

This book teaches you how we identify, understand, and choose what we see. When we can identify the feelings or beliefs that are projecting our movie, then it's a simple choice to either continue with this movie of our lives or choose to create another one. When we understand the experience of the process, we are able to manifest choices that once seemed impossible.

## **Understanding Perception**

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LEON PANTELEOS

Identify understand choose

UNDERSTANDING

*perception*



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## **INTRODUCTION: HOW TO UNDERSTAND CHOOSE IDENTIFY**

How many of us have envisioned the life we wanted to have and then have actually attained it, only to find that we were still unsatisfied? We then proceed to pursue and attain other goals that we've convinced ourselves will make us happy. Then, only to be disappointed again, we decide there must be yet another higher platform to attain that will give us even greater happiness. Have you realized yet that your happiness is not attached to your successes or presumed failures?

Say you have the house of your dreams, the car of your dreams, the lifestyle of your dreams, and all the money of your dreams—but you're still not happy. If you think these things will make you happy, think again. There are plenty of people who have all the things I have described and they are suffering and living in misery. Think of all of the famous, rich, and glamorous celebrities that take drugs, see therapists on a weekly basis, check in and out of rehab centers, and are depressed. How can this be possible? How can these famous actors, billionaires, and tycoons continue to live a life of misery? These are the people we glorify—they can't be miserable. They have it all. Think again.

People can choose what they want, but often live a life of settling for less. When they get what they want they are still unfulfilled. We all know when things aren't going the way we wish. We don't need to identify the obvious. We all know our story, but it is time we learn that we can create in a whole new way. If our story comes from frustration, then we will continue to see our life, our stories, and our situations as frustrating.

How do we stop and shift our beliefs? The key is learning how to identify, understand, and choose what we want and how we want to see ourselves. It doesn't matter if what we perceive is true or false or right or wrong. The only thing that matters is if we understand

that it's only our perception and we must take 100% of the responsibility for it.

It is time to understand two important things: we create the feeling around everything we see and, we are the only one that can change it. The specifics of the situation do not matter; it only matters that we identify and understand that we are projecting that feeling. I'm going to present three specific and tangible steps to follow to help make this shift. But this is not a linear process, although it is logical. It will require that we are 100% integral with ourselves and put ourselves as the creators of what we see.

I've never run into anyone that said they didn't want to be happy. We have the choice to lead ourselves out of our stories and to be where we really want to be. We get lost in our stories and think change should be difficult and complicated. Until we have identified and understand the reasons why we have created our story or situation, we need to trust and allow ourselves to open to the possibility that situations are never what they seem. Our feelings and beliefs are primary indicators of how we created the way our story looks to us. For example, if we live in dependency for reasons that generally tie into our personal history and habit, we will project dependency onto all of our life stories. Once we identify the core feeling we can automatically get an "Aha" which is difficult to deny. Once we identify the feeling, we have the very key to make the shifts we want to make to live the way we want to live. But I'm getting ahead of myself.

### **3 STEPS FOR UNDERSTANDING PERCEPTION**

The following three steps form the roadmap that will assist you in understanding your perception. I'll refer to them over and over again in the anecdotes and stories sprinkled throughout the book. Our feelings create the situations around our intentions. This is the most powerful piece to understand. Our lives are in some way, shape, or form exactly how we envisioned them. The situations we encounter in life continue to bring back to us the same emotional

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feelings that we wanted to move away from. Our feelings do not deceive us. If we feel a certain way, that is where we will continue to create from. Many of us think we have a choice, but if our choice is misery or misery, do we really have a choice? We put ourselves in a no-choice situation and somehow convince ourselves that less misery is somehow happiness. Here are the keys to move from enslavement (putting ourselves in position of no-choice) to freedom (understanding what our choice is and choose again).

#### **STEP #1: IDENTIFY**

As soon as I see a person or situation that bothers me in any way, I have a choice. I can choose to see that it is that person or situation that bothers me or I can choose to see that it is the feeling I create around that person or situation that bothers me. How many webs of stories will be created from not correctly perceiving that person or situation? Probably an endless number of them. If I choose to understand that I created the feeling around that person or situation, then I will start to seek within me. That person may or may not share what I feel, but I can't deny that I am the projector of the thought. I have identified what I am creating by what I perceive. I can either see that someone or something can have an effect on me or I am creating the effect that I do or do not want to see.

In order for me to change what I see, I must choose whether or not I like the direction I am going in. Until I identify my choice, it is difficult to move forward and choose. Once I identify what my choice is, I'm free to choose and will make the decision quickly and easily. I must confirm within myself that I'm not choosing different degrees of the same thing. For example, my wife wants me to go shopping with her, but I get a call from a friend who asks me to play poker. I would prefer to play poker, but I know my wife will be upset if I don't go shopping with her. Suppose I chose to play poker and then I felt bad that I didn't go shopping with my wife. Or suppose I decided to go shopping with my wife and then I felt bad because I would rather be playing poker. Have I given myself a



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choice? No matter what choice I make, the same feeling of guilt is projected around the situation. I tend to pick that which will bring me less pain, but is that somehow happiness? Instead of my choice being between guilt or guilt (which is no choice, but rather enslavement), I can choose between guilt or freedom. I now understand that I have a choice and that choosing between different degrees of the same thing is not making a choice at all.

### **STEP #2: UNDERSTANDING**

If I choose to look at myself as the cause of the projection, I see I must have the courage and integrity to not deny it. If I perceive conflict, I must understand that I'm creating it. If I see anger, I must understand that I'm creating it. If I in any way fool myself and try to maneuver around what I see, then I'll continue to misperceive it. I can only identify the truth if I have the courage and integrity to not deny what I see.

I must take 100% responsibility for creating the feeling around all people and situations that I see. No one is telling me or can make me feel this way, it is my choice. Understanding the choice is very important and can be elusive at times. For example, someone has a belief that they are lucky and that when good things happen it's only because they're lucky. When things don't go their way, they tell themselves they were unlucky. Can you identify what the core belief is and what the choice is? This person thinks that everything in his life is based on luck. Can you understand what the choice is? When this person perceived himself to be in an unlucky situation, it put him in a depressed state. His whole life his parents and friends reinforced that he was lucky and he wholeheartedly believed it. How can this seemingly simple thought keep him imprisoned? I asked my friend if he could identify the thought he did not want to feel. He said he hated it when he felt unlucky. I said let's go through the process.

"Now that you've identified the feeling you don't want to create for yourself, what is the new feeling that you want to create from?"

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He said he wanted to feel lucky. He was choosing to feel lucky, but couldn't understand why he would continue to experience situations that felt unlucky. In order to have a choice, you must have something to choose.

"What do you think your choice is?" I said.

He confidently said that his choice is to be lucky or unlucky.

"Perhaps you should think again. If you are choosing to be lucky, then why do you continue to create situations you feel are unlucky?"

He was confused and frustrated. He has witnessed the simplicity of how easy it is to choose and move in a new direction, but he was stuck and couldn't create this feeling.

Let's look at what he was actually asking for. He had a core belief that whatever he created was somehow only from luck. Am I giving myself a choice if I'm choosing between lucky and unlucky? If I'm creating from a feeling of luck, am I making a different choice if I'm choosing to be lucky? We can see in this simple example that my friend has not given himself a choice at all. He kept asking for the same thing and was frustrated that he kept creating that feeling around situations or things. The choice here is freedom or imprisonment. If I continue to put myself in a no-choice decision (lucky or unlucky are both derived from the belief of luck), have I chosen freedom or imprisonment? If I have identified my core belief to be luck and understand what my choice is, it will be an easy decision. Will I choose to imprison and frustrate myself or choose freedom? As always, the choice is yours if you want to create from the same space or a new one.

### **STEP #3: CHOOSE**

Now that you have identified and understand, it is time to choose. If I know I created it, then I can identify the belief that is powering my projection. When I have identified the belief, it is simple to correct it and choose again. As you experience the retraining of your mind, you go from you being the effect of people

and situations to understanding that you are the cause and the feelings around people and situations are the effect. When you choose your new direction, choices will present themselves. This is where your strength, courage, commitment, and integrity will be challenged. Will I maintain my focus on my new choice or will I talk myself out of it and let my old beliefs take over. As always, the choice is yours.

We will continue to project stories situations and people from what we believe. It is very important to understand that if we want to change what we see, that nothing will change unless we change our beliefs. The only way to create what you truly desire is to identify when you are making an error in perception and choose again.

The choices we made at an early age are now our beliefs and are empowering what we perceive. If we choose to not identify the truth in what we see, then the predictability in what we feel will play out in an endless web of stories. And of course we are the main character. If we understand that we are the creator and we choose to identify what we see, we can instantaneously choose again on the true perception, not the error.

Now that I have identified one of the beliefs that I have been projecting in my life, the best I can do is be aware of it and correct it when it arises. This can be done instantly, but initially it is a three-step process. If I want to change the way I see my life, I must first understand I'm creating everything I see. The beliefs that we chose at an early age have empowered all the situations we see and feel up to this present day. Initially as you start playing with this process it will be like playing tennis the first day. The more you practice, the quicker you'll be able to identify, understand and choose again.

Because most of us see this in reverse, it will be challenging at first to train your mind to understand that you are creating situations. Think about the power that is always there for us. We can naturally create peace, joy, and self-fulfillment as easy as we create misery, conflict, and depression. The choice is ours as to what we want to

create. There is no judgment on which side of the spectrum we chose to create. The choice is simply yours. Now knowing that, you have a choice. Which will you choose?

**TRUE STORY: Thinking You Know What's Best For Others**

A friend of mine was put in charge of a life estate. His mother was terminally ill with cancer and his brother had lived with his mother all of his life. He told me that he chose to be responsible for the estate and wanted to be responsible for his brother as well. All his life he would tell his brother what he thought he should do. He did not see him as an equal, but saw him as inferior and someone who couldn't make decisions for himself. In other words, he thought he knew better what his brother's life should be than his brother did. His brother is fully functional and competent and certainly able to make choices on his own behalf. I'm only going to address the responsibility issue as I could write another book on the web of stories that did not have to happen. The initial error of perception is that my friend felt he could make better choices how his brother should live his life.

"I was talking to my brother and he wants a computer," my friend said.

"That's great," I said. "How is he going to go about getting one

"I'm going to pick one out for him and bring it to him."

"Does he know which one he wants?" I said.

"No."

"Does he know how to work the computer and what he will use it for?" I said.

"He doesn't know how."

"Did he ask you to go buy it for him?"

"Not really."

"Let me get this straight," I said. "Your brother has not made the choice if he wants a computer, how he will use it, or which one will most suit his needs. But you think he wants one even though he has not made any choice from the above."

"Yes."

We all can see the error in perception once we put the spotlight on. My friend's belief about how he must take care of and be responsible for someone else is alive and well. If he stopped to identify the truth, he would have made a different choice and would have stopped the web of errors that began with that initial error of perception. If at any time he were able to identify what he was seeing and understood he was creating it, he would have made a different choice.

My friend asked his brother if he really wanted the computer and he said not really. My friend was shocked and then he realized he was forcing the issue and misperceiving. The best we can do for a person is bring them to a choice point and let them choose. It is not our job to make choices for anyone. If we do, we'll take on their burdens and invalidate their experience of what it is they want to experience. This simple story has an incredible amount of meaning for my friend in his life. He can continue to fool himself and think it is okay to make choices for people and see them as inferior, or he can empower them and see them as equals. One will empower; one will not. As always, the choice is yours.

There are millions of stories of individuals living unhappy, unfulfilled lives. Zip codes may change, but the feeling and the stories are still the same. People want to be joyous, yet they continue to create situations that are undesirable. They ask why, but there is no why. There is only a simple understanding that you chose to create it and now you can choose differently. To repeat, your feelings and beliefs are what you feel around the result of your intentions. The feeling is what needs to really change before anything else can.

Here is one story to give you an example of the kind of process others have gone through. There are many sprinkled throughout this book and I call them True Stories because they are. They feature good, well-meaning people—smart people who simply want to

change the way they feel and see, but have not learned how to understand what they see and continue to choose the same thing.

**TRUE STORY: The Dentist Who Did Not Understand Why He Was Unfulfilled**

A friend of mine who is a dentist came to me for a discussion about his life. I asked him how he was doing. At 60 years old he said he'd had a ton of relationships that didn't work. He felt he'd never be married and nothing would ever work out. In spite of a thriving practice, he admitted he was empty, unsatisfied, and unfulfilled. I asked him if he was willing to pursue a process to correct his perception so that his life would start moving in a direction that he truly desired. He said yes. I asked him to tell me what was going on and to identify who was his greatest influence in his childhood. Often it is a parent, but in his case it was his godfather. This man was a role model to the dentist. He had money, multiple girlfriends, and was the ultimate womanizer. The dentist had wanted to be just like him.

"How do you feel about him today?" I asked.

"I hate his guts."

"That's pretty strong," I said. "What happened?"

"I hate him because I turned out just like him. I don't know how."

He took on his godfather's M.O. He took on the beliefs of what he wanted his relationships to be, beliefs that were not working in his best interest and what he truly desired.

It was time to work the process and help him understand his perception.

"Let's get past this. The man heavily influenced you. He had many callous relationships with women. He set an example."

My friend told me he was 18 and he loved some girl and she shut him down and he said, "Women stink. They are only useful for X, Y, and Z."

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"You proved yourself right," I said. "And you proved your godfather right. You took the old feelings and made a life movie that reflected those feelings and beliefs."

"But I want to love, have peace, have joy," he sighed. "How can I move in that direction?"

"What have you done?" I said.

He paused and said, "I guess I've done nothing."

"You've done zero to change," I said. "First you must understand you are creating from your feelings and the beliefs that you once chose. You made a choice of wanting to be like your godfather at age five. You have continued to create from that place ever since. Go back to that five year old and tell him it is okay to love and have things, but you don't need to be like your godfather to be like that. Drop the emotional suitcase of beliefs that holds the past and creates the present. You simply must make the choice to love and trust yourself and the how will take care of itself."

Step One: Can the dentist **identify** the issue? Absolutely.

Step Two: Can he **understand** the beliefs that he chose? Yes.

Step Three: Is he willing to **choose** differently. Absolutely.

The information in this book is very simple and direct. We only have to reveal the truth of who and what we are and believe it. We don't have to learn anything because we already have been given all the knowledge. We simply have to peel back the layers of burdens and beliefs that we decided to surround ourselves with and get to our simple truth. The truth is simple: We are one with our creator (or of Source or whatever word resonates with you.) Perfection can only create perfection—not greater than, not less than—just equal to. The understanding of perception is all about recognizing and living this key principle. We are simply here to create whatever experience we choose. This is an unlimited playground of joy or misery. We must understand that both are created by choice. If you know you have

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the choice to create joy or misery, which will you choose? As always, the choice is yours.





## **CHAPTER 1: WATCHING OUR LIFE MOVIES**

Do we want to change? Do we want to shift to new thoughts? Are we willing? Do we have integrity? Do we want to understand the reasons we created something that doesn't fulfill us? Over the years we've taken on and built belief systems that create what we see. Once we take responsibility for creating our core beliefs we can then see how we project them onto others and the world around us. We are the projector of our life movie.

For example, your mother is in the hospital and they had to keep her there for further testing. The way we choose to feel about this situation will tell us everything about what beliefs are in charge of our movie. We must remember that we are creating feelings around the situation and that we are creating the situation itself. All the stories in your life will perfectly reflect the choices that you made, which now make up your belief system. You project your feeling to surround you and build a storyline that you step into and inhabit. For example, if I were watching a movie, I'd be touched, I'd be happy, angry and thrilled, but I wouldn't identify for long. I might feel sad, but I'd leave the theater and be clear of the feeling and leave the drama in the theater behind me. This is not about building a callous heart; this is about perceiving the truth. It was and is just a movie. We were able to witness an action movie, but we didn't jump into the screen to become the hero. The challenge here is to be the witness to our movie and not one of the characters. If for a moment we truly understand that we are projecting what we see and can witness this action, it will give us a whole new perspective on what it means to choose again. This shifts everything from viewing life from the outside in to viewing from the inside out.

Again, we are the producer, director, and projector unit that projects our life movie. If you sit back with a cup of coffee and watch, what do you see? What is going on in the movie? The more you practice watching your life movie, the more you can become a

witness. This is a deep level of perception. As you watch, eliminate judgment and emotion. Just pay attention to what you like and dislike about your movie.

The more you become the witness, the more freedom you create to change the life you are living. We all have thoughts and stories that run our lives. These thoughts and stories are always perfect in showing us the feeling that we are creating from. No matter what we think, this is true. Understanding perception assists us in understanding how we perceive our lives and owning and taking responsibility for our feelings. It then teaches how to correct our perceptions—at first slowly and then with practice, instantaneously. It means we can shift from feeling filled with doubt and misery to joy and peace in an instant. But we are afraid to change. We are afraid to put down the emotional suitcases that we carry. We are afraid to face ourselves and recognize we can and may change—change the movie and unpack and get rid of all the things we do not want in those heavy suitcases.

We are also fearful of self-fulfillment. It is something we keep ourselves from. As we choose to shift to correct perception, empowering signs will appear and it will become clear what we need to do to remove our resistance. Can we think of anything more beautiful than to give 100%? Is there anything greater than giving the gift of joy, love, abundance, and to know it is expanding in us?

The fear of understanding our perception prevents us from really living our lives. Most of us want to blame situations outside ourselves for our misery. Perhaps we feel that our job, wife, parents, kids, the government, someone or something else is making us unhappy. If we simply understand that we are the cause of all our perceptions, then we will regain our power to change and correct the story we want to see. Why do we feel unfulfilled, unsatisfied, depressed, and fearful, and then later we feel bliss, love, and joy? What changed for us that we view fear one day, and then joy the next? Or pain and suffering one day, and then bliss the next? It is our perception and we can choose to correct it. This book is about

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stopping our misperception and living our truth. The only way we can correctly perceive this truth is to experience it first hand for ourselves. As always, the choice is yours.

This book teaches you how we identify, understand, and choose what we see. When we can identify the feelings or beliefs that are projecting our movie, then it's a simple choice to either continue with this movie of our lives or choose to create another one. When we understand the experience of the process, we are able to manifest choices that once seemed impossible.

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