



## The Power of Will

I am grateful for my ability to choose, lead and decide. In the Power of Will, I say "yes" to life.

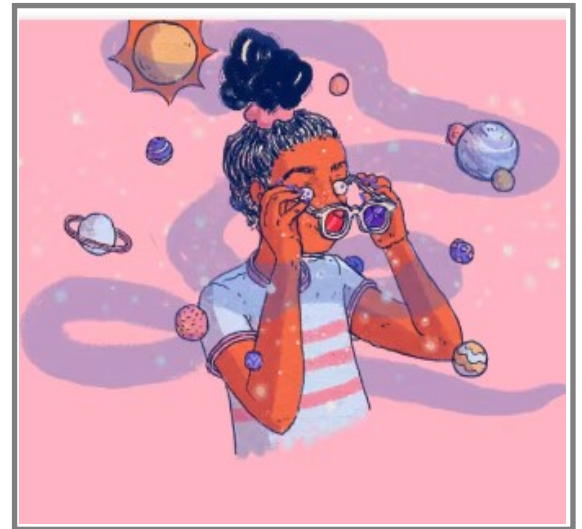
**THE POWER OF PERCEPTION, THE POWER OF WILL:** Perception creates our beliefs about life. Perception impacts our memories. Perception is a direct component in the experience of forgiveness or the lack of it. The Power of Will gives us the ability to choose, lead, and decide. How does your perception of life events impact your ability or decision to forgive? How would changing your perception change this experience?

**“It’s not what you look at that matters, it’s what you see.”**

Henry David Thoreau

Your perception helps determine what you experience. Perception in this sense is a way of **understanding** and interpreting through impressions and your senses. It is your intuitive **understanding** and insight.

The interesting thing is that each person’s perception is unique. What I see, and understand may not be what you see or understand. Many factors go into what you are perceiving like what you are observing, the context of the situation, your own personal traits and values, and your past experiences. As this combination is unique, when someone observes at a distance appearing to talk loudly with gestures, someone may perceive that a person may be at harm, while someone else may perceive that someone is having an animated conversation, but not necessarily one that puts anyone at any harm. The perspective is your interpretation. If you choose to act on what you see, you may try to either break out the conflict or just let it be.



### Perspective vs Perception.

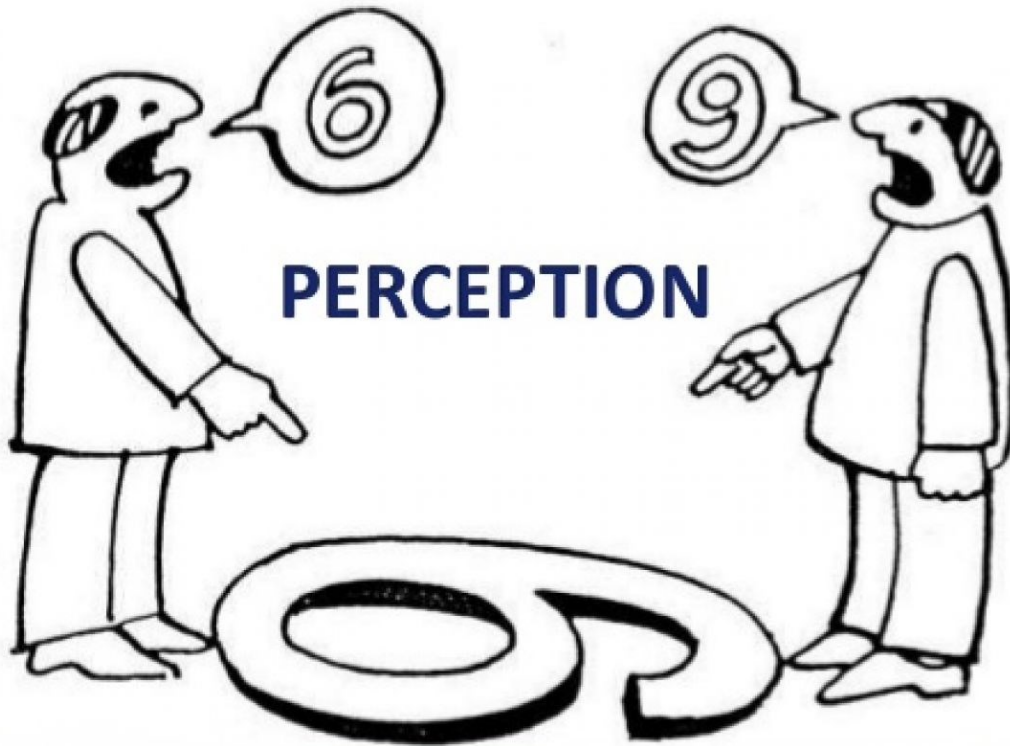
Perspective refers to a point of view whereas perception refers to an interpretation that an individual comes up with through his awareness. So the key difference between the two terms is that it is the different perspectives that help us to create our perception. Perception is important because it helps you to understand the world around you. It defines who we believe we are, how we believe our interactions with others should go, and how we believe the world should operate. We view all experiences and conflicts through this lens. Ultimately, it is our perception of an experience that creates our feelings about it, not the event itself. Know that each of us are individualize expressions of perception may help us interact more productively. **The power of will gives us the ability to choose, lead and then decide.** Perception is not about embracing a single perspective. It is more of a collation of different ideas, values, attitudes and experiences which give rise to an insight.

For instance, Janis believed that perfection meant all A’s which would lead to success. Therefore, when she got all “A”s she perceived that she was successful. When she did not, she perceived that meant that she was a failure. Her perspective could be people are successful only when they got “A”s. A great example of different perspective is when you perceive a glass filled half way,



**“A work of art doesn't exist outside the perception of the audience. ” - Abbas Kiarostami**





True or False? Proverbs 28:6-7. "Perception is reality."

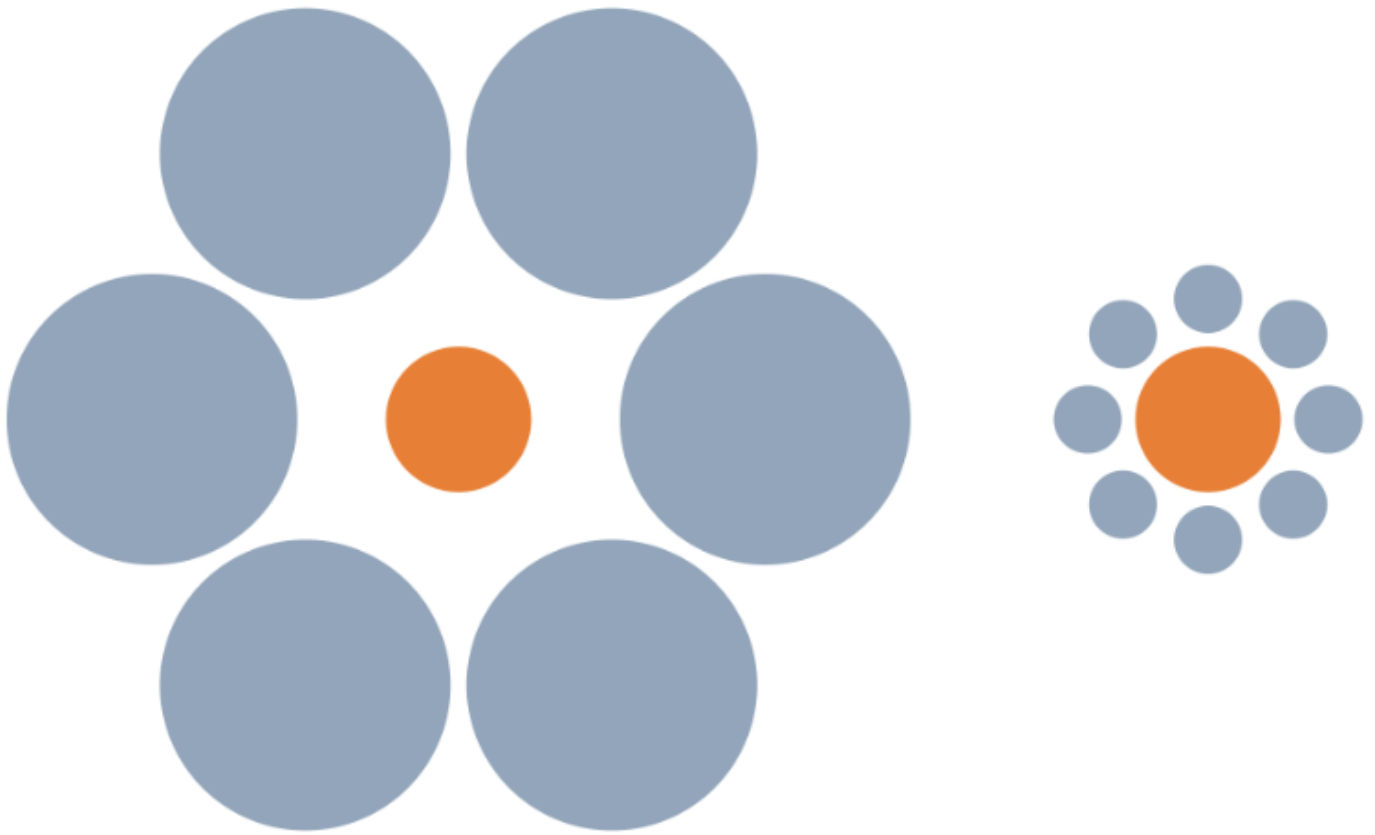
I believe the statement from Proverb suggest that when you have an idea of something, and your brain is convinced of the truth, then it is the truth. It becomes the truth. However, According to Psychology Today, perception is not reality, but, admittedly, perception can become a person's reality (there is a difference) because perception has an influence on how we look at reality. Think of it this way. Perception acts as a lens through which we view reality .

If we are going to have a better understanding of ourselves and others, we need to appreciate the startling individuality of everyone's experience. Having a healthy understanding of other's perception and perspective can be helpful in forgiveness, empathy and love. Here are things to consider: Review the items below. What do you think they say about perception or perspective?

- Our energy and abilities impact our perspective. People wearing heavy backpacks see steeper hills in front of them than those without backpacks.
- Being hungry (or not) changes our choices
- Our feelings affect our political views
- Feeling bad makes things seem harder
- A person is always surrounded by people. Does that mean they have a lot of friends? Does that mean they are happy?

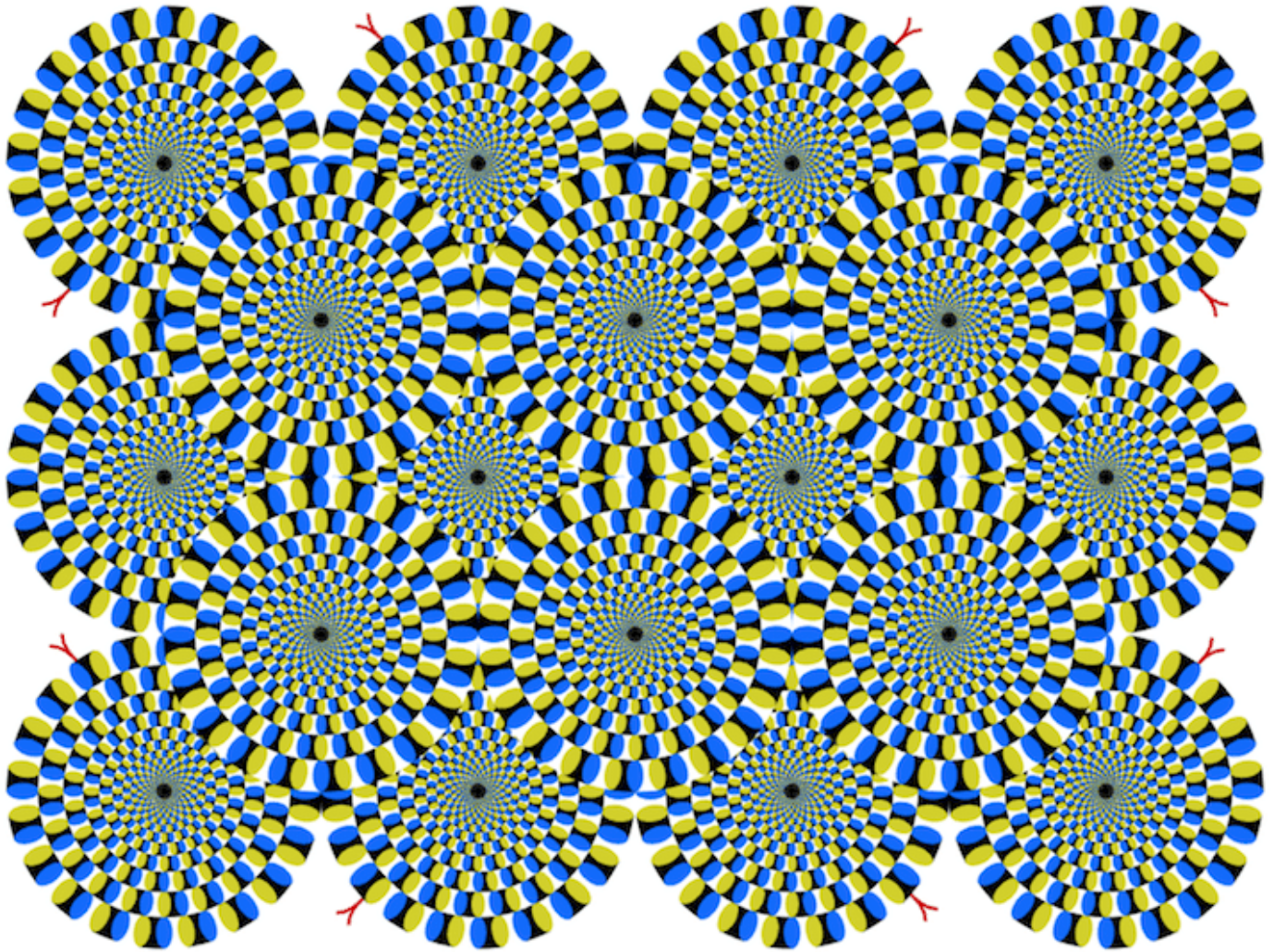
Perception is a powerful force that can shape our beliefs and opinions. We tend to believe what we see, and we may be more likely to trust people or situations that appear familiar or consistent with our expectations. This can be both a positive and negative thing. **How would changing your perception change this experience?**

**MY SPIRITUAL JOURNEY CHALLENGE:** This month your challenge is to write a love letter. Write one (or create one video) that is to and for you. Share what you love about yourself. Express forgiveness if there are things you want to forgive yourself for. Speak to the God within and share what you love and appreciate as a spiritual being living a human life. Open yourself up to love and forgiveness and let it flow.



The Ebbinghaus Illusion: These orange circles are the same size, but the size of the surrounding blue dots, throw off your perspective

(ever notice a similar phenomenon in other areas of your life? Problems or blessings may appear larger or smaller depending on what's surrounding them?)!



The Peripheral Drift Illusion—“Rotating Snakes,” by Akiyoshi Kitaoka, a professor of Psychology at Ritsumeikan University in Kyoto, Japan. It gives the visual illusion of being in perpetual motion, even though it’s a still image. The brain science behind this is very complicated, but the bottom line is that it has to do with your peripheral vision. Notice that if you stare directly at the center of one of the black dots, that particular snake will stop spinning!

**Careful: These types of pictures are known to cause dizziness if stared at too long!**



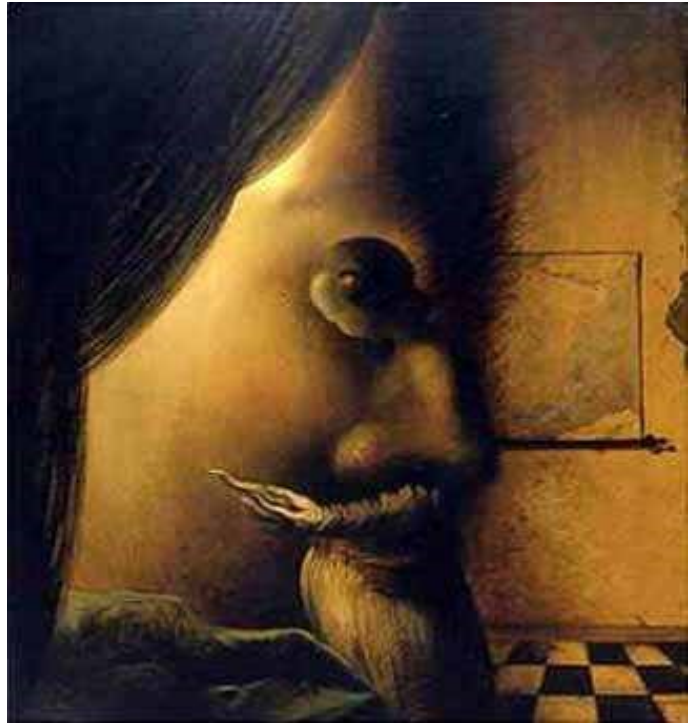
## Perceptual Ambiguity

Do you see an old woman or a young lady when you initially look at this picture? They are both there, but you can't see them simultaneously. Your brain can't focus on the two images at once. Instead, your perception of each figure tends to remain stable until you shift your focus to different regions or contours of the image (see below). Certain regions and contours tend to favor one perception, others the alternative. Which perspective do you tend to focus on?

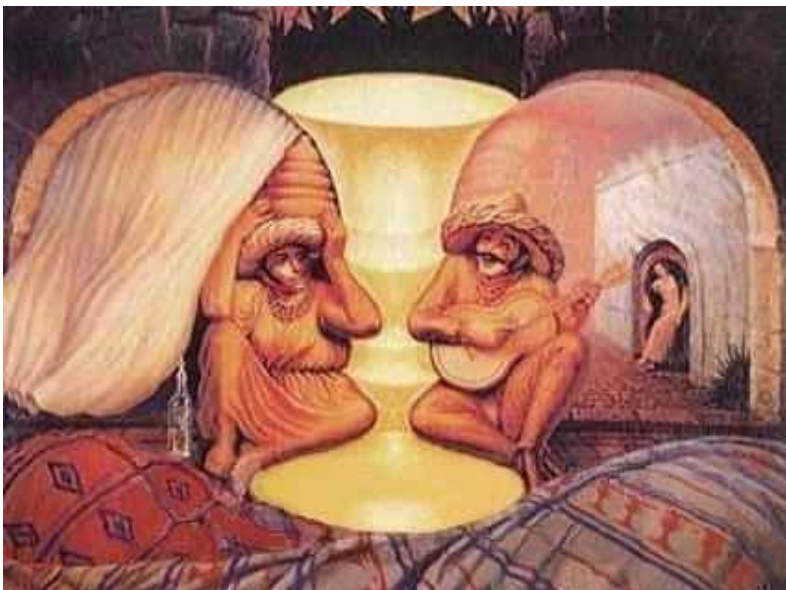
\*Trouble seeing both perspectives? To see the "Old Woman", focus on the two black dots in the middle of the picture, as if they were the eyes of the "Old Woman" with a big nose looking down. If you are having difficulties seeing both images, here is a hint: The tip of the "Old Woman's" nose is the bottom of the "Young Lady's" chin, and the young lady is looking away.



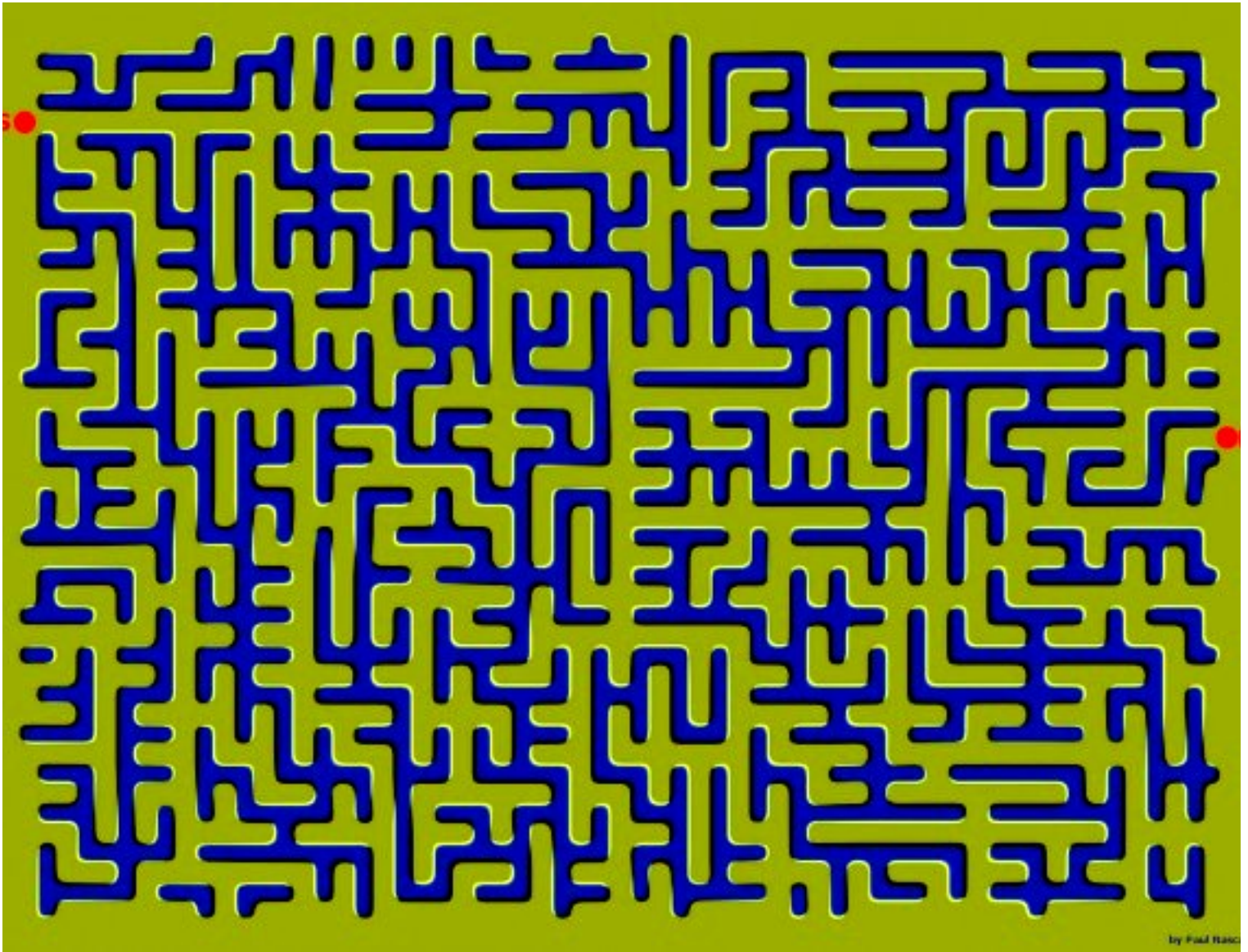
A landscape and the face of a bearded man by Sandro Del Prete. Nose in the center is also a man sitting and looking at the houses/eyes in the back.



Profile of Salvador Dali and a strange woman. Head of the female figure is also eye on the big face.



An old couple - see profiles of faces - is remembering the times when they were young and full of life - see the sitting characters ("Forever Always" by Octavio Ocampo)



Life can be like a Maze

### Floating Maze Optical Illusion

Do you notice anything strange when you try to find your way from point S to point E?

# WORD SCRAMBLE

What 6 letter words can you find when you scramble the word "FORGIVENESS"?



## Hints

**F** \_ \_ **V** \_ \_ \_

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**G** \_ \_ **V** \_ \_ \_

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**V** \_ \_ **G** \_ \_ \_

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# What is FORGIVENESS?

Forgiving	NOT Forgiving



staying angry	accepting an apology
hurting someone back	giving a second chance
working things out	not being mad anymore
holding a grudge	not bringing it up anymore
planning to get even	focusing on the bad choice

What on this list is forgiving, which ones are not, make up your own list of ways to be forgiving