Perception

What is perception and what does it have to do with healing? It actually is a big part of healing and miracles. Perception is how we choose to see or interpret something. Nothing has any meaning until we give it one. This comes from "A Course in Miracles" and is talked about extensively in this book. The meaning that we place on a thing or situation is our perception. This is what shapes all of our experiences and all that we do. I am not going to tell you how to perceive anything, but I will show the different types of perception. I will leave the choice up to you.

We have basically 2 types of thought process. You can see everything through love or fear. Fear consists of emotions such as anger, resentment, fear itself, jealousy, and superiority. Some may not consider the last an emotion but it fits with this topic. Love is compassion, unconditional, gentle, caring, courageous, and free. These are just a few characteristics of fear and love, there are many more. So how does all this work?

When we have an experience we have to decide what it is. Allow me to use an example: a tornado runs through a community. Now it is up to those that lived through this to decide whether this is a good thing. A loving response might be that they get to rebuild, maybe improve. A fearful response might be to look at it as a tragic loss. You decide which it is. I know this sounds a lot like the glass being half empty or half full, but that is basically what perception is.

Now let’s take this to healing and miracles. When a person has dis-ease they can decide to feel miserable or to feel good. I know it’s difficult when all functions seem run down to feel good. Try this example: have you ever had a headache when there was something fun to do and the headache disappears during the fun activity. This is a matter of perception that the headache is not going to get you down. To perceive dis-ease differently we many times have to look at it and see what the underlying cause maybe and then change are mind about that cause.

Sometimes perception is from old beliefs that are no longer useful. An example of this: is that money is evil. Money is not evil, it is however, if we see it that way. In "A Course in Miracles" they say that changing a perception is like forgiveness. When a person digs deep into themselves and chooses to see themselves as love they have changed their perception. This change in perception is then considered forgiveness.

Perception being the way we see life shapes how we live. It is totally up to us to decide if we want to live in fear or love. In all the moments that follow reading this, take the time to stop and ask yourself what you want to experience. Remember nothing means anything until you give it meaning.
Peace and Love to All,
David