

# *Story Land*

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**Emotions Doctor**



### **Trust God with your Blindness**

One of my childhood voices of instruction, direction and wisdom was my blind grandmother.

She wasn't born blind but I met her blind.

Her physical blindness however became an institution to me because I wondered how she experienced deep peace and joy despite her state. I wondered how she never tripped while walking despite the fact that she never held a stick.

With the benefit of hindsight, I see that my blind grandmother was a case study of cynosure.

Her visual impairment enforced intentional focus. After all you can't be distracted by what you can't see.

Sight creates options.

Sight capacitates distractions.

If you are not deliberate about your MENTAL pictures, your eyes can be a major source of distraction.

After all, DISTRACTION is a combination of two words. dis-traction. I will however focus on the word 'tract'. Tract means ' a definite region or area. So a distraction means a lack of concentration on a definite area. You see too much. You pay too much attention to other people's business, lives, competition or competitors.

Real success comes with intentional blindness and blindness involves deep focus.

A blind person must acquire the gift of precision because any wrong 'leg work' may lead to a fatal fall.

My grandmother's special gift also taught me the dexterity to understand a Yoruba proverb that says ' ai moju kuro lo nje ki eru were po (the inability to look away and prioritise is what makes a mad man have excess luggage). Intentional blindness helps you sharpen your other senses till you become conscious of your consciousness.

Train your eyes to mind their business this month and if possible this year.

Train your eyes to TRUST GOD with your BLINDNESS.

### HOW I FORGAVE MY DAD

The first 30 years of my life was filled with bitterness and unforgiveness for my Dad.

I grew up without a relationship with him. In fact, I was incredibly dispassionate about his existence. I hated the fact that even though he wasn't involved in my life, I was calling him dad. I felt emotionally robbed. Or how am I crowning an underserving soul? My siblings tried talking me through it but I guess they never really understood my reality, my struggles and my pain. I wasn't ready to forgive, reconcile and restore.

Let me tell you a little about my handsome dad. He was a successful Vet Doctor before he had a stroke at age 34, he has spent the last 35 years of his life battling with his health. I mean I was born two months after he had a stroke so I never had the privilege of seeing him hale and hearty.

Despite all these issues I felt he could have done a better job at parenting but my incredible turn around came when I had a meeting with myself.

It was a tough battle for me but my process of healing started when I, first of all, acknowledged my pain, penned down all my feelings, identified the writings on my walls and then decided to write a new story.

The most important story I wrote was acknowledging the fact that there was at least one thing I am grateful for, even though it looks small amongst other seemingly bigger particles.

My father taught me how to be thirsty. How to be a person of depth and value. He gave me a gift every time I read a book he instructed me to read. I read till I outgrew reading for rewards.

Everything I have become is a result of that foundation. That act of love has saved, nurtured and moulded me into the woman I have become.

We have spent the last five years as friends and I have cherished every moment. I have decided to expand and inflate that major story.

If you are struggling with forgiving your parent, I can help you.

### **FOCUS ON YOUR CRAFT**

I have watched in admiration of how comedians host comedy events almost every week at the renowned Eko Hotel and Suites. The classic thing is that the comedic year is introduced by the grand commander of comedy with his prestigious show on the 1st of January while others follow suit with their different flavours. The ones who can't afford the famed hotel will gather their own tribe at their level.

The interesting thing for me is that almost all of them tag their event at the same entry fee, and invite almost the same set of comedians and artists. Yet no one seems to be shouting the name 'competition' or feel like they are competing. I attended the prestigious AY show this year and while seated, they were advertising another show by Okey Bakassi that was to take place the next weekend.

In fact, the grand commander himself does not feel disturbed that his sons and daughters are becoming almost as successful as he is and may even be perceived as greater in subsequent years.

I have also observed churches, they recycle guest ministers, worship leaders and also share members at one conventional level or the other. Yet, no sane Pastor seems to be flustered.

The lesson for me here is, if you ever feel threatened in your place of assignment, then you are most likely not good enough. It is not the 'supposed competitions fault', it is your fault. You are not yet good enough.

I tell discerning minds that, no one can do what I do. I mean no one. My results and impact are deliberate interventions. I am great at what I do and I know it. I am different, not necessarily better just different. I am not here to be wealthy if I become wealthy while pursuing my purpose, good for me. But I am simply here to make a difference, to build a legacy, to impact. I am not confusing vision with ambition.

I have also learnt to keep learning and become better than I trained, taught or impacted yesterday. No single soul on earth is my competition, I am my competition. I must be at least 1% better than I was yesterday.

Ignore everyone and concentrate on your craft because no matter how crowded the industry is, if God called you there, your tribe will find you.

### MORALITY REPORT CARD

I remember the first day I posted a picture of my seven-year-old son. Someone crept into my inbox to ask the following questions.

Human: I didn't know you had a son outside wedlock.

Me: oh really?

Human: What. When? What happened?

Me: What happened that what?

Human: That you got pregnant?

Me: What part of the post mentioned pregnancy and delivery?

Human: But you called him a son?

Me: Yes. Does son mean only biological? Does it mean I experienced pregnancy?

What if I adopted? Or inherited him?

Human: Silence. Well if he isn't your son, then why call him a son? What if interested single men see it and get discouraged?

Me: I can't remember discussing my relationship status with you so how did you arrive at me being single? Or single and available? BTW, any man who can't date a woman with a child should move on.

Human: Silence

Me: Any more questions, please?

Human: Long silence

Lesson it for me is, we are all swimming in a massive sea of human beliefs, ideas, and practices. Some are beautiful and bring joy; others are unnecessary, limiting, and sometimes even crippling. These mass of human thoughts—what I call the culture scape—completely saturates and influences our lives (Lakhiani, 2019). The culture scape sets up rules on how to love, how to eat, how to marry, how to get a job. It establishes benchmarks to measure your self-worth. If you are good enough without a college degree, marriage or kids?

The soul in question was ready to make me feel not good enough for having a child outside wedlock. She presented the morality report card immediately she saw his picture.

The next time you feel tempted to extinguish someone's joy, check your culture scape. What are you measuring humans against or comparing them to? Whose model of the world are you deploying?

### HOW MUCH IS A NEW LIFE WORTH TO YOU?

I received an email from my school in New York stating that the institute wasn't going to effuse handouts or workbooks so we were expected to download the four recommended readings and course materials for about \$250.

I mean, we were instructed to download our handouts after paying tuition fees.

They also mentioned that we will be served just some light refreshment, no lunch or dinner. Well, no cause for alarm, after all I came here to learn not to eat.

But this scenario reminds me of a question I always ask people when they tell me they desire a new life.

How much is a new life really worth to you and what will you give up to have that new life?

How much will it cost you to keep holding unto those limiting beliefs and behaviours?

Quite frankly, I have met more people who like the idea of success more than they are willing to invest their grit.

I have met more millennial who will attend every free event they can find but disappear at the sound of financial responsibility. Souls who feel entitled to a professional's time and expertise, adults who will rather attend musical concerts, change their phone, their weavon, their car, but not update their brain apps.

Almost all the major concerts in Nigeria were sold out in December. While artistes went home richer, most millennials went home more mentally deprived.

So back to the question dear millennial, how much will it cost you to change your own life? How much will it cost you to remain stagnant?

Some of the pain I had to endure was to live in Mushin for 18 years, sell stick meat at the experienced concert, rented out my bicycle in exchange for daily returns, sold my few gold earrings to invest in my brain.

You can start yours by listening to an audiobook in transit to and fro work or invite your admired mentor on an all-expense paid lunch.

### CONVERSATIONS FROM OUR CULTURAL MAP

I have observed that an average Nigerian is not a great conversationist. We initiate conversations from our cultural map of the world like tribe, gender, religion, marital status etc and when we encounter someone who doesn't align with our cultural narrative, we insult, fight and despise them.

Examples of questions an average Nigerian weaponises without thinking are

- 1) What state are you from?
- 2) Are you married?
- 3) When are you getting married?
- 4) How many kids do you have?
- 5) Gender of your kids?
- 6) Oh you are divorced, what happened?
- 7) What's your religion?
- 8) What church do you attend?
- 9) Do you cook?

These questions are unconscious profiles that reinforces abnormality. We have programmed our brains to group human beings into familiar containers and despise what we don't understand.

If you find yourself, asking strangers or someone you are meeting for the first time (except during a job interview or a dating quest), these questions lack depth please. Expand your emotional vocabulary with questions like,

- 1) How are you REALLY doing?
- 2) What drives you?
- 3) What do you do for fun or how do you relax in this crazy country?
- 4) Would you mind sharing some of your core values with me?
- 5) What value can I add to you?
- 6) What humane project can we collaborate on?

Let our questions be intrinsically motivated not cultural and bland.

### **THE QUALITIES OF AN EMOTIONALLY INTELLIGENT PARTNER**

For the longest time, I believed that love was the only thing necessary to maintain a healthy relationship.

Right? We all dream about a perfect future alongside a loving partner, without even considering the emotional qualities necessary to maintain a healthy relationship.

Consequently, it becomes difficult to communicate, arguments become commonplace, and you're both left wondering why you even got together in the first place. Sooner or later, you realize that something desperately needs to change.

Throughout my life, I've found myself in that position multiple times. But instead of dwelling on the past, I decided to learn emotional intelligence to strengthen my future relationships.

Below are a couple of qualities that have massively improved my life over the past few years. Each one of them helped me to become a more emotionally intelligent person, and I hope they do the same for you, too.

Empathy, whenever someone is upset, I try to put myself in their shoes to understand what's going through their mind.

This simple process is life-changing. Because when you choose to be empathetic within your relationships, you share & understand the feelings of other people, so they don't have to deal with problems alone.

But how do you become more empathetic? Start by thinking about your relationships and questioning how you can relate to others on an emotional level. For example:

Understand each other's love languages, and be respectful of the fact that you may have different ways of communicating affection.

Focus on the positive actions of your partner, instead of worrying about their characteristics which annoy you.

Consider their point of view during an argument and try to understand how they got to a conclusion.

I've come to realize that empathy is a superpower that can massively open your mind, strengthen your relationship, and change the way you see the world.

As Barack Obama, once so beautifully said: "Learning to stand in somebody else's shoes, to see through their eyes, that's how peace begins. And it's up to you to make that happen. Empathy is a quality of character."

### EGOIC INTERACTION

How do you feel when someone you refuse to reconcile with passes on?

Or a relationship you should have renovated but never did before their demise?

I once heard the story of a man who kept screaming the words “Do you know who I am” during a combative disagreement. Two hours after angrily driving out, he was involved in an accident where he lost an arm.

I sat wondering how anger and road rage can alter a life.

I pondered on how lack of conflict resolution skills can ruin our happiness.

I imagined the impact of our bloated egos on our physical health.

According to Eckhart Tolle, Ego is the FALSE sense of SELF! Identification with form or identifying with material things to bring value to yourself. Which primarily means thought forms, physical forms, emotional forms. So when I identify with something ' I make it the same'. The same as what? The same as I. I endow it with a sense of self and so it becomes a part of my identity. One of the most basic levels of identification is with things.

My toy later becomes my car, my house, my clothes, my money, my spouse and so on. I try to find myself in things but never quite make it and end up losing myself in them.

That is the fate of the ego. The advertising industry knows very well that in order to sell things that people don't really need, they must convince them that those things will add something to how they see themselves or are seen by others; in other words, add to their sense of self.

The ego tends to equate having with being. I have, therefore I am and the more I have, the more I am. It lives through comparison.

Every Egoic interaction between two people is, in reality, the interaction between four conceptual mind-made identities that are ultimately fictions. The moment you start to argue, you have identified with a mental position and are now defending not only that position but also your sense of self. The ego is in charge and when ego sets in, empathy disappears.

Where is your ego extinguishing your joy?

How is your EGO getting in YOUR way?

How is it hindering your NEXT income, next LEVEL, next RELATIONSHIP?

### DIARY OF THE EMOTIONS DOCTOR

Four years ago, I received a call that changed my life.

I was receiving lectures on Life Coaching at the Coaching Academy Birmingham, when my sister called to say that our father who had battled with stroke for 34 years just had another relapse. This time, it was life threatening.

We were shaken. Our lives suddenly stopped. Our breath seized every time we received an international call. We were scared. We dreaded the minutes.

I got back into the country about two weeks after and went straight to visit my dad in a private hospital outside Lagos. All he could do when he saw me was smile. He desired to do more but that was the only part of his body he could move. No other part was responding.

I sat in his room trying hard not to break down in tears. Even though we had battled with his health for over 34 years, this looked like a hopeless situation and I was tired of being tired.

My hospital visits became almost weekly. Weekly became months and months rolled into almost a year. He was on admission for nine months. The process was all shades of draining.

I struggled to integrate work and life. I struggled to remain emotionally stable in an emotional and financially draining situation.

I finally summoned up some strength to mention it to a close friend. A friend I loved and respected. A friend we shared dreams and aspirations together. I needed to share my pain with someone who would understand. I needed to de-stress.

Interestingly, the pain I felt before I shared my experience with him was nothing compared to how I felt after I shared it with him. He was unmoved. He was disconnected from me, from my pains, from my battles. He acted like what I mentioned to him was 'A gist'. At a point, I was wondering if he really heard what I said or if he thought I said my dog was ill. He never inquired about me or my Dad's health afterwards. I mean never. Not even via a text message, what or a phone call. I created series of excuses in my head for him, I also tried suppressing my pain with memories of his previous kindness.

Six months later, I discussed my feelings with him. He apologized but nothing changed. That was also the last time he inquired about him. I guess he would have shown up gallantly at the burial if he had died.

My father was in the hospital for nine months yet one of my closest friends didn't ask after him for once not to talk of riding along with me to the hospital. I was deeply pained. I was hurt. I was broken but this pivotal experience was a wake-up call for me. A call to reality. A call to evaluate and redefine friendship.

A call to ensure that I never cause my friends this flavour of emotional pain.

A call to ensure that I choose humans above projects.

A call to ensure that I AM PRESENT and emotionally available for all my friends.

A call to ultimate loyalty and dependability.

A call to empathy concern.

This life altering experience influenced my paradigm on friendship four years ago. I am actually grateful he abandoned me when I needed him the most. That supposed act of wickedness marinated me, you are still on ground after 35 years of pain.

### **THE EXCUSE BAG**

Every SINGLE ONE of us has an EXCUSE BAG. A bag we reach for when anyone mentions anything challenging.

Content of the bag include statements like

- A) I don't have any money
- B) I don't know how
- C) I don't have enough time
- D) It is too hard
- E) I am not good enough
- F) I don't have anybody to help me

My focal point is on the statement, I don't have money. Interestingly, people who utter this statement end up manifesting their belief. They hardly become wealthy because they have shut down access to experience a higher level of themselves. They dwell in scarcity mentality.

They also abhor giving but love to receive.

Some actually feel entitled and project proprietary rights on people's time, expertise, resources, and networks. They feel others exist for them.

Don't ruin your soul with miserliness. Learn to release and share the little you have.

The universe prioritizes givers.

### **HOW TO INCULCATE SPIRITUAL GIFTS IN BUSINESS**

Word of Knowledge has made me an Oracle for the past 16 years. It has furnished me with the capacity to unravel mysteries, engineer and restore cracked souls. This supernatural gift is my missile. The ability to discern a client's precedent, connect with their present and visualize the imminent.

Despite my Ivy League profile, Word of Knowledge is what separates me from thousands of other mental health professionals in Nigeria. It is my unique serving proposition. It transcends me into a realm independent of the physical universal. Any wonder I am incredibly good at what I do.

To experience this gift in your business too, here is my ritual.

1. Total acquiescence to God. I am not self - made. I don't even understand the prideful concept. I am God-made so I correspond with him before and after every business engagement.
2. Pray for my clients. My associates at Emotions City know that we really yearn for our clients' success. Business with us is beyond money. It's about increase in clients' performance and profitability.
3. Cultivate a habit of deep listening. I keep drilling my soul to hark what is not said or can't be articulated. Listening helps me unmask the distress.

4. Praying in tongues. I didn't explore fully in 2019 but I will explore God more in 2020. Praying in tongues furnishes you depth and acumen.

### **MY DROWNING MOMENTS**

I love travelling because it furnishes me with retreats and surrender. No performance. No expectations. Just my soul walking down the streets to relish the beauty of life. A life I am determined to immortalize my peace.

My introverted genius also dominates my extroversion at recess. It shuts out voices to midwife my soul. It ensures I pitch my tent in the moments. No calls, emails or engagements with energy vandals.

Seychelles offered me a beautiful scenery. An archipelago of 115 Islands in the Indian Ocean, off East Africa. It's home to numerous beaches, coral reefs, nature animals as well as rare animals like giant Aldabra tortoises. A city with just 95,000 humans (less than the number of citizens in Lekki phase 1, Lagos / has the smallest population of any sovereign African country) spread across 115 Islands but with 3 main Islands in Mahe (82,000 people), Praslin (7,000) and Ladigue (6,000). Seychelles boasts of the highest nominal per capita GDP in Africa. Their source of GDP is Tourism and Fish (anything water-related actually) but despite the country's newfound economic prosperity, poverty and a high level of economic inequality remain widespread, with one of the highest unequal wealth distribution among the upper and ruling class commanding a vast proportion of the country's wealth. Their three official languages are English, French and Seychellois Creole.

We visited the Botanical Garden. Had lunch at the Monumental Marie Antoinette Restaurant, visited the Takamaka rum shack where they produce their indigenous wine and the marine park/reef safari where I almost died during snorkelling.

Snorkelling is the practice of swimming on or through a body of water while equipped with a life jacket, diving mask, a shaped breathing tube called a snorkel, and swimfins. I descended slowly into the water in my full kit. After what looked like a few seconds in the ocean, my system one kicked in (if you don't know what this means then you need to attend Emotions City). My feet couldn't touch the ground (in an ocean) and I started panicking. I mean I totally forgot I could swim to save my life. I screamed out for help and I was saved. Few minutes later, I was back in the same ocean to swim in and with the help of the lifeguard. I stepped out and stepped back in the third time to enjoy my life in the same ocean that threatened my existence.

We left the ocean for the beach afterwards where I participated in a swimming competition. Interestingly I won the competition (I still don't know how though) even though I competed against human dolphins.

When I got to my hotel, I ruminated on my near-drowning experience. I interviewed my intellect on why I experienced an amygdala hijack despite the fact that I had a life jacket on. I wondered if there were other areas of my life I was freaking out in the absence of safety. Fear retarded my competence.

What area of your life is fear strangling your competence? Step into the Ocean. The difference between you and the god of your industry maybe confidence.

P: S - Have joined my exclusive tribe? A gathering of high network professionals who desire to make more money and more Impact in 2020?

### **I PRESERVE WHAT IT IS TO BE HUMAN**

Interviewer: I see that you have a thriving career in a short while, how did you become successful so early.

ME: I am not a rapid success. My career started when I wrote my first book at age 17 and when I became a spiritual leader otherwise called a Pastor at age 19.

I founded and grew the campus fellowship from my two-bedroom apartment to a 300 membership strength. School authorities, students and demons in Olabisi Onabanjo University knew I was on ground to help youths take responsibility for their existence.

My grit and diligence earned me the role of the National Co-ordinator of the campus fellowship of the Fountain of Life Church. I toured the country for 5 years helping youths reduce their nuisance value.

Upon resignation, I founded "Merchants of Romance" in 2010. We are one of the pioneers of the Surprise gift delivery companies in Nigeria. We delivered gifts on Horses, Bikes and Limousines in different states in Nigeria, South Africa, United Kingdom and the United States. We were consumed by the passion to help couples untangle their unhealthy beliefs, programs and mindset.

Emotions City is the cerebral cape of the mission that began at age 19.

### **BE ASSERTIVE NOT AGGRESSIVE**

One of the challenges we all encounter is the ability to remain friendly during and after a conversation.

An emotional intelligent professional howbeit understands the difference between assertiveness and aggressiveness.

Assertiveness is the ability to communicate your message and not your pain.

Being assertive means making your stand clear respectfully.

Assertive people know how to utter the word NO skillfully.

While aggressiveness is marked by a clear lack of respect for the needs and rights of other people.

Aggressive people have a deep desire to win and operate from a point of disrespect. Aggressive folks are more focused on proving themselves right rather than arriving at a win - win solution.

When you are aggressive, you are communicating your pain and not your message.

While when you assertive, you are communicating your message and not your pain.

Be assertive, not aggressive.

### RELATIONAL NUTRIENTS

While discussing with a man I love, I pondered on the fact that as much as we try to box life into clear-cut black and white categories that give us a sense of comfort, we will always fall short.

Fall short of the ability to project into a future we have never experienced nor have the capacity to download its full data.

Life is full of uncertainties otherwise known as grey areas. The unknown areas of our existence. Virtual corridors of life that remind us of the need for deity dependence.

Grey areas have a reputation for meanness. It shows up to attack our core. Our soul. Joy and peace. It triggers a variety of coping mechanisms like alcoholism, emotional eating, drug abuse, sex, social media addictions, gaming, anxiety, panic attacks, suspicion, unbelief and many more. No one loves grey areas. No one appreciates being visited by life. But life has a way of planning pleasant and unpleasant surprise visits.

When it does, please spend more time with your support system and the deity you worship.

If you don't immerse yourself in relational nutrients, you may perish where you were designed to bounce back.

### ITS MY CHOICE

Imagine a world without emotions? Life will be colourless without the emotional glue necessary to bind humans together.

Emotions are present in every conversation we have, and these three words are guaranteed to help you become more emotionally intelligent.

It's my choice!

All of your responses and reactions starts with choices. Your choice.

It's your choice to be angry. It's your choice to be resentful, it's your choice to have compassion, to have empathy.

The less reactive we are, the more emotionally intelligent we become.

It's your choice. Own it. Take responsibility.

It's your choice to think the way you want to think, feel the way you want to feel and act they way you want to act.

### **HERE IS THE DIFFERENCE BETWEEN EMOTIONS, FEELINGS AND MOODS**

Emotions are chemicals released in response to our interpretation of a specific trigger. It takes our brains about 1/4 second to identify the trigger, and about another 1/4 second to produce the chemicals. By the way, emotion chemicals are released throughout our bodies, not just in our brains, and they form a kind of feedback loop between our brains & bodies. They last for about six seconds.

Feelings happen as we begin to integrate the emotion, to think about it, to “let it soak in.” In English, we use “feel” for both physical and emotional sensation — we can say we physically feel cold, but we can also emotionally feel cold. This is a clue to the meaning of “feeling,” it’s something we sense. Feelings are more “cognitively saturated” as the emotion chemicals are processed in our brains & bodies. Feelings are often fueled by a mix of emotions, and last for longer than emotions.

Moods are more generalized. They’re not tied to a specific incident, but a collection of inputs. Mood is heavily influenced by several factors: the environment (weather, lighting, and people around us), physiology (what we’ve been eating, how we’ve been exercising, how healthy we are), and finally our mental state (where we’re focusing attention and our current emotions). Moods can last minutes, hours, probably even days.

In lay man's terms.

Feelings happen at the conscious level.

Emotions happen at the conscious and unconscious level.

### **GOD HAS MOVED ON**

The inability or rather the unwillingness of the human mind to let go of the past is beautifully illustrated in the story of two Zen Monks.

Tanzan and Ekido who were walking along a road that had become extremely muddy after heavy rains. Near a village, they came upon a young woman who was trying to cross the road, but the mud was so deep it would have ruined the silk kimono she was wearing. Tanzan at once picked her up and carried her to the other side.

The monks walked on in silence. Five hours later, as they were approaching the lodging temple. Ekido couldn't restrain himself any longer. 'Why did you carry that girl across the road? He asked. 'We monks are not supposed to do things like that' ' I put the girl down hours ago' said Tanzan. 'Are you still carrying her?'

What emotional burden are you still carrying?

### **OUR BELIEF SYSTEM**

An impressive gentleman used to pick up peppered snails in sacrificial pots (EBO) at Itamerin junction in Ago - Iwoye. His apartment was the headquarters of luxurious proteins because of his peppered snail brand.

One day, he decided to share the story behind his magical pots with some of us at a hangout session. The meeting went on placidly until he published his source. Once he did, humans flipped. They were disconcerted. They accused him of trickery and wickedness. They felt he should have informed us before feeding us while he stated categorically that we never asked. After all, who interrogates their hosts about the source of their protein?

I ruminated on this scenario because everyone who jerked to his confession were church leaders. Some never even spoke to him again.

We were all emotionally stable and enjoying our lives till we recognized the source but once we interpreted the protein sauce as demonic, we became spiritual nuisances. Our spiritual knowledge and confidence got attacked.

Nothing happened to us before the full disclosure. But once, we processed the consequences, we serviced it with our fearful and generational programs.

Now I am wondering if it would have been better if the gentleman never confessed to us.

Are sacrifices also powerful or are empowered by our belief system?

Thank you.

### **I BROKE UP WITH HIM LAST YEAR**

One of my most painful 2019 moment was when I broke off a 19-year relationship.

Let me explain. He was the last soul I desired to meet at 17. I was also determined to extinguish his memories at College. But the more desperate I became, the more loving he was. I finally accepted his proposal.

Our commitment has been a blend of love, peace, silent treatments, familiarity and forgiveness. Last year was however the most embarrassing.

I starved him of my presence and attention.

I kept him waiting on our dates.

He competed with my intelligence.

Distraction thinned us out. Life kept attacking my allegiance.

I prayed. Studied. Fasted. Honoured his words but it was not enough. I have capacity for more.

Oh, how I miss our strolls. Our endless conversations. How he tutored me on sex. Money. Love. Marriage. Parenting. Life.

I miss how he held me in his arms every night.

I miss those days I kept malice with him and told him I wasn't in the mood to pray or fast, he should use my previous prayers.

I crave asking him about his monthly plans for my life.

I miss seeking his voice on everything.

I miss singing to him in beautiful spiritual languages.

One thing I am however determined to do this year is to inundate him with affection.

God works for me and I yearn to be a child again. Or why grow up when you can be a child of God.

God first. Intellect second.

### **HARMONY IS THE NEW BALANCE**

She walked into my office downcast and depressed. Consumed by the passion to achieve work-life integration. According to her, the more she tried, the more she fell apart.

I smiled and said, you may never achieve Work-life balance. Balance is a misguided metaphor because it conveys the idea that we have to give up the prospect of success in one part of our lives in order to have it in another part - one or the other (Friedman, 2019). Or how do you give equal attention to all the areas of your life?

I prefer harmony.

Harmony is the blending of simultaneous parts of your life. The ability to dwell in the present. Discipline to put the phone down. Go deep. Evacuate your soul to people you love. Harmony is discerning the fact that there was life before technology.

Harmony is not carrying your title from one part of your life to other parts. Harmony is fighting for your private time otherwise called polarity pause. Harmony is being busy with absolutely nothing but lying down and listening to your soul even if it's for a few minutes.

Harmony is hugging your kids like it's your last time. Harmony is listening and perceiving emotional cues. Harmony is making excellence be your signature at work. Harmony is living your life like you had just one week left.

Harmony is tranquility. Peace. Alignment. Togetherness. Integration. Life.

Harmony is the new balance.

P: S - Have joined my exclusive tribe? A gathering of high network professionals who desire to make more money and more Impact in 2020?

### **HAPPINESS IS NOT A GLOBAL VILLAGE**

It occurred to me while at work yesterday that the reason why we don't respect other people's happiness is because it doesn't align with our definition of happiness otherwise referred to as our map of the world.

For example, if happiness to you means, being married with kids, engaged to a job you love etc then you definitely can't understand how a single lady can be happy. So you will keep projecting sadness on her and attacking her joy because it doesn't fit your standard of happiness. In fact, she has no right to be happy until she joins your happiness cabal.

If happiness to you also means being armed with the vanities of life, you will attack the optics behind ordinariness and happiness.

The bone of contention is usually when we attempt to fit every one into a single spectrum and model of the world forgetting that we all have a right to define our happiness. What makes us happy? Who makes us happy?

Happiness is not a global village. Happiness is personal. Define and find your happy place and when you do, respect other people's happiness.

No way is the way.

### **TIRED OF BEING CLOSE**

I want to talk to people who are tired of being close,

Tired of almost receiving the 'deserved' breakthrough,

Tired of investing their faith,

Tired of uttering the words,

I almost got the job,

I almost got the contract,

I almost gave birth,

I almost got married,

I almost got the visa,

I almost made it.

I know it hurts not to achieve what others seem to be achieving seamlessly. It hurts to always look like the second best. It hurts to attempt to invest your all in a project and still not be the chosen candidate. It hurts to believe God for an open door and not walk through it.

The effect of this experience may install the 'I am not good enough' application in your subconscious. It may leave you second guessing your calling, your purpose, your capacity and the entirety of your existence.

At this point, I plead that are mindful of not questioning your BEING by your DOING because at no point should your DO affect your WHO. You are not what you do and you are not what happened to you.

### **RELATIONSHIP IS THE NEW MONEY**

30th of September was my longest night this year. A night were I desperately desired and dreamt of sleep. A night I laid awake till 4:45am because my head was in flames. I finally summoned the courage to drive myself to a hospital in my estate.

Few seconds after I sighted the doctor, I burst into tears. Tears that left the fine young gentleman confused, all he could do was attempt to pacify me. I cried for about 30 seconds before I managed to mumble out the hurting symptoms.

He took a blood sample to conduct series of test. Nine days after, we had to conduct a brain CT scan because the headache and I were becoming Siamese twins. All test turned out negative. My previously concluded comprehensive check-up (in April) also revealed I am in good shape. All I was experiencing was a tension headache.

During my ordeal I paused to reflect how money couldn't save me. I meditated on how members of my tribe took responsibility for my life. The medical doctors in my tribe rescued me when the doctors at the hospital were overwhelmed with work. Relationships saved me not money.

A person's membership in his group, his tribe, is a large part of his identity. To be kept in solitude is to be kept in pain and put on the road to madness (E.O Wilson). Lieberman also says our need for social connection is a survival instinct as important as food, water and shelter. Sharing your soul is the ultimate connection. We are biologically, cognitively, physically wired to love, to be loved and to belong.

Who do you share your soul with? Who is in your circle and who is in your corner? Our minds are partly defined by their intersection with other minds (Daniel Siegel). Relationship is the new money. Relationship is the new oil and it's definitely deeper than ' He is my friend because we grew up in the same area or we attended the same school'. Tribes don't discuss love. They live it.

### **DON'T COMPETE WITH WHO YOU ARE EXPECTED TO LEARN FROM**

The synopsis of the battle with two of the Rap kings in Nigeria is ' when you are insecure you do stupid things'. Both of them are intelligent, lyrically sound and have two kingdoms to build but they prefer to rip each other feathers due to insecurities. Interestingly, fans who don't give a hoot about their existence are fanning the flames of destruction.

Both men have forgotten life is in seasons. Build your stage now that the spotlight is on you, but no, they prefer to deploy the same energy in self- destruction. They need to prove a point.

To me, no one is better. They are just different. Feed your community your difference. Your difference is your unique serving proposition. Life is deeper than point proving.

We say it's a dog - eat -dog world and that to survive in it, we must take advantage of others before they take advantage of us.

We look upon life as a contest that produces winners and losers.

Our behaviours and values are so shaped by perceptions that lack reverence that we do not know what it is like to be reverent.

We see life as cheap. The perception pervades all of our perceptions. When we look at the animal kingdom, for example, we see the activities within this Kingdom as verification of our evaluation of life. We see animals kill and feed upon other animals, and we conclude that weaker forms of life exist only to nourish the stronger.

When we judge one person as superior and another as inferior we depart from reverence. Reverence is not respect. Reverence is contact with the interior of it is being-ness. Respect is a judgment. It is a response to the perception of qualities that we ourselves admire or have been taught to admire.

As you work towards becoming reverent, your tendencies toward harming others and other forms of life diminish. As you acquire a sense of reverence, you develop a capacity to think more deeply about the value of life before you commit your energy to action (Gary Zukav. 1989). I love both brands and I truly hope they build their kingdoms before life shows up at their doorstep.

### **DEAR MILLENNIAL (PART 1)**

Never underestimate the power in service and volunteerism. I know the act has been bacterized by 'users' but please permit me to share a story with you.

She walked into my office at 4pm yesterday, when she heard I was stranded. Interestingly, she didn't come alone. She and her friend came bearing gifts. I was amazed they came with gifts to 'help me deal with a project' because I was expecting them to come with an 'invoice' not gifts.

We started gisting after few hours of work. I found out he had a stable job while she had just resigned and will be out of the job by month end. So she was 'believing God' for a new job.

Her desired offer was something around content development and research for mental health organisations. A perfect fit for a role we desired to fill at EMOTIONS CITY.

I immediately offered her the job whose salary was way above her expectations but instead of jumping at it, she became emotional. In her words, 'she prayed to meet me this year but never knew it would be this fast and now we are hiring her'. I smiled and said, you were my answered prayer when I was stranded this afternoon. I am your answered prayer this night. God is such a humorous dad. I like him.

The lesson for me is, we would most likely not have met anytime soon if she never showed up in my office.

Her heart of service rewarded her.

She showed up as an intern, left as a business development associate.

### **DEAR MILLENNIAL (PART 2)**

One of the greatest errors you can make is a self - burial. A scenario in which you document your uncouth feedback to an up line once you experience an amygdala hijack. You react before you think.

The irony of life is that you are still young. You are less than 35. No matter how fast you think you are growing. You haven't exhausted half of your life yet, so life hasn't really paid attention to you.

Documented messages are evidences. Evidences of your wisdom or your foolishness. These messages can be displayed anywhere in the world.

I have participated in some meetings where promotions, sponsorships and favours have been terminated because of an uncouth whatsapp message, text or email.

I am also aware some of you experience superiority complex simply because you have access to some great minds, mentors or work within the corridors of powers.

Don't be deceived. Your superiors are not in a covenant with you. You are indispensable.

Be slow to type. Be slow to click the send button.

People are currencies.

People are the new money.

It's hard to make a second first impression.

Don't officiate your burial.

### **INTERNAL AUDIT**

We are where we are because our baby boomers developed an insatiable appetite for bottom lines than for character and values.

The leading voices in generation X in charge of budgets chose entertainment to education. They endorsed celebrities and humans they don't want their kids to emulate.

They invested and sponsored pornographic content and nudity yet wonder why millennials, and Z are addicted to sex, drugs? Or the sudden increase in sexual assault and rape?

These humans above are businessmen during the day and believers of the word of God at night. They pretend to value humanity but proceed to destroy it with their pens.

They exist without binding core values. Greed has driven them insane. They have forgotten the word legacy preservation, value transfers, value preservation, value extensions. As long as it's increasing the bottom line, everyone can rot.

Interestingly, all they have is money.

Money that can't restore their kids from juvenile delinquencies and crimes.

Millions that can't import good health and happiness.

Currencies that won't outlast their generation.

If you belong to this unique group who keeps betraying our future with your pen, today is a good day for some internal audit.

### **SEXUAL ENERGY**

I wondered for days on what committed single Christians and Muslims were doing with their sexual energy knowing fully well that pre-marital sex is majorly a Christian problem not a challenge for all singles.

This curiosity led me to initiate a research.

The research is still ongoing, but we have statistics from 200 sexually inactive singles from 10 countries already.

48.4% are between ages 20-30.

43.1% are between ages 30-40. While 8.5% are between ages 40-50. These set of people have chosen to be celibate for some religious / moral reasons.

Interestingly however, 29.1% of these participants revealed that they use masturbation and sex toys as a form of emotional release. 27.9% consume pornography. 22.2% go ahead to have sex. While the remaining set of people distract themselves with one form of activity or the other.

Also note that, 63.4% of these awesome respondents are female, while 36.6% are male.

I am howbeit concerned about these statistics because I know the destructive power of pornography. As an ex-consumer, I am aware pornography rewires your brain and leaves you vandalized.

I am also aware that sexually energy cannot be destroyed, prayed, repressed or wished away, it can only be transformed. Thus the need for sexual transmutation.

So I am looking for 30 non-sexually active singles, single parent, divorcees, widows or anyone struggling with pornography and masturbation who is willing to learn how to convert their sexual energy into money and creativity.

Who do you know?

### **ARE YOU AWARE?**

1. How you do one thing is how you do everything.
2. The first thing is to determine the CAUSE and EFFECT and move them from effect to cause.
3. Blame weakens, Responsibility empowers.
4. The conscious mind is 5% of your thinking and 95% of your subconscious mind.
5. The best learnings are unconscious.
6. There are two types of motivation
  - Towards motivation
  - Away motivation
7. Imagination is powerful than knowledge
8. Ignorance of one's ignorance is the minimum requirement required to get into the university of fools. - Adeolu Akinyemi
9. Your MAP is the sum total of your experience and your learning.
10. meaning-making making machines.

11. There is no failure, only feedback.
12. Fear is twisted faith
13. Every time you go through trauma. Another you is born.
14. What have you punched in the search engine of your life.
15. Life is work.

### MY CAR ACCIDENT

Today marks the 4th year anniversary of an interesting car accident I had on Ikorodu road, Lagos, Nigeria.

My executive assistant was at the wheels with some beautiful gifts on the front seat while I sat at the back. The deal was to drop me off at my worship centre then head out to deliver the surprise gifts.

On our way to my worship centre, I noticed the man beside us was driving distractedly. Before I could warn my PA, we heard a disastrous noise. Alas, his PRADO jeep had crushed our rear. We stepped out of the car to examine the damage while he chilled in his car like we were the ones who hit his SUV.

After what seemed like endless minutes, he stepped out, assessed his car, and sized me up. After all, I was alone with him. My male PA had left in a cab to honour the surprise gift delivery appointment.

Then he uttered some misogynistic words I had heard about but never experienced.

"Go and call your husband, I don't talk to women". Wow! You bashed my car and insult me?

My system one (Mushin spirit) wanted to serve him a buffet of my retired nuisance skills while my system two (My emotional intelligent self) reminded me that anger is a choice and pressure only reveals content.

My response to his impolite statement (my husband isn't here sir, so we need to have this conversation) threw him off balance. He was shocked by my calmness and equilibrium. He tried pushing harder but I wasn't going to lose my peace. So he finally agreed to settle the bill and we exchanged business cards.

On receiving my card his first statement was "any wonder, you refused to get mad".

This and many more are the reasons why I am committed to helping high network professionals and entrepreneurs understand that anger is not an entity, anger is a choice. You become angry. And most of the time, anger is born from wrong perception.

### ON PSALM 91

I have been chewing this for the past 17 years but cried this morning while brooding on what it means to me.

I hope it means something to you too.

1) He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. (Protection is attached to the dwelling)

2) I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust. (Bold declaration)

3) Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence. (Divine Assurance)

4) He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler. (Divine Responsibility)

5) Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day. (Mental Health Preservation)

6) Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday. (Mental Health Preservation)

7) A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee. (Commitment)

8) Only with thine eyes shalt thou behold and see the reward of the wicked.  
(Amazement)

9) Because thou hast made the Lord, which is my refuge, even the most High, thy habitation. (My Anchor)

10) There shall no evil befall thee, neither shall any plague come nigh thy dwelling.  
(Consistent Reminder)

11) For he shall give his angels charge over thee, to keep thee in all thy ways.  
(Angelic Assistance)

12) They shall bear thee up in their hands, lest thou dash thy foot against a stone.  
(Divine Rescue)

13) Thou shalt tread upon the lion and adder: the young lion and the dragon shalt thou trample under feet. (Power)

14) Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name. (Reckless Love)

15) He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him. (Responsiveness)

16) With long life will I satisfy him, and shew him my salvation. (Eternal Dedication)

### **THE LORD IS MY SHEPHERD**

The position of this psalm is worthy of notice. It follows the twenty-second, which is peculiarly the Psalm of the Cross. There are no green pastures, no still waters on the other side of the twenty-second psalm. It is only after we have read, "My God, my God, why hast thou forsaken me?" that we come to "The Lord is my Shepherd."

#### 1) The Lord is my Shepherd - SUBMISSION

Now understand—sheep are not the smartest animals, so they need someone to take care of them, protect them, and even correct them. Sheep need guidance to safe pastures, and we too need a Shepherd to guide us to safety and lead us to provision.

#### 2) I shall not want - DECLARATION and DECISION

#### 3) He maketh me to lie in down in green pastures - PRESERVATION

#### 4) He leadeth me beside the clear/still waters - LEADERSHIP/ NOURISHMENT

#### 5) He restores my soul - RESTORATION

#### 6) He leads me in the paths of righteousness - HOLINESS/ PURITY

For his namesake - Integrity

7) Though I walk through the valley of the shadow of death, I will fear no evil, for thou art with me - MENTAL HEALTH

Philip Keller (in A Shepherd Looks at Psalm 23) writes that sheep do not lie down easily and will not unless four conditions are met. Because they are timid, they will not lie down if they are afraid. Because they are social animals, they will not lie down if there is friction among the sheep. If flies or parasites trouble them, they will not lie down. Finally, if sheep are anxious about food or hungry, they will not lie down. Rest comes because the shepherd has dealt with fear, friction, flies, and famine.

8) Thy rod and thy staff, they comfort me - Loyalty / Comfort

9) Thou preparest a table before me in the presence of my enemies - Nourishment.  
Protection

10) My cup runneth over - ABUNDANCE

11) Surely goodness and mercy shall follow me - DIVINE ESCORTS

12) All the days of my life - ETERNAL

13) I shall dwell in the house of the Lord forever - Home

### **SALES SPECIFIC EMOTIONAL INTELLIGENCE**

Have you heard about sales-specific emotional intelligence before? Well if you haven't here are some tips from the book.

1. Sales EQ is the ability to manage your own disruptive emotions while at the same time accurately interpreting and responding to the emotions of stakeholders, in the context of sales and buying process.
2. You must learn to speak your prospects language, because people buy for their reasons, not yours.
3. Emotions first, then logic.
4. Emotions drive buying decisions.
5. The human brain is a pattern monster.
6. People act on emotion and justify with logic.
7. You cannot argue other people into believing they are wrong. This is the reason direct challenges often fail.
8. There are four types of intelligence that open the door to ultra-high sales performance. - Innate Intelligence (IQ), - Acquired Intelligence (AQ), - Technological Intelligence (TQ), - Emotional Intelligence (EQ).

9. When you decide not to invest in yourself, you are making the conscious effort to limit your growth and income.

10. Sales professionals who invest in developing and improving EQ gain a decisive competitive advantage in the hyper-competitive global market place.

### SOUL STRIP NUGGETS

- Our triggers are here to teach us. They allow us to deepen our self - awareness.
  
- It's poor self-esteem that places us in an adversarial relationship to our well -being.
  
- Our connection is the most valuable thing in the world and the depth of our connection is directly proportional to the depth of our COMMUNICATION, not our conversations.
  
- You can only show up fully in the world when you have done an inner work.
  
- The top five regrets of the dying, an excerpt from a book by Bronnie Ware are
  1. I wish that I had let myself be happier.
  
  2. I wish I had stayed in touch with my friends.
  
  3. I wish I hadn't worked so hard.
  
  4. I wish I had the courage to express my feelings.
  
  5. I wish I had the courage to live an authentic life, not the life others expected of me.
  
- There are four phases of Forgiveness

- a) The Uncovering Phase - you will improve your understanding of the injustice and how it has impacted your life.
- b) The Decision Phase - You will gain a deeper understanding of what forgiveness is and make the decision to choose or reject forgiveness as an option.
- c) The Work Phase - You will understand the offender in a new way, which will allow positive feelings towards the offender and yourself.
- d) The Deepening Phase - You will further decrease the negative emotions associated with the injustice. You may find meaning in the new experiences and recognise ways in which you have grown as a result.

### **MONEY AND MEANING**

In 2018, she had recently got married at 40, life was beautiful, she had a great job, bank account was healthy, but she wasn't 100% happy.

She had gotten fed up with her company's business model, the endless meetings and presentations, lack of implementation, client and CEO worship, proposal submissions, monitoring and chasing deadlines - she was tired of it all.

And she wanted out immediately. She was tired of a life of money without meaning.

She had a few ideas on how she could cope with life with her husband by her side but she was tired of coping and forming. She was done with performing and acting like a side chick to her own life.

Days turned into weeks and weeks turned into months as she slipped into depression. Her life's conditions (present realities) were not aligning with her blueprint (desired outcome) so she booked a session with me at the Soul Stripping Spa.

In a 90-minute session, we discovered that her emptiness was tied to a lack of soul maps so we identified her soul maps and revolved her life around prioritising and investing in them daily.

It's been two years and according to her, save marrying her husband in 2018, that session was the next wisest decision she made.

She has resigned from her job and now works as a Consultant, her income has doubled and she is experiencing a higher level of herself by investing in her soul maps and living a life of legacy not just living for money.

You deserve a life of meaning and money.



Oyinkansola Alabi, popularly referred to as the Emotions Doctor, is the lead researcher and facilitator at Emotions City, Africa's leading emotional intelligence centre. She is the only female founder of an Emotional Intelligence Academy in Africa and is the convener of Africa's first Emotional Intelligence Week.

Oyinkansola is a high impact trainer who has taught tens of thousands of executives in organisations such as KPMG, Guinness, Multichoice, Interswitch, First Bank, Stanbic IBTC and the Federal Ministry of Agriculture among others. Her work has taken her to 30 States in Nigeria, Ghana, Egypt, Kenya, South Africa, Rwanda, UAE, United Kingdom and the United States.

Oyinkansola is the first African Master Trainer in Yale University's RULER approach. She is also a Cornell University-trained Human Resource Executive, a Rational Emotive Behavioural Therapist, a Cognitive Behavioural Therapist, a Six Seconds Network Licensed Emotional Intelligence Practitioner, A Goldman Sachs Scholar, and a Pastor at the Fountain of Life Church. She is a member of the International Coaching Federation (ICF), & the British Psychological Society.

**To book a VIP intensive session at the soul stripping spa, kindly call or send a whatsapp message to 08125116740 or a mail to [solutions@emotionscity.com](mailto:solutions@emotionscity.com).**

**Also visit our websites:**

**[www.emotionscity.com](http://www.emotionscity.com)**

**[www.oyinkansolaalabi.com](http://www.oyinkansolaalabi.com)**

**[www.ednegotiations.com](http://www.ednegotiations.com)**

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