



YOUR  
PERCEPTION  
IS YOUR  
REALITY

# Your Perception Is Your Reality

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



# Your Perception Is Your Reality



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 excuse you are using to allow yourself to feel free.

## **TERRIFIED?:**

But you are not dead yet.

SUCCESS



# Your Perception Is Your Reality



Lets look more closely...

## **LIBERATED?:**

The hang glider is the excuse you are using 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)*

# Your Perception Is Your Reality



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.

# Your Perception Is Your Reality



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?

*Example: (eg: someone has hurt me)*

- 1** Become the observer.  
*(what am I feeling, how old do I feel?)*
- 2** Ask what is true **NOW**.  
*(I am actually OK...)*
- 3** Suspend judgement.  
*(I could be wrong...)*
- 4** Ask your 'offender' to reveal their truth.





# Your Perception Is Your Reality

## Changing Perceptions

What would I change?

What would I change it to?

When would I do that?

What would I **choose** to feel?



SUCCESS



# Assignments

<b>1</b>	<b>Daily Practice</b> - this chair (desk/car/job/situation) has no meaning.
<b>2</b>	<b>Daily Practice</b> - I have given this (desk/car/job/situation) any meaning it has. I can remove that meaning in an instant. Therefore I can <u>choose a feeling</u> rather than <b>be a victim</b> of one.
<b>3</b>	Compile a list of <b>fundamental personal beliefs</b> you will change and set about using the daily practices (above) to change them.

