

CHAPTER 1

NEW OPPORTUNITIES

...Even though you may feel intimidated or unqualified to move to the next level, be assured heaven is reaching its hand through the window, guiding and protecting you as you soar upward... Unknown Author

New opportunities can appear from a mask of “loss” in which you are about to gain something even more exciting if you flow with it and not fight it! It can materialize as a new business proposal after loss of a job; a new idea enters your mind to follow a different path or an investment opportunity presents itself. You hear a song on the radio, see a magazine picture that sparks your attention, or a TV program blurts an answer out that you needed to hear at that moment. It could be that answer to a difficult learning lesson which has been a continued pattern of distress for many years.

We have heard this all before, but I feel it is worth reminding you now because we have a tendency to forget the silver linings and gifts provided by the universe. You may have stumbled on this book or someone mentioned it to you. Whatever the reason...Welcome! I hope you can relate and enjoy my journey. My goal is to expand your thinking, not change you with empty words. Of course, you need to transform yourself, but we will ponder the silver linings, dream about the unknowns, and create magic that has been lost!

I talk about “letting go” in Chapter 20 of my first book *The Many Faces of Self Esteem*. This is probably the most difficult thing to do because we have inherited most of our views for perhaps generations and continue to

manifest the same results from information we learned as “fact” due to loyalty of family tradition. Humans are basically loyal to the family circle and their beliefs. Why not, we say? Many cultures prize their elderly and the wisdom accumulated over the years. It makes sense! Even with generations of wisdom at our fingertips, we do not usually have someone pointing out the generational dysfunctions and yet we continue to have belief in these aspects as well because it is the whole package. So where do we begin to unravel what is theirs and what needs to be ours?

We are already in times now when we need to come into our own truth and realize we do not want or need to be told how to live, think or act. We are tired of being used, abused and socially unaccepted in others' minds. It is becoming necessary to trust our own intuition about the direction of our life and how to live it. Learning to say NO will begin to feel good, setting boundaries will make you feel safe; unsavory and unhealthy negative people will begin to fall away from your life. Thoughts become clearer with colors, sounds and smells that will begin to reappear in a more refreshing coverlet around you. The old ways are gone! Accepting another's word for truth is not going to make it truth in our personal future. It is our responsibility to make things happen and who better to know you than you?

As per my experience, hunches will nag you about another's hidden agenda and intuitively these agendas will resonate oddly within you. Trust in those silent voices that attempt to guide you and start investigating those potentially purposeless words for yourself. Sometimes we don't want to hear what our intuition says or maybe we are not ready for that information yet, but your intuition wants you to face the reality of your and others'

insecurities and unhealthy boundaries. We all have insecurities, but we miss opportunities when we allow the insecurities to take the lead. You can ignore them and continue to let untruths fester inside of you which will eventually affect your health over time or you can face the truth and release the energy obstruction that holds you in captivity. Your physical body will be your mirror.

Sometimes we feel trapped by outside circumstances whether it is financial, an unsatisfactory job, poor relationships or a spouse who tries to control any activity that will enhance growth. Some people have addictions they battle that resurface when things fall apart. It could simply be allowing others to manipulate your life and you manifest unwanted needs by their dictation of your every move. You actually have created these scenarios whether you believe it or not. It is all still by your design.

Taking responsibility for the world you live in and the part you play in creating it is a new way of thinking to this generation, believe it or not, even though it is not new thinking. We have counted on external circumstances to guide our directions for centuries and where has that landed us? ...in depression, confusion, addictive relapse, divorce, wars and to some it is so overwhelming they take their lives. Getting unbound or unstuck from this lack of self responsibility takes many steps for inner growth to occur. We get stuck in thoughts of limitation noticeable by comments like “this is not possible”, “this is not allowed”, and “this will go wrong”. Hence we fall deeper into our own creation of making that very thing happen. You become bound by the limited experience of others layered with your own

limited experience which is usually “spawned by them originally” and it becomes a “never-ending” cycle.

Promises we make to ourselves with failure to follow through will cause us to have less trust in our decisions. We become angry with ourselves and our own credibility diminishes. This means lowered self-esteem. Lower self-esteem leads to poor judgment, doubts in our decision making and can lead to depression if we keep doing the same thing over and over. We feel others may not trust our word and we feel less confident in ourselves to follow through convincingly. We can often appear untrustworthy to others and even grow to distrust ourselves. We start to isolate.

We pray for improvement in our financial status, our career or relationships. We get overwhelmed on where to start and escape instead. We get caught up in the addictions of choice just to fill the void. Improvements do require one to be open to learning and accepting what could be a flaw no matter your age. It is time to start ruling out opportunities that seem improbable or impossible because someone told you so. If you think it or desire it, it is possible. Experience it and find out! Get out of the “should, ought, must” world and identify what YOU want... not what you think you need. That is thinking in lack. We have millions of needs: getting thin, more money, paying bills, getting enough sleep, eating, hydrating, doing laundry, cleaning...it never ends and most is necessary to live day to day. It is the “want” in between, and the *how to get*, that we fall short and stress about.

Do not be afraid to dream! Remove guilt or shame about those dreams because others give their contradicting input. Who is living your life? I know it seems difficult when you feel cornered by conflicting outside circumstances, but there is always a solution that fits what you want if you look for it and feel you deserve it. You have to make the decision to identify the “what” specifically and sometimes the choice can be initially awkward. It is your responsibility and only yours to make the choice. Remove the voices of others and listen to yourself while in silence. Ask yourself and listen from your heart.

Quietly making excuses for not making decisions anchor those future self judgments into the subconscious and increase the poor attitudes you have about life. Repressing these hidden beliefs further and consistently into your subconscious will cause an explosion one day in any number of dysfunctional ways and yet you can't put your finger on where these negative thoughts are even coming. Your own judgments of yourself hide inside weighing your own self esteem down. You justify that your judgment only applies to others, not to yourself. Easier said than done! How do you feel about you again?

Excuses always seem valid at the time, but it is actually doubt that sneaks in and diverts your direction. So, we give the doubtful thoughts power and accept them as legitimate. This is actually connected to your self esteem as is most things 😊. Your worries and concerns cause doubt and your level of esteem can make it worse. Again, a never-ending cycle if we let it.

The excuse made can certainly help you avoid things, but it will decrease your confidence and esteem because you know the real truth if you stop and think about it honestly which we do not do. Excuses are created to make you feel relief about not taking a chance or doing something uncertain. That relief turns into guilt and then fear creeps in behind these excuses. If you are honest with yourself, you continue making excuses with additional layers of reasons why you can't take action now. This keeps your self-esteem level low.

The truth is these excuses only justify taking no action which in turn means no chances or risks are ever involved. You feel relief, but you'll soon realize you are stuck. The excuses limit and hold you back and eventually it is not long before you start to feel bad and worthless. If you constantly avoid taking action then low self esteem amplifies in your mind. Stop saying "I will"! Do you see how this sabotages our magic? We certainly know how to make things disappear. Let us reverse this and start manifesting!