

## **Change Your Perceptions to Change Your Life**

People's perceptions are so fascinating and compelling to ponder. What one person may think of you is completely different from what another thinks. One person may see you as a Goddess who has everything together and balanced while another sees you as a weak and falling apart creature with no hope. A very interesting thing happens when someone gets to see you as both Goddess and underling. They begin to see two people who seem to be in conflict with one another and then may decide the person is inconsistent.

People need to feel safe. They want to know that who they left this morning will be who they come home to tonight. They want regularity, peace and dependability. We all desire this kind of life and people will compromise anything to have it. People will pretend they are something they are not in order to fulfill the desires of someone they want to keep in their lives. They will pretend to be the perfect mother, the best spouse, or the devoted employee at all costs. They paint the smiles on their faces for everyone else and push down the feelings that lurk beneath the surface.

What happens when you repress your emotions to impress someone else is you end up taking your repressed emotions out in some other way. You may yell at your employees when you are angry with your spouse. You may manipulate your children to get what you want when you are in pain over being abused as a child. There are many ways that you may be misappropriating your emotions in an unconscious way. In this way, we hurt ourselves and the people around us by not allowing them into our psyches and our hearts. The main reason we do not allow them in is that we, ourselves do not know why we do the things we do. What is true is that our perceptions support and continue our repression. The cycle becomes maddening as we continue our paths of a blatant lack of self-understanding and emotional awareness.

When people allow themselves to express where they are in each moment, it can be threatening to the people who buy into the myth that consistency equals peace. Allowing oneself to be sad when sad or mad when mad is not a failing of frailty but rather, a strengthening of character. When one is accepted as they are rather than expected to be a certain way all the time, it dramatically lessens tension in relationships. It is in the attempt to change someone that we lose ourselves and we lose each other.

A person who can see you as all you are and maintain respect for you within that view has achieved true intimacy and friendship. Harmony comes through acceptance, not rejection. Peace is arrived on through inclusion, not exclusion. If someone is different than you, it is your opportunity to learn and grow through attempting to understand those differences. It is your responsibility to step outside your box and make the effort. You may find that you do not agree with the differences. You may find room in your heart to allow them in. You are the one who chooses to shift your perception to adopt something new. You are the only one who can do that.

Shifting perceptions can be done by you and only you. In order to shift them, you decide what is important to you and if you can make the shift. One way to make a conscious shift in perception is to look at yourself within the context of what you are judging. If you are seeing someone as inconsistent, ask yourself a few questions. Is there anything that may be tainting your perception? What is within you that may be forming the judgement about the person? What beliefs are you holding that may be keeping you from seeing the person you love and respect as whole? What expectations do you have for that person in your life? What expectations do you have for a significant other that you may not be sharing?

Your perceptions are driven by your beliefs. What you believe is what you become. In order to expand your worldview and create peace in your life, shifting beliefs that are holding you back from a particular desire is where you can begin. When you shift your perceptions to bring about change in your life, you heal your life. Your perceptions can be the number one thing that you choose to change within yourself. You make the decisions using the greatest power you have available to you, the power to choose. Perceptual shifts are your way to grow, expand, change and become who you are. Within those newfound perceptions, you have waved the magic wand to change your life.