



Seeing True to Break Through

Thoughts from Ron Chapman

January 2010

Most Auspicious Greetings!

What to do with a New Year? Isn't that the annual question of note? What do we desire, and to what do we aspire?

These questions arose in a recent conversation with a client I have been coaching for a few years. She was working on her goals for the New Year. They were good ones, both professionally and personally. Yet my visceral reaction was flat. Her dreams lacked inspiration. In fact, they sounded very much like an extension of the status quo.

In countless settings I have found a disturbing failure to dream. Some of this results from our ego structure itself, which tends only to project a future based on today's realities. And for some, the aptitude for visioning is simply not a strength. In other cases, our aspirations have been weakened or destroyed by the negative feedback of others or discouraging life experiences.

Patricia O'Gorman and Philip Diaz (www.ogormandiaz.com) have determined that the ability to rebound and persevere is learnable, that resilience is not arbitrary, that we have the ability to overcome and to achieve. Of course, there will be some effort required, and for some of us that will be substantial depending on our circumstances.

Given my interest in the realization of potential for individuals and organizations, such approaches inspire me. So too do those who find their way through the morass in which we humans so frequently trudge. To set the tone for 2010, let me share the story of one of those who is breaking through her limitations.

Susie's circumstances were not uncommon: a fairly ordinary life that began in an ordinary community and continued through the usual patterns of church, school, graduation, marriage and children. But somewhere along the way her psyche began to atrophy. Perhaps it was a number of very serious health problems that were the cause, or maybe it was the reverse, lethargy of the soul giving way to illness. Regardless, there came a point where Susie's life had become very, very small. She ached both inside and outside from physical, mental and spiritual maladies.

At one point an alternative health option was brought to her attention. Somehow she was able to grasp it and apply it. Some might say we each have such opportunities come our way, though we may overlook them or be unable to embrace them. Regardless, that opening gave way to others, some of which required her to confront her fears and limitations. When I met her, she looked like the proverbial deer in the headlights. She would soon be on a large stage to speak for the first time telling her tale of overcoming, and in doing so taking one more step forward in that process. Today she is building several businesses, activities made possible by a near complete reversal of her health problems. These developments are quite noteworthy for one formerly so debilitated.

In a recent conversation Susie said something remarkable. "If I can imagine it, it can be." We went on to discuss all the barriers to our dreams, but agreed that if any chink can be created in the armor of our fears and limitations, the light of possibility can flow. Susie is a touchstone for the possible, and one of the many illuminating tales that light the path beneath our feet.

No matter your circumstance, consider the possibility that wherever you are blocked there is an opening. Contemplate the human design which seems always to contain innate though unrealized potential. Imagine it! Susie's experience says that is the first step toward realization.

Wishing you unlimited inspiration and imagination!

Ron

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