

## CHAPTER 6

# THE LAW OF PERCEPTION

*We don't live in a world of reality, we live in a world of perceptions.*

*- Gerald J. Simmons*

**T**Hese days there's a lot of talk about the Law of Attraction. But the most effective way to get what you want in your life has more to do with the Law of Perception.

The Law of Perception is quite simple and is the basis for turning your perspective around. It is also the basis my "Joy Technique," an advanced training program to jump start folks into a life of complete joy.

Here it is.

***"Your internal dialogs dictate what you will see and experience in your outside reality"***

Although the law itself is simple, its implications are staggering.

Out of all the thousands of things they teach you in school they don't teach you very much about the voices that are going on in your mind and how they are affecting everything you perceive.

Yet those voices are one of the most noticeable things in our lives.

Constantly jabbering away and commenting on—and in most cases criticizing—almost everything we see around us.

And I say voices because there's more than one. There is usually a loud and critical voice in the foreground but there is also a gentler more loving voice in the background.

Since time immemorial great writers have written about the conflict between those two voices. This battle is so much a part of being human that it is often humorously depicted as an angel on one shoulder and a devil on the other. Which isn't to say this is a question of religion but rather a contrast between the original consciousness of you and the person you became after years of programming.

In this book you're going to learn how to identify each of those voices and use that knowledge to your advantage.

Because once you can control those internal dialogs you will have far more control over what you see and experience in your world.

Those voices both have significantly more power than you ever imagined. By learning to control them you can mold your life into a new shape—if that is your desire.

Applying the truth of the Law of Perception and controlling those internal dialogs can change the entire world you are seeing. You have way more control over what you perceive than you realize.

The Law of Perception may seem so totally alien to your “reality” that you are snickering right now.

It certainly did to mine. Until I proved it works.

The Law of Perception is based on timeless truths that have been taught by for thousands of years by wise men and women and enlightened Avatars.

It is also based on the latest scientific discoveries in quantum physics.

Basically, what keeps us locked in a world of stress, strife, disease, problems and confusion is our thinking patterns. We have taught

ourselves to believe everything we see is “reality,” and therefore is fixed and unchangeable.

If reality is fixed and unchangeable you can feel pretty hopeless. This would mean your entire existence is just like a ping-pong ball being bounced around by random events. That sort of worldview can put you in a state of mind where you feel a victim. And it’s the way the vast majority of people see their life.

Thank goodness it really isn’t the truth at all.

The reasons we have been programmed into this worldview are quite complex. In a nutshell, we have been taught things are a certain way so we can be controlled and manipulated.

But I hear you saying, “Science proves that reality is fixed and unchangeable, right?”

Nope, actually many respected names in science believe just the opposite. Our own individual reality is based more on what we “perceive” is out there, rather than what is actually there.

Testing with PET (Positron Emission Tomography) scans and Functional MRI (Magnetic Resonance Imaging) scans clearly demonstrate that the same part of your brain lights up whether you’re looking at something, imagining something, or just remembering it.

This means that your thoughts have a huge influence on your perception of the world.

So, as far as perception goes, we are not victims at all: just the opposite.

We control what we perceive. The external influences do not control what we perceive.

Consider this: at any one moment in time you are surrounded by approximately four million sensory inputs that you can choose to focus on. Yep, believe it or not, that is what science has measured.

Seem like an exaggeration?

Look around. You can choose from every 1/10 inch of your desk, every pencil, every piece of shag on your carpet. Pull out a magnifier and you can multiply the choices even farther. Thousands of sights, smells, sounds, and sensations that can be interpreted as warm, cold, soft, sharp, bright, dull, near, far, and the list goes on and on...ad infinitum.

Here is the kicker. We got 4,000,000 to choose from but, surprise, science has shown the brain can only experience 2,000 at a time!

So what about the other 3,998,000?

Well, we *choose* not to let those in through our filters.

And what are those filters? They are your belief systems!

See where I am going here?

We filter out the vast majority of the sensory data that surrounds us. And because each of us filters out different stuff, it stands to reason that each individual person's reality is not exactly the same.

So the secret to existing in joy has a whole lot to do with deciding which of those filters you are going to use to sort out the vast amounts of sensory data around you.

Simple example. You are driving down the highway. There is a car up ahead on the right, pulled over by a police officer. On the left, there is a gorgeous sunset over a beautiful pond full of geese.

Which do you choose as you drive by? Where do you look: the beauty or the stress? It is always your choice. The guy who is pulled over has no more or less to do with your life than the beautiful sight.

Another simple example...

You are in line in a store. There are some magazines in the rack in front of you and you scan the headlines. At the front of the line are an extremely slow checker and a customer who has forgotten her checkbook. Do you relax and pick up a magazine; or do you get irritated and impatient with the situation?

It is always your choice.

Your day is full of literally thousands of small decisions that are equivalent to those examples. Thousands of times you can choose the beauty of the moment or the stress you create by wishing things were different.

A big part of grounding oneself in joy is realizing this simple, obvious fact and using it to your advantage by training your mind to choose the beauty.

I don't want you to take my word for it. No, not at all.

You will learn the one of the greatest lessons possible by proving it yourself –not through another's second hand experience.

That lesson is basically this: The images and internal dialogs in your mind are major controlling factors in your perception of reality.

All of our lives we have been told that what you can see with your own eyes is reality.

What I didn't get to discover until I was nearly 50 was that we get to control what we see.

Once we master how to control what we see (in other words what we let through our filtration system) we can literally change the world around us (our reality) and exist in a state of joy.

Those images and internal dialogs are literally creating the reality you are experiencing this very moment. Change those dialogs and you will change your world.

You will learn this empowering truth by tasting the delicious fruits of joy for yourself.

Your own experience will show you how unbelievably important and powerful those images and internal dialogs are. Then you will know how powerful your mind is.

Once you discover this, you will realize how much of your mind's power you were inadvertently using to shoot yourself in the foot. You will recognize thoughts that do not serve your best interests when they start appearing.

You will learn how to control what your mind sees, says and does in such a way as to be able to use your mind to consistently receive what you really desire.

Soon each day will reflect a continuous feedback loop of joyful existence.

And why? Because you simply made the decision to take charge of your point of view by using the Law of Perception.

That is how simple the *Unstoppable Joy* way is.

Fast. Easy. Fun.