lives, we become able to line up with what is true and come into alignment with a system of success that is far larger than anything we could ever put together on our own. Try picking a piece of fruit off a tree with only starlight to light your way. There is something very magical about gazing at the Milky Way eating an orange sitting under a tree in the middle of the night.

There is a great deal to wonder about in the grand Universe of which we are only a tiny but significant part. And, it is in resonance with something larger

than ourselves, that we become imminently more successful, individually and collectively. *Everything* becomes a little more coherent by our success.

Namasté

For more information:

[www.visionariesLab.com](http://www.visionariesLab.com) (Intention)

[www.resonantServices.com](http://www.resonantServices.com) (Technology)

[www.ScienceofReceptivity.com](http://www.ScienceofReceptivity.com) (Receptivity)

[www.COREresonanceSystems.com](http://www.COREresonanceSystems.com) (COREtraining)



**About the author.** *J.Hamilton has been meditating for 36+ years and teaching personal empowerment for 18+ years. His book, **Visionaries Thrive In All Times: Blueprint for Reality Creation** (2005) is about the possibilities of individual and collective reality creation in alignment with Innate Intelligence.*

*J.Hamilton is completing a new book titled **52 Weeks of Visionary Focus**, excerpts of which are available each month in the [Vision Newsletter](#). His discoveries around nonresistance and witnessing life "smile by smile by smile" have become woven into these passages.*

*He has also recently completed (Jan 09) an eBook titled **Coherence Resonance Systems** for the purpose of identifying access to nonresistance and the resultant Innate Guidance that becomes available. Key words: nonresistance, mindlessness, Innate Guidance, timelessness, solutions and timeliness. [Link](#)*

*J.Hamilton is available for consultation and can be reached through his website at [www.visionariesLab.com](http://www.visionariesLab.com) or directly at [jhamilton@visionarieslab.org](mailto:jhamilton@visionarieslab.org)*

\* see [Panentheism](#)

Sciences that study the interconnectedness of everything, i.e., the implicate order of existence. Quantum sciences study the collaboration, interconnectedness and communication that [everything](#) shares. Sciences that move beyond a linear understanding of the world around us are quantum.