



NEVER HAVE FEAR AS A COMPANION.

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Never have Fear as a companion and being kind to one's self may sound odd, but if you think about it for a moment, it makes sense. Remove the cobwebs, dust, clutter and fears from your mind and embrace a new dawn in your journey of life.

I write this as I wake up to another day here in Melbourne, Victoria, Australia. The weather is cold, grey, overcast and miserable. Yet despite the weather, I am cheerful for I know the weather will change for the better. Such is the way of life.

On a personal note, and without sounding egotistical or appearing narcissistic, I have come to the conclusion that I am not where I used to be, and that is a good thing.

At one time in my life, I found myself in a very deep and dark pit with no way of getting out of it. Every time I looked up, the top was a mere speck of light. I knew not how to get out. No one could hear me or even know I had fallen into such a dark place.

I knew that I would have to climb out of that dark hole one way or another. After some time had passed, I sat down in the dark and began to gather my thoughts.

I had a spiritual and military upbringing; I did what I felt was best for me to move forward. Going back to basics with the tools at my disposal. My mind, my belief in God that one day all will be well, my military skills and belief in myself.

In my mind, I thrust my hands into the soft, slippery and dark sides of the pit, followed by my feet. Each time I did this, I found that I had climbed a few inches at a time. I did not look down for it defeated the purpose and therefore I focused on looking towards the speck of light as I made that very long climb to the top.

After two years of climbing, I found myself near the top. I used whatever strength I had to drag myself out of the hole and onto firm ground. In doing so, I planted my feet deep into the bowls of the earth and promised myself that never again will I fall into such a deep pit of darkness and despair.

That was 38 years ago. Since then, I have faced numerous challenges and, on each occasion, solutions have been found. I simply never gave up, no matter how many times I was kicked to the ground. I just kept getting up and fighting the good fight.

Now at this point, readers will wonder why I have written all this and how does it affect them. It's very simple firstly, the challenges I have faced are no different to the challenges readers have all faced at one time or another.

Secondly, my posts are for my family to keep and cherish for their records that life despite its many challenges can always be overcome and that I as their father who raised them, left them with a positive legacy. I therefore have come so far in my journey of life, that I give myself credit for practicing courage even when the going was tough.

I have outgrown so many unhealthy patterns, survived many challenges and climbed out of many dark places. I am now looking at life from a different perspective and ready to enjoy this new phase of my life. A life which I know is going to be so much better than what I have ever experienced until now.

I have embraced a sense of peace and trust, giving myself permission to go with the flow and succumbed to my true purpose and finally obtaining what I always wanted. The wisdom and courage to conquer my demons by replacing them with Love and Hope as my companions. I am of the belief that I am where I am supposed to be at this very moment and on the cusp of something wonderful about to happen, whatever that may be.

In conclusion, let not the demons of one's journey drag you down to the depths of despair. Test the paradigms of the past, take heed of what is best for you, put faith in your God and then grasp the day by the throat and squeeze the life out of it.

As always, stay strong, be happy, remain vigilant, never give up and enjoy the journey of life.



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