

Opening The Door To Opportunity

*If you don't grasp the concept of opportunity,
nothing will ever change.*

In my corporate life, I disliked the word opportunity; it was often used in the context of the following well-known phrase: *"We don't have problems, we only have opportunities."* The meaning behind this phrase is that we should turn a negative situation into a positive one, but it used to grate on me because it implied that problems should be denied, and of course we have problems. The opportunity as a Warrior is to not be in denial of a problem - it's to hold your hand up and have the courage to admit that there is one.

Your problem may be your addiction - your habit, your compulsion or enslavement - and once you have the courage to admit it, you can open the door to an opportunity of choice. Your choice is to reframe it, see it differently, give it new perspective or change the way you respond

to it. Choice requires more than just being conscious of your addiction and positive of a new outcome. It requires action.

Sitting On The Nail

Have you ever joined in the countdown on New Year's Eve and wondered if the following 12 months were going to be *'your year'*? On January 1, you sensed a renewed promise of expectancy, but five days on, everything seemed exactly the same as last year. You found yourself stuck back in the groove. Same old, same old.

Or maybe you have had that feeling of being uncomfortably comfortable. You know you need to change but the nagging feeling this brings is more comfortable than the discomfort of doing something new.

I once heard this analogy:

Imagine likening your life to sitting on an old sofa - one that you've had for a lifetime. It is so knackered that the nails that hold the upholstery together have started to stick through. Every day you sit on this sofa, knowing that it is getting less and less comfortable, but you don't do anything about it until one day a nail impales your bum. Ouch! This nail is the only thing that makes you take some action. At last you make a choice whether to get off it, sit on another chair or buy another sofa.

*"If you always do what you've always done, you will
always get what you've always got."*

Henry Ford ~ American Founder of the Ford Motor Company

If you recognised from Part One that you have an addiction, compulsion, habit or enslavement then well done! But if you have chosen not to take your consciousness to it, it's possible that you are simply wearing the mask. It feels more comfortable to remain emotionally and mentally cut off and avoid facing the discord in your life. Wearing this mask over a prolonged period of time may start to

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make you feel out of ease with your inner self. You might have a sense of incongruence – you feel less and less authentic and out of touch with whom you really are. All of this can turn into mental and emotional stress until the time comes when the straw breaks the camel’s back or the nail sticks in your bum. Please don’t wait until the discord in your life manifests physically or mentally as a physical illness, nervous exhaustion or depression/anxiety. And definitely don’t wait until it becomes illness or dis-ease.

Opportunity is nowhere

Q. What do you read here?

“Opportunity is nowhere” or “Opportunity is now here?”

Before God’s velvet hammer came and banged me on the head for the second time, deep down I knew I felt uneasy. I felt stuck in my corporate world and although I had a desire to do something different, this prospect was just too daunting. Although my job wasn’t a typical desk job and gave me a fair amount of variety, I was uncomfortably comfortable. I had done it for years and I knew it inside out. It paid for my lifestyle but it left me stale and my energy was stagnant. It was beyond me to even believe I could put myself out there and risk rejection. (I will explain more about fear, loss and rejection in Part Four.) I didn’t have the courage to put my hand up and admit that there was a discord. Every year I would think, *“next year will be different”*. But come mid-January, it was same old, same old.

Perhaps you are aware of wanting something different in your life. Maybe you want to achieve your ideal weight, improve your health, have more energy, take up a new hobby, end an abusive relationship, gain more respect from your partner or work colleagues or set up your own business. However, you recognise that this requires some change. It may be that your interpretation of change conjures up huge feelings of fear and anxiety. Maybe you think it requires massive amounts of willpower, effort, discipline and strength. Or maybe you believe that it