



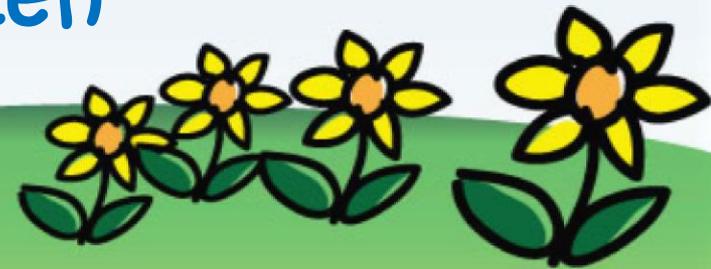
Welcome to



# Power of Perception

a foundation for life

DAY six to ten



## Day SIX :

The following recommendations are other basic aspects that I have introduced into my life. I find them effective and positive.

One of the greater challenges of my life has been the one to rediscover me and make my world a more productive and peaceful place to be.

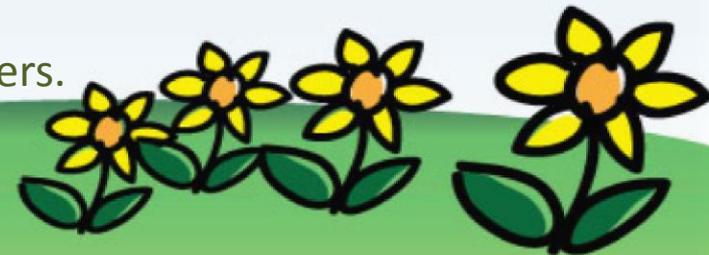
I do believe that every one of these shall contribute to creating tolerance and peace in your life

Know that assuming causes misunderstanding. If you are not sure of something, ask.

People are receptive to your concern.

Know that judgement brings misunderstanding. The judgement you place onto others will only be placed back onto you. Comment, but know that judgement only leads to pain and disappointment.

Know that trusting yourself brings automatic trust of others.



Know that affection, hugs or a hand held brings closeness and appreciation

Know that body language is one great tool. Learn to read it and be open. Shyness can only keep you away from the gift of understanding ones sensitivity.

Know that expressing gratitude will create greater thankfulness.

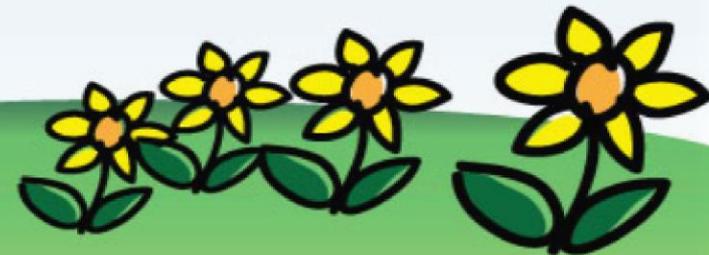
Know that being honest and up front with anything improves your trust and confidence.

Know that thinking before you speak gives you time not to react defensively or offensively.

Know that truly listening and hearing will bring a true world of communication to you.

Know that listening with your ears is more understanding than listening with your fears.

Know that automatic phrases like "Good morning, How are you?" are worthless and should you wish to use them, mean it!



Know that words are strong. Realise the effect they have on others. Realise that the second they come out of your mouth, you cannot take them back again. Think before you speak.

Know that your mind remembers. Know that it believes what you remember. Know that holding on to words that cause hurt causes harm. Practise understanding so you can let go of these words.

Know that phrases like "I never" and "I won't" cause limitations within the mind. Open yourself up and get rid of these expressions.

Know that figurative expressions can cause misunderstanding. Try and keep to basic and understandable expressions.

Know that the word 'hate' holds a lack of something. Try to remove it from your vocabulary.

Know that the more literal you are the more you are going to be understood.



Know that things you might say can trigger other peoples hurt. Be sensitive, but not assuming.

Know that taking life for granted could cause disappointment.

Become aware of your physical being, nurture it and know what is being asked of it.

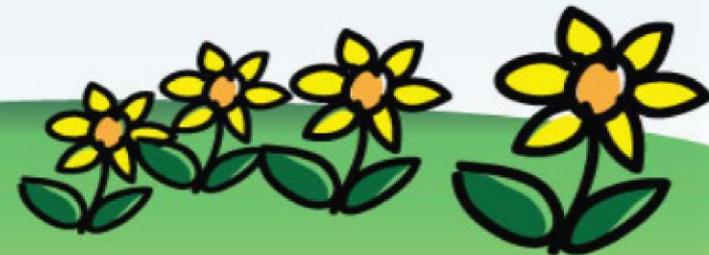
Send positive messages to others.

Treat people, as you would like to be treated and treat yourself just the same.

Try to avoid being a “victim” of your circumstances.

Forgive others. The more burdens you carry the 'heavier' your life shall become. You are the only one being affected by your reason. Lift your reason. Know you are the only one suffering and there is no need for that type of suffering.

Slow down, focus.



Use your mind to create your life. Use it in your favour.

Know that you are doing the best you know how; it is only through others that you believed otherwise.

Free your mind. Free your mind of hurt and disappointment and forgive.

What we put in is what we get out.

We are full of the conviction that we are not capable, use that same conviction to believe that you are able to improve your life, the more you introduce the more you will appreciate life and the more life will appreciate you.

Keep appreciating life and its essence. Understand and love yourself and others will in turn love and understand you. If some do not, then know that this is also okay.

**Write down five more aspects that you know will influence your life in a positive manner.** 



## Day SEVEN:

### *Our next step...*

Getting to know yourself and understanding the individual you are.

### **WHAT WE HAVE ...**

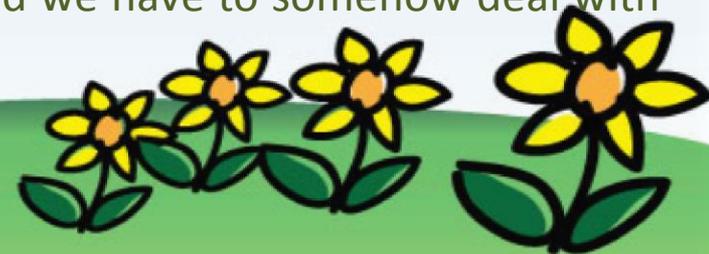
What we have is a world full of information: different cultures, lifestyles, riches, poverty, plus some pretty wild, crazy things, that are presented to us on a second-to-second basis.

Tragic and violent visuals with very few pleasantries are “thrown” our way day in and day out.

Fortunate are those who do not get exposed to this, for whatever reason that might be, but mind blowing in most lives.

Pressures from all around on how one should live life, sometimes cast out if you don't.

Intimacy, lies, love and lust all thrown into one platter and we have to somehow deal with all of this all the time...



***WHAT WE ALSO HAVE ...is our own story.***

Every single one of us has our own story, a story like no other. A story that no one else could ever truly and deeply understand to its full capacity. Why?

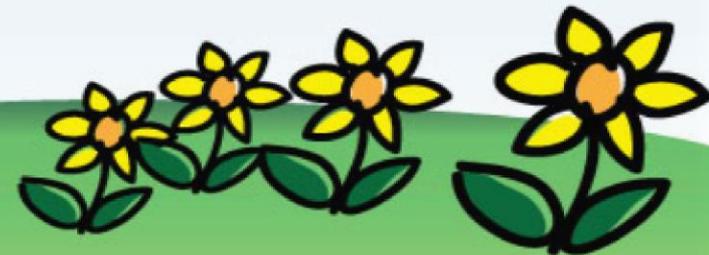
Because it is only experienced first-hand by YOU.

Your story has shaped you.

Your story has evolved from the very beginning of your life – some people believe even before that. Each story and path is an adventure, each story unique and real to only one person - YOU.

And now you have to live each and every day with that story and how it has and will continue to influence every inch of your way.

The story doesn't stop today; it continues day in and day out, forever changing and shaping you for the rest of your life.



## ***WHAT WE CAN DO AN HOW WE CAN DO IT...***

We can understand and discover communication techniques that will assist in the journey of life.

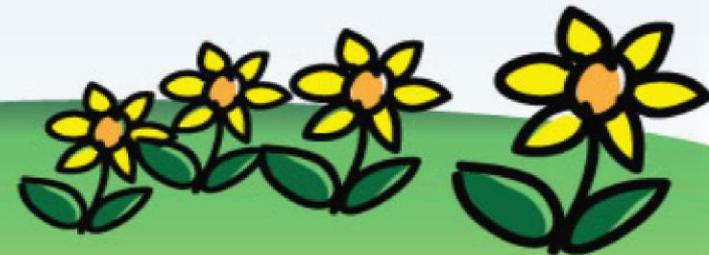
Life is not an easy experience.

To understand it, is a constant challenge, including ones' desire to be happy and peaceful.

To achieve this state as often as possible is our goal. We all strive to discover ways to make life less stressful.

This project is designed to assist and give you suggested guidelines to find that goal and to remind us to stay basic, by learning how to use and understand simplicity, as this is the core of our Being.

If we can maintain the simple things in life and ensure their constant influence, we have a strong foundation.



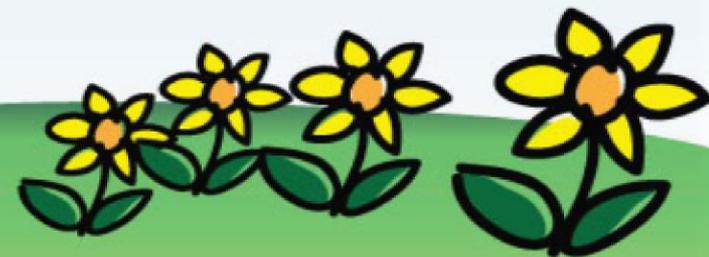
A great benefit is to have just the smallest understanding of how our minds and bodies work.

We do not have to be experts in any of these fields of knowledge, but basic knowledge of the fundamental aspects of our body and mind would be a good start.

From this we would also discover that we are no different from each other.

We are only different in our upbringing, religions and philosophies, but not in being human.

We are all the same and should therefore use these basics to assist us in life.



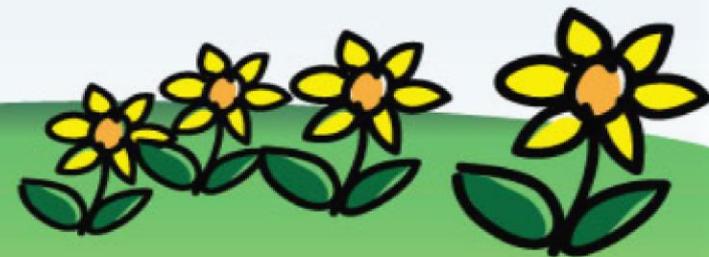
## LET'S LIGHTEN THE LOAD, WHAT DOES THAT MEAN??

This means that we can find ways to keep our minds clear of “clutter”; people commonly use the word, “baggage” or “issues” here, but we will stick to the word “clutter” which will be our reference to our unnecessary hurt and anguish and for the purpose of this program.

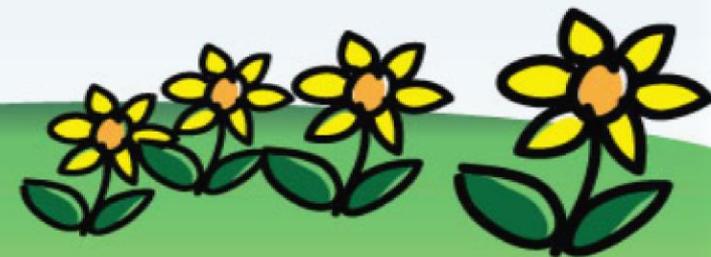
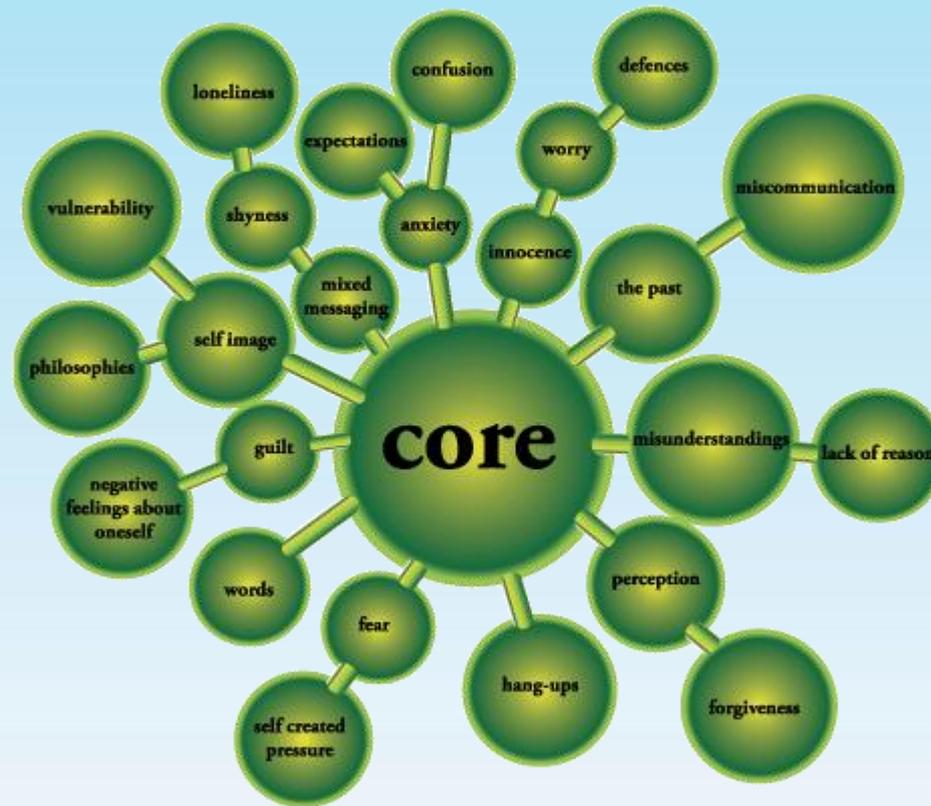
The simplest way to do this is to view each item of “clutter” from a different perspective.

Perceptive meaning using your various senses to determine how you “feel” about something; we aim to potentially take a different viewpoint (perception) with the intention of removing “clutter” from your load (baggage/issues).

“Nothing will change unless it is understood, since light is understanding.” I believe this sums up most issues in life. If you don't understand why something happened, you will “carry” it until you do! In some cases there may never be a reason, but maybe that's just the reason, that there is no reason and this you can understand.



Refer to diagram below: Draw your own diagram of you and your “load”. ☀️



# Day EIGHT:

*Let's begin ...*

## **Anxiety or better known as WORRY**

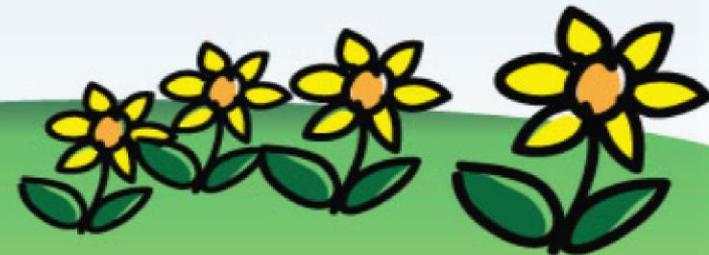
We cannot know exactly what tomorrow or even the next hour will bring.

We spend some useful energy everyday imagining what will happen next.

Try not to do that. Try to imagine (just even for a split second) you do not have a clue what will happen next. Feel the relief in your body and mind? Are you concerned about lack of control?

You are always in control. This is not about control. It is to help alleviate unnecessary anxiety. I am not suggesting you forget about tomorrow or the future.

Know that it will come and what it holds is exciting, as it is unknown.



See it as a pleasure, not a worry. See it as progress, no matter what the occasion.

We all know this word 'worry', worrying about studies, parents, what people think of you, what you think of them.

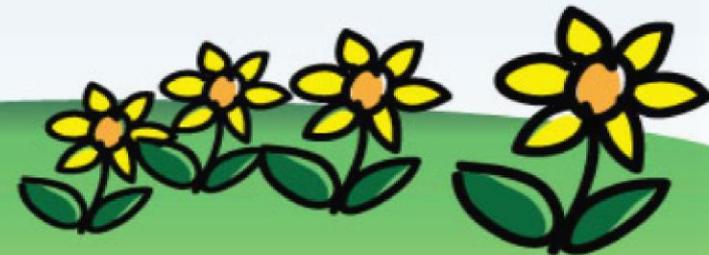
Worry and Anxiety are the two most destructive emotions. They cause us to want to self-destruct, run away, and/or hide.

How can we lighten the feeling of worry?

Communicate and develop excitement about outcomes.

As tough as this sounds, if you had to communicate to the relevant people your worries and concerns, why would it be destructive?

Honesty can help us all out of whatever worry or anxiety we hold. Talking and expressing anxiety can alleviate a lot of what is building up inside.

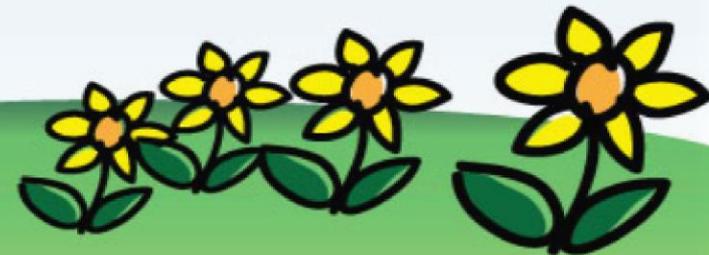


We could even find that once we have spoken about a concern, which at the time seems like a huge mountain to climb, it could end up being a breeze to deal with.

The build-up of worry is what makes issues seem a lot bigger than they truly are, and as it builds inside our minds it seems as though it is out of control and the anxiety of it all can seem way too much.

Talk to others about them and issues will be less magnified in your mind.

**Write down four aspects of life that cause you to worry, and explain why they do and how you would like to change that.** ☀️



## Day NINE:

### Expectations, Overloading and Defences

Feeling overloaded could be caused by lots of different aspects, mostly by expectations created by ourselves: like, wanting to achieve a certain goal we have set for that day, but also the expectations brought on by others: for example, others knowing about that goal and our having to live up to their expectations and not wanting to disappoint them and/or to feel like we have to explain ourselves to them.

Unfortunately, on top of these expectations there are further influences for example, what the law demands, which also comes into play during the course of each day.

There are loads of these stressful aspects that need to be addressed daily.

Because of these influences, life can seem a little worthless at times and 'what is the point' is a question frequently asked within us.

The point is the challenge to fine-tune ourselves to deal with all these influences.



Through life, we set up our defence mechanisms (words or actions that we believe will prevent us from getting hurt) that will assist us with dealing with day-to-day issues.

For example our caregiver, who when we were aged five, did not show us attention when we demanded it. When actually she/he did not do this intentionally, she/he did not hear us.

BUT we instantly felt abandoned, and we instantly felt that she/he did not want to listen and there was no other reason but to purely ignore us and boy did that hurt...that was our perception (how we interpret situations through any of our senses, especially sight or hearing)!!

What would have happened if she/he did not hear us, what would have happened if there was another reason for that reaction not to have taken place? Now we are sitting with hurt and abandonment!?

Our perception of this incident could haunt us for the rest of our life! It could haunt us as we did not understand and we did not have a reason within our own minds as to why the reaction was not there.



Now, we can change this!

Although once this incident has happened, we tend to sit with this feeling and are afraid to find the truth, just in case it increases our hurt.

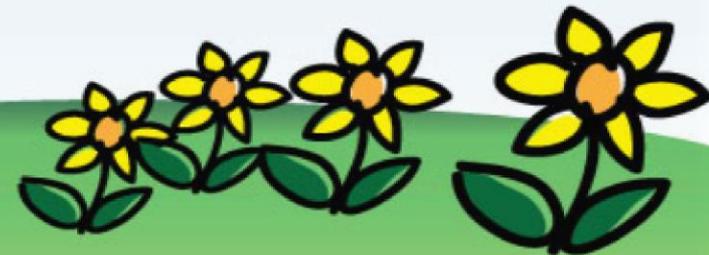
So, we leave it... We leave it for who knows how long, let's say ten years. During those ten years, similar things happen to us, not necessarily by our caregiver, but possibly by some friends or others at school.

Still we do not approach anyone to ask for their reason, so our defence barriers begin to grow and soon grow way out of proportion to the reality.

That original two-second incident has now managed to have a great impact on our life.

It has influenced our confidence in a way that we have developed a huge defence.

It too has caused us to start doing this same thing to others, ignoring them or might have stopped asking for other peoples' help, because, they never take any notice of us anyway.



You can imagine how we are short falling ourselves from this original two-second incident.

Now, imagine if we had realised immediately after the first incident that our caregiver could not have reacted, because she/he simply could not hear.

Our whole outlook would be different. We would not have developed the insecurities and defences, but we would have remained confident, that people hear and listen to us at all times.

Perception is how people operate. We interpret life through how our senses react.

Everyone has their own perception; we cannot see everything the same way as others do, as we all have a different makeup (physically, mentally, and emotionally).



**Do you feel overloaded? Write down what makes you feel like this and why.**



## Day TEN :

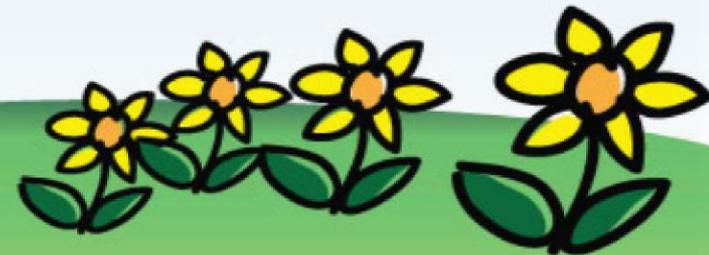
### **Respect and you are not alone**

We all have our stories, all of which are valid and worthy and have affected each one of us in their own unique way.

I have learnt to understand my reasons, those reasons that have sometimes caused me to do some rebellious things, which would have at the time influenced others around me.

I have learnt a great amount from all of those people and today, I like myself because I understand that each of us sees the world through our own eyes and no one else can ever see life the same way, and only I can change my perceptions. In that, I respect what I do not see.

The only true expectations and true criticism comes from within me. I strive to keep my own expectations manageable.



We tend to go through life thinking we are the only one suffering because of what has happened to us, but as we have moved through life, others have been affected too, most of the time we do not realise the impact, big or small that we have.

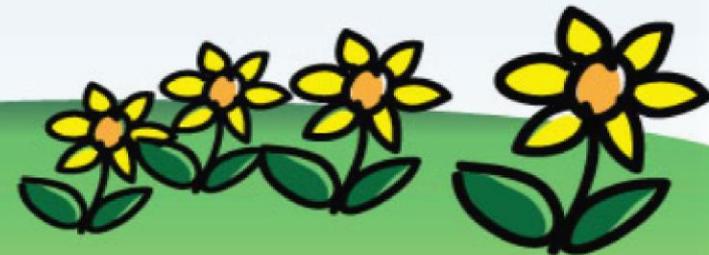
Being aware of this impact is important, every day we are influenced by people, even by complete strangers that could be walking past you in a store and give you an "up and down" glare.

All this leads to a greater understanding of ourselves.

An important part of life is to know that we are not alone.

Although we certainly feel alone when it comes down to that "feeling" that no one knows or understands us, no one cares.

We are truly only alone in our feelings, not in Life, as it is only our own perception, that has led ourselves to believe otherwise.

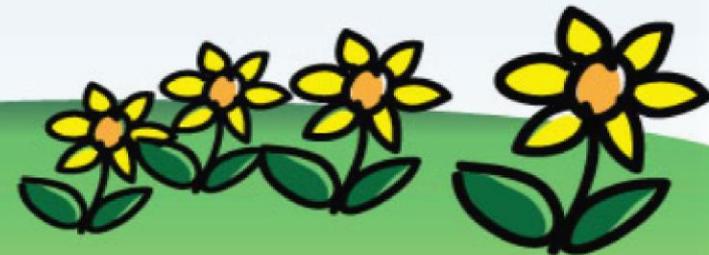


Feeling that no one understands you or no one cares is a hard way of looking at life.

In fact, it is quite exhausting.

Carrying hurt can be destructive and depressing, but many of our thoughts can be lifted and we can feel less vulnerable and destructive, simply with the knowledge that we all go through the same emotions, just on different levels, depending on our experience and our perception of those experiences.

This is why we need each other, to support and assist each other in maintaining our emotional, mental, and physical well-being.

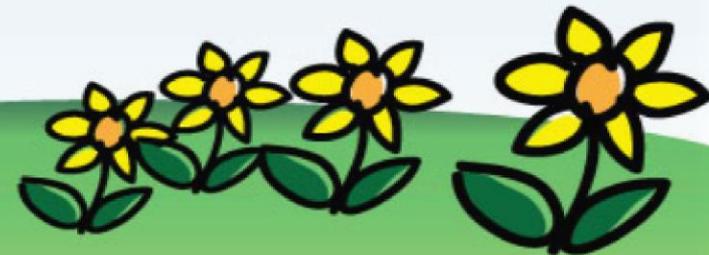


We need to remember the influence each word spoken to each other has and that it could change someone else's perception of themselves.

We can develop different types of strengths instead of insecurity caused by our influences.

An example: Realising that others are not hurting us intentionally, but they are purely reacting according to their own influences and that we have the ability to ensure a good positive reason for their reaction to you.

**Write down your story.** ☀️



END OF DAY TEN

