



September, 2006

- Ben – The Blind Boy Who Can See
- Mastery Level Life Skills - Part 3: Shifting Perspective, Discernment, Forgiveness
- Latest Blog Post: **Peter Senge Talk to the Vancouver Board of Trade** at <http://evolutionaryprovocateur.typepad.com>

### **Ben, the Blind Boy Who Can See**

Picture a blind boy zooming around on his skateboard, playing basketball with his friends, dancing at school events, excelling at PlayStation games and you have a picture of Ben who lost his sight to retinal cancer at the age of 2. At the age of 6 he decided not to use a cane to get around saying, "You go to school and you're the only one with a stick, what's the first thing some kid's going to do? Break it in two....and then where are you? You're helpless." Instead Ben learned how to do what dolphins do. He taught himself echolocation, the same technique that bats and dolphins use. He perceives and locates objects by making a steady stream of sounds with his tongue, then listens for the echoes as they bounce off the surfaces around him. He can discern between soft echoes, which indicate metals, dense (wood) or sharp (glass). He gauges distances based on how loud or faint they are. His teacher who specializes in teaching echo-mobility sees Ben as extraordinary. "Ben pushes the limits of human perception."

You may recall a previous issue of this e-zine covered how beliefs are programmed into your cells from 0-6 years. Knowing that you will know that the messages Ben's mom has been giving him is a huge reason for Ben's achievement. "I always told him, 'Your name is Benjamin Underwood and you can do anything'." (People Magazine, July 24<sup>th</sup>, 2006 issue.)

For more go to: [www.people.com/benunderwood](http://www.people.com/benunderwood). For the science of Conscious Parenting go to: [www.BruceLipton.com](http://www.BruceLipton.com)

## **Mastery Level Life Skills: Perspective, Discernment, Forgiveness**

As you consistently elevate your awareness to higher levels of clarity, understanding the fine distinctions becomes increasingly the focus as the application of these skills to your life requires subtle attunement.

Becoming aware of something and not putting it into action in your life means the idea is swimming around happily in your mind, but is not yet integrated into your being. It is not enough to have the idea. You must use it in your life before the true meaning takes hold. As you do so, it enables you to use the skills which follow. This issue covers only 3 to keep it simple and short.

1. **Shifting Perspective:** when you look at the dictionary definition at least 3 of the 7 meanings combined help you realize that you can have perspectives that support you and perspectives that don't. The lens or **mental view** creates a **visible scene** (in the mind's eye) and then **strings together the relevant data into a meaningful relationship**. If your mental view is that others see you as being incompetent, then all the data you take in will confirm that view. If you think life is hard, all the experience you attract will confirm that. The ability to know what viewpoint you are standing on and what lens you see things through, you will point out what to change so you can change your experience. Flip the two examples above into positives and then use them as a lens and you will readily feel the difference.

The ability to shift perspective is the key to turning your view of yourself from victim to master of your own circumstances.

Application: Where in your life do you see yourself as victim? You will know by whether you take responsibility for what happens to you in your life or whether you hold others responsible. When you notice that you are blaming others, you have the opportunity to take charge of your life and go to the heart of the matter....your truth.

2. **Discernment: Discernment is the delicate ability to distinguish what is not evident, what is true or appropriate.**

Ben's ability to discern shape, distance and composition of his physical world is a great example of discernment of one kind. Being able to discern when abusive

behavior is being used to abuse or whether it is creative energy used for detrimental purposes is another example which you might find in the workplace.

This is essential for refining the nuances of consciousness and therefore becomes THE tool for discerning (a sensory function), not sorting (analytical thinking takes care of that), what is appropriate in a given situation. Similarly discernment is not judgment. Judgment is guided by your mind, sorts information (or people) into right or wrong, labels, and categorizes and feels pretty good about it when finished. The file drawer is sorted out and who knows what insights were filed and dismissed in the process. The ability to discern is a competency of higher consciousness that enables you to navigate through very complex interpersonal relationships, including the one with yourself.

Application: The ultimate application is to recognize when you are acting out of fear or when your intuition is guiding you. This is accompanied by recognizing what you trust. Reliance on your cognitive, mental analytical processes would suggest fear, a behavior that goes back to cave men days. Balanced with the intuitive, heart centered puts you in a position where conscious intention can be delivered compassionately for the good of all.

### **3. Forgiveness: The art of engaging compassion and a willingness to forgive a mistake or offense.**

Mention forgiveness and the word forget normally comes up with the notion that the willingness to forgive must be compensated for through remembering the action. The whole point of forgiveness is to heal your heart. As you do that, you will heal the breach in the relationship concerned.

Without a healed heart conscious intention can be used maliciously. Conscious intent to 'sting' someone lacks heart and compassion.

Conscious intention must be merged with a healed heart. Joseph Campbell made this clear in *The Hero's Journey*. It makes perfect sense. The presence of heart and compassion reflects the recognition that what you do to someone else you do also doing for yourself. It is important to remain mindful that we are all part of the same energetic field.

I put this in the advanced category as life skills go quite simply because first you must notice when you are carrying around a wound of the past and when you have finally carried the weight of the negative emotion to be willing to forgive. Regardless of what happened in the past, the circular nature of energy means

that the same emotion can be called up in a similar situation. Your emotionally body can not distinguish between past-present-future.

In the end it also means having to forgive yourself which, in my experience, is much harder. It is easy for to blame yourself for what you could not see, did not do, and could not possibly know.

Putting the concept of forgiving into practice takes a few steps and for most people it is a daily practice until the heart has healed. Here are the steps that Everett Worthington, a psychologist at Virginia Commonwealth University presents. It demands making 'a conscious decision to recognize and act on the need to change one's mindset.' (Vancouver Sun, April 15, 2006)

He calls it REACH:

R: Recall the Hurt;

E: Empathize with the one who hurt you. (i.e. recognizing that the one who hurt you has needs)

A: Altruistically decide to forgive.

C: Commit publicly to forgiveness.

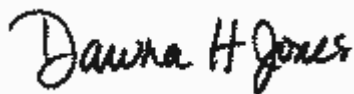
H: Hold on to the forgiveness.

The Return on Your Investment: Forgiveness releases stress. The health benefits include: less depression , lower blood pressure, reduced cardio-vascular disease, lower levels of cortisol (indicating that a body is under physical attack by long-term stress), stronger immune system, less back pain.

**It starts with you and it ends with you. You are the change you wish to see.**

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Contact Dawna Jones at 1-604-605-0589 (1-866-605-0880) to discuss the **Radical Retention™** program designed to close performance gaps, engage employees in self-directing their growth utilizing accelerated learning techniques. ([dawna@FromInsightToAction.com](mailto:dawna@FromInsightToAction.com) )

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