

Gains and losses: A matter of perception?

I'd like to talk about your light. Because most people aren't used to thinking from a lighted perspective, I will first talk about your dark. I hope that by the end of this article that will make sense to you.

Every person in this world possesses both dark and light. Which of those comes out to others the most depends on our ability to choose, in each moment, how we see life events. Each of us is born possessing specific patterns of perception of which there are only four. Most people go through all four to some degree, but one or two will usually stand out as prominent in your life. Have you ever wondered why you keep running into the same kind of people that irritate you to no end? Or perhaps you've wanted to know why you keep getting into the same kind of relationship and just can't seem to find long lasting love. There is an explanation.

The four patterns of perception work with your ego, which I define as a container for perceptions of life; not something bad that needs to go away. The problem is that your container tends to focus on the fears produced by your pattern rather than the gifts of your pattern. Your fears scream super loud, while love and light come to us in a whisper, thereby gaining your attention. I'd like to give you some information that will hopefully help you transform your dark to light.

I will give a very brief description of the four patterns of perception. 1. A core fear of unworthiness that shows up for you over and over again as rejection. You want one other to love you no matter what and consequently are willing to give yourself up to another. This action actually leaves you feeling more unworthy because you are telling yourself that you aren't worth standing up for. 2. A core fear of insecurity that shows up for you as betrayal. The chronic insecurity makes you want what you want. Your fear believes that if you get what you want you will feel more secure. When you don't get what you want, you feel betrayed. 3. A core fear of abandonment with a strong sense of guilt and shame. You don't know how you feel except for guilty. You want everyone else to be happy at all times because to you, conflict means you will be abandoned. You abandon yourself on a regular basis to keep others happy thereby perpetuating your fear. The 4th and final pattern of perception is a core fear of the unknown. You like to stay home a lot and you

like to learn a great deal of knowledge. This is you trying to know everything so you don't have to be scared. You come across to others as arrogant and self-important.

Of course these patterns have much more detail to them, but for the purposes of this article, I keep them brief.

You have one or more of these patterns that drive your actions and reactions in life, which in turn cause you to be unhappy, angry, depressed, and any other negative emotion that you can think of. There is another way to see life so that your ego container is filled with light, which will in turn allow you to feel happy, secure and peaceful.

Gains and losses, what's right and what's wrong, light and dark. These opposing ideas are parts of perception; philosophical points of focus within your every day thinking, the point at which free will enters the consciousness of humanity. What do I mean by that?

I mean that free will is not so much about choosing your destiny but more about choosing, on a moment-by-moment basis, to see life events as gains instead of losses, by seeing what's right in your life instead of what's wrong with it. By making these choices we bring in the light and transform the darkness of fear that takes over when we see losses, rejection, betrayal, abandonment and fear of the unknown.

How is it that rejection can be seen as a gain? Rejection is Spirit's way of saying, "No, not that way. Go the other way, and value yourself enough to say no to what doesn't work for you." What you gain is a tremendous sense of freedom. If you are headed down the wrong path, you will be rejected. What else could Spirit do? What about betrayal? How is it that betrayal can be seen as a gain? Betrayal is Spirit's way of saying, "I am giving you the opportunity to see another's point of view and to recognize that not everything is about you. I offer you the chance to forgive." Forgiveness is one more way to bring in the light and to individuate. What about abandonment? How can you see abandonment as a gain? Abandonment is Spirit's way of saying, "Go within, be alone and find yourself. I love you and I want you to love you too." And finally, stepping into the unknown is Spirit's way of saying, "It is time for some endings and some new beginnings. You deserve something better and it is on its way."

Changing the way you see requires practice like most things we are unfamiliar with, but this incredibly small change can have huge ramifications to the level of happiness in

your life and light in your container. You have the absolute power and authority to fill your container with light and to allow no one to diminish that light, ever.