

Attitude-The “King Pin”

In the logging camps of the great northwest, thousands of logs are sent down river in the spring. When the logs get too bunched up some get turned cross ways causing a jam. To get things moving again, the loggers look for the main log that is causing the problem to straighten it out and get all the logs floating downriver again. The problem causing log is referred to as the “king pin”. Do you have a king pin negative emotion or attitude that is jamming up your life?

When you find a way to release negative attitudes and straighten out your king pin log of negative emotion, your other positive logs can once again move downstream to the destination. For many people, there is an event or series of events keeping them bound to the past.

The Earned Baggage Theory

It is important to treat your mistakes as necessary lessons to be learned when you understand that each lesson brings with it an opportunity for a certain amount of wisdom to be applied to the next situation. Many people can never achieve the success they dream of because they will not or can not leave their past behind. They refuse to tear down the monuments they've built to their old troubles and hurts. Most people have a difficult time accepting personal responsibility because of anger with others.

I had a very good friend when I was younger who could not get on with her life at that time because of resentment of people and events in her life. Her parents were tragically killed in an accident. Her husband divorced her leaving her with two small children to raise alone. She had challenges in her job and in her relationships with others. She was a great person who at that time could simply not let go of the injustice done by others and by fate. She unintentionally stilted her future by holding on to the past too tightly. She had simply been through too much to just let it go. One of the sayings of Buddha is a good descriptive. “Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.” Please do not misunderstand. Her personal responsibility was not necessarily in events caused by her. Her personal responsibility was in letting go of the past and things outside her control to grasp firmly on the future. Her responsibility was to look for opportunities to improve from where she was at that point going forward.

It is said that monkey traps in Africa work based on the premise similar to the earned baggage theory. Monkey traps basically allow a monkey to slide its hand into a container holding a large piece of fruit. The monkey sticks its hand in and grabs the fruit which then makes the monkey's hand too large to fit through the opening. To obtain freedom, all the monkey would have to do is let go and remove its hand. Instead, the monkey will hold onto the fruit and will not release it even to avoid capture. This is very similar to those who have invested a great deal into their situation (even a bad one) and refuse to let go. In essence, what is being said is, “It is mine, I earned it and I am not about to let it go. Do you realize how much I have been through?”

The negativity we hold from our past binds us to that past. In order to move beyond the baggage we carry, we must find a way to forgive others and more importantly to forgive ourselves.

Frank F. Lunn is an expert in leadership, marketing and small business entrepreneurship. Learn more mastering change by reading *Carpe Aqualis! “Seize the Wave” – 7 Essential Surfing Skills to Revolutionize Your Business and Personal Life* – visit www.CarpeAqualis.com to find out more.