

PERCEPTION ISY(OUR REALITY

When it rains...
...is it good
or
is it bad?





If you were in that Hang Glider would you feel liberated or terrified?

How "real" would either feeling be?

(the feeling would be real, true & obvious but the 'reason' isn't)

LIBERATED?:

The hang glider is the <u>excuse you are</u> using to allow yourself to feel free.

TERRIFIED?:

But you are not dead yet.





Lets look more closely...

LIBERATED?:

The hang glider is the <u>excuse you are using</u> to allow yourself to feel free.

(You could close your eyes and imagine flying and get 90% of the sensations)

TERRIFIED?:

But you are not dead yet.

(Once again - you are using your imagination)





When I'm putting the 2 year old to bed & she says there's a scary monster outside...

...is there or isn't there?

YES! for her and no for me.





If you are scared of big people you are going to feel 'unsafe' around this guy...

...but is that girl having the same experience as you?

If not - then it follows that he is actually neutral...

YOU are creating YOUR experience. success



How Do These Biases Form?



Take a look around the room you are in right now.

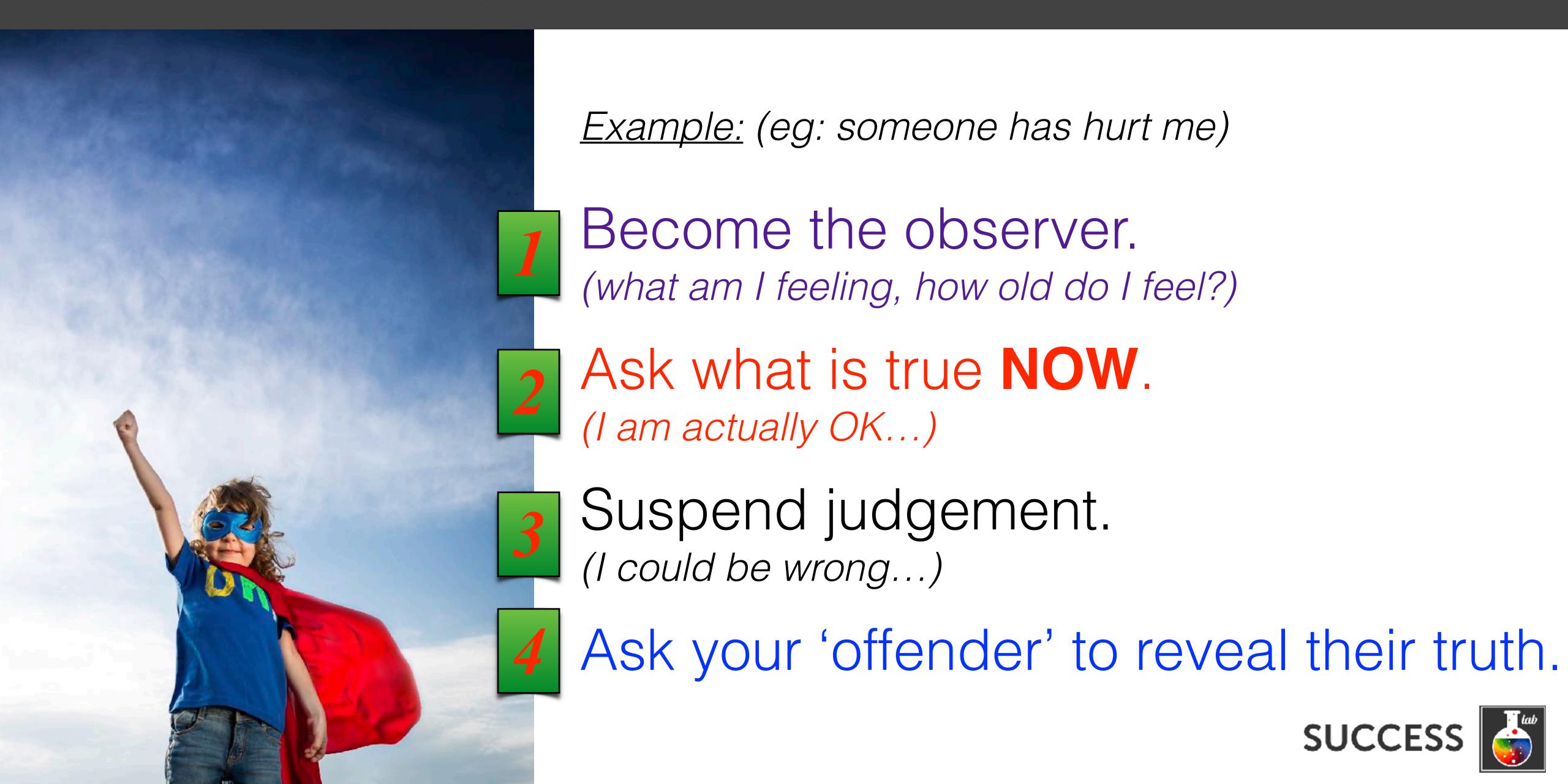
If you can see a chair...

What meaning does it have?

Where did that meaning come from?



How Do I Change My Perceptions?





Changing Perceptions

What would I change?

What would I change it to?

When would I do that?

What would I choose to feel?



Assignments

