
The Structure of Experience

“Everything is neither good or bad... it is the thinking of things that make it so.”

(December 05) A wise person once said: things are neither good nor bad; it is the thinking of things that make it so. It is what we think, how we think, the beliefs and values we have that effect our perceptions and determine how we react in our world. Every day we act in ways that exhibit our beliefs, our values, what we want, what is important to us. The things we do, the things we say presuppose certain viewpoints that we hold, either consciously or unconsciously regarding how the world works, what things are right or wrong, good or bad, important or unimportant, etc... When we group these beliefs and values together, they are what make up our model of the world.

So what!?

Well, as many of you know, I ask the question: “What do you want?” over and over. With “problems” “issues” “challenges”... the question remains: what do you want often followed by, “what do you need to do to get it?” Too often when faced with such things, people want to know “why” they have a problem, or what caused the challenge they have. GREAT! Then they have the problem and a reason for it! How about asking: “what do you want?” and then setting a path to change or achieve your goal or outcome?

Can it be that easy?

Can it be that easy? Yes!!! (and no). No, for many people because they do not yet know that they are in control of their own brains, of their own thinking, of what they want to believe to be true in the world. No, because many people continue to view their belief or value from the same perspective from which the belief was formed, their own culture, their own family, their own history! Einstein offers the simple but true statement: A problem cannot be solved from with the same thinking it exists. So, what we need to do is step outside the box, get a new perspective, improve our outlook and frame of reference! Sometimes it's as easy as a talk with a knowledgeable and caring outside resource, sometimes its reading a good book, sometimes inspiration comes through a piece of music, art or a nice walk! Getting outside the space where the problem exists allows us to gain a different perspective. This, as many of you know, is yet another technique and skill offered through NLP and offered through professional life coaching. In my book “Getting What You Want: The Art of Living on Purpose” the first 3 chapters address just that: How so many of us paint ourselves into a corner with our beliefs—remaining stuck in the corner when we really could turn around, paint ourselves a door or window and get right out of the corner!

Next time you believe yourself to be stuck, upset, or in a problem space, take a new perspective, ANY NEW PERSPECTIVE and examine the space, examine you in the space and ask from that new perspective: “What do I notice?” Keep asking yourself this question, until you are “done” noticing then shift to a new unique perspective (even if the perspective is unusual, like what would my dog say, or what would a wise priest or rabbi say). After gaining a few perspectives, ask yourself: How is this information useful and what did I learn? You will be surprised at the outcome! 😊