

Beyond the Conditioned Mind by Paul Lowe

We each live in our own individual world. It may not look like it, but 6 billion people live in 6 billion separate realities.

The way we see and experience the world is determined by how we grew up, the attitudes, opinions, beliefs and limitations we were given. In other words, by the conditioning we received to our minds and emotions.

This conditioning affects the way in which we see things. It is as though we are looking out of a window with curved glass - everything appears distorted. This distortion is created by our conditioning.

It isn't so

We think that which we see is the way things are, but it is not so. We are actually seeing through the distortion of our conditioned mind and this puts a spin on to our whole life and how we perceive ourselves. It is a huge handicap and certainly prevents us from reaching our maximum potential.

When we begin to disconnect from our mind and its fixed opinions an unexplainable mystery happens - life gets easier and better and better. Everything starts to click into place. Anger and judgment dissipate, a feeling of freedom descends and a gentle peace starts to permeate our whole being.

With that phenomenon comes another phase that keeps us moving and growing. We begin to recognise that life presents us with what we need to evolve into our greatest potential as a human being.

To take advantage of this possibility: be more adventurous, experiment, take a few risks. More aliveness happens in unpredictable situations. You only have one short life, and this is it. Live it to the full and don't take it too seriously. Have fun!

Action

1. What is your conditioning? Identify ways in which your perception is distorted.
2. Think of one risk you can take this week.
3. Take that risk, in a spirit of adventure.
4. Share your experience with a friend.

What ONE THING did you get from this article that will be most useful to you moving forward? Email your answer to vicki@coachingplus.com.au

From the desk of Vicki Turner, Life Coach

Vicki is a Coach who loves seeing her clients move forward to gain a new sense of control over issues. Vicki says, '*People come to me for many reasons including clarity about life decisions, career and business issues and dealing with change.*'



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