isCOBOL IDE or Eclipse error "Workspace in use or cannot be created, choose a different one"

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Whenever the Eclipse (or isCOBOL IDE) opens a workspace, it attempts to lock a specific portion of the .lock file in the workspace .metadata folder. If the file .metadata/.lock does not exist, then Eclipse creates and attempts to lock a portion of the file. If the lock attempt fails, then Eclipse reports an error message: