

## Excerpt from CORE Resonance: ultimate personal performance by J.Hamilton, Chapter 8 Accessing Nonresistance



Nonresistance begets Innate Guidance and introduces timelessness. Nonresistance shifts our focus for everything because there is no longer a reaction to our surroundings. There is nothing to "get hung up on." Problems take care of themselves and the Universe moves life around with satisfying subtle "clunks" of synchronicity, harmony and Order.

Where there is no mind, there is no resistance. Where there is no resistance, there is no time. In timelessness, you are in Innate Intelligence's hands.

It has also been my experience that nonresistance also begets timeliness. Everything is now in an Order that unfolds in a most interesting, satisfying and timely manner. You become able to accept all invitations because everything is in Order. Accept an invitation and nothing comes of it? At least for the time being nothing comes of it! But just wait for another subtle clunk of timeliness and the Order becomes obvious!