



POWER OF PERCEPTION

H A N D B O O K

Empower yourself into your future
Walk through the Power of Perception with us...
and Lighten that Load.

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1 Self Awareness

Self-awareness makes our world go around; let's do this.

Cover your eyes; open them; what do **you** see?

Close ears, open them; what do **you** hear?

Sweet or savoury, which do **you** like?

Good smells, bad smells, which do **you** prefer?

Touch your clothes, hair, arms or face; what do **you** feel?

Ask your friend or a family member to do this too, and see how each differs from **you**; this will help **you** understand how different we all are.

Now take a look at this:

Self Awareness = what our senses tell us about ourselves

Self Awareness = our sensitivity (perception)

Understanding Sensitivity (perception) = understand oneself

Understand Oneself = respect (value) oneself

Respect (value) Oneself = respect (value) others

Your senses protect you within your world. They can warn **you** and keep you from harm.

We are not referring to how they allow us to smell things and see objects, but the role they play in defining who **you are and how they create your awareness of your world.**

2

Understanding you

If I could explain the art of understanding yourself and your sensitivity in such a way that **you** will be able to feel compassion towards yourself and others, would you be interested?

This handbook intends to give **you** nothing other than more information to add to your understanding of life, as it is written based on the knowledge of my findings that keep me getting up and out of bed every day.

No one will ever have all of the answers; **you** need to find your own truth.

Adding even a word into another person's life is a blessing. We all have these skills. We do it without even realising.

We should strive to understand ourselves and the impact we have on others.

In turn, we will learn how to create and maintain a progressive understanding of life and improve basic communication.

So let us see if what I have to share can generate and develop any of those feelings and thoughts for **you**.

It all starts with understanding the basics of the human mind and body, plus their vulnerabilities.

Like others, I have been through years of searching to come across various mysteries and ways of viewing life.

There are hundreds of philosophies with their reasons for being, all trying to understand life: before, during and after. Although the more there are, the more confusing the picture of life seems to become.

It seems that the same is happening in our daily life: different concepts, rights and wrongs.

We often tend to be bombarded by so much that we feel there is nowhere to turn.

We go within ourselves with all these mixed emotions that can cause us to feel stifled.

We then tend to get fed up and possibly even give up.



Most hold to the knowledge they have gathered and use it, whether constructive or destructive, to guide them and defend them from the day-to-day aspects of life.

With such activity happening all around, confusion, distrust, and conflict start accumulating; some cause defence barriers, hang-ups, addictions and ultimately loneliness.

Expectations develop. Every day people expect something of themselves, which in turn causes expectations of others and visa versa. It can quickly become a vicious circle.

You probably think **you** take no notice of other people's expectations. **You** will be amazed at what goes on in our minds that we are unaware of. Even something as essential as clothes can cause an amount of turmoil. The pressures of your expectations are often the worst of them all!

We are influenced by others, by ourselves and by our environment.

Most of us spend our lives running around being busy socially and professionally, completely unaware of the inner and outer impact it has on our bodies and minds.

Have **you** ever stopped and thought, what are we doing? It can be pretty exhausting when looked at as a whole. It's no wonder people are feeling lost and alone and screaming for attention, physically and emotionally.

Can **you** imagine slowing down and absorbing **You**? Not everything around **you** and not your ego or selfish side, but **You**! Your core, your blueprint! **YOU**!

Imagine waking every morning and liking **you**.

And knowing that once **you** truly appreciate yourself and understand your expectations and sensitivity, life and its surrounding will do the same.

So before we try to understand the greater world and its complexity, let's put all our attention on **You**.



3

Realistic Beginning

Let's start at a more realistic beginning; find our understanding and eventually SELF-LOVE or at least compassion towards yourself. Somehow understanding our inner world sounds a little less demanding than understanding life. Each event in life will empower **you** and give **you** strength, courage and confirmation of your continued growth in your world of understanding, no matter how complex the current situation may feel.

Understanding the true power of the human mind has fascinated many. The mind listens literally, which means the mind believes something, whether actual or untrue, real or imaginary. It cannot tell the difference. The only way we know the difference is through what we know as our senses.

Touch, smell, sight, taste and sound. If not for these physical features, we would believe everything is real. Imaginary or not. We can read a book and imagine the reality of it in our minds.

When we allow ourselves to get entirely absorbed by the imagery, we will also find that our physical body will begin to react.

The reason for explaining this is to give **you** an idea of how sensitive the mind is. How vulnerable we are to the figurative, the abstract, the imaginative and the symbolic.

THE PAST

We seem to spend a significant amount of time on the past. The past is real. What has happened cannot be changed. However, it can be readdressed and understood but not changed.

When we are born, we are like sponges. We absorb. Our minds begin to fill with information that will build our conscience.

Before being teenagers, we only take in information in a literal sense. We have no concept of figurative. So when we get told your nose will grow when you lie, we tend to believe it. All of which are part of the process of our growing minds and our understanding.

As children, we are entirely dependent on our parents and our peers. We need their support. We build defence schemes in our minds to prevent rejection and hurt. We automatically create alternative routes if we do not feel we have that support or attention at any stage, even for a split moment.

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These routes become part of our day-to-day lives. Each time a situation arises, the mind flashes back to the first time that feeling came into our being and then reacts accordingly. The more times the feeling is triggered, the greater the reaction becomes.

For example, some of us get told, "**you** always do that". How often do **you** have to hear this before **you** always do that?

These are some of those expectations. Some are negative and some positive. This repetitive information can lead to possible rebellion against others and ourselves.

These are the misunderstandings and miscommunicated internal belief systems of ourselves that need to be re-understood.

We want to be able to release them from our minds. All the negative impressions we have of ourselves, all those horrible thoughts and things we have led to believe.

Let them go! Lighten your load! Surrender to them. How does one do that?

Realise **you** cannot change what has happened, BUT **you** can use it to create a new **you**. One has been shown the wrong route and now has chosen the constructive, transparent way to be a confident, compassionate and worthy person.

Two simple white outlines of clouds, positioned on the right side of the page.

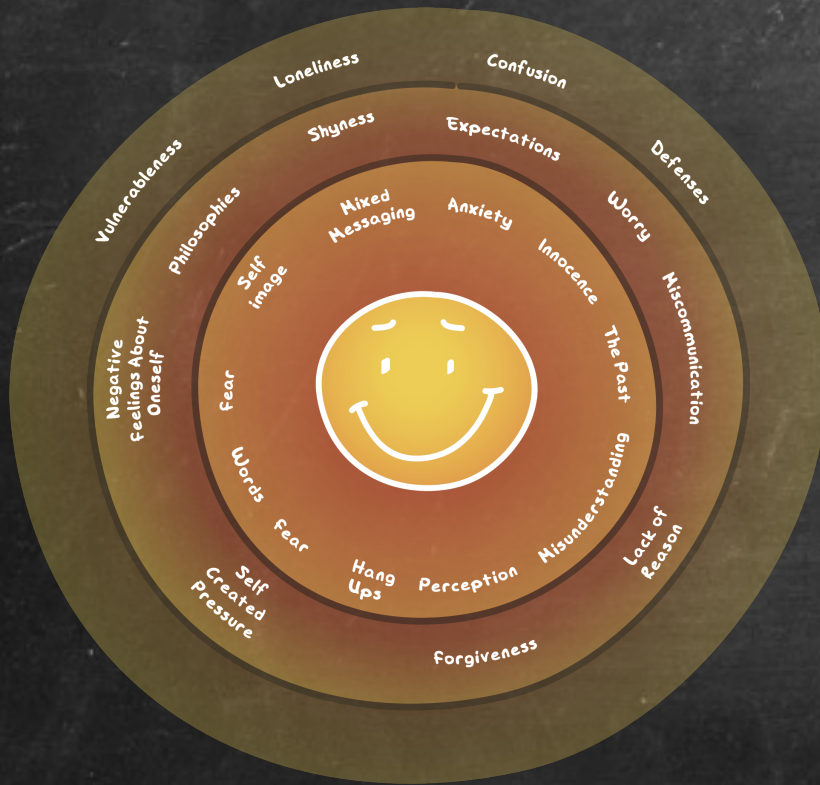
4 Our Design

As Humans, we have a built-in need for closure. In other words, we like to have a solid, understandable outcome. To demonstrate this, take a good television series. Typically the writer ends the episode with an open scenario or more, which leaves us wanting more. Or even worse, when the season ends with loads of unanswered questions. We feel let down and disappointed, needing to know what, where, how and who???. Especially when the series gets cancelled.

And this is just a television series someone has written to draw your attention. The Studios have done this because it is a brilliant marketing tool to leave us waiting and anticipating what could have or will happen—knowing that we naturally need and desire an END. So, we sign up for the next season before or the minute the next gets released. And the Seasons hopefully keep coming until all gets answered and the final story told.

So, knowing this. Can **you** imagine what REAL LIFE unknown information can do to us?

Consider an example which suggests every time someone says something to **you** without **you** knowing the reason or understanding the what, where, how and who, it will automatically and naturally create that feeling of being let down. Weird, but it would appear only to be the conversations or situations that hurt or harm us, which seem to be the ones we don't understand.



Now take the unknown, with our natural reaction of disappointment or feeling let down because there is no outcome, would it be fair to say – we would automatically be fearful of the UNKNOWN? Let's use similar words to find clarity. Not understanding, not recognised, not discovered, strange, unfamiliar.

A change of environment would trigger our fear of not recognising or knowing what to expect. Changing school, home, country, new teacher, and new school kids could trigger natural anxiety. We all have the same feelings in any of these and many more situations. So, should **you** have ever felt fear or anxiety in any of these situations or similar – **you** are normal! There is nothing to be embarrassed about or the need to feel lesser than anyone else.

FORTUNATELY, our bodies also got designed to PROTECT us from as much of this fear as possible. We got geared up with AWARENESS. Awareness comes in the form of our SENSES (PERCEPTION). Our sight, smell, taste, touch and hearing. If we don't have all five, the others – even if one, still power on to protect us from hurt and harm. We, therefore, can CONTROL how we perceive situations. We can break circumstances down into possible outcomes. We can decide and control what that outcome can be, so we continue to believe in ourselves and not automatically feel let down or hard done by.

We all use the same techniques to connect and be aware of our world. On average each one of us has 6000 thoughts a DAY. Understanding this allows us the freedom to choose closure to those thoughts that clutter our minds and lead us to believe we are anything other than important and confident. POP is here to show **you** just how to do this. DECLUTTER our MIND and LIGHTEN our LOAD so we can all face our world with confidence and compassion.

OUR LIGHTEN THE LOAD POSTER demonstrates our mind's volume and types of clutter.

5

Express
Yourself

Please don't be nervous about expressing your findings; one can even chat to a bird sitting outside your window or someone **you** know **you** can share your adventure with and go on the experience together.

Whatever the day is, "good" or "bad", remember **you** are not alone because everyone on this earth, no matter who they are, is looking for the same thing as **You**, which is to be loved and understood.

If **you** can keep that as your bigger picture in your mind, **you** will find it easier to avoid being pulled into your own world's darker, lonelier side.

People need people, although the majority of people deny this. The truth is we are all in this experience together.

Keeping life at its basics will bring a brighter future to anyone's life.

There are thousands of emotional escape routes out there. We all have them, large or small.

They develop over years of the same hurt and misunderstanding.

Again, people need people. Let us draw a better and brighter picture to bring this lonely state of being back to where it first was intended to be. Open those deep lines of communication and create security within us and the world around us.

Provide strength for ourselves to ensure a more fulfilling and lighter way of being.



Breathe

Breathe! Put your hand on your solar plexus (where your ribs join your chest) and take a deep breath through your nose (if **you** can), otherwise through your mouth. **You** will be amazed how few people breathe correctly or to their full potential.

Watch which part of your body expands. Your chest? Or your tummy? If it is your chest, try this out.

In whatever position **you** are in now. Put your hand on your tummy and breathe into your hand. Feel your tummy area move and expand. **You** are going to push your stomach out with your inward breath.

That is how **you** get the total capacity of your lungs filled with air.

It takes a while to get used to it. It is a deeper, full extension of the lungs and diaphragm.

So try once more. Breathe in deeply through your nose, hand on your tummy and watch your abdomen expand. Then breathe out through the mouth.

If **you** feel a little dizzy, do not be surprised. It could be a whole new experience for your body.

So try it again when and if **you** remember sitting in the car, watching television.

We can also use breathing to calm and refocus ourselves, especially when we feel anxious.

A great way to do this is. Lie down and put your feet vertically, leaning against the wall. Stretch your arms behind your head and breathe in and out, watching your abdomen rise and down. After a minute to two, **you** will feel a sense of calm.



Eat, Drink
& move

Your senses protect **you** within your world. They can warn **you** and keep **you** from harm. Therefore they are extremely important aspect of the human body; we should want to nurture them.

Part of nurturing comes from nutrition, which goes hand in hand with hydration and exercise.

The food we eat also plays a role in hydration, although its primary function is to supply us with the energy we need to perform what we do from minute to minute. Remember that nutrition gives us the power to walk and talk and supports our internal functions working correctly and fully.

Consider how much **you** do in a day and how much food/energy **you** burn. From there, maintain what your intake should be.

The movement of the blood and energy keeps your body alive and energised. Exercise is to keep that motion flowing within the body. Exercise stimulates happiness.

By the same token: remember that rest is needed as much as movement. Appreciate each one and consider both to the best of your abilities.



Use your
Mind

Use your mind to create your life. Use it in your favour.

Know **you** are doing the best **you** know how; it is only through others that **you** believe otherwise. Free your mind. Free your mind of hurt, disappointment, misunderstanding and miscommunications. We are full of the conviction that we are not capable; use that same conviction to believe that **you** can improve your feelings of self worth and confidence.

WHAT WE HAVE ...

What we have is a world full of information: different cultures, lifestyles, riches, poverty, plus some pretty wild, crazy things presented to us on a second-to-second basis. Tragic and violent visuals with very few pleasantries are "thrown" our way daily. Fortunate are those who do not get exposed to this, for whatever reason that might be, but mind-blowing and devastating to many. Pressures from all around on how one should live life some are cast out if **you** don't comply. Intimacy, lies, love and lust are all thrown onto a platter, and we have to somehow deal with all of this all the time.

WHAT WE ALSO HAVE ...*is our own story.*

Every single one of us has our own story, a story like no other. One story that no one else could ever truly or deeply understand to its total dimension. Why? Because this story is only experienced first-hand by **YOU**. Your story has shaped **you**. Your story has evolved from the very beginning of your life – some people believe it is even before that. Each story and path is an adventure, each story unique and very real to only one person - **YOU**.

And now **you** learn to live every day with that story and see how it has and will continue to influence every inch of your way. Your story doesn't stop today; it continues day in and day out, forever changing and shaping **you** for the rest of your life.

What we can do and how we can do it...

We can understand and discover communication techniques that will assist in life's journey. Life is not an easy experience. Understanding life, is a constant challenge, including one's desire to be happy and feel like **you** are a part of it all.

To achieve this state as often as possible is our goal. We all strive to discover ways to make life less stressful, more meaningful and understandable. This handbook's design is to assist **you** with suggested thoughts to find that goal. Ones to remind us to stay basic by learning how to use and understand the simplicity, as this is the core of our Being. We have a strong foundation if we can maintain the simple things in life and ensure their constant influence.

LET'S LIGHTEN THE LOAD; WHAT DOES THAT MEAN??

Lighten the Load means that we can find ways to keep our minds clear of "clutter"; people commonly use the word "baggage" or "issues" here, but we will stick to the word "clutter", which will be our reference to our unnecessary hurt and anguish and for this understanding.

The simplest way to do this is to view each item of "clutter" from a different perceptive.

Perceptive means using your various senses to determine how **you** understand something; we aim to potentially take a different viewpoint to remove "clutter" from your load (baggage/issues).

Nothing will change unless it is understood. If you don't understand why something happened, **you** will "carry" it until **you** do! In some cases, there may never be a reason, but maybe that's just the reason, that there is no reason, and this **you** can understand.

g Let's Begin

Anxiety or better known as WORRY

We cannot know what tomorrow or the next hour will bring. Although, we seem to spend some valuable energy daily imagining what might happen next. Try not to do that. Try to imagine (even for a split second) that **you** do not know what will happen next. Feel the relief in your body and mind? If **you** are concerned about lack of control? **You** are always in control, especially how **you** react to a situation. But, this is not about control; it is to help alleviate unnecessary anxiety. I am not suggesting **you** forget about tomorrow or the future., but one can shed a level of anxiety based on the immediate.

Knowing life and its experiences will come and what it holds is exciting, as it is unknown. Try to see it as a pleasure, not a worry. See it as progress, no matter what the occasion. We all know the word 'worry'. We worry about studies, parents, what people think of us, and what we think of them.

Worry and Anxiety can be two destructive emotions. They can create self-doubt and can cause us to want to run away and hide.

So, how can we lighten the feeling of worry?

Communicate and develop excitement about outcomes. As easy as this sounds if **you** had an opportunity to communicate your worries and concerns to the relevant people, ensure the result is not destructive. Honesty can help us all out of whatever worry or anxiety we hold. Talking and expressing our anxiety can alleviate a lot of what is building up inside. We could even find that once we have spoken about a concern, which at the time may seem like a huge mountain to climb, it could end up being a breeze to resolve.

The build-up of worry makes issues seem a lot bigger than they are, and as it builds inside our minds, it seems as though it is out of control, and the anxiety of it all can seem way too much. Talk to others about them, and issues will be less magnified in your mind.

10

Overloading

Expectations, Overloading and Defences

A few things can contribute to our sense of overloading.

An example is: We want to achieve a specific goal. We head off very excited to tell a few others about our plan. But, once we do this, we tend to feel the need to live up to the expectations, not to disappoint others or explain to them why the goal did not get achieved. The pressure of having to be accountable can undoubtedly lead to feeling overloaded.

Many of these and other stressful aspects need addressing daily. Because of these influences, life can seem a little overbearing at times. The good news is most of these influences go away as fast as they arrive. With this basic knowledge, we can fine-tune ourselves to deal with all these influences as they come and go.

Throughout life, we also tend to set up our defence mechanisms (words or actions that we believe will prevent us from getting hurt) to assist us with dealing with day-to-day issues.

For example, when we were five years old, our caregiver did not show us attention when we demanded it. In reality, they did not do this intentionally; they simply did not hear us. BUT! We instantly felt that they were ignoring us, and boy did that hurt...but that was our perception (how we interpret situations through any of our senses, especially sight or hearing), and we instantly felt abandoned.

A simple, hand-drawn style outline of a cloud, located on the left side of the page.

Our perception of this incident could haunt us for the rest of our life! It could haunt us as we did not understand, and we did not have a reason within our minds as to why the reaction was not there. Now, we can change this!

Although once this incident has happened, we tend to sit with this feeling and are afraid to find the truth, just in case it increases our hurt. So, we leave it. We leave it and sit with this abandoned feeling for who knows how long, let's say ten years. During those ten years, similar things happen to us, not necessarily with our caregiver, but possibly with some friends or others at school.

That original two-second incident has now managed to have a significant impact on our life. It has influenced our confidence and developed a great wall of defence. Still, we do not approach anyone to ask for their reason, so our defence barriers begin to grow and soon grow way out of proportion to reality.

It also causes us to start doing this same thing to others, ignoring them or stopping asking for other peoples' help, because they never take any notice of us anyway.

Two simple, hand-drawn style outlines of clouds, located on the right side of the page.

11

You are
not alone

Respect and **you** are not alone

We all have our stories. All of which are valid and worthy and have impacted each one of us in their unique way.

I have learnt to understand my reasons, which have sometimes caused me to do some rebellious things, which would have influenced others around me at the time. I have learnt a tremendous amount from all of those people, and today, I like myself because I understand that each of us sees the world through our own eyes and no one else can ever see life the same way, and only I can change my perceptions. In that, I respect what I do not see. The only real expectations and genuine criticism come from within me. I strive to keep my expectations manageable. Every day we are influenced by people, even strangers who could simply walk past **you** in a store and give **you** an "up and down" glare. We tend to go through life thinking we are the only ones suffering because of what has happened to us, but as we move through life, others have been affected too. Most of the time, we do not realise the big or small impact we have. Being aware of this impact is essential. All this leads to a greater understanding of ourselves.

An essential part of life is to know that we are not alone. Although we certainly feel alone when it comes down to that "feeling" that no one knows or understands, no one cares. BUT we are only alone in our feelings, not in life, as it is only our perception that has led us to believe otherwise.



Feeling that no one understands **you** or no one cares carries a complicated way of looking at life. It is pretty exhausting. Holding on to that hurt can be destructive and depressing. Many of our thoughts can get lifted, and we can feel less vulnerable and damaged simply with the knowledge that we all go through the same emotions, just on different levels, depending on our experience and our perception of those experiences. Plus, we all have the same Human Design.

We simply need each other to support and assist in maintaining our emotional, mental, and physical well-being. We must remember each word spoken to another can so quickly change someone else's perception of themselves. We can develop different strengths instead of insecurity caused by our influences.

An example: Realising that others are not hurting us intentionally, but they are purely reacting according to **their influences** and that we can ensure a good positive reason for their reaction to **you**.

12

Choice

Any word that comes out of our mouths can negatively or positively influence someone else, depending entirely on how *they have interpreted their life*. We must try as hard as possible not to have a negative influence on someone else. Although we do not need to walk on eggshells while communicating. We simply do not know the complete makeup of someone else's life, and we cannot assume we know anything about it either. That is why thinking before **you** speak is worth the effort. **You** could be a terrible impact on someone else without realising it. The ability to assist people in their positive understanding of life is worth striving for.

Choice is fantastic and powerful. We are privileged to have such a tool.

Some expectations we carry of ourselves that involve choice can be not feeling confident enough to make a final decision about something. We tend to find a way to stop ourselves from making that final decision by asking others for their advice. Unfortunately, this seems to allow us to believe we should not get blamed, especially if the outcome negatively impacts us. The blame has cleverly been shifted and placed on the advisor, which, as most of us have experienced, does not bring about good communication and relations.

We must understand (by being 100% truthful) that we always make that final decision, with advice or not. We cannot blame others or obstacles.

13

Sensitivity

What is the true power of our minds? Here is something to think about: The average person can speak approximately 150 words a minute. Take a fifteen-year-old teenager; how many words have they heard in the past fifteen years? Potentially Millions! Some of them we remember, some we store, and others are triggered when the need arises. Like a song we heard when we were toddlers, we suddenly hum that same tune to ourselves fifteen years later! Where does that come from? Have we been storing this all these years!? The capacity of our intake is enormous, and our storage is vast. And this is only the beginning of the true power of our minds.

What is the sensitivity of our minds? The only way I can think of to explain this to **you** is for **you** to imagine that I have told **you** that a black cat has just walked past the window. Your instant reaction is to believe what I said, so **you** will look at the window to check if what I said is correct. In other words, you think everything I say to you is real unless proven otherwise. This is where our senses are so important. They assist us in processing information received. Imagine the following. **You** are in a restaurant: **you** get up from your seat and walk to the restroom. On your way, **you** pass a table of people. As **you** pass the table, everyone at the table starts to giggle. What is your first reaction? Are they laughing at **you**?

Most of us would think just this. But one of the people at that table had just told a joke, and they responded. Where does this leave **you**? **You** have been sensitive to a scenario based on imagination. These incidences can happen often, and all they do is destroy our self-confidence. But suppose we understand that this sensitivity is our typical reaction to this type of situation, and it was never the intention of those people to offend **you**. This understanding builds self-confidence. Remember the next time **you** walk past a table of people in a restaurant, or **you** find yourself in a similar situation.

14 The Past

Here the term "past" refers to what has already happened. What has happened cannot be changed but can be reconsidered and understood. The implication here is that to understand the information received (through the senses), sometimes we need to view it from a different aspect or view it from a different perspective so that it does not become an issue that torments us for years to come. For example, your cat walks across the road and gets killed, but **you** do not know why they decided to take that route. Years later, **you** are still repeating the story, which has not been "put to rest".

In other words, **you** are carrying this information, and it will remain a concern until **you** understand why your cat walked across the road in the first place. HOWEVER, If **you** had known the cat had been chasing a mouse at the time of the death, **you** would not have 'carried' this concerning information for years after that. It's all about closure and the lack of understanding of why something happened.

The principle occurs with everything when we cannot find a reason for something to have happened. We need to find a reason for a cause. As simple as it can be, we need to find a reason to be less burdened with misunderstanding.

There is a reason for everything. Even if the reason is that there is no reason, it allows us to move on.

"Move on" means we can walk away without that issue becoming what some people term as "baggage", emotional baggage.

"Emotional baggage" is because we have not found a reason.

The majority of our defences, barriers and insecurities get based on reason. We form defences systems, walls, addictions and so on to protect us from information that could have easily understand differently right back when it first occurred. We are not looking to find blame; we are looking to understand. To understand why we reacted the way we did.

We felt insecure or hurt when someone told us we were stupid because we did not know the answer to a particular question. Not to become victims, but to continue the circle of growth and understanding. Apart from forgiving ourselves for things we have said or done, we should look at a solid foundation for forgiving others.

Forgiving others is not an easy thing to do. It takes considerable understanding to conceive why someone else would do something to us "on purpose". "On purpose" is possibly too strong to use, but to assist in the understanding of this topic, we will use it.

If we all strive to be understood and our lives revolve around wanting to be loved and understood, how can we perceive that someone would like to do something to another "on purpose"? Indeed, this may be the only way they could have expressed what is happening within them, according to their world; that of which we have no proper knowledge.

Even the thief, the rapist, and the murderer have reasons, and if we see even a portion of their motives, can we understand?

I am not saying we should feel sorry or sympathetic and not express anger for this behaviour. Or that something should not be done about it, especially if we are the receivers, but that we should understand that somewhere deep inside them, there is a legitimate reason for their behaviour. Know that there is a reason, which could be attached to many other reasons, some we might never know. If the cause is not having a reason and knowing that we will never find it, it can lift your burden. Understand that we are the only ones carrying our hurt or anger; letting go, with the knowledge of some reason, can only be positive. We have no idea what other peoples' lives are all about; we only get to see glimpses of their perception.

Holding on and using their possible reason as our protection can only bring us more pain, no matter how big or small our forgiveness may need to be.

Some points to consider :

- Know the past has put **you** where **you** are today. Know that the past has only created a stronger **you**.
- Know what was said to **you** has been said by people, like **you**, with the same human design.
- Know they have their reasons, beliefs and expectations equally based on their unique past.
- Know they react according to THEM, not **you**.
- Know **you** cannot change them, but **you** can start understanding them as **you** are with yourself.
- Know challenging someone's comment will only lead to further misunderstanding and miscommunication.
- Stop: count to five before **you** react to a comment. React slowly and not defensively.
- Change the anger or hurt **you** feel to understanding. Understand they, too, have their reasons.
- Forgive yourself for believing any misunderstanding.
- Move on.

15

Some Tips

The following recommendations are other essential aspects I have introduced into my life. I find them practical and positive.

One of the more significant challenges of my life has been the one to rediscover myself and make my world a more productive and peaceful place to be.

Realising repetitive information, repeated over and over, is the best way to remember, both negative and positive. Positive information contributes to our growth and dreams, but harmful and hurtful information given to us in a repetitive form is detrimental to our confidence and wellbeing.

Know that assuming causes misunderstanding. If **you** are not sure of something, ask. People are receptive to your concern.

Comment, but know that judgement only leads to pain and disappointment. Know that judgement brings misunderstanding. The judgement **you** place on others will only be put back onto **you**.

Know that affection, hugs or a hand-held bring closeness and appreciation

Know that body language is one great tool. Learn to read it and be open. Shyness can only keep **you** away from the gift of understanding one's sensitivity.

Know that being honest and upfront improves your trust and confidence.

Know that thinking before **you** speak gives **you** time not to react defensively or offensively.

Know that truly listening and hearing will bring **you** an authentic world of communication.

Know that listening with your ears is more understanding than listening with your fears.

Know that automatic phrases like "Good morning, How are you?" are worthless; should **you** wish to use them, mean it!

Know that words are strong. Realise the impact they have on others. Realise that **you** cannot take them back again the second they come out of your mouth. Think before **you** speak.

Know that your mind remembers. Know that it believes what **you** remember. Know that holding on to words that cause hurt causes harm.

Know that phrases like "I never" and "I won't" cause limitations within the mind. Open yourself up and get rid of these expressions.

Know that figurative expressions can cause misunderstanding. Try and keep to basic and understandable words.

Know that the word 'hate' holds a lack of something. Try to remove it from your vocabulary.

Know that the more literal **you** are, the more **you** will be understood.

Know that things **you** might say can trigger other people hurt. Be sensitive, but not assume.

Know that taking life for granted could cause disappointment.

Become aware of your physical being, nurture it and know what is asked of it.

Send positive messages to others.

Treat people as **you** would like to be treated and treat yourself just the same.

Try to avoid being a "victim" of your circumstances.

Forgive others. The more burdens **you** carry, the 'heavier' your life shall become. **You** are the only one being affected by your reason. Lift your reason. Know **you** are the only one suffering, and there is no need for that type of suffering.

Slow down, focus.

16

Mind Map Guide

Let's build some examples of your own experience. Have a think about some aspects of your past that **you** would like to readdress and understand.

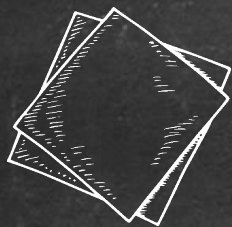
Try our effectively proven **STEP BY STEP GUIDE TO DECLUTTER YOUR MIND** and Lighten your Load.



A step by step guide to help
you declutter your mind



1 Step One



Find a blank canvas



2 Step two



Draw a circle in the middle of the canvas,
and write the word you in it.



3 Step three



Add another 3 - 4 circles
around 'you' to build your world

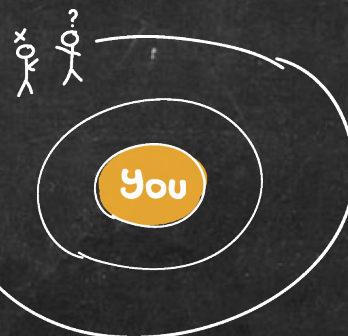
4 Step four



Mark a spot on your circle
to represent an issue or thought
that you want to readdress and
remove from your mind



5 Step five



Sketch out that issue/thought
in the way you experience it



6 Step Six



Fill in the rest of your world



Ask yourself...

- How does this make me feel?
- How can I give it a positive reason
- Give a different perspective...ie. He wasn't laughing.
- Make sure the perspective has a positive impact on **you**.
- Keep asking yourself how can I see this in a different way
- Once you've found it, Write down your interpretation.
- BELIEVE IT !
- Move on to the next moment in time **you** want to readdress.

17

Survival Kit

Our vocabulary is our survival kit; we fight, soothe, and hurt with words.

Have **you** ever considered how often **you** have stunted your confidence with the words **you** speak daily? If we had to listen and take note of our own words about ourselves, we might notice that, more often than not, we are speaking negatively about ourselves, let alone anyone else.

How often have **you** said the following to yourself or about yourself to someone else? "I never"; "I cannot"; "I'd die before doing that"; "I'd kill myself doing that"?

Yes, they are automatic; but that is the point. If **you** believe that **you** lack confidence, or **you** felt hurt in any way due to someone else's words, why would **you** not honestly believe the words automatically spoken by yourself? If we have the ability to criticize others so quickly, it seems inevitable that we would do this with ease to ourselves. The examples are just a few of what is available for self-destruction.

Once **you** have understood that we live our daily lives according to our perception and that there is a need for reason, big and small, **you** will view life differently, **you** will be able to build more compassion, respect and care for yourself, and **you** will see that **you** can only but have understanding and respect others because they are going through life, just as **you** are, in the best way that they know how.

They, too, are trying, minute by minute, to perceive life so that no hurt will come their way and that they are understood.

To take it a little further, with this knowledge, how can we not forgive and forget? How can we not have respect for another, whether your personalities clash or not? How can **you** feel alone? Maybe lonely if **you** are not around fellow humans, but certainly not ALONE in the world.

18

The Key to All

Communication is the key to all

Even if **you** communicate with a fluffy toy or a poster of your Super Hero Character, **you** are still venting your anguish.

Talking to those **you** feel anger, resentment, or irritation towards allows the process to begin.

Even if **you** agree not to agree, **you** can continue without harm, hurt or anger. Instead of causing a fight, lighten the situation.

Just take care out there,

Love

Sara x





@POP4youuu

Join our community on Instagram,
for more tips and content.

