

# HEALING MISSED OPPORTUNITIES

## Letting go of recurring situations to attain opportunity.

When we break down the word opportunity, we find that its root is *opportun*, from the Latin *opportunus*, from *ob-* toward + *portus* port, harbor. It also has the word "unity" which means to unite into oneness. So we find that opportunity is the process of moving toward to the port of union.

We have already learned that this "port of union" is in fact the center of the wheel, which is where the essential self is accessed. Therefore, we can conclude that whenever we are not approaching the center, we are missing an opportunity. There is an opportunity is in every moment. How do we recognize them?

### STEP 1

1. Think of a situation where you missed an opportunity. (e.g., I missed a once in a lifetime job interview):

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2. Since this situation, write down what you have experienced. (e.g., I felt like a loser and ended up in a job I do not like).

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3. What have you learned since this situation? (e.g., I learned the importance of preparing and promptness).

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4. What are you still holding onto regarding this situation? (e.g., Sometimes I still wonder what this job and my life could have been like if I made the interview and got the job).

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5. Did/do you disagree with how the situation resulted? (e.g., I disagree with the receptionist who told me I was too late).

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6. What changes have you made since this situation has passed? (e.g., I stopped being hopeful about my work. I began working hard to get another job interview).



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