

STEP ELEVEN



A POSSIBILITY PERSPECTIVE

THE BANK ROBBERY

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A POSSIBILITY PERSPECTIVE

The world, the tribe, the herd, that you were born into may often seem as though it is the only world there is. Sometimes we may even feel that our opinion or perspective is the only one, or the only one that we can ever have. But the world we see through our one set of eyes, experience through our one set of senses, and perceive in our daily life is only a portion of the world that exists!

Everything you see around you is being filtered through you and your Tiny Little House windows. Your body has learned since infancy to translate the information that is coming in from the world around it. Your eyes, your senses, your mind, your brain, all translate what is happening into a singular view to help simplify this life experience.

Your eyes only see part of the light and colors that exist around you now! Your body only feels what your neurons allow you to feel. Everywhere you go you only take in or perceive only a portion of what is naturally occurring every moment of every day! The world we experience with our five senses is very small compared to the enormity of the world we live in.

Can you imagine if you felt it all at once? All the colors, sounds, wavelengths, words, emotions, and just general noise felt all at once? It would be so debilitating we could not handle it. We would die from the overstimulation.

SELECTIVE AWARENESS

The body takes in massively more information that we are consciously aware of. But our brains do not allow us to see, hear, feel or smell, it all. To do so would overload our focus on survival. So? It edits it into bite sized pieces that are easier for us to take in, comprehend, and make decisions to exist in this one small view of possibilities.

Ever wonder how your spouse or child cannot see what is in the refrigerator even though it is right in front of their face? Or why we wander around looking for our glasses

when they are right on our head? Or when you look someone right in the eyes and tell them something very important and then later on they say they don't remember you saying it at all? Selective Awareness. Our bodies and brains cannot handle ALL the information coming at us, so it chooses to focus on some and ignore the others. Not a great feeling when you are the one being ignored. But not always their fault! It is a lot to take in all the information and simulation and possibilities in this World of Possibilities!

Even if we are aware, even if we are intelligent, even if we think we know it all, we do not see it all! Even the most highly sensitive, who take in more information than others, do not truly experience all that is going on and through this world. It is for survival. We create one reality to live in and then we live in it!

What is more astonishing in Selective Awareness, is that each and every person and creature on this planet is having a separate experience of this life! Each and every creature has different filters, different senses, and different ways of taking in the information. We all have different ways of making sense of information and a different viewpoint of life. It is a very limited view. Eye witness testimony is a fantastic example of this.

THE BANK ROBBERY

Let's say you are at a bank. A robbery takes place at this bank. At the exact time the robber enters the bank you realize your shoe is untied. You look down and bend over to tie your shoe. You hear the shouting. You hear a gunshot. You look up. The robber has his back to you. He flees moments before you even get a chance to right yourself.

At that same time, a woman is cashing a check at the teller next to the robber. She is focused on her conversation with the teller. Her back is turned, but she smells the strong cologne of the man robbing the bank. He yells for the money, grabs the cash, shoots the ceiling, and is out the door. She does even realize what has happened until it is over and she hears others talking about it.

The lady in line behind her is waiting. She sees the man come in, notices what he is wearing, and sees it all go down. She sees the gun. She sees the faces of those around her. She hears the gunshots and sees pieces of the ceiling fall down onto the heads of those in line. She also feels fear. Her heart beats so loudly in her chest she doesn't hear the words he is yelling, but she sees the sweat on his forehead and notices she has also begun to sweat. To her it all happened in slow motion.

There is a boy waiting for his mom sitting by the window playing his video game. He doesn't even hear the gunshot. He only knows something is happening when his mother grabs his arm, screams, and yanks him out the door. He gets mad at his mom for hurting his arm where she grabbed him until he looks up and sees people crying. He doesn't know fully what has happened until it is explained to him later.

All of these people were at the same place at the same time when the same event happened.

Do you think the stories they tell the police will be the same? Do you think each person had the same experience? Of course not! Everyone has a unique perspective on this incident! Every person saw, heard, smelt, felt, and knew differently. Not one person could describe the exact same thing as another.

It is the same for every event, every moment, and every person of every day. What we see, hear, smell, feel, taste, or touch every moment of everyday comes through our Tiny

Little House self. We interpret what we feel, smell, hear, taste, and touch through our Tiny Town filter. All of this happens every moment of every day, even in our dreams.

Imagine the robbery again. When the witnesses give their statement to the police, do you think their statements were solely based on just what they saw, smelled, or heard? No, of course not!

With each statement came a running commentary of how they processed the event, how they felt about the people in the event, and what their life experience taught them about what had happened. "He was a tall man like my dad." and "I know that cologne anywhere. My ex-boyfriend wore it." Someone who is knowledgeable about guns may even know what gun it was from the sound of the gunshot. Another person may have developed coping skills as a child in family of ten to shut out all noise and other people around them. And this is just the actual information they are taking in!

What we see, feel, hear, smell, touch, and taste are only part of the equation. Then we filter this information in through all our emotions, past events, future hopefuls, beliefs about society, race, sex, gun control, how safe we feel in society, marital status, religion or spiritual beliefs, and then it gets told to the police, who are also filtering the events through their collective belief systems! No wonder eye witness statements are notoriously un-reliable. It's a wonder any truth comes out of it at all!

Now imagine this. You are doing this each and every day, all day long! With every person you see, place you go, conversation or thought you have, you are taking limited information of the world around you and filtering it through the collective information you believe about the world and about others in the world. It is your complicated integrated Bank Robbery view of the world. And everyone has one.

Now, add this to the mix. All those people in the bank during that moment in the time of the robbery? All their versions of reality were real.

ALL REALITIES ARE VALID.

All of their realities were valid. All of them happened and all were very, very real. It is all just a matter of perspective. And this perspective is what creates the world you live, or believe you live in.

Just as with the story of Tiny Town, most people believe their perspective on reality is the only one that exists. If this is the way they see the world then this is the way the world is, and must be, for everyone.

They live unconsciously, going about their lives acting and reacting within the framework of their limited view of the world and the filters used to process that information. They do not want to change. They do not want to see anyone else's viewpoint and often times are not able to.

To see, feel, hear, know, or experience what someone else is going through in the simplest terms is called empathy. There's a good chance you are already extremely empathetic. You already feel, see, hear, know, how others feel, sometimes to the detriment of thinking they are your own feelings.

Becoming aware of what are your feelings, experiences, and viewpoints and what is someone else's is a huge part of discovering your own perspective. It is freeing to know what is yours and what is not yours. Knowing your viewpoint is not the only one that exists helps. Learning how to use empathy to change viewpoints? That is a skill. That is a Possibility Perspective.

CHANGE YOUR VIEW= CHANGE YOUR WORLD

Once you can tell the difference between what is your Bank Robbery view and what is someone else's, you can then take the conscious leap to change perspectives at will. Yup! You can change how you see the world as simply as you change shoes. It really is about walking in someone else's shoes. You can see life from someone else's perspective that easy.

You remember all those people at the bank? You can choose which viewpoint you would like to have! You can choose which reality you would like to live. You can choose which version you would like to experience, which perspective you would like to call your own. You can choose. And you can choose differently every single moment of every single day.

All of these realities are valid and real. All of these realities exist because people created them. All of these realities exist, whether you know about them or not. They exist because people created them. People, individuals like the ones at the bank, experienced them, filtered them, and created their own personal reality. It is real. Each and every perspective is real.

To be truly free, to be truly a traveler, an experienter of all worlds, all you have to do is choose. Period. Like a video game you change players and your perspective changes, instantly.

But to do this you must understand that yours is not the only reality! All realities are valid. All realities are real. All worlds from all perspectives exist simultaneously within the same moment.

WE FILTER THE WORLD

This happens each and every day. All moments are just moments. But when we look on them, when we filter that information and take in that experience, we create that reality. We do it each and every day, all day, all night, naturally! We take in the information. We filter it and create a world from it. We do it with money. We do it with race, with politics, with spirituality, history, business, family, children. We do it all day every day. We see it. We interpret it. We give it names. We give it story and that story becomes our reality.

To change your reality all you have to do is see from a new point of view! See the options. See the choices available. See the possibilities and choose a different one. All are real. All are valid. So many possibilities existing simultaneously and you are just living one! So, how do you just choose a new viewpoint? Find a Stranger in Tiny Town to see from their point of view!

FIND A NEW VIEW

Let's say you are starting a new business and your emotions have gotten the better of you. Your fear and doubt blocks in your Tiny Little House are clouding your vision on what is possible and how to achieve this unknown goal. What to do?

1. Find a Stranger or two! Find someone who you admire or who has been there before, who has seen what you have not seen, and knows how to take the steps to success. That is step one. Next?

2. Begin to see life the way they see life. What words do they use when they speak about their business, themselves, others? What is their daily schedule like? How do they set goals? How do they process their seeming failures or challenges along the way? Make note of all these aspects of their lives and how they solve the problems you are now facing.

3. Try it on! Try on this new Bank Robbery viewpoint perspective. How does it feel to be this person? How does it feel to do what they do? This is the reason they tell you to dress for success and stand with your arms on your hips like a superhero. It is trying it on! Find a New View, a new way of being in the world. Try it on!

4. Decide what is right for YOU. Decide if you like it! Is it right for the possibilities you want in your life? Does it help you solve your issues? Does it give you insight into what you want to create in the world?

Every step is a learning one. Taking on a new point of view can open us up to new possibilities we may have never thought of before! We can even create an imaginary person to use as our New View! This is how we can learn from the Strangers in our Tiny Towns on a deliberate conscious level. Seek them out. Learn from them! Use this tool to help find a mentor who can guide you to where you want to be!

RELATIONSHIPS

Now, let's say you do not want to start a new business, but you really wish you could see another person's point of view. Let's say you had an argument with your sister, friend, or spouse. You start to say, "I just don't know what they were thinking." Well? Find out. Sit and imagine what that person thinks! This is the lesson of empathy we attempt to teach our children, but is really easier said than done. To see the world through another person's eyes when we are the ones involved is hard to do. We are very involved in the outcome of this argument! We have our own Tiny Little House view clouding the way. So to see their viewpoint when we are really attached to our own can be difficult. How to do it? That's right. Detach.

Pull into your I the Observer. You may need to breathe or be seated or take some quiet time alone to do this one. It helps if you are not distracted. Pull out of "I am right." and "But she said this.." and just be. Imagine you are them. Play back the scenario or even focus on what you know about their life before and just sit with it. Imagine you are them. What would they be feeling? What would they be seeing? How would they be interpreting the actions and words that you did or the situation caused?

Before you have another conversation with someone you are having issues with, it is good to come at it with a little more than your viewpoint. This is why therapists tell you to say, "I can see how you would feel that way." This simple mode of empathy can help us actually see how they would feel!

And when we see how other people feel, we can move into a state of more compassion and much easier communication with others. It can create validation and bonds and wonderful relationships if we can just stop and see life from another person's point of view.

A POSSIBILITY PERSPECTIVE

Everyone has their own views and ways of seeing the world. At the low end of the scale this changing of perspectives is called empathy. At the high end it is called a Possibility Perspective. To be able to see the world through another's eyes is something we teach

children. We say, “Can you see how Billy would feel?” This common technique taught to helps the littlest of humans understand other people’s feelings, thoughts, and ideas.

If we do not learn this tool as children and do not complete this stage of emotional growth development we stay in a narcissistic viewpoint that limits our world and closes us off to others. If we learn this tool of empathic expression we are better equipped to connect with the tribe, ensuring our survival. It helps one connect. It helps one understand the world and those in it.

At the highest end, it really is the greatest tool of Possibility Living. If you can be free from thinking yours is the only reality, you can be free from feeling trapped in it! You can be free from feeling trapped in your body, on this planet, in your mind, and in your world. You can be free! At any given moment you have access to all the other perspective’s out there and all their wisdom too!

This new perspective only works if we are ready. But when we are ready? It truly opens the doors to the World of Possibility.

Allowing it to happen? That’s trickier and that’s next.

STEP 11

CHANGE YOUR VIEW. CHANGE YOUR WORLD.

If you could see life from anyone else's perspective who would it be? How would that change how you see the world, yourself?
