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1,296 words

PERCEPTION AND BIAS

And

YOUR OWN STORY OF TRUTH ©

By

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Who are you? Do you even know? Alternatively, do you think you know?

Perception starts from birth. We try to belong and fit within the social norm of our community. We all learn reward and punishment fast and in the process, we lose our true self and adapt to what other people expect from us, because we fear rejection. We learn from other people's perceptions or biases and attach them to ourselves.

At the center of your being, you will find the truth of your identity.

Through lifetimes of compromise in the attempt to gain approval and avoid rejection, most of us have hidden our true nature and we are no longer in touch with the essence of our own selves.

Unable to tap directly into our essence we live a life of false passions - pass these off as a truth of our own personal reality, and then forget our true essence even exists. We have all become '**Sleeping Beauty**'

What might you be if you became aware of your Passionate Self, and could tap into the primal force of your psyche?

The issue becomes an inner expedition to the darkest reaches of your mind. It is dangerous territory. You may lose your sense of self in the process, discover you are a

completely different person than you once thought, and this knowledge may ultimately cost you your relationships, family, friends, job, and even your own peace of mind.

Let us examine why we hide ourselves and then outline a method for recovering our true nature from the labyrinth, [Theseus].

Let us go back to your childhood. Did you come from a loving, caring family, or from an antagonist family where you were always afraid of punishment, or were you just ignored! There are many variations, but all lead to the same pattern.

If raised in a loving household, we learn compassion and empathy, and want to please others, even if it is at our own expense we become accepting of ourselves in such an environment.

However, when we arrive at kindergarten, and express our true selves, the group at school sometimes makes fun of us. Suddenly, we find the outside world confronting us. We quickly learn to avoid displeasing others, we hide certain traits and pretend to possess others, we quickly establish an artificial personality no longer reflecting our true selves, reflecting on what we feel others would prefer us to be.

If we are raised in an angry recriminating household, we learn to hide any trait that could bring punishment or ridicule, and create a mask we can wear to avoid pain and enhance pleasure. If ignored as children, we invent a persona to attract attention, or an attempt to make ourselves noteworthy.

It is a predictable human Endeavour.

As we grow, the mask becomes more complex. We add to it when a new situation arises and we see how others act so we will know what to do in future situations.

Slowly, around 35 years of age we come to realize it hurts not to express our true selves; then we do one of two things: We break out of the mask in rebellion, or we learn to stop looking inside us, so we do not suffer pain. Rigor -Mortis of the soul can start long before our physical death.

Even those who rebel, may later compromise their inner truth to advance in a career, impress peers, or justify a lack of success to themselves. Very few of us reach full adulthood, **knowing who we really are; most of us have fallen asleep.** [Sleeping Beauty]

We hide our true natures from ourselves for so long we forget how to find ourselves - we forget who we were, and have no idea who we have become, down there in the darkness.

Our minds expand with growth, but we also expand our personas so there is never enough room, for our true personalities, we become stunted in our emotions; never advancing past the development of the year we first invented our mask. Our true selves, deeply hidden, remain only a potential, not an actualized self.

We get married, we have children, we advance in our careers, and all with people responding to our masks..

The companion we attract is one who loves the false us. The children we raise associate love and comfort with a fake person who is not us. In addition, they support that image with their gifts, secret glances, and tender moments.

It becomes a web of lies from which we dare not attempt to escape lest we lose the love and respect of others when we reveal our actual essence and expose the person they thought they knew, to be no more than a sham. We live in fear people will find out we are frauds.

How can you discover that inner person?

Usually, this major change occurs in a time of extreme mental pressure – loss of a business or a loved one, or some impending change of lifestyle, situation, or relationship – that rocks the very foundations of your soul

If you are willing to take the risk, you can take that magic moment where you shift over to a new reality. **What you need to do is this**; keep a *personal journal*; you will need to express your deepest thoughts and feelings daily. These are the times to keep a journal **without fail**; the words you write will help you work it through - keep you sane, and in time reveal the actual issues that drive you.

Through the sacrifice of the false self, you may have to pass through painful emotions. You will explore the pain until you can stand it no more. You will need to see your everyday self as a lie, and when you are ready; you will take a leap of faith, and stop your false persona. This could happen next week or take a lifetime, it all depends on how disciplined we are to the task. If you do, you will soon notice a rush; in one electric moment, you will feel your old self vanish, and then, you will feel a second or two of emptiness, followed by the force of your actual self-rushing in to fill the void. This is the '*second coming*' of the true self; the old self - sacrificed for truth. [Pearl beyond Price]

After you realize the old self is no longer in control - **what will the consequences be!**

You are now a different being, a more vibrant being, a creature of initial power that we all have the potential to experience. Will your loved ones and those you depend on find you acceptable and embrace the "New You," or will they recoil, feel betrayed, abandoned, and perhaps mourn the loss of the person they thought they knew?

No one can predict the response of others once you have crossed to the other side. There will still be a negative or positive response from people. This becomes the big test of whether the false self is still in charge

You don't have to take this path, you can be content with the comfortable life you have fashioned around your pseudo self, and you may find that sufficient, you may even believe this is all there is, "as good as it gets", but what if there is something powerful within you - something basic honest and true. Are you prepared to go to the end of your life, never *knowing who you really are?*

THE END