

# The path of least resistance

An essay on ownership

“When consent was given, power was lost”

When man decided to be livestock, we decided to be owned. Owned in our physical, mental, emotional and energetic expressions. Owned in our affirmative actions of creativity, are we enslaved based upon fear and domestication. It is not much different then current scientific farming, where cows are guided into states of numbness and obedience. An easily manipulated herd of potential new members for the slaughterhouse. A house which limits personal freedom of creative endeavor and livelihood. Like wheels of cogs are we spinning in loops of grind work and boredom. Sinned by false believes, damaged by traumatic childhoods and weakened by lack of blessing. An unfortunate fate which hides a great potential to be unleashed. In the oppressing of energies, will we find an unpreventable release. Hopefully not in the sense of 'evil', rebellion or violence, but in the sense of assertive action towards a different reality. A reality that isn't governed by external doctrines, but by internal self-empowerment and self-ownership to do what one desire.

The information age has helped us remembering the genius again. Reading will not give you knowledge, but it is gained by removing the spell of domestication by living life. Once removed, the genius will be out of the bottle, and one can never return to its prior state of being. Breaking the psychological chains of ego and cultural barriers will unleash hidden strengths not known before. Strengths and elixirs of life that can only be found through heading in the unknown, as well inner and outer. The departure of the herd is the ultimate first step of liberation. Leaving the comfort of family and society, physically or psychologically, is necessary to shape character and personal diversity. The struggle experienced as abandonment is an illusive and temporarily one. Most fears are nothing more then self-projected images that aren't likely to happen. The psyche has much in reserve when the moments calls for it. Often times, we have very low levels of trust in the power of intuition. A power which is greatly misunderstood by conventional society. A power not their to frighten us, but to rejuvenate and liberate us.

The path of least resistance has, therefore, nothing to do with common prejudgments like laziness, quick money schemes or short cuts. The desperate struggle of the 'rat race' and restless outbursts of our reptilian nature, do not represent the concept of 'least resistance'. Resistance is a lack of grace, a lack of bliss and a lack of power in life and is, therefore characterized by painful and unfulfilling experiences. A quality of life and paradigm most people are still playing with and are not willing to give up easily. Often times, a life crisis is necessary in order to make one aware of his life choices. A fate which is not necessary in and of itself.

Following the path of least resistance is, therefore, first realizing what is causing the resistance before trying to change anything. This awareness is imperative when it comes to using your discernment. A child learns to function by experiencing the lessons of pain first hand and using these lessons to create less resistance and more joy. Most adults seem to be suffering from masochism and our rebelling in painful experiences only to make ends meet. By being obedient with that state of being, you start complaining and implying that someone or something owns you anything. Victimization and self-pity is one of the worst self-empowering attitudes you can embrace. Self-ownership is completely your responsibility, and no political party or authority can take the blame of your misery and despair.

The path of least resistance is, therefore, first found in discomfort, and not in comfort. The function of ancient rites of passages has always been to remove the comfort of nourishment and to encourage self-nourishment. A lack of a healthy dose of discomfort will always lead to a neurotic clinging towards comfort. One has to experience contrast before one can make calculated discernments in one's own actions. Without this contrast one cannot follow the path of least resistance. This path is characterized by finding the middle way. It is the subtle balance of opposites that will give you tremendous joy, pleasure and delight. Not the joy of alcoholism, but the joy of true work and play. Not the pleasure of instant gratifications, but the pleasure of fulfilling true desires. Not the delight of materialism, but the light of one's own inner genius and connectedness to spirit.

**“Life is a game of choices, and we choose pain over joy”**