



The Law of 
Non-Resistance

THE
UNSTOPPABLE
woman
WITH AMIRA ALVAREZ

“The degree to which a person can grow is in direct proportion to the amount of truth that he can accept about himself without running away.”

-Leland Val Van De Wall

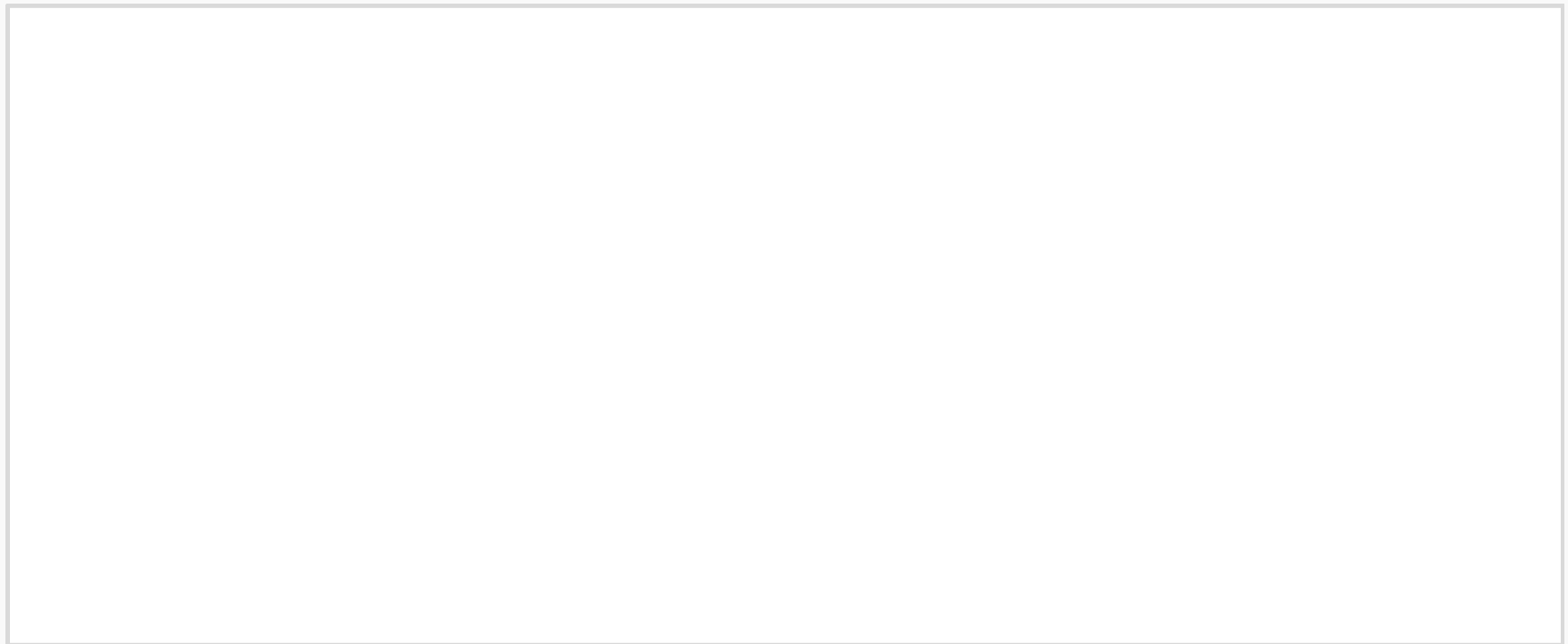
The Law of Non-Resistance:

Order is Heaven's first law. The Universe is an ordered place, operating for the good of the whole. "Falling out of heaven" is an indication that you are resisting the order of the Universe and the change being asked of you to grow and live out your 'more life'

Part I: When were you thrown out of heaven?

If heaven is our natural state, how do we stay there instead of being thrown out of heaven? Your first step is an awareness practice to recognize when you are thrown out of heaven. Anything that is outside of joy, peace, love, flow is being thrown out of heaven. Yes, this is a high bar. No, you don't have to be perfect. Yes, it's worth it to 'better your best'.

1 Thinking back through your day so far, when were you thrown out of heaven? Did you wake up that way?



When were you thrown out of heaven?

2 Thinking back over yesterday and the last few days, when were you thrown out of heaven?

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When were you thrown out of heaven?

3 Thinking back over the last month, what were the big things that threw you out of heaven?

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Part 2:

1 Choose one of your 'thrown out of heaven' experiences that is still a bit 'hooky' for you.

2 How did you react? *I reacted by...*

3 How did you feel? *I felt...*

Part 2:

4 Is that a 'in heaven' or 'out of heaven' feeling?

- It was an 'in heaven' feeling.*
- It was an 'out of heaven' feeling.*

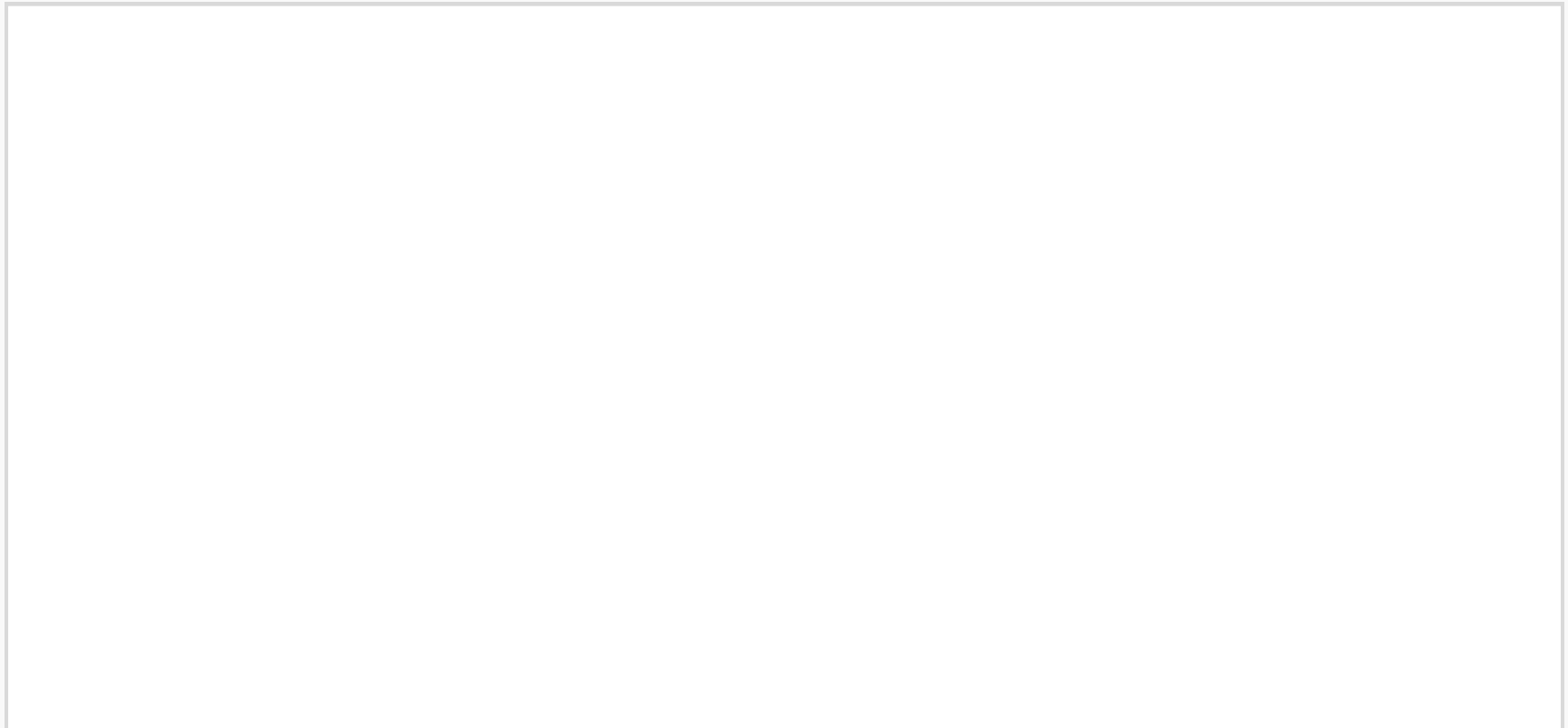
Now that you categorically understand that this feeling is one of being thrown out of heaven, breathe. That's a great recognition. Instead of going into defensive or shame, let's use this experience to uplevel and get back into feeling good and working in alignment with the Universe.

5 Did you like who you were being in that experience? *(This is not about being right, wrong, or justified. There is no need to explain your behavior.)*

- I liked who I was being.*
- I didn't like who I was being.*

Part 2:

6 What are 3-5 things that led to this experience? *(Think in terms of Cause and Effect and Personal Responsibility. Say you were frustrated by how a Team member did something, if you are 100% personal responsible for your outcomes, what causes did you put in place that led to you being frustrated?)*



Part 2:

- 7** What would you need to do differently in the future to create the result that you actually desire? *(Think in terms of self-management, time-management, communication, systems and processes, perspective, questions to ask, planning, biological needs like food, hydration, exercise, sleep, pain management, etc.)*

- 8** My biggest lesson and upleveling of my awareness is... *(Choose one of the above.)*

Part 2:

9 What I will do differently in the future as a result of this upleveling of my awareness is... *(Be specific. What will your new actions, habits, and/or beliefs be?)*

10 Restate this into an If/then statement. *If I feel/experience... , then I will recognize this and...*

Part 2:

11 I forgive myself for showing up this way... and not being who I want to be... and I appreciate myself for acknowledging and learning this lesson... and taking personal responsibility for my life and outcomes, making choices and commitments that align me with the order of the Universe. *See the full Forgiveness Practice.*

I forgive myself for...

I appreciate myself for...

Part 2:

12 What are the new beliefs, habits, and actions that go into your Creation Playbook?

13 Open your Creation Playbook and add them now!

Done!