

## **Opportunity lies in your perspective**

Few would dispute the truth of the statement that opportunity lies in your perspective. If, however, your current perspective doesn't seem to include an opportunity for you in an area of life that is important to you, then where can you look?

Suppose you feel stuck and you describe your current circumstances as difficult, problematic, unfair, or even impossible. Does the situation require a change of perspective, or is there a hidden opportunity here? As for a change of perspective, we've all been introduced to that legendary glass of water and asked, "Is the glass half-empty or half-full?" Irrespective of how you answer the question, you can readily see that certain actions or behaviors naturally follow from each perspective. In this case, you might decide to change your perspective especially if the correlated action appeals or the new behavior promises to be a benefit.

However, when you feel stuck something else may be required. When you feel stuck and your circumstances occur as a problem with no solution no matter what, it's also nearly impossible to change your perspective. If it were simply a matter of changing your perspective, you would have already done that wouldn't you. You may want to, but somehow nothing changes and you remain stuck.

Consider what might be available if you seize the opportunity that presents itself naturally from the experience of feeling stuck? Feeling stuck includes an unspoken invitation to identify what is wrong, and to clarify what isn't working about your situation. Try it! Capture your thoughts and feelings about the situation. Put it in writing.

The next step is to listen to yourself and your concerns. You'll want to read what you have written out loud or speak into a mirror. To free yourself from feeling stuck you bring compassion, understanding and generosity to your listening. Remember criticism and judgment have no place in this exercise. Convincing as the words may sound, set them aside; criticism, judgment and evaluation have no place in listening for possibility.

You have a choice. You can succumb to feeling stuck or you can stand for opportunity and invite the emergence of a new you. When you share possibility by voicing your commitments, your values, and the outcomes you desire with a friend or colleague, you create new opportunities in the world.

Opportunity arises in the moment you let go of your opinion about how things are. When you actively speak and listen for possibility, you have let go of your opinions for the time being. Creating opportunity is the natural result of being involved in how things turn out, and of acknowledging that you have a stake in the outcome. By giving voice to your concerns and communicating what's not working when you are stuck, you engage with the opportunity available to you in that moment.

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