



Worldview, Reality and the Lens of Perception

A worldview is a lens of perception or filter that we see the world through. Our worldview is made up of thoughts and feelings which form beliefs. Beliefs can be viewed as your invisible information processing system and the filter that you see the world through. The problem with this system is that we typically do not question its veracity. The result is that we may not be seeing or experiencing our world in a way that can bring maximum peace, harmony, love or prosperity. So it is worth inspecting your inner lens of perception to see if it could be shined up and reveal a lighter brighter landscape.

We tend to think we know what we believe. However, all too often our feelings and actions are driven from deeper spaces within us than we are generally aware. This can lead to feeling out of control, conflicted or frustrated as we cannot seem to create what we say we want in our lives. We may often feel like we are missing the mark while not being able to figure out why.

To bring awareness to your personal worldview, begin to pay attention to what you tend to say to yourself and to others and to your style of presenting yourself and information. Notice how you react to events around you both near and far. What mindset or feeling state do you find yourself regularly communicating to friends and family? In spite of knowledge to the contrary or your best efforts, do you find yourself negative or fearful? Do you find yourself wanting to feel confident and positive, but in reality you feel awkward, out of step or negative and judgmental?

There is no need for self blame or criticism if you discover any of this. In fact these are all part of the human condition if we are honest! Feelings,

thoughts and the subsequent beliefs are all part of the normal workings of the mind. The task of ever expanding conscious awareness is simply to observe them, to decide if they are still useful to us or not and to find the means to move on into an ever more open free consciousness. Energy work is a very effective facilitator in accomplishing this shift.

Thoughts and feelings are neither right nor wrong. They simply *are*. They exist because you give them energy. You give them life. The more people you know with similar thoughts and beliefs, the stronger your beliefs may be. This reinforcement may feel good or comforting, but can produce more harm than good in the long run if your beliefs are not fully healthy and functional ones.

It takes courage as well as time to change the really important aspects of our inner geography. It is human nature to resist change. This is a protective mechanism, at its best keeping us from leaping into change that may not be in our best interests, at its worst keeping us from new ideas or approaches that are beneficial. Unnamed fears and uncertainty of how to cope with new information, situations and even success can keep us stuck in old ways that no longer serve us. Fortunately we can learn!

An Energetic Worldview

Looking at the world through the lens of energy and/or higher consciousness is an awesome shift. The idea that our mind has so much power and that we have more ability to shape our lives than we have believed is still such a new concept and so out of the realm of what we have been taught about the reality of life that all our basic beliefs can be shaken. When this happens every fear and resistances that has been lurking in the shadows can come to the fore and block a perceptual shift that could improve all aspects of life.

All change begins inside the self, inside Your Self. Change has to pass through your belief system in order for it to be real. When you try something new, you may go slowly at first if you don't fully believe in it. You may take a "wait and see" attitude until you get enough evidence that supports your beliefs one way or another. Enough evidence let's you say "Aha! ...this or that happened, so it must be true." Your experiences mirror

your beliefs. You will always find the evidence that you need to support your beliefs, just as those around you find the evidence to support their beliefs.

If you are able to find the good in situations and see things optimistically, keep doing so! If you find this difficult, go *within yourself* and simply “try on” a different perspective. Begin with something simple. For instance, if you are feeling lonely or sad, think of a happier time. Remember what it felt like and try to feel it again, if only for a minute or two. Try to get yourself back into that feeling mode. If it’s a gray and dreary day, remember a sunny day and feel what the sun felt like streaming down on you then. If you have low energy, remember a time when you were full of vigor. By “trying on” a different feeling, you begin to change your beliefs. You open your window of possibilities. You consider that things can be different. You begin to shift your filters and thus your world view.

In the areas where you have more difficulty and the previous suggestions don’t work revisit the previous newsletter for suggestions on using Meridian Techniques for erasing old patterns from your system. Above all, remember there is no rush, no hurry! You can change at your own pace and in your own way. Try out employing a different viewpoint internally first. Play with it in your mind. As you do you may be amazed that things actually begin to shift externally. Once you have your own experience you can move on to other more challenging areas. As always an attitude of loving kindness and patience with yourself and a light hearted playfulness will serve you well!

Be not astonished at new ideas; for it is well known to you that a thing does not therefore cease to be true because it is not accepted by many."
- Spinoza

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