

Video 132: THE BIG PICTURE SERIES PART 2: What Happens When Perception is Challenged? Written by Ariel Glad, Mar. 21, 2019

This is a transcript to video:

<https://youtu.be/w4erFlpgfYw>

Hello, Wes Penre here. This is Part 2 in our video series “The Big Picture,” and we will continue the subject on perception, something that is very important to understand, before we get into the topics we want to discuss. This is crucial to understand, so please listen carefully.

In the previous video in this series, we explained how perception shapes and creates the reality we experience. If you haven’t watched or listened to that video, please go back and watch/listen before you continue here.

We all hold beliefs about our reality based on many external and internal sources of information. Much of how we perceive reality, if we are willing to be honest, is information we have been given rather than what we have personally experienced. Again, if we are to be honest, we must be willing to acknowledge that any information gained externally can not be considered fact or proof of anything, only hearsay until we have personal experience that will confirm these beliefs.

We all must be willing to hold our own beliefs up to the spotlight of evaluation to determine whether or not these things we believe are, indeed, facts because we have experienced them, or are we simply taking on the opinion or information of others because we perceive them as having more intelligence, authority, or credibility than others (including ourselves).

We are not going to tell you what to believe and what not to believe. We feel, very strongly, that the skill of discernment is one of the most valuable tools we can acquire, and we encourage everyone to practice this skill on all information they receive and that includes ours.

As we mentioned in the previous article, what may be true or fact in one person's experience of reality may not be so with another's. We will not debate, argue, or try to convince you of your own reality. We only offer concepts and information for you to consider and develop your own discernment. We were given a mind for a reason. We encourage everyone to develop it to its full capacity of critical, logical, and expansive ability to think.

THINK, don't REACT.

When confronted with information that may contradict what you perceive or what you believe, it can be very disturbing. It can trigger some people to REACT to the information rather than THINK about the information and where it fits into our own personal development.

REACTING is a defense mechanism. If you find yourself reacting to information, you must be willing to ask yourself why you feel the need to defend your belief. Is the new information frightening? Does it lead to more questions? (5A) Does it make you feel ashamed, angry, or vulnerable to be confronted with the possibility that you were wrong about that belief? Being ashamed, angry, vulnerable, or afraid to be wrong are some of these wounds and emotional traumas that we have been discussing at length in our videos. If we want to progress to find answers and solutions, we must be honest about why we feel what we feel. We must be willing to move passed reactivity and into personal responsibility.

One way to do this is to THINK BEFORE YOU SPEAK. A very often over-looked or ignored skill is cleverly illustrated in this common anagram:

T – Is what I am going to say TRUE?

H – Is what I am going to say HELPFUL?

I – Is what I am going to say INSPIRING?

N – Is what I'm going to say NECESSARY?

K – Is what I'm going to say KIND?

You may think to yourself, “Well, if I have to run through that list in everything I say, it will take too long, and I want to say it immediately!” EXACTLY. By practicing this skill of self-control and responsibility, you will have stopped the impulse to REACT and you have shifted your mind into a state of CONSCIOUS ACTION, **instead**.

If you pass what you are going to say through this filter and get a “no”, it doesn’t mean you can not go ahead with what you want to say, but now you have just accepted responsibility because you are consciously aware that what you are saying may be a lie, may hurt someone, may bring someone down, may be saying something that is not beneficial to the person, and may be downright mean. You have the Freewill to do all these things. If you are content to continue while knowing these things, then you can be better equipped to deal with the responses you receive when you attack someone. Acting in a way that is contradictory to the THINK method of conscious action IS an attack on the other person. How can it be otherwise?

Look through the list again. If you go forward with conscious action to do these things, then the consequences become your personal responsibility. If you react impulsively in such a way that contradicts these traits, then we encourage you to work on not being reactive, because the consequences and your personal responsibility are the same, whether you are aware of them or not. “What goes around, comes around.”

You may be asking yourself, “What does this have to do with the video series?” We are going to present information to you for your consideration that may challenge your already firmly held beliefs or perceptions. We know what we can expect from those whose perceptions are challenged.

We see it from time to time in our comment sections when people react to information impulsively and abrasively. We want to encourage others, INDIVIDUALLY, to become self-aware of their OWN reactions so that the information we present does not get distracted by debate and confrontation. “I am right, and YOU are wrong!”

The information we will be offering you will require an expanded perspective and a willingness to evaluate why you believe certain things, and the answer,

“Because someone told me” or “Because I saw it on TV” or “Because that’s what I’ve always believed”, doesn’t make it true.

Consider putting ALL preconceived beliefs and perceptions in a box, for now, and try to objectively evaluate the information from a perspective of possibility. In this world, in which we really know very little about how reality operates, we are so quick to depend on others, who we feel, or they have told us, are smarter and more qualified to give us the answers. This is such a vulnerable position for humans, and we seek to encourage you to become stronger, more confident, and invulnerable.

The concept of frequency must also be taken into consideration. Frequency is simply the rate of vibration and everything is vibrating according to its own rate. If we would measure this vibration it might be classified as high or low, depending on the density of the object. When looking at molecules through a microscope, we might discover that the molecules of liquid water are vibrating faster than the molecules contained in a block of wood. However, neither water nor wood is more or less important than the other. Both serve their function and purpose in our reality. The only difference is that a certain vibration rate will allow for a greater ability to expand and change. Water will fill the shape of its container while a wooden block will not.

When we increase our own frequency, we increase our ability to allow new information or concepts to fill the container of our mind and for this information to be examined from multiple perspectives. Remaining solid or firmly fixed in our beliefs does not allow much room for perceptions or beliefs to change.

Therefore, any new information we discover must pass through this solid filter and we restrict ourselves from expansion and growth. The ability for perception to change reality is never more evident than it is when we consider the perception we hold about OURSELVES. The reality we experience is a reflection of the perception and the vibrating frequency we are currently in. Just as it was mentioned in the last video, a disordered environment reflects a disordered mind. The reality or “timeline” we find ourselves in is always determined by the perspective we hold about ourselves. We DO create our reality.

The good news about this is that reality is subjective and is as fluid as water – ever changing – IF WE WANT. No one is going to hold your feet to the fire and make you change your perspective. If you are content with your life, then this is your choice and you are free to choose what you want. However, when things are not going the way you want, the very first thing you must try to achieve is a change in **perspective**.

Allowing others to have their own perspective, without devaluing, criticism, and resisting the urge to say, “I’m right and you’re wrong!”, will gradually be a change in perspective if you exercise self-responsibility and awareness of the THINK method of correspondence.

What does it matter if I am wrong? Why is it so important for you to let me know that you think I am wrong? Do you think by telling me that I am wrong, you gain some level above me? What if I told you there is no right or wrong, only perception? Based on personal experience, each person has formed what they think is “right” and that experience may be completely different than another who also thinks they are “right”.

Grass looks very different to an ant than it does to a bird.

Can you see how important it is to uncover these personal wounds that cause us to react with each other? If trying to make others feel LESS than you makes you feel a sense of accomplishment, power, comfort, or satisfaction, then this was likely done to you, as well, and you have learned that this is how people are supposed to interact with each other. We would like to suggest that you reconsider when you feel the need to use this method coping and self-defense. That is what it really is. The lower we feel (the lower our frequency), the more we need to lower those around us to make us feel “higher”. Something to think about, maybe?

Before you label new information as ridiculous or impossible, be willing to evaluate and reevaluate that what you hold as truth or fact is actually belief. Belief always comes first. When you hold a certain belief or perspective, you will begin to discover evidence to support your belief.

Science knows this, and they call it theory and hypothesis rather than belief. Theory and hypothesis are based on assumptions that are then attempted to be proven. However, do not allow yourself to be manipulated into believing that a theory is fact. It is not. Listen for words like, “scientists think...” or “we have every indication to believe that...”. When we hear these words, we have been trained to absorb whatever follows these words as truth. If you listen to news on the television, you will hear these phrases a lot. Does science find evidence to support their theory? Of course, they do. However, there are other theories that have just as much evidence to support them that contradict what science has told us about our reality.

Which one is the truth? It’s up to you to decide. Depending on your perspective when looking at a coin, you may see one side, someone else may see the other, and someone else may see only the edge of that coin. If we were to get these people to describe what they see, their descriptions would all be very different because their perspectives are different. However, they are all describing the same object. One perspective is no more or less valuable than another. What we would like to do is to be able to see ALL perspectives at the same time. Refusing to admit that there may be different perspectives than your own creates a blockage to new information and makes forming a bigger picture virtually impossible.

We do not seek to change your perspective or give you absolute truths? Those things are for you to determine. All we would like to do is offer you information to consider so that you may have all the knowledge you can to make the best decisions for your life and what you want to do.

When reality can be so subjective as to conform and mold itself based on the beliefs of the person, can you now see how important it is to be mindful of our thoughts? Can you now see how important it is to let go of beliefs to allow information to flow? Can you see how much we restrict that flow of information by holding on to certain perspectives, beliefs, and illusions that create the reality we experience around us and inside **us**?

Remember in one of the last videos, when we mentioned a secluded tribe of people who have never experienced a telephone? If they deny the existence of

the telephone, they have created a blockage to new information that might expand their reality and increase their awareness. Is this for their benefit or detriment? Only they can determine, in the end, how they will use that information. The important idea here is that the information is available if you allow yourself to be open to it, no matter how frightening, foreign, or contradictory it may be to your already established beliefs.

As we have progressed in our own growth and let go of previously held beliefs, we have been overwhelmed at the amount of information that has been revealed to us! We are finding new information everywhere. If we would have denied this information, refused to look at it because it contradicted what we thought we knew, or was frightening because it meant the perspective we previously held would need to change, we would have missed many valuable insights and pieces to our own puzzle.

As we move forward with our information, be willing to consider that some of the long-held beliefs you have been holding on to have been only theories. Consider that what you have been told is fact may have been lies. Consider that the ones who give us this information have a very good reason, from their perspective, for telling these lies and that it is vitally important that the human population of the planet be willing to accept these things as beliefs in order to form a reality in which certain groups of people prosper while others remain suppressed and ignorant. Consider that it is very important for certain groups of people in power to remain in power and this is part of that plan. Consider that, as humans, we have been willing to accept a belief that we must pay to live here, from the day we are born, when every other species and form of life does not pay for their existence. Why us? Who receives this payment? Who told us we must pay for our existence? Difficult questions, to be sure.

We **MUST** be willing to ask ourselves difficult and paradigm shifting questions if we want to see all sides of the coin. Believing that the only side you see is all there is, is a choice for everyone to make. If this suits your needs and desires for your life and you are content to hold fast and firm to your one side, then we respect your perspective and your choice. For those of you who want to expand your perspective and look at the coin from several different sides, then follow

along in our series. We hope you will receive this information with excitement, enthusiasm, and curiosity.

If you find yourself reacting with emotions such as anger, sadness, and fear when presented with information that challenges your current perspective, before impulsively projecting those emotions onto others and lashing out, take time to THINK first. Ask yourself why this information causes you to react in such a way. Allow the trail of new questions that will follow to lead you on a self-discovery process rather than create a state of conflict with others or hurt others for not believing what you believe. We are all neither right nor wrong. Perspective is what makes the difference. When perspectives shift, so does reality. And depending on your perspective and the level of your frequency, reality can look very different for each individual.

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