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# Resistance

Resistance may be a word you recognize but it's a very frequent occasion its isn't given the recognition it deserves. Delusion is what happens when our resistance becomes futile, in any given situation delusion comes into play once resistance gives out. Resistance is spiritual, and ignorance follows delusion with follows resistance, thus, it's smart to tune in resistance frequently.

In immunology has it, we need to be introduced to a danger safely, to become resistant to danger in its unrestrained state. Why can't we figure out a formula to do the same spiritually? Call it eugenics, but it's primarily spiritual. When we transcend into a new age of new discoveries we are able to see what works better in comparison with outdated solutions.

Mental Health is tricky when you allow it to be. The more you know the stronger grip you have to battle a illness which is affected by your Mental deficiency. Resistance

is important in the very foundation of resistance seen in mental illness and life. Without mental illness resistance wouldn't exist, the very nature of illness creates a remedy to it and that is by the fact behind the saying every problem has a solution.

However, Resistance is best seen in its medical sense. Even though I know spiritual perspectives are more correct, I don't know how to explain them in details. So, as we can see in health, resistance and illness go hand to hand. Like I said earlier delusion is follow by ignorance at this resistance and ignorance are polar opposites, we assume ignorant people do less resistance than a healthy aware person would.

In conclusion, resistance can help or thwart illness of the spirit. And spiritual illness is caused by delusion or ignorance, which comes after resistance gives out. So we can assume all harms done by abuse are all due to the principles of resistance and balance.