



Today's Lesson

The Power of Perception

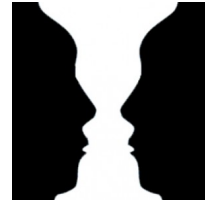
Power Point notes available

at:

www.unityofbakersfield.org

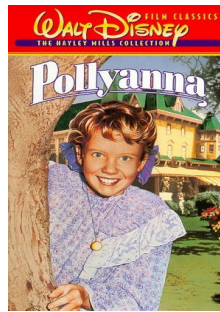
The Power of Perception

Someone once said, "Your opinion is your opinion, your perception is your perception, don't confuse the two with facts or truth."



The Power of Perception

We have the power to transform negative energy into a positive energy. It's our perception that makes the difference in our lives on how we live, move, and have our being.



The Power of Perception

Unity has often been called the "Pollyanna Religion" by those who do not understand the principles upon which Unity was founded.

Looking for the good in all situations, circumstances, experiences, doesn't mean we wear "rose colored glasses." It means that life will manifest itself according to our perception of the life we hold for ourselves.

The Power of Perception

As today's Daily Word reminds us:

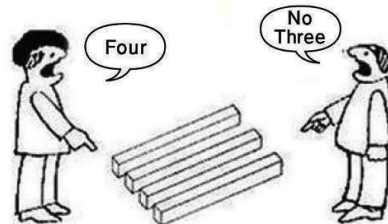
By keeping my heart focused on good for everyone, I bring forth blessings for myself and others.

Creating happiness, creating a positive mental attitude and outlook about life and its challenges is an ongoing process of practice, practice, and more practice. It calls on us to make choices about how we "see" things.

The Power of Perception

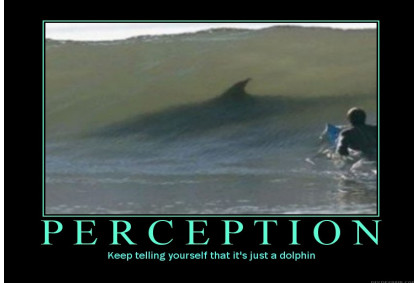
How we see things...

It is really confusing!!!



The Power of Perception

How we see things...



The Power of Perception

Perception with words and numbers:

HATE has 4 letters,
 But so does LOVE.
 ENEMIES has 7 letters,
 But so does FRIENDS.
 LYING has 5 letters,
 But so does TRUTH.
 HURT has 4 letters,
 But so does HEAL.

The Power of Perception

In her book Feel The Fear And Do It Anyway, Susan Jeffers writes about the power of perception:

We all poses the power of perception, the power to react to the world and situations in our lives, the power to do what is necessary for our own self-growth, the power to create joy and satisfaction, the power to act and the power to love.

The Power of Perception

It is this power that enables us to move through the fears that creep into our daily lives; it is this power that allows us to move through the emotional pain of feeling helplessness to the power of making choices; from the emotional pain of depression to the power of excitement; from the emotional pain of paralysis to the power of action.

The Power of Perception

As we learn to use our power of perception we begin to understand that we can also learn to change our vocabulary to be consistent with, as today's Daily Word states:

I pay attention to what I am thinking, and the results that ensue. I see how what I appreciate, appreciates; how positive expectations yield positive outcomes.

The Power of Perception

Such as:

I can't becomes I won't:

I shouldn't becomes I could:

These two statements help you change your perception from "I have no control" over what happens to, "I do have control" through choice.

The Power of Perception

It's not my fault becomes I'm totally responsible:

This moves you from the perception of being a victim of circumstance to seeing yourself the captain of your ship, doing what it takes to make it better the next time around.

The Power of Perception

It's not a problem becomes It's an opportunity; I'm never satisfied becomes I want to learn and grow; and Life's a struggle becomes Life's an adventure.

These three activities move you from feeling like everything or everyone is against you, that life is not fair, that there are too many obstacles for you to overcome – to feeling that you can take back your sense of control.

The Power of Perception

I hope becomes I know:

The perception of “I hope” and “if only” rob us of our power to stand firm and make the changes that are needed to bring a positive spin on things.

I know it will all work out is a strong and powerful statement. Whereas, I hope it will work out gives the impression to the subconscious mind that you are not all that sure about things after all.

The Power of Perception

If only becomes Next time:

If only I had done this, if only I had said this, if only causes us to always second guess our actions, and when we second guess our actions we are never sure we have done the right thing in the first place. *Next time* helps us to realize there will be a next time-if life has shown us anything it is that life keeps repeating itself until we master what needs to be learned.

The Power of Perception

What will I do becomes I know I can handle it; It's terrible becomes It's a learning experience:

“What will I do” and “It's terrible” are two phrases that we use to lament our problems and concerns. As the old saying goes: Life happens! There is always a solution to every problem, concern, or issue. It may not show up right away, it may not appear as the answer we would like it to be.

The Power of Perception

When we are able to change our perception by using the “I can handle it” and “It's a learning experience,” we take back our power. The problem or concern is no longer the issue, its just an experience we are in at the present time, and like all things we don't like, we can say:

“This too shall pass!”

The Power of Perception

In closing Susan Jeffers shares this short story about the Pollyanna perception:

While having dinner with a friend one evening, I fervently tried to make her see the positive side of an issue in her life she viewed as negative. Suddenly she disdainfully remarked, "You're beginning to sound like Pollyanna." Much to her surprise and mine, I blurted out, "What's so terrible about Pollyanna, anyway?"

The Power of Perception

What's wrong with feeling good about life despite the obstacles in our way? What's wrong with looking at the sun instead of seeing gloom and doom? What's wrong with trying to see good in everything? Nothing is wrong with it!" I asserted. "In fact, why would anyone resist thinking that way?"

So remember...

The Power of Perception

Today's Daily Word affirmation:

I center my thoughts on what I want most in my life.

Life is based on perception.

Perception is based on opinion. Opinion is based on thought. Thought comes from the mind. Change your mind, change your life.

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