

### 1: How to Stop Seeking Distraction from Your Emotions: 13 Steps

*Do this several times and your heart rate will slow, your blood pressure decrease, and you will feel more in control and able to deal with the pressure to perform.*

No sooner do you start one task than you are interrupted and must jump into something else. Before long, this nonstop pattern of incompleteness starts to weigh on you. All the while, however, your mind is racing with a hundred thoughts. Think of them as helpers in your quest to achieve balance and serenity in your life. How can it be, you ask, and rightfully so? It does take a little imagination to view distracting thoughts as anything but, well, distractions. Since they are going to come regardless of how you paint them, why not take a leap and cast them in the form of helpers? How this might work? Here is one scenario although you can probably think of many without breaking a sweat. When a Top-Priority Project Awaits You head into work on Monday morning knowing that there is a top-priority project you must dive into as soon as you reach your desk. You have been thinking about it all the way into the office and likely most of the weekend as well. You tossed around what seemed like a million separate ways to either get out of the task or get it over with as soon as possible, then felt guilty or ashamed or beat yourself up for being a skater, irresponsible, or worse. This is the set-up you must deal with. Your mind is already whirling with distraction, with a hundred thoughts. While you may believe that all those thoughts were a waste of time, unbeknownst to you they served a useful purpose. Your mind was laying out multiple layers of emotional responses to a pressing issue that weighed on you. You needed to process each of these, even if you did not want to. As such, they helped you get where you are right now, having to deal with what is most important. Back to work and you arrive at your desk and go through your morning ritual – even more important on Mondays – and you have not even gotten your computer booted up when another hot project lands on your desk. Which one will take priority? You have a quick decision to make, people to alert, resources to tap, assignments to prioritize or delegate, and no time to waste. Yet another hundred thoughts assail you. Your stomach roils, your blood pressure increases and you feel a sinking sense of failure. These multiple thoughts are priming you to act, even though you may not recognize them that way. Instead of fighting the hundred thoughts, take a few moments to embrace them, for they are here to help you. Acknowledge their presence and give them permission to leave. This opens space for you to focus on the task at hand and gives you the ability to deal with all the other distractions that will head your way today. You are relieved to have it over with so you can get on to the next item on your list, or take lunch, go for a quick walk, or tidy up your desk at the end of the day. Before you can count this task as successfully completed, however, your boss shows up with a new set of parameters. Talk about whirling thoughts and competing distractions. You feel frustrated, exhausted, even a bit angry. It will not do any good to complain to the boss, for he or she is responsible for overseeing and delivering on the new guidelines for the project or task. You must clear your mind, quickly go over what resources you have, come up with a cohesive plan and dive in. Whether you are paid overtime or not, you know you have no other course of action but to press on. Acknowledge to your boss that you understand what is required. Then, when you are alone at your desk, take a few deep breaths, breathing from the diaphragm and exhaling through your mouth. Do this several times and your heart rate will slow, your blood pressure decrease, and you will feel more in control and able to deal with the pressure to perform. Your body knows what to do and only needs a little help from you to get started. A clever way to remind yourself that distractions can serve to motivate and push you to higher achievement is to think of the runner nearing the last few yards before the finish line. The distracting cheers of the crowd, the gut-wrenching ache, head pounding, mouth parched and dry and the worry over not being able to make it one more yard are all distractions. They seem negative, yet once they are acknowledged, they bring forth a final burst of energy that results in the runner finishing the race. Passionate about helping others live a vibrant and purposeful life, she writes daily for her website, [www.psychcentral.com](http://www.psychcentral.com). She is a regular contributor to Psych Central. Retrieved on November 10, , from <https://www.psychcentral.com>:

### 2: The Great Work: Distractions - Harvestime Church - Building Lives for Life Change

*The second stage delves a little deeper, as I'm starting to understand the task and my mind starts to figure out what is going on. At this point some distractions die down as I start to get more involved with the task at hand, but there are a few that can still break my concentration.*

Only by obeying Jesus can we produce fruit in our lives. Nehemiah was empowered to rebuild the walls of Jerusalem. Distraction 1 Interruptions If you set your heart on getting to know God better so you can believe in him and trust him more, you will stir up the gates of hell against you, but Jesus said that they will not be able to prevail against you. If the gates were not able to prevail, then distractions will come your way that will turn our eyes from the goal of knowing Jesus. Phone will ring, person come to the door, children wake up. Jesus withdrew from the needs around him and found time to spend with His father. Take control of thought life. Distractions 2 Lies Nehemiah 6: Nehemiah rebuilding Jerusalem because of their sin. Past keeps coming up. Same problem that caused them to lose the land in the first place. We set our eyes on the problems around us and we begin to identify with them and we take on the spirit of those problems. I am focused on the ruins of the walls, I will never finish it, but if I focus on Jesus, I will complete my pursuit of him. Vs 9 Trying to intimidate us imagining that they could discourage me and stop the work. Battle so intense we quit our pursuit of God. Distraction 3 Destroy Integrity Nehemiah 6: Sampson was a judge rather than a seer. Economy destroyed, army wiped out and ark captured. Beholder of vision, because he did not let one word of God fall to the ground. Last week I talked about Peter and his fishing excursion where he did not catch any fish until he obeyed Jesus. John 21 Peter quits the ministry and goes back to fishing because he failed Jesus by denying him. Vs 4 Jesus was on the shore but the distance they allowed themselves to get from him stopped them from recognizing him. Nehemiah is involved in a Great Work See Nehemiah 6: This requires more than a mental ascent that I know there is a Jesus, but it also requires that I obey his voice and do what he is calling me to do. Today we are going to look at some distractions that may come our way that will stop us from being able to accomplish the great work we are required to do. Distraction 1 Read Nehemiah 6: Interruptions to obeying the voice of God. How many have ever had to deal with interruptions when we set out to follow after God? We have to follow Jesus call to come to him. We must work with Him because we are yoked to Him. When we work with Him our work is easy because he is working with us by being yoked to us. If we try to come to him on our own power we are defeated already. So we would rely on him power to accomplish it. God said he will raise us up on the last day. What does this say about dealing with distractions in our lives? We have to rely on God to cut out the distractions and trust him to draw us to himself instead of striving in our own power. What about stray thoughts that come into our lives. WE can start to pray and wild thoughts come bombarding us and we have a hard time focusing. How do we deal with that? READ 2 Corinthians They are a part of warfare that comes from satan. Some thoughts that come into our minds are from satan himself. How can we battle them? We are to cast them down and remove them from our minds. Then take the paper out and throw it away. Why are we called to capture rebellious thoughts? They can run rampant in our minds. Any practical ways that people have of keeping focused when praying? Music, Notebook to write down things we may need to do so we can forget about them. Etc Distraction 2 Read Nehemiah 6: How can what others say about us stop our pursuit of believing in Jesus? We can become offended by what others say. What if what they say is true and we are failures? He was constantly reminded of their failure every time he smashed his finger or ran into a problem. We need to keep our focus on the great work and off of the problem if we are not going to be distracted. Read the Bible, shut off voices that bring fear and despair Ask the Holy Spirit for focus. He denied Jesus and felt like a failure. What was the result of his fishing in his own power? When we are distant from Jesus, we have a hard time hearing his voice. How can we stop lies and failure from distancing ourselves from the voice of Jesus? Learn to obey the voice of Jesus again. Distraction 3 Read Nehemiah 6: They are trying to make him compromise his belief and ruin his testimony. Two examples used were of Sampson and Samuel as people of integrity. Sampson was a judge See judges 13 & 15 His name means sunlight and he was a Nazarite which was a person set apart for God. They were set apart by doing three things. Never touching a

dead thing Never drinking wine Never cutting their hair Numbers 6: Everything fell apart for Samuel nation lost its army They were taken over by the enemy They lost their religion as the ark was captured. The economy fell apart. How did Samuel keep his focus on God and not fall into despair? He obeyed everything God told him to do. He kept close to God and was in turn able to trust God. Peter did not recognize Jesus because a distance had grown between them. What was the first step in restoring that relationship? How do you think that relates to us? When we fail, we tend to try and hide from Jesus. Peter obeyed the call to come to him. When we fail, we need to run to Jesus to receive forgiveness. Is it possible to hide or distance ourselves from God? No, He is everywhere Read Ephesians 2: IF we feel distant from God is it a reality or some lie in our mind? Close in Prayer for the three distractions that stop us from doing the Great Work Distractions.

### 3: What Does the Bible Say About Distractions?

*Most of our distractions in prayer—like tiredness, hunger, and the everyday problems and priorities of life—can be brushed away with the wave of a hand, just as we would brush away an annoying fly.*

I will be exalted among the nations, I will be exalted in the earth! And the twelve were with him, and also some women who had been healed of evil spirits and infirmities: And when a great crowd was gathering and people from town after town came to him, he said in a parable: And as he sowed, some fell along the path and was trampled underfoot, and the birds of the air devoured it. For as were the days of Noah, so will be the coming of the Son of Man. For as in those days before the flood they were eating and drinking, marrying and giving in marriage, until the day when Noah entered the ark, and they were unaware until the flood came and swept them all away, so will be the coming of the Son of Man. Again I tell you, it is easier for a camel to go through the eye of a needle than for a rich person to enter the kingdom of God. And your Father who sees in secret will reward you. Of the increase of his government and of peace there will be no end, on the throne of David and over his kingdom, to establish it and to uphold it with justice and with righteousness from this time forth and forevermore. The zeal of the Lord of hosts will do this. But this is gain for a land in every way: He who loves money will not be satisfied with money, nor he who loves wealth with his income; this also is vanity. When goods increase, they increase who eat them, and what advantage has their owner but to see them with his eyes? Sweet is the sleep of a laborer, whether he eats little or much, but the full stomach of the rich will not let him sleep. Ponder the path of your feet; then all your ways will be sure. Do not swerve to the right or to the left; turn your foot away from evil. Cleanse your hands, you sinners, and purify your hearts, you double-minded. So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

### 4: Minding The Bedside | When Meditating, Don't Give in To Distraction

*A list of 10 common things that can distract us from God. It is a constant struggle to keep our eyes fixed on Jesus, and to not become distracted by the passing concerns and things of this world. But if we are aware of what can, and does, interfere with our walks with God, we can begin to take the necessary actions to prevent them.*

I find it ever more difficult to stay on task. It might also be a matter of establishing appropriate priorities. The men got an earful Tuesday as the Lord got me pretty good. We live in a world filled with distractions. Where would you like me to start? I could start with television, radio and the internet. And, I have my computer on, right? And, my Outlook is open, right? What do I do? It becomes less of a distraction that way. Talk about a distraction! Generally, if it rings, I answer it. And, text messages, too. Is there a medication for this malady? Is it covered by my insurance? And, we are entering a time of the year when I will be plenty distracted. College football has kicked off, and LSU plays tomorrow night. The Saints kick off next Sunday in Atlanta, of all places [dirty Birds! Thorns grow without any effort. Those 18 acres were filled with thorn bushes that had no problem growing on their own. The property was terribly unusable at it existed because of the thorns. The only way it was going to become fruitful was through an intentional eradication of the thorns. Distractions, like thorns, grow on their own. They take no effort. The effort is in eradicating them. So, where do I put my effort? One, establish my priorities, and my first priority is to nurture my relationship with the Lord. I need to hear his voice. Finally, I need accountability. Oh, by the way, did you seeâ€¦but, I digress. Until next time, keep looking upâ€¦ Share this:

### 5: Dealing with Distraction?

*He would have to deal with distractions. Every day of our lives, opportunities have a way of coming up that have the potential to distract us from the main things that God has called us to do. Many of these distractions aren't even bad things.*

Offered to the body of Jesus Christ, by David W. Healing past hurts or emotional wounds has been referred to by a number of names: Regardless of what you call it, this lesson addresses those hurts, those emotional wounds, that result from events in our lives such as rejection, abandonment, abuse, neglect, violence, insecurity and being embarrassed, shamed, terrorized, scared, manipulated or otherwise controlled. Calling such hurts "scars" is inappropriate: A scar indicates healing of a wound, and the tissue of a scar is typically stronger than the tissue around it. Unhealed hurts are open wounds that continue to fester and flare up, causing emotional pain and suffering, sometimes physical discomfort and illness, sometimes even serious disruption. When dealing with such hurts, it helps greatly to recognize that a spiritual background attends and in fact permeates them. With that recognition, we can both receive and minister healing much more effectively. Therefore, healing past hurts or emotional wounds typically requires dealing with what the enemy has done. Jesus attributes her bondage to Satan. The account does not indicate that she suffered a physical injury or illness that Jesus healed or from which he made her well or whole. He freed her from bondage. And the bondage had spiritual roots. Although he has made us self-healing, he stands ready to help that process when we need it. People cannot "let go" of their past, nor should they try. They might be able to "move on", but the pain of the past remains. And telling people to "get over it" only adds more pain. The pain of past hurts creates a form of bondage. What these folks really need is freedom from the hurts, the psychological wounds, the painful memories, the "broken heart", the emotional baggage, that interferes with enjoying their lives. When Jesus heals those past hurts, he transforms the memories, removing the pain. He also enables the person to begin remembering and enjoying the more pleasant memories of the past. I can testify to this from my own experience and the experience of others with whom my wife and I have prayed. Instead of letting go of the past, therefore, I encourage everyone suffering from past hurts to reclaim the past by getting those hurts and the emotional pain healed. Where do the hurts reside? When the past hurt or wound addressed in this lesson results from a broken relationship, people often call it a broken heart, no doubt from the physical pain people typically experience in their chest. But hearts do not break, nor do they harbor such hurts or wounds or even the emotional pain. Such hurts reside in our memories and affect the way we think, the choices or decisions we make, the emotions we feel, and inner and outward reactions to other people and what they say, as well as both pleasant and painful events. The people who recorded the Bible referred to the place where such activity occurs with a number of words and phrases, some of which we translate as "heart", "soul", "mind", "spirit", "innermost being" and "inward parts". Today, many, if not most, of us who minister in this type of healing refer to that place simply as the soul psyche in Greek, which generally encompasses what we might call personality or individuality: Even when the hurts have been thoroughly suppressed and no longer infect the conscious memory, they can remain open wounds and affect the quality of our lives. Why bother with past hurts? If allowed to remain unhealed, such hurts can lead to many types of problems, some quite serious. For example, psychologists inform us that depression often results from anger that has not been released or resolved. The anger arises from a particular hurt, which for various reasons, the person feeling it is not able or allowed to express constructively but stuffs down inside. Sometimes depression results from fear and anxieties that people suppress and do not discuss, leaving a feeling of hopelessness, what some describe as having no control. In some people that depression can lead to suicide or acts that harm other persons, including close family members. Other people experience what medicine calls psychosomatic illnesses, actual physical illnesses that have psychological roots. Sometimes people with such unhealed hurts withdraw into a shell, while others may exhibit various forms of rage or an inability to relate to others in a healthy way. Some with such hurts inflict on others the same acts that produced the hurts in them, particularly in abuse cases. From personal experience and that of others, I would say that everyone has past hurts that want healing, some much

less serious than others. Everyone can benefit from healing those hurts. Healing past hurts helps, for example, when a person feels particularly anxious or insecure, becomes addicted, is easily angered or hurt, frequently feels resentful, bitter or depressed, finds it difficult to hold or enjoy a job, or cannot maintain healthy relationships with others. A person should consider healing past hurts when suffering anxiety attacks, autoimmune conditions and similar conditions or diseases. Such conditions often arise when people suppress and do not express the emotions they feel while undergoing negative and painful experiences, whether physical, verbal, or psychological. Too often, the victim has forgotten the deep, unhealed wound of such accumulated hurts after having gotten away from the source for several years. But the wound remains and festers. And the physical reaction appears later in life and may contribute to serious illnesses, such as autoimmune conditions, some forms of arthritis or cancer. Even a small measure of healing for such past hurts can help when a person suffers from a physical problem that does not have a clearly discernable external, physical cause and maybe even when it does. From observing and knowing several people diagnosed with mental illness, I have begun to believe that such illnesses are spiritually related. But not all mental or emotional problems are: A spiritually related problem may begin in prior generations, making it a generational problem, or it may develop from things an individual has done. Most past hurts, however, seem to be wounds not scars from childhood, perhaps some trauma, some event incorrectly perceived, some unfilled emotional or physical need, or some other cause. How do we know when healing happens? Jesus lives in it, and it lives in Jesus, becoming presentable to YHWH by receiving the sanctification that enables it to see him see Heb. Healing past hurts or emotional wounds helps a person toward that maturity. That is true maturity, true holiness, real manhood and real womanhood. For too many people, religious rituals and practices focus on self-- how to manipulate a higher power to produce a benefit for the supplicant. True Christianity, on the other hand, expects us to leave self behind, while remaining in control of what we do-- a remarkable feat that is totally beyond all human ability. Now, lest anyone misunderstand, being God- and other-centered does not mean neglecting our own needs. On the contrary, it requires meeting our needs so that we can serve YHWH and others without our needs interfering. In other words, our primary concern should not be ourselves, but we should take care of ourselves. In addition, we must recognize that desires are not needs. To confuse them is a sign that we need greater maturity. How do we get the healing? But finish studying this entire lesson first. Knowing what happens during such sessions helps if you seek your own healing. For example, when YHWH revealed that I suffered from insecurity that had contributed greatly to outbursts of anger, I asked YHWH to take me to the memory that he would heal to remove it. One by one, he reminded me of three incidents that happened when I was 6 years old. Because of the shame their memory carried, I had never told anyone about them. In the most shameful one, he sat with me, not saying a word, not even putting his arm around me, just accepting me as I was. I did not associate the memories with my insecurity, and at the time, I was not aware of any change. But about a year later, I realized that I was no longer worrying as much as I had and that I no longer got angry as often or as easily as I had. Still later, I realized that he had transformed the memories, so that now when I recall them, he is a part of them, and I feel no shame. In fact, I am now able to tell about them freely. When I went to YHWH for that healing, I already had some experience praying with folks for healing of their past hurts and had done quite a lot of reading about the subject, so I knew that YHWH often heals a past hurt by appearing in the memory of it. In fact, that seems to be the most common method of healing, but for folks who have trouble visualizing, especially if the memory involves a lot of pain, he uses other methods. In fact, if the variety encountered by my wife and me in praying with others is any indication, he has an infinite variety of ways he helps people receive healing from past hurts. From my own experience, I know our part is not easy, because humans throw up obstacles and barricades to protect themselves from further wounding. It often takes time to let him inside those protective barriers. Pain or shame, for example, may attend recall of a painful memory, so we tend to avoid recalling it. Therefore, I encourage you not to give up if your first venture into such healing seems fruitless. As I heard John Wimber say, "Be an animal. Your goal is to receive whatever YHWH chooses to give you. So find a place without distractions and relax. Take a few deep breaths to help you relax. Then you might want to read the verses in Psalm that I have highlighted or some other scripture that will put you in a receiving mode. Try to relax your mind if you find it dwelling on

anything. Then simply ask YHWH to heal. You might ask him, as I did, to heal whatever memory is causing a problem. I expected him to take me to a memory of one of my most traumatic childhood experiences, one that I knew caused a lot of insecurity. Take whatever he gives you and let him process it and redeem you from it. You may even have the good fortune to find one who has a gift for such healing. Instructions for Prayer Ministers Fundamentals In the following instructions, I will refer to the person who is praying for another as the prayer minister and the person being prayed for as the prayer subject. When we pray for someone to be healed from past hurts, we are escorting them through an experience with YHWH. Maintain high hopes and low expectations. It is helpful but not necessary if the prayer minister has experienced healing from a past hurt. But not having experienced such healing should not deter you from helping someone else. Just take an early opportunity to receive it. The prayer subject must recognize the need for healing and truly desire it.

### 6: Stress, depression and the holidays: Tips for coping - Mayo Clinic

*It's been 17 days since my last blog post. That's not very good if a person actually wants people to read the post. Of course, I'm not nearly as tech savvy as I think I am (or, so I learn more everyday), and getting people to read my blog is not the purpose of the blog.*

The suffering is relentless. The sky is ugly. The ending of my last relationship was awful. I know her family. I had a business relationship with her and we had been performing together as part of a musical group. I once read that the pain of the death of a loved one, the pain of the end of a relationship, and the pain of a child losing a teddy bear are no different. And to the one who experiences pain, it can be all consuming and can seem like the end of the world. Again, pain is pain. No one has the right to judge it, put limits on it, or qualify it. So, what do you do? I do know that when all of the flirting, smiling, hand-holding, and special times on the couch are over, somehow you have to find a way to put the pieces of yourself back together. I think the way to do this is different for everyone. Detachment Far more than a Buddhist concept, detachment gives us the ability to move forward. I needed someone to talk to and someone to check in with. Sometimes, I make up awful stories in my head and I need someone to help me counter them. There are many different modalities out there. Try them all if you want to. Walking Yes, it seems so simple, but I started walking more. Walking is a great way to get active instead of dwelling in your memories and replaying the ones that hurt. Walking clears the mind. Mindfulness So much has been said about mindfulness and present moment awareness. The Internet is full of great resources, and there are probably free meditation groups near you. Even Obi-Won Kenobi recommended this. You can begin with one conscious breathe in this one moment, which is all you ever have. Take some time and feel the breath flowing through you, the rise and fall, the slightest pause. You can always begin again. Distraction This might seem like the opposite of mindfulness, and maybe it is. Sometimes though, self-medicating with Netflix is okay. I blew through all of Firefly and both seasons of The Walking Dead. This is guerrilla warfare of the heart. We do what we must to survive. Just like a vacation can give us a new perspective on our work, a break from thinking can help us to look at a situation with new eyes. Reading I binged on books. I read books on Buddhism, and Taoism, and Stoicism, all kinds of self-help books. Something about this felt proactive. It was like I was doing homework, like I was taking control of the process, doing all I could to help myself feel better. Creative Expression Writing has always been helpful to me. Some of them are really good. Adele turned the painful ending of a relationship into an album. Go listen to Rolling in the Deep. But I hope you get something out of this list or even become inspired to create your own. Be gentle with yourself; rest if you need to. It takes as long as it takes. Remember, we are all the same at our core. Everyone wants to be happy and no one wants to suffer. He writes in Baltimore, Maryland where he also teaches drumming, qigong, and meditation. His collection of essays will be available soon. Visit him at james-writes.

### 7: Distractions “ From the Heart Center

*Unit 18 - Dealing w/ Distractions. 75% of these drivers reported talking on the cell phone while driving at least once in the past 30 days. heart, and spine.*

Sign up now Stress, depression and the holidays: Tips for coping Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression. By Mayo Clinic Staff The holiday season often brings unwelcome guests “ stress and depression. The holidays present a dizzying array of demands “ parties, shopping, baking, cleaning and entertaining, to name just a few. But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past. If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Start a family gift exchange. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup. Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Overindulgence only adds to your stress and guilt. Get plenty of sleep. Incorporate regular physical activity into each day. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm. Some options may include: Taking a walk at night and stargazing. Listening to soothing music. Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.

### 8: 7 Ways to Manage a Break Up and Work Through the Pain

*Distraction # 1 Interruptions If you set your heart on getting to know God better so you can believe in him and trust him more, you will stir up the gates of hell against you, but Jesus said that they will not be able to prevail against you.*

Giving Up Resistance I did a radical thing yesterday; I cancelled my cable television and Tivo service. I worked long hours, over many months, refraining from much socializing and consciously limiting distractions. I got into a work routine that typically allowed relaxing only late at night with just a few friends: I got lonely at times, but I also realized I can be quite solitary and be just fine for a while. Like most things in life, timing is always perfect, though not always comfortable. My constantly hovering cats and I really got to know each other too well, if you can imagine what I mean! We know that transformation is not necessarily easy or comfortable. Or do you resist endings too? Many of us struggle with that. Do you hang on to the past, re-living it in your mind or secretly hoping for a different outcome? Change can feel downright scary. Releasing habits, friendships, jobs, or old ways of being can cause ripples of fear and resistance to change. The only solution is to face our fear head-on. All of the things we do may temporarily help us cope with the uncomfortable feelings. The question is, can we consciously and courageously let buried feelings express and move through us? When we feel our feelings fully, they energetically move, lift, and leave us light and unburdened. With the release of energy blockages due to stuffed feelings, comes clarity. We come to see that change is the absolute, fundamental nature of all life and ultimately, resistance is not only futile, but quite destructive to health and happiness. Experiencing the emotions brought on by change can free us. We can experience fear and move through it. We are not our fear. Who are we then? After or during a period of intense change, it pays to stop and just entertain that question for a while. Become aware of resistance. You might find that layers of unpleasant feelings have been stuffed down, needing to be experienced and released. That vulnerability is probably why the mind resists feeling so much. I was in an uneasy place these past few weeks, as the writing of the book was winding down. Like a baby in the womb, the book had grown within my care, and then suddenly passed through me, fully birthed, and leaving this body to the essential stillness that was there all along. I evidently felt an unconscious loss and tried to avoid feeling that for a while. But running from feelings never works how well I know that! Besides the guidance to shut down t. You do not have to walk on your knees for a hundred miles through the desert repenting. You only have to let the soft animal of your body love what it loves. Like much beloved art, poetry speaks to my heart, reminding me of what I already know. It knows what to do. It knows what it loves and needs. It connects you to all life; it allows life to live through you. We are simply one with it and can experience it through the primal senses. We can trust that everything is perfectly moving us toward love and goodness So will you join me in giving up resistance for ? I wish for you a sense of safety, love and goodness, no matter what is expressing in your life right now. May your holidays and every day of the year be filled with the blessings of grace. May your consciousness transform your life. May you allow life to flow through you as love.

### 9: 10 Ways to Avoid Distraction While You Write - Jennifer Blanchard

*To avoid the distractions that school and work can cause, we must be better at managing our time. We have to make sure we get done what we need to do on time so we can devote the time God needs from us.*

Share72 72 Shares Distraction takes many forms in my life. I can get it in two days with Amazon Prime! So I begin to read blogs and twitter and face book to distract me from the obsessing; however, I am not getting any closer to the work I need to do. To make myself feel better I tell myself at least I am not compulsively eating or getting drunk. Those would be worse coping mechanisms. All the while continuing on avenues that take me away from my purpose. After a couple of rounds of circular distraction I am frustrated with myself because I blew a 2 hour block of time I was going to spend writing blog posts for this week. In my weakness I turn to God to pray for focus. Distraction is the subtle, sly, lethal enemy of purpose. Whether it is maintaining our Christian values in our business or spending appropriate time and energy on our relationships, distraction can derail us. A Weapon of Satan In a recent sermon, an aside comment was made that stuck out to me. Satan cannot kill us for Jesus has already conquered Satan, but He can distract us. I know that everyone else in the congregation was centered on the Good News that God has conquered Satan. I of course am distracted by the fact that Satan steals from us through distraction. This distraction, although not eternal death, can certainly kill our dreams , damage our relationships, and undermine our faith. I can be intense and almost move toward tunnel vision if I have an important project due. When word came to Sanballat, Tobiah, Geshem the Arab and the rest of our enemies that I had rebuilt the wall and not a gap was left in itâ€”though up to that time I had not set the doors in the gates- Sanballat and Geshem sent me this message: Why should the work stop while I leave it and go down to you? He said over and over that he was not to be distracted from his work. I am not sure I would discern that there was danger or that distraction was trying to rob me of my goal. How Can I Discern? Sometimes our mission feels minuscule in comparison. Our work can be interrupted. Our distraction of the day is important. How can I discern? First of all, I am actually excited if I at least recognize that a distraction may be present. Back to Jesus This always brings me back to Jesus. What are His priorities? Is the distraction taking me away from time with Him? Relationships with others are next. Am I growing my relationships or is the distraction causing me to distance or harm relationships? Am I helping others or am I following selfish pursuits? I wish it were more black and white. What are your key distractions and how do you discern the difference?

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