Harnessing The Power Of Your Perception

A Free Special Report

by Nigel Paul Miller
Welcome

Hello, and thanks for requesting this Free Special Report.

In it I will reveal some simple, usable concepts that will allow you to begin harnessing the power of your own perception to greatly improve the quality of your life.

So dig in and learn as much as you can and start applying it in your life today.

Thanks again,

Nigel
Understanding Perception

Okay,

So first of all, what exactly IS Perception?

Perception is our point of view, it is the way in which we experience the world within and around us.

It’s responsible for the many different ways in which we experience our lives, our thoughts, situations and ideas of ourselves and other people.

Simply put, it is the way in which we directly create our experience of whatever is occurring within and around us.

Or to put it another way:

Our perception is the fundamental way that we define how we experience reality.

So what exactly do I mean by that?

Well, have you ever noticed how 2 people can experience exactly the same situation and one can remain calm while the other freaks out?

Have you ever wondered why that is?

The situation is the same, but they both react to it differently.

The reason they react to it differently is because they both have different perceptions of that particular situation.

One person may perceive the situation as a threat, while the other perceives it completely differently.
So in reality, it’s not the **situation** that causes their behaviour, but their **perception** of it.

Let me repeat that in a different way:

It is not situations or circumstances that cause our feelings and behaviours, in reality our feelings and behaviours are actually caused by our own **self made perceptions** of those situations and circumstances.

This means that we actually create our own feelings and behaviours through the very perceptions we create!

So how can we use this realisation to our advantage?

Well first we have to understand that; reality is kind of like a blank page.

There’s nothing on the page until **we** come along and decide what something means to us.

For example:

You may or may not be afraid of heights.

So if you **were** afraid of heights; looking out the window of a tall building would probably seem to make you feel fear.

But if you **weren’t** afraid of heights, you could look out that very same window and not feel **any** fear.

So really, there’s nothing in this situation that has changed, but because your **perception** has changed, the way in which you experience the situation changes completely.

Therefore: **Your perceptions define all of your experiences!**
If you *think* you have a fear of heights, you don’t really have a fear of heights, you just *believe* you do.

But when you stop *believing* that you have a fear of heights, you no longer have a fear of heights!

It’s the belief or perception that creates the fear, **not** the situation.

If I asked someone with a fear of heights to close their eyes and imagine being held over the edge of a tall building, they would instantly begin to feel fear.

Even though they’re just *imagining* it!

It’s exactly the same as a kid being scared of monsters in the closet.

When they stop *believing* in monsters, they stop imagining them being in the closet and they’re no longer afraid.

But what’s really changed in reality?

Nothing. Just their perception.

But by changing their perception, they change everything.

So in truth, all fears are just *beliefs*.

Beliefs defined by perceptions.

Perceptions that can be changed.

And they can be changed just by looking at things in a different way!

That’s the beauty of perception! It’s never permanent, so it can **always** be changed; just by making the *choice* to do so.
You could also say that the way in which we experience any situation is ultimately defined by the meaning or belief that we give to that situation.

And it is our perceptions that define those meanings and beliefs, and whether they are beneficial to our experience or not.

Let me explain:

There are really only 2 ways that we can react to anything that we experience.

There’s beneficial and unbeneﬁcial.

To react in a beneﬁcial way is to react in a way that benefits our experience or the experience of the people around us.

To react in an unbeneﬁcial way is to react in a way that does not beneﬁt our experience or the experience of the people around us.

Because what is life really except a bunch of experiences?

And when we learn to master the way in which we experience our lives by learning to choose our perceptions, we automatically improve the experiences of the people in the world around us.
Understanding Identity

What is Identity?

Identity is the way in which we define ourselves through our perception.

It is our perception of ourselves in the world.

It shapes who we are, (or who we believe we are) and sets the stage for every experience we have in our lives.

For example:

If you believe yourself to be a person who works well under pressure, anytime you have to work under pressure you will obviously perform well.

However if you believe that you are a person who doesn’t work well under pressure, then you won’t.

Anything that you believe about yourself makes up your identity.

So really, your identity is a just set of beliefs you have about yourself that you’ve created over the course of your life through ways that you have perceived yourself through your own perception!

But who is the one doing the perceiving?

You are!

And who is the one creating the beliefs and perceptions?

Again, you are!
So what does this *mean* for you?

Well it means that whatever way you have defined yourself up until this point that you don’t particularly like can be changed, just by changing the way you think about yourself!

That means you actually have the power to change who you are!

So why would I suggest that we try and change who we are?

Well mainly because most of our problems in life actually stem from our identity, or the perception that we have of ourselves.

For example:

If someone gets bullied at school or even at work, the reason they get bullied is because they *believe* they are lacking in confidence and self respect, or that they’re not good enough.

And because they believe they are lacking in confidence and self respect, or that they’re not good enough; they *project* this perception out into the world and onto other people.

Other people then pick up on that perception and either feel sorry for the person, ignore them, or exploit them through bullying or psychological manipulation of one form or another.

Anytime someone is projecting vulnerability out into the world, they will always receive proof of that vulnerability back to them, with compound interest.

That’s how powerful our perception is. It actually shapes our experience of the world around us!
So if you *perceive* yourself as vulnerable in a situation, you will *experience* vulnerability in that situation.

But if you perceive yourself as strong in a situation, you will experience strength in that situation.

Look back over the course of your life to situations that you have felt either strong or vulnerable in and you will no doubt find this to be true.

So what does this all come back to?

Yep, you guessed it.

Your perception.

Either of yourself, or the situation you perceive yourself to be in.

Notice I didn’t say the situation you *are* in, I said the situation you *perceive* yourself to be in.

Because what is a “situation” really but a self created perception?

If all of this seems a bit confusing, don’t worry.

The simple point is that *you* have the power to change your whole life for the better, just by learning how to direct your perception in beneficial ways that give you a perceptual advantage in every “situation” you experience.

You see the problem is most people have been taught to use their perception against themselves.

To perceive themselves as less capable or worthy than they actually are.
They’re taught to “fit in” and not stand out from the crowd.

To follow the rules and not expect too much from life.

But my question is this: Who made those rules?

Who decided that we should “fit in” and not stand out from the crowd?

And who are they to decide how we live our lives? What gives them the right to define our destinies?

Exactly, only we have the right to define who we are and only we have the right to decide how we perceive things.

And again, that’s the beauty of perception; it’s an inside job. Therefore no-one can tell you how to live your life except you!

The fact that you’re reading this tells me you already know this stuff, but have you ever really stopped and thought about it?

You see most of our problems in life can easily be solved, not by changing what’s going on outside, but by changing what’s going on inside.

That’s why the saying goes: “If you want to change the world, change yourself.”

And the fastest way to do this is through mastering your perception.

And the fastest way to master your perception, is to become aware of it how it is influencing your experience in the present moment.
Understanding Confidence

What is confidence?

Confidence is the way in which we empower ourselves through our perception.

The only difference between someone who is confident and someone who isn’t, is that one perceives themselves as confident while the other doesn’t.

That’s it!

That’s why they say “fake it till you make it”

Once you can imagine what it would be like to feel confident, you can just as easily begin acting confident because you already know what it feels like!

And not just acting confident with other people, but also with yourself.

And when you act confident for a long enough period of time, you eventually realise that you no longer have to act, because you knew how to be confident all along.

So again, all that has really changed in this situation is...

Your Perception!

I know I keep repeating this point over and over but that’s because I really want you to “get it.”

Everything in life is perception.
If you perceived yourself as a confident person and you walked into a room full of people you didn’t know, you would instantly be able to introduce yourself and connect with those people.

They would react to your confidence with interest and courtesy.

But if you perceived yourself as an unconfident person, the opposite would happen, and probably no-one would want to talk to you because you’d be sending out awkward vibes that would make them feel uncomfortable.

That’s because, most of the time people tend to mirror us.

So whatever we send out to them, they will send back to us.

But again, it all comes back to our perception.

Perception, perception, perception.

How are you perceiving this information right now?

Are you learning and benefiting from it?

Is your perception of this moment beneficial?

These are the type of questions you need to be asking yourself if you are serious about mastering your perception.

But don’t be too serious :0)

Seriousness doesn’t benefit anyone.

Do you take life too seriously sometimes?

Do you take yourself too seriously sometimes?
The more fun we can have in life, the more enjoyable life will be for us.

And if you take life too seriously, life will take you too seriously.

**True** confidence is not serious, true confidence is carefree.

So in order to be truly confident, you must be relaxed.

And the more relaxed you are at being *yourself*, the more confidence you will have.

And at the end of the day that’s all confidence really is: An ability to be ourselves and feel empowered for doing so.

It’s a way of *expressing* ourselves by *perceiving* ourselves as worthy and good enough to do so.

It is our birthright to be confident, and no one can ever take that away from us.

So, if you’re not as confident as you’d like to be, start using the awesome power of your imagination to imagine yourself being the most confident person you know.

And then make a decision to start acting that way by being *yourself* and *perceiving* yourself to be as confident as you know you were meant to be.

Because whether you realise it or not, you already have everything you need to do so.
Understanding Focus

What is focus?

Focus is the ability to concentrate our *attention* using the power of choice and free will.

And how is this relevant to mastering our perception?

Focus of attention is actually the very *key* to mastering our perception.

Our perception is the way we perceive things, but our focus is whatever we choose to give our attention to.

Let me give you an example:

Our perception is like a flashlight that has the ability to shine a light of any color, anywhere; and our focus is wherever we choose to shine that flashlight.

In other words: Our perception is the *way* we think about things, and our focus is *what* we think about.

So if there are things about yourself/someone else/or a situation that you don’t like.

You can choose *not* to focus on those things and only focus on what you *do* like.

When you do this for long enough you actually end up forgetting about the things you don’t like because you no longer focus on them.
Just like if you were to shine a flashlight onto an object in the dark, and then shine the flashlight onto something else, you would no longer see what you were shining it on before, because you are no longer focusing on it.

This is exactly how your focus of attention works!

Because you can only ever focus on one thing at a time!

So if you’re focusing on something you like about yourself or someone else, then you’re not focusing what you don’t like!

If you take your focus off what you don’t like and put it onto to what you do like, what you don’t like disappears.

Let’s look at it this way:

What’s the difference between someone who thinks positively and someone who thinks negatively?

One focuses on the positive aspects of their experience while the other focuses on the negative.

So what’s the difference in their actions here?

One is using the power of choice and free will to focus on the best, while the other is using the power of choice and free will to focus on the worst.

Therefore our perception and our focus is a choice!

We can choose what to focus our attention and our thoughts on, and we can choose how to perceive whatever it is we are focusing on in a beneficial or unbeneﬁcial way.

It’s our choice!
So all we really need to do is get into the habit of focusing on what we enjoy focusing on, and not focusing on what we don’t enjoy focusing on. It’s that simple!

Doing this has completely changed my life for the better and I’m certain it will do the same for you.

It takes 30 to 90 days to create a habit, and once you create it, it becomes automatic!

That’s how all habits are created.

So if you repeat something over and over again for a certain amount of time, your subconscious mind will eventually take over and make it automatic. That’s what a habit is!

So if you make a habit of this, your life will just keep getting better and better!

Don’t believe me?

Try it for yourself (and do it for long enough) and you’ll eventually discover just how powerful this habit can be.
Our perception is our point of view.

It gives us the ability to choose how we perceive anything we experience whether it be ourselves, someone else, thoughts we have, or a situation we find ourselves in.

Our identity is how we perceive ourselves through our perception, and we can change our identity simply by changing the way we perceive or think about ourselves.

Perception is a choice, and our free will gives us the ability to choose our thoughts regarding anything we experience.

Our perceptions can either be beneficial, or unbeneficial; the choice is up to us.

Learning to master our perception gives us an enormous amount of freedom as it allows us to dictate our experiences from the inside, regardless of what’s going on outside.

So it’s not what happens; but how we perceive it that defines our experiences.

Focus is our ability to choose what to place our attention on in our experience.

We can create a habit of using the power of choice and free will to focus our attention onto thoughts or things we like and away from thoughts or things we don’t like.

It is our birthright to be confident and to choose how we perceive ourselves, and to do so in the most beneficial way possible. Not just for our own benefit, but for the benefit of those around us.
Conclusion

Well I hope you’ve enjoyed this Free Special Report on Harnessing The Power Of Your Perception, and I hope you’ve learned and benefited from the concepts that I’ve shared here.

Feel free to share this report with your friends by sharing this link:

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