



Welcome to



# Power of Perception

a foundation for life

DAY eleven to fifteen



# Day ELEVEN :

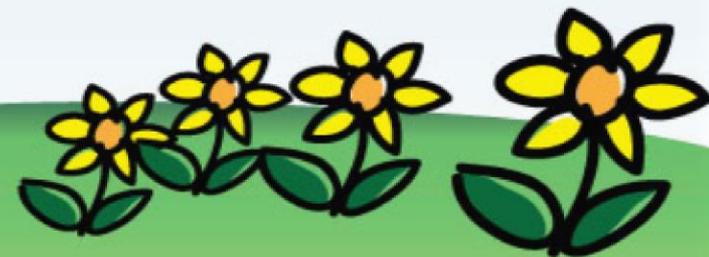
## Guilt and Choice and re-training

Every word that comes out of our mouths can have a negative or positive influence on someone else, depending entirely on how they have interpreted their life so far.

It is extremely important that we try as hard as possible not to have a negative influence on someone else.

This is difficult, as we do not know the complete makeup of someone else's life, and we cannot assume we know it either. That is why thinking before you speak is worth the effort.

You could be a terrible influence on someone else without realising it. Having the ability to assist people in their positive understanding of life is worth striving for.



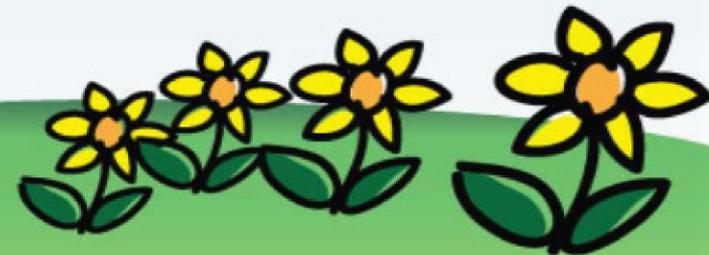
The guilt of eating something that society has marked "bad" is one of the biggest guilt instigators ever. If no one had ever said that chocolate cake was fattening, high in cholesterol or anything else that you have heard about chocolate cake, then we would eat it without a thought of guilty!

How many people do you know that make an excuse for why they are having a bite of cake? This is guilt.

If we are denied something we instantly want it, and if we are not allowed it, but we have it anyway - we feel guilty because of our own expectations, or the expectations of others, that we believe are likely, but are not being fulfilled.

This is the destructive part, as most of those expectations are false and are based on our own insecurities and/or lack of knowledge.

The build-up of guilt eventually creates a negative effect on our bodies, which is what we want to prevent.



Choice is wonderful.

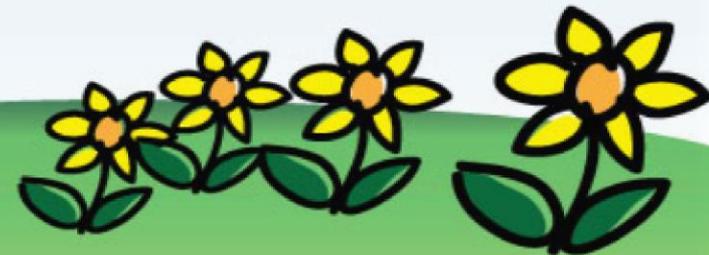
We are privileged to have such a tool.

With some expectations we carry of ourselves, for example not feeling confident enough to make final decisions, some of us tend to find a way to stop ourselves from having to make that final choice, by possibly asking others for their advice.

This allows us to believe we would not be blamed should the outcome be negative, the blame would then be placed on the advisor, and this, as most of us have experienced, does not bring about good communication and relations .

We need to understand (by being 100% truthful) that we actually always make that final decision, with advice or not.

We cannot blame others or obstacles.



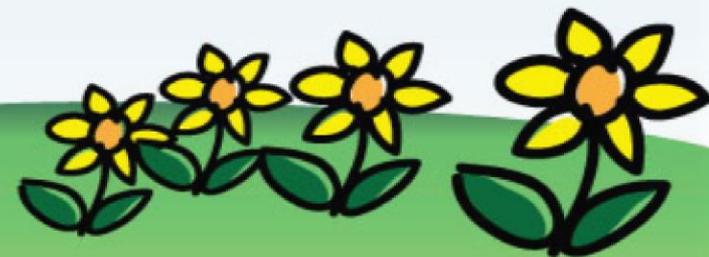
By blaming others, we are avoiding the responsibility and by blaming an obstacle, we are creating victims.

The aim here is to be honest in your intention and realise that only you make that final choice.

At the same time, we need to realise by making that decision, whether the outcome is positive or negative, we can and will survive the consequences.

The re-training of your breathing is an example of the changes you can make to your body, but this also applies to your thinking patterns and habits.

The knowledge of what we learn can be amended; it is a matter of getting used to the new thought pattern. For example: stopping smoking, changing your eating habits, changing habitual expressions.



As humans we do not like to feel that we are deprived of something, if we use the words "giving up", this places a different perspective on what it is we are "giving up" and it makes you feel like you are losing out or being hard done by.

For example, you have to stop eating bread because you have found out that you are allergic to wheat. Instead of saying, "not allowed" or "cannot have" try using the expression " my choice is to not... as I feel better for it".

This way you are not depriving yourself of anything, you are building your confidence as you have made a choice, and that choice is to feel good.

**Write down what choices you've made in your life that have affected you in a positive or negative way?** ☀️



# Day TWELVE :

## Sensitivity

What is the true power of our minds? Here is something to think about: The average person can speak approximately 150 words a minute.

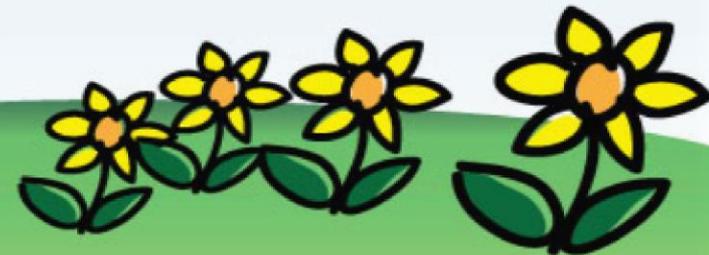
Take a fifteen year old, how many words have they heard in the past fifteen years?

Millions! Some of them we remember, some of them we store, and others are triggered when the need arises.

A song we heard when we were toddlers, fifteen years later, we are suddenly humming that same tune to ourselves!

Where does that come from, have we been storing this all these years!? The capacity of our intake is huge, and our storage is huge.

This is only the beginning of the true power of our minds.



What is the true sensitivity of our minds?

The only way I can think of to explain this to you is for you to imagine that I have just told you that a black cat has just walked past the window.

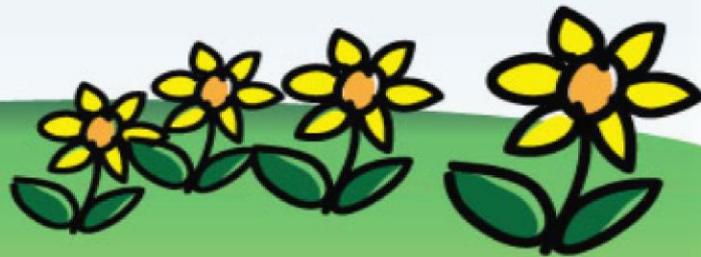
Your instant reaction is to believe what I have just said, so you will look at the window to check that what I said is correct.

In other words, you believe everything that is said to you unless proven otherwise. This is where our senses are so important. They assist us in processing information received.

Imagine the following.

You are in a restaurant: you get up from your seat and walk to the restroom. On your way, you pass a table of people. As you pass the table everyone at the table starts to giggle.

What is your first reaction? They are laughing at you?



Most of us would think just this. But, actually one of the people at that table had just told a joke and they were responding.

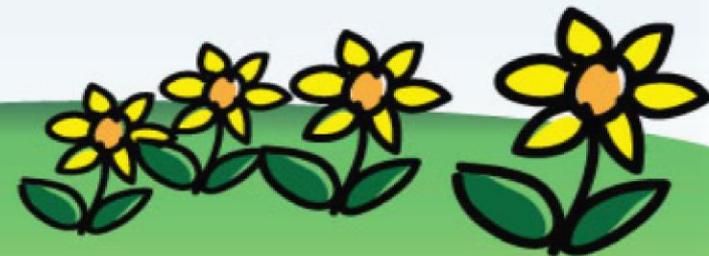
Where does this leave you?

You have been sensitive to a scenario based on imagination. These types of incidences happen all the time and all they do is destroy our self-confidence.

But if we understand that this sensitivity could be a normal reaction and it was never the intention of those people to offend you, then we can almost laugh at ourselves for being so sensitive.

This builds your self-confidence. Keep this in mind the next time you walk past a table of people in a restaurant.

**Write down three or more incidences that have “destroyed” your self-confidence.** ☀️



# Day THIRTEEN :

## The Past

The term "past" refers to what has already happened.

What has happened cannot be changed, but can be reconsidered and understood.

The implication here is that in order to understand information received (through the senses) sometimes we need to view it from a different aspect or view it from a different perspective so that it does not become an issue that torments us for years to come.

For example: your cat walks across the road and gets killed, but you do not know why he/she had decided to take that route.

Years down the line you are still repeating the story, which for you has still not "been laid to rest".



In other words, you are carrying this information and it will remain a concern until you understand why your cat walked across the road.

If you had known that the cat had been chasing a mouse at the time of the death, you would not have 'carried' this concerning information for years thereafter.

This principle occurs with everything, everything we cannot find a reason for happening.

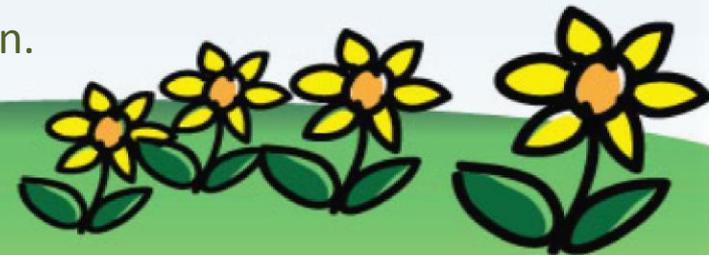
We need to find a reason for a cause. As simple as it can be, in order for us to be less burdened with misunderstanding, we need to find reason.

There is a reason for everything.

Even if the reason is that there is no reason, it allows us to move on.

"Move on" meaning we can walk away without that issue becoming what some people term as "baggage", emotional baggage.

"Emotional baggage" is because we have not found reason.



All our defences, barriers and insecurities are based on reason.

We find defences, barriers; addictions and so on to protect us from information that could have been stopped, right back when it started.

We are not looking to find blame; we are looking to understand.

Understand why we reacted the way we did.

Why we felt insecure or hurt when someone told us that we were stupid because we did not know the answer to a particular question.

Not to become victims, but to continue the circle of growth and understanding.

Apart from forgiving ourselves for things, we have said or done, we need to look at a solid foundation grown as a result of forgiving others.



Forgiving others is not an easy thing to do.

It takes a huge amount of understanding to conceive why someone else would do something to us, “on purpose”.

“On purpose” is possibly too strong to use, but to assist in the understanding of this topic, we will use it.

If we are all striving to be understood and our lives revolve around wanting to be loved and understood, how can we perceive that someone would want to do something to another “on purpose”?

Surely, it is possibly that this is the only way they could have expressed what is happening within them, according to their own world; that of which we have no true knowledge.

Even the thief, the rapist, the murderer, they all have reasons, and if we see even a portion of their reasons, can we understand?



I am not saying we should feel sorry or sympathetic and not express anger for this type of behaviour, or that something should not be done about it, especially if we are the receivers, but that we should understand that somewhere deep inside them there is an honest reason for their behaviour.

Know that that there is a reason, and that reason could be attached to a huge amount of other reasons, some we might never know.

We have no idea what other peoples' lives are all about; we only get to see glimpses of their perception.

Understand that we are the only ones who are carrying our hurt or anger, by letting go, with the knowledge of some reason, can only be positive.

Even if that reason is the knowledge of not having a reason, and knowing that we will never find it out.



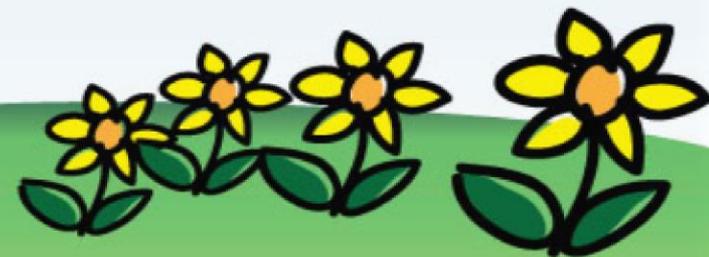
Holding on and using their possible reason as our protection can only bring us more pain, no matter how big or small our forgiveness may need to be.

Repetitive information, something that is repeated over and over, is the best way to remember, both negative and positive.

The positive information is obviously a contribution to our growth and dreams, but harmful and hurtful information given to us in a repetitive form is terribly detrimental to our confidence and wellbeing.

As a student and teacher to others we should all be aware of the effects of repetitive information, another example is “you are silly or stupid” or “you are useless”.

**Write down some aspects of your past that you know have caused you hurt.** ☀️



# Day FOURTEEN :

## SIGNING OFF

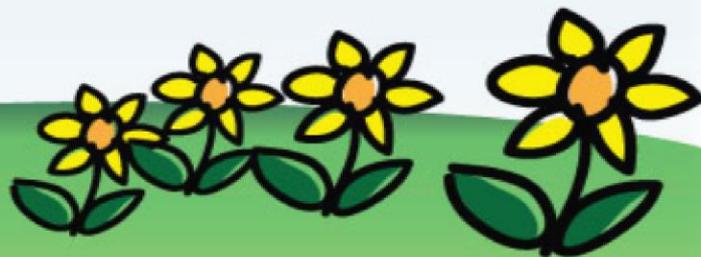
WORDS have a got to be one of my greatest fascinations, words have the power to construct or destruct, kill or save, they have the ability to completely destroy someone's confidence, someone's last bit of sanity.

It is not the words themselves, but how they are used and abused by us.

As humans, we have the ability to remember, and we can remember years and years of information i.e. words, songs and phrases.

Think of your own vocabulary, then page through a dictionary and see how many of those words are instinctive, how many have you seen before and by looking in the dictionary you now remember them.

There are many and we have most of them stored somewhere in our brain, ready for use.



Our vocabulary is our survival kit; we fight, we pacify and we hurt with words.

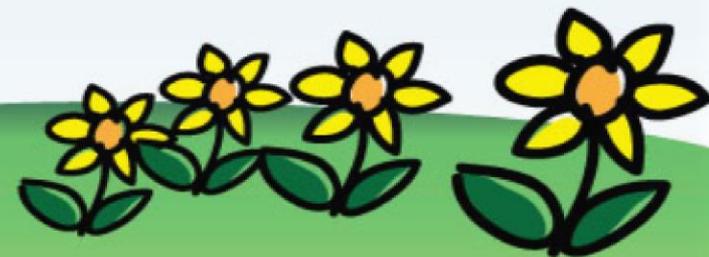
Have you ever stopped to think how many times you have stunted your growth (confidence growth) with words you speak every day?

If we had to listen to our own words about ourselves more often, we would see that more often than not we are speaking negatively about ourselves, let alone anyone else.

How often have you said the following to yourself or about yourself to someone else? “I never”; “I cannot”; ‘I'd die before doing that”; “I'd kill myself doing that”?

Yes, they are automatic, that is the point, if you believe that you lack confidence, or you felt hurt in anyway due to someone else's words spoken to you, then why would you not truly believe the words that are automatically spoken by yourself?

These examples are just a few of what is available for self-destruction.

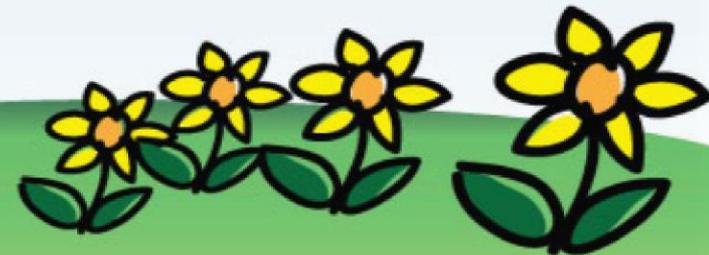


If we have the ability to criticize others so easily, it seems inevitable that we would do this with ease to ourselves.

This is why it is so important to think before you speak, whether it be to someone about yourself or someone about them.

**Once you have understood** that we live our daily lives according to our own perception, and that there is a reason for everything, big and small, you will see life differently, you will have more respect and care for yourself, and you will see that you can only but like and respect others because she/he is going through life, just as you are, in the best way that they can.

They too are trying, minute by minute, to perceive life in such a way that no hurt will come their way, and that they are being understood.



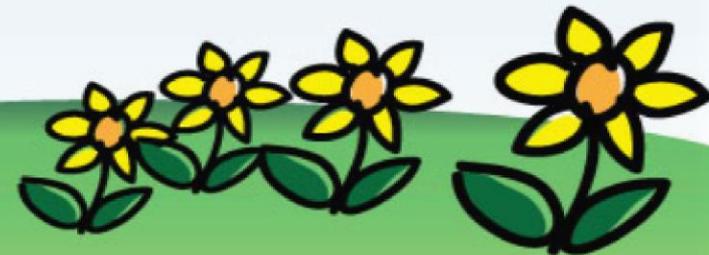
With the knowledge of this, how can we not forgive and forget?

How can one not have respect for another, whether your personalities clash or not?

How can you want to hurt another, knowing that one day it could be you on the receiving end?

How can you feel alone?

**Write down at least six words or phrases you have said that could have hurt someone, and you said them without reason.** ☀️



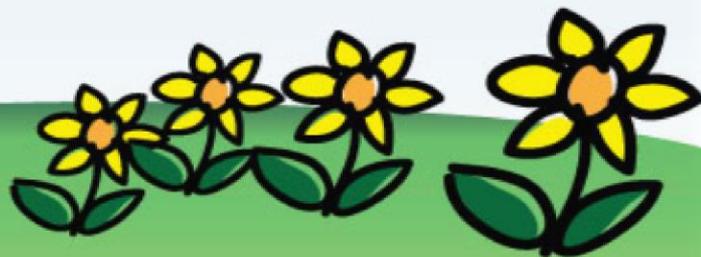
## Day FIFTEEN :

**Communication is the key to all...**

Even if you communicate with a fluffy toy, you are still venting your anguish.

Talking to those towards whom you feel anger or resentment or irritation, allows the process to begin.

Even if you agree to not agreeing, you are still able to continue without harm, hurt or anger. Instead of causing a fight, pacify the situation.



Join our community on Facebook, get your friends and family to run through this program too.

LET'S CONTINUE TO BUILD A CULTURE OF TOLERANCE AND PEACE WITH THE POWER OF PERCEPTION

