

MBSR Session 2

Perception

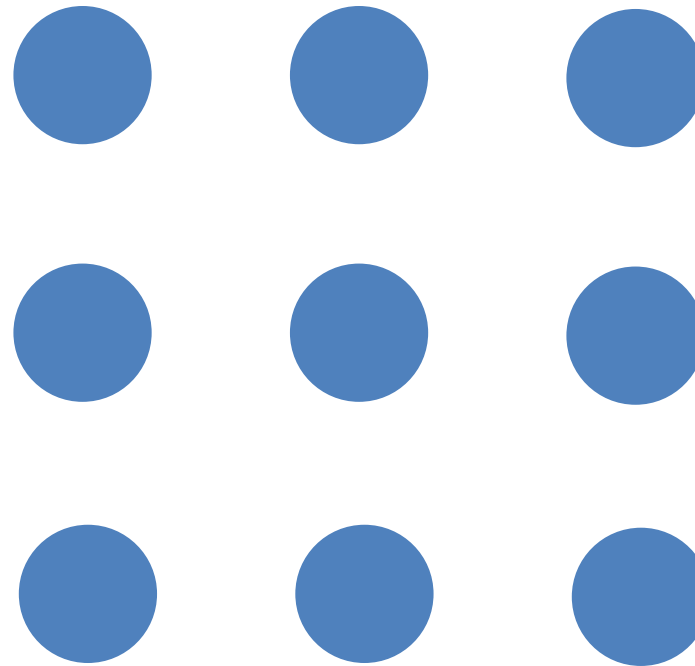




Human Perception:
... well, it is what it is...

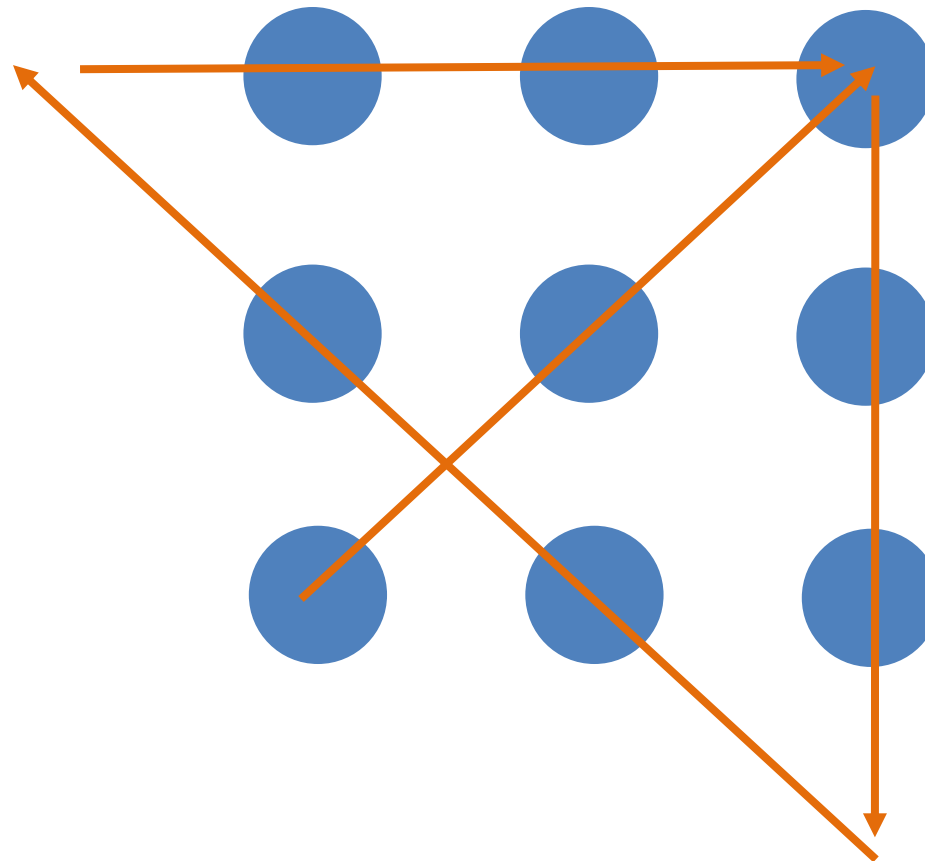
Nine Dots

Below are nine dots arranged in a set of three rows. Your challenge is to draw four straight lines which go through all of the dots without taking the pencil off the paper. Start from any position and draw the lines one after the other without taking your pencil off the page. Each line starts where the last line finishes.



Alternate Puzzle: “I met a man on the London Bridge. He tipped his hat and drew his name. In this riddle I told you his name. What is it?”

Nine Dots



Name / Alternate to Nine Dots

I met a man on the London bridge. He tipped his hat and drew his name. In this riddle I told you his name. What is it?

Perception: What Typically Guides Us

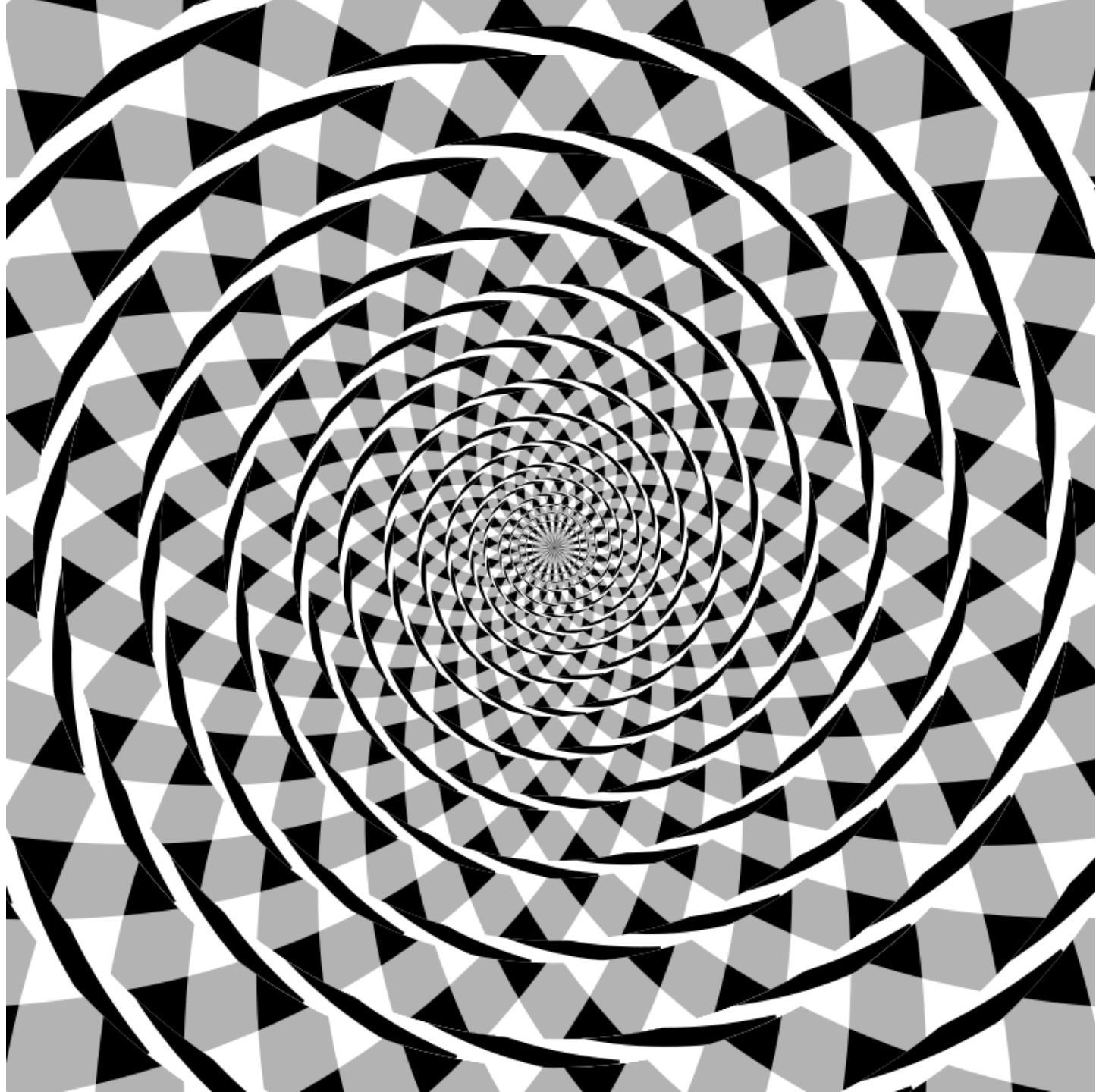
- 1) Evaluation
- 2) Association
- 3) Past Experiences

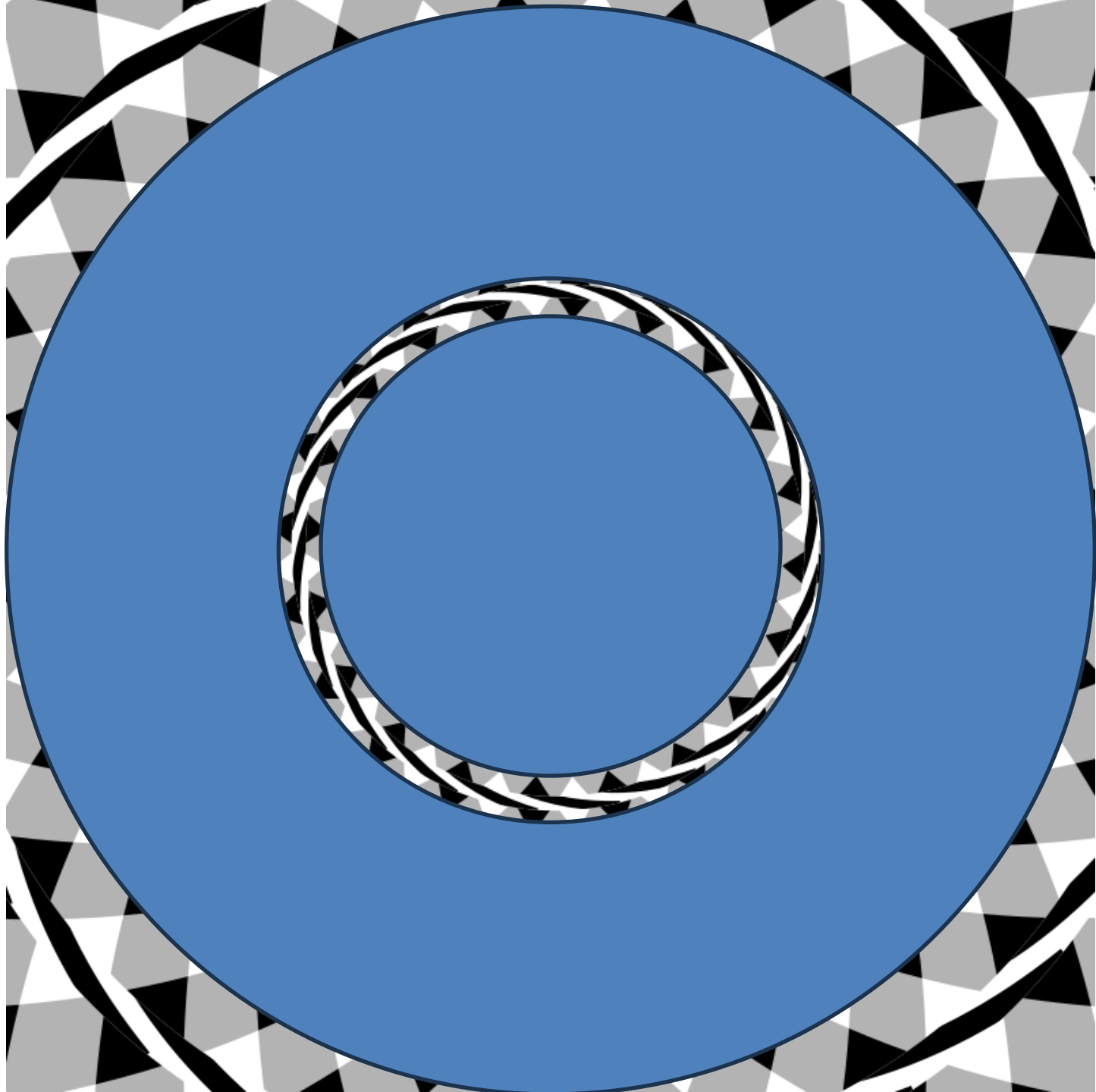


- 4) Actual Current Experiences

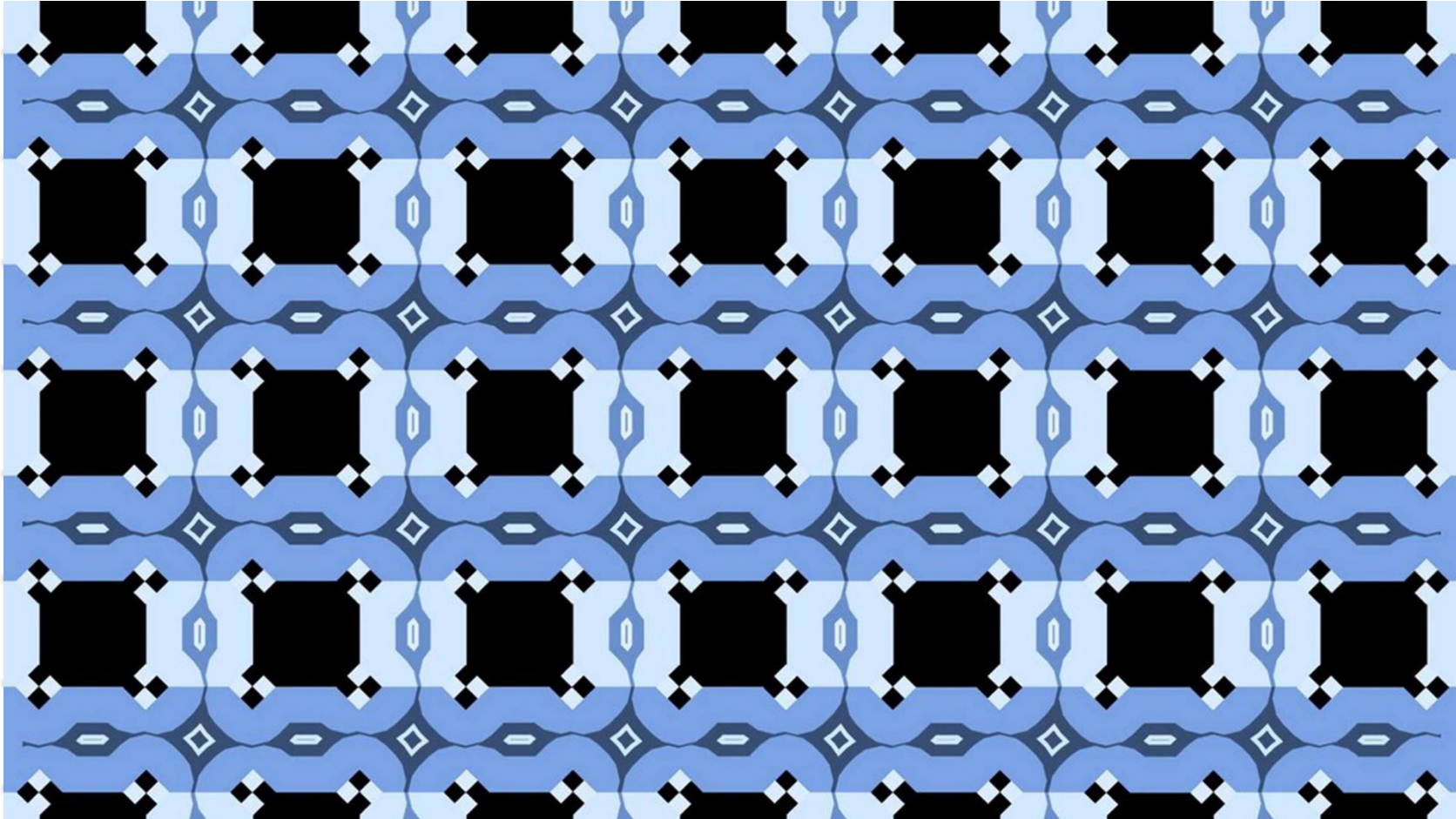
Perception: What If / Shoulda / Coulda / Mighta

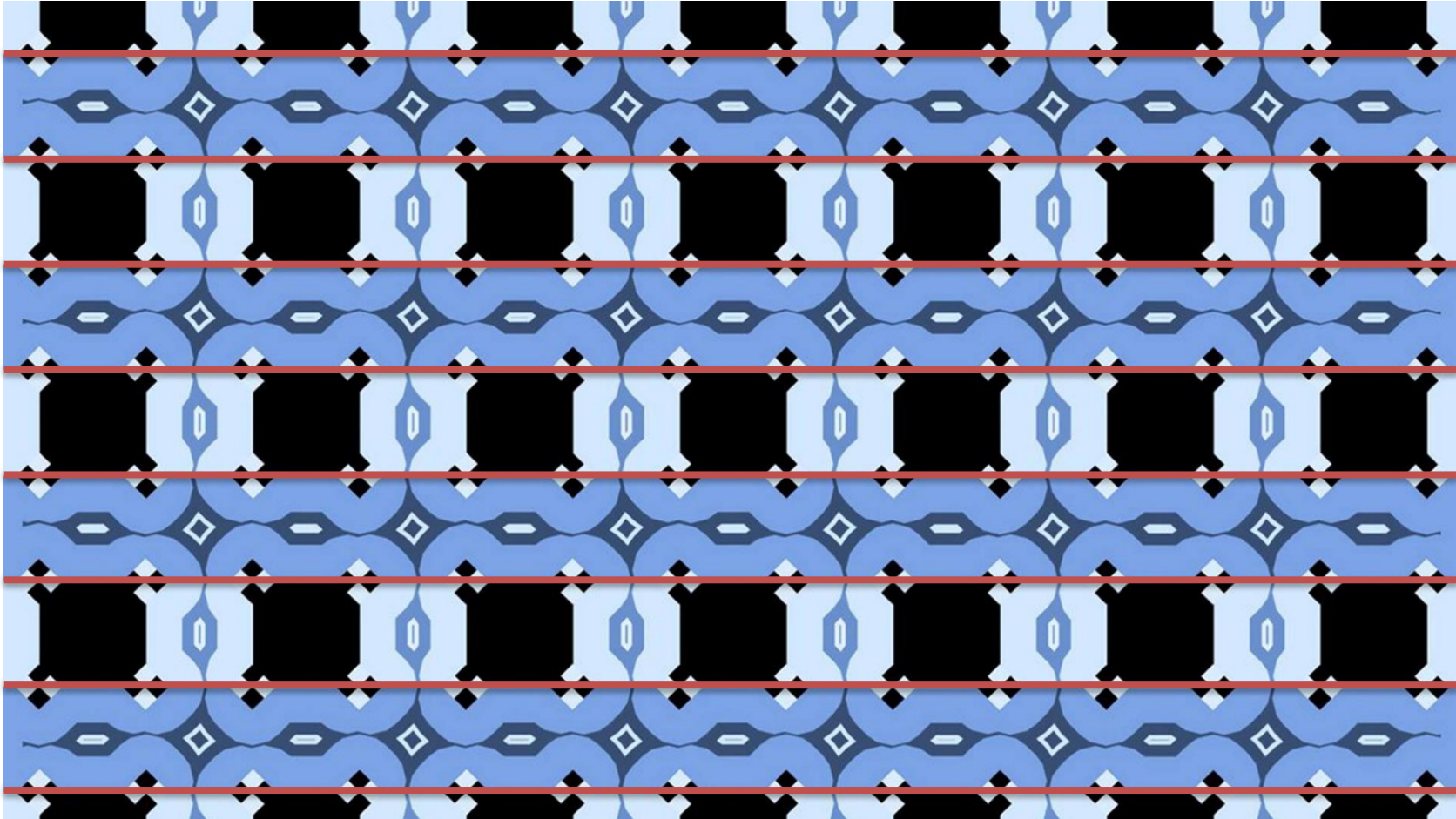


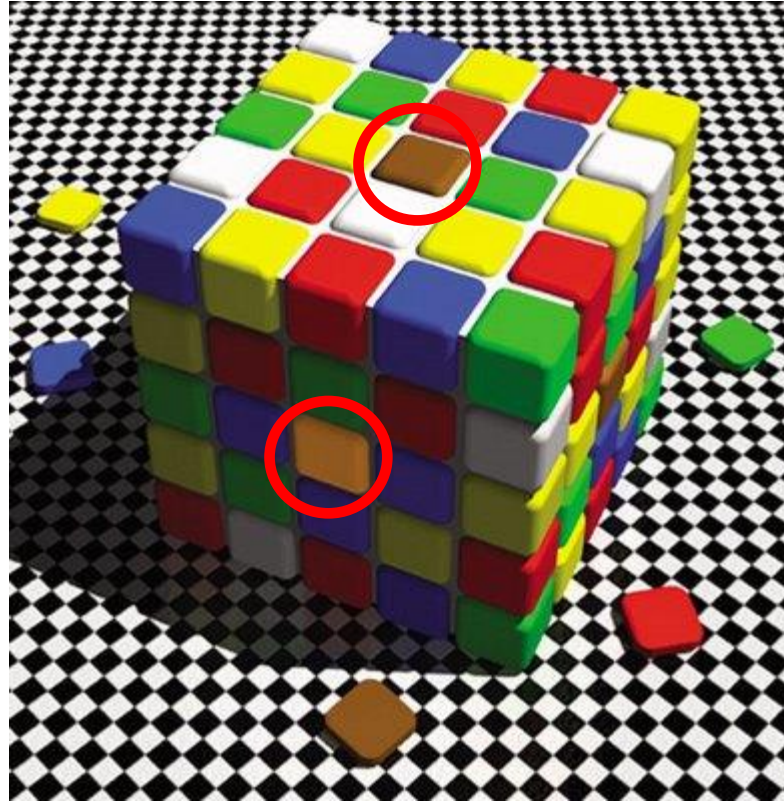


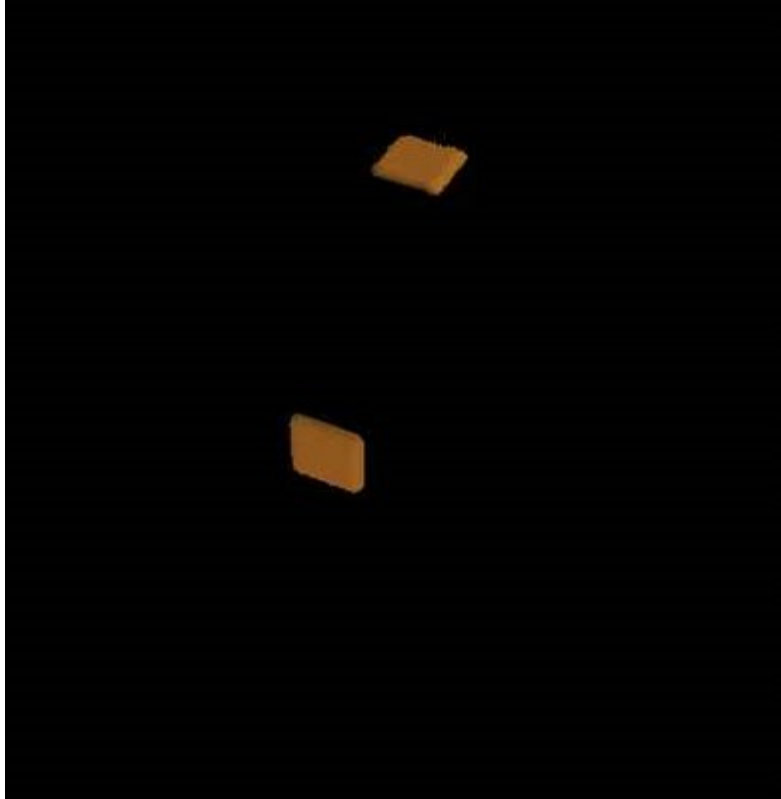


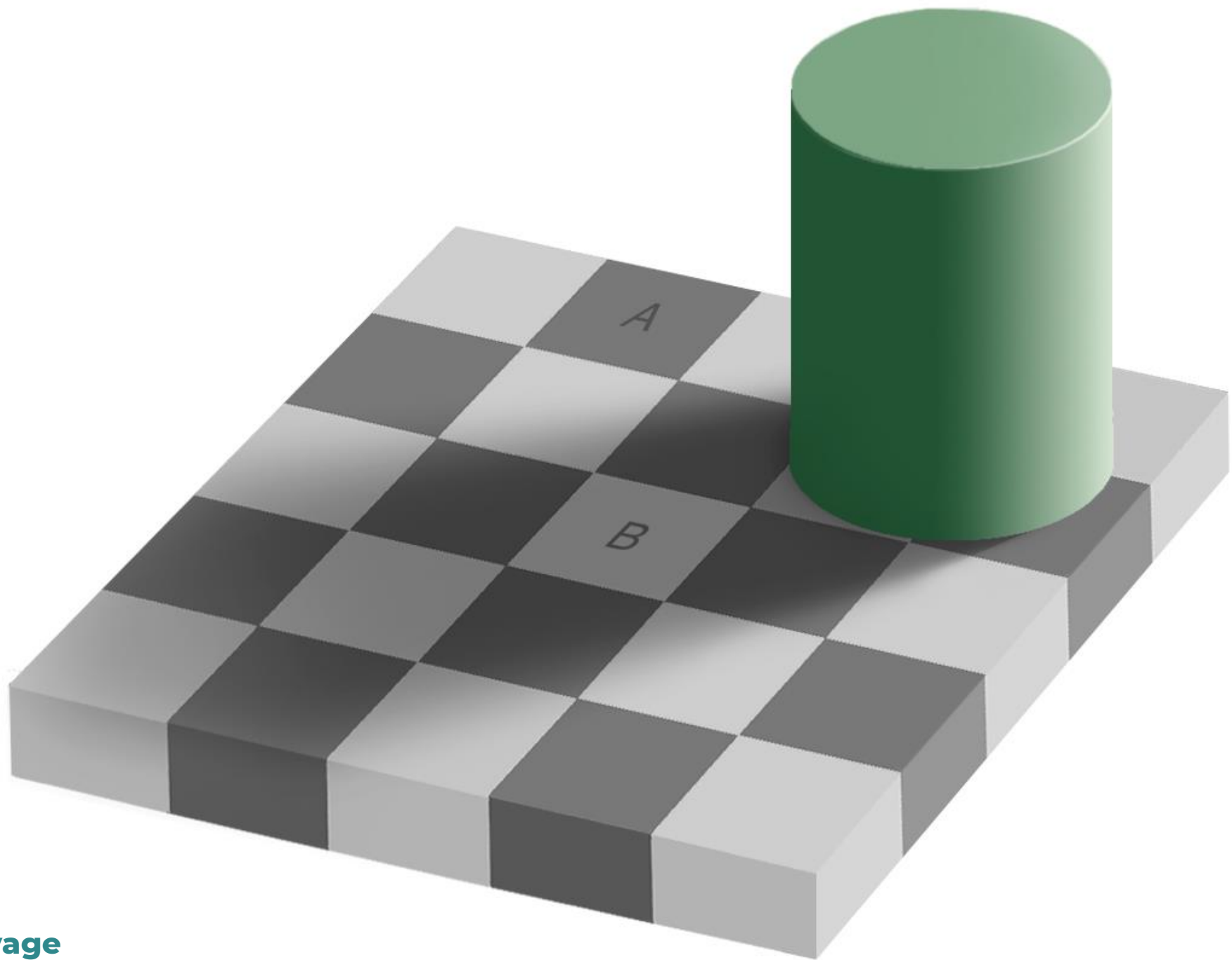


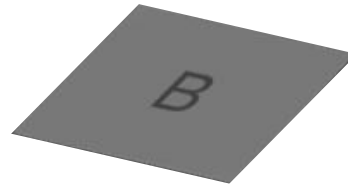
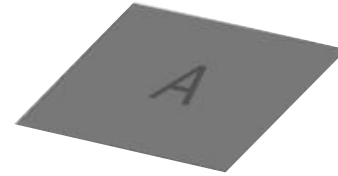


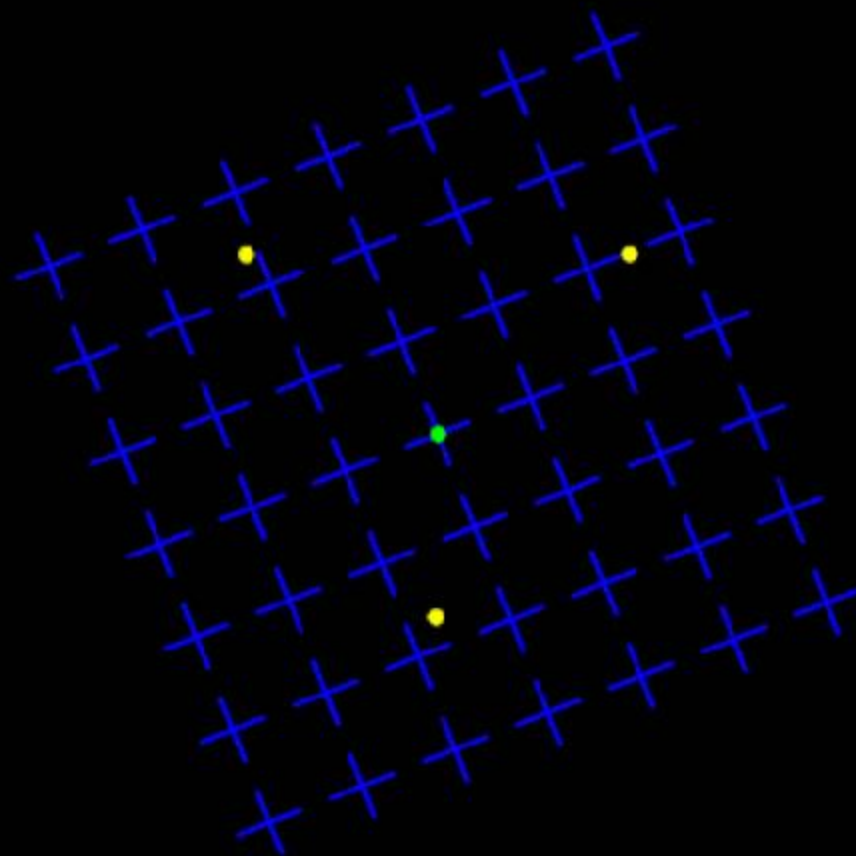






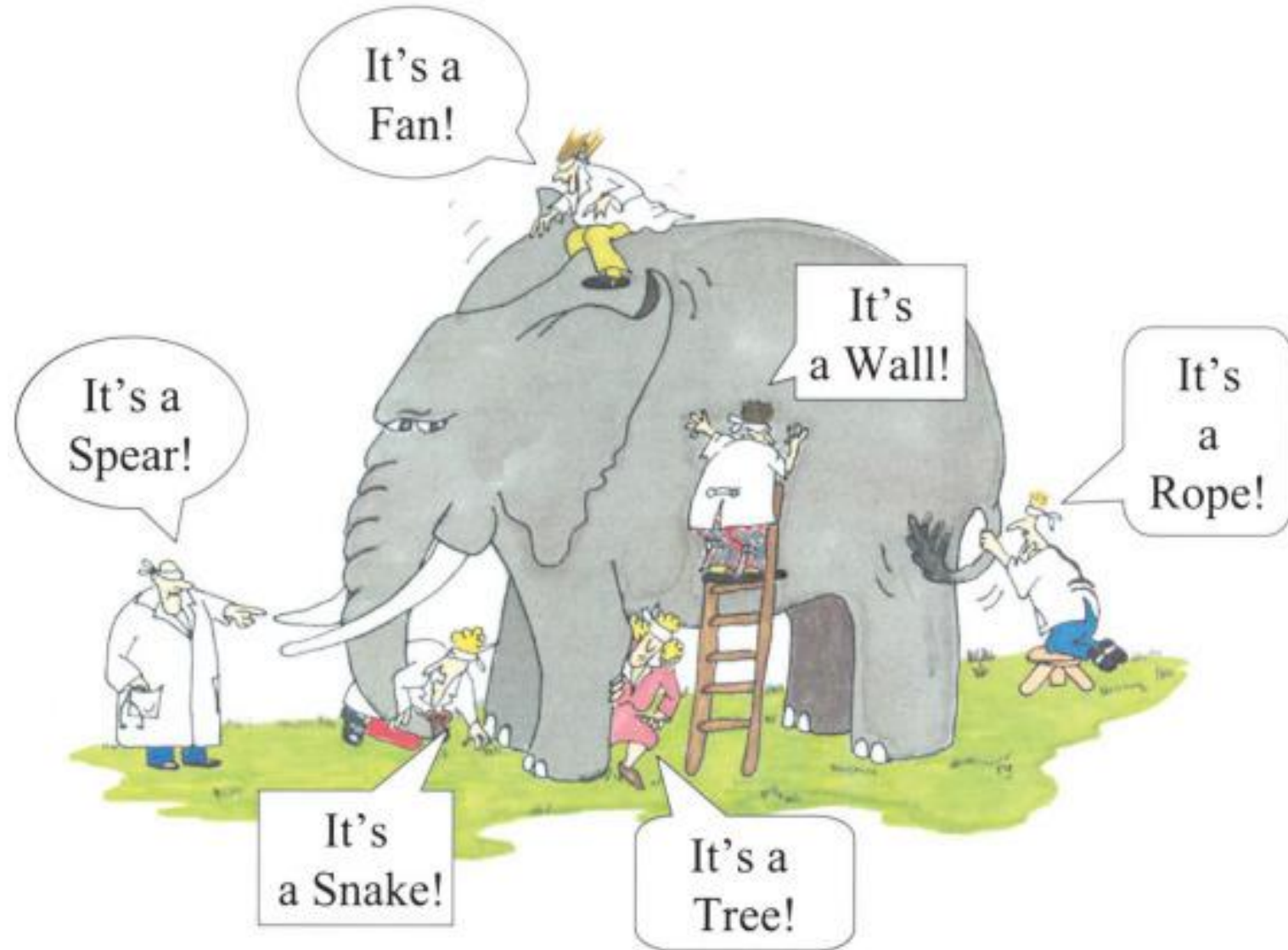




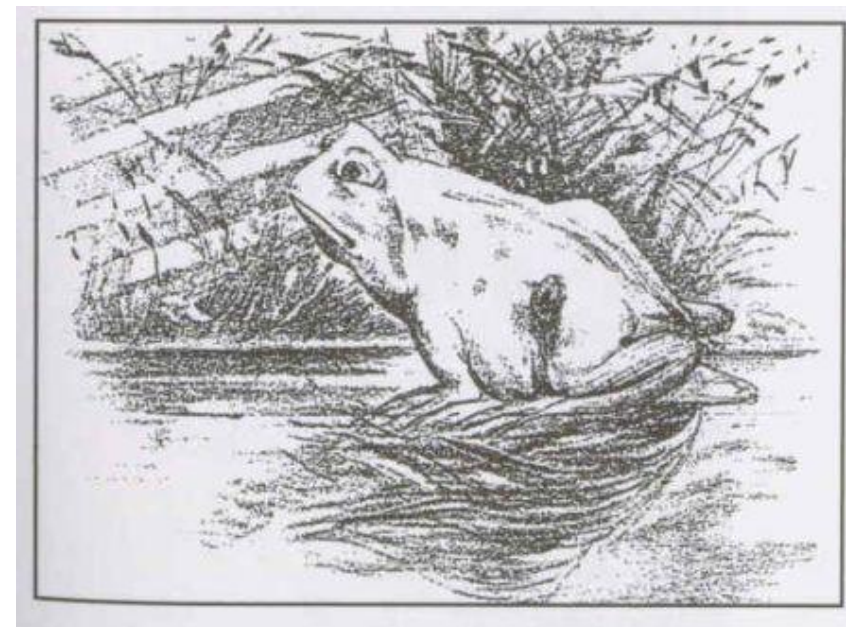
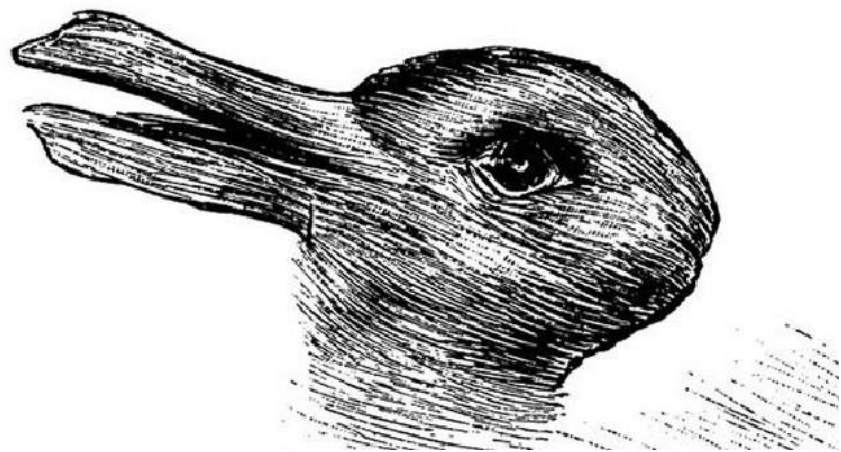




Perception :: Limited View



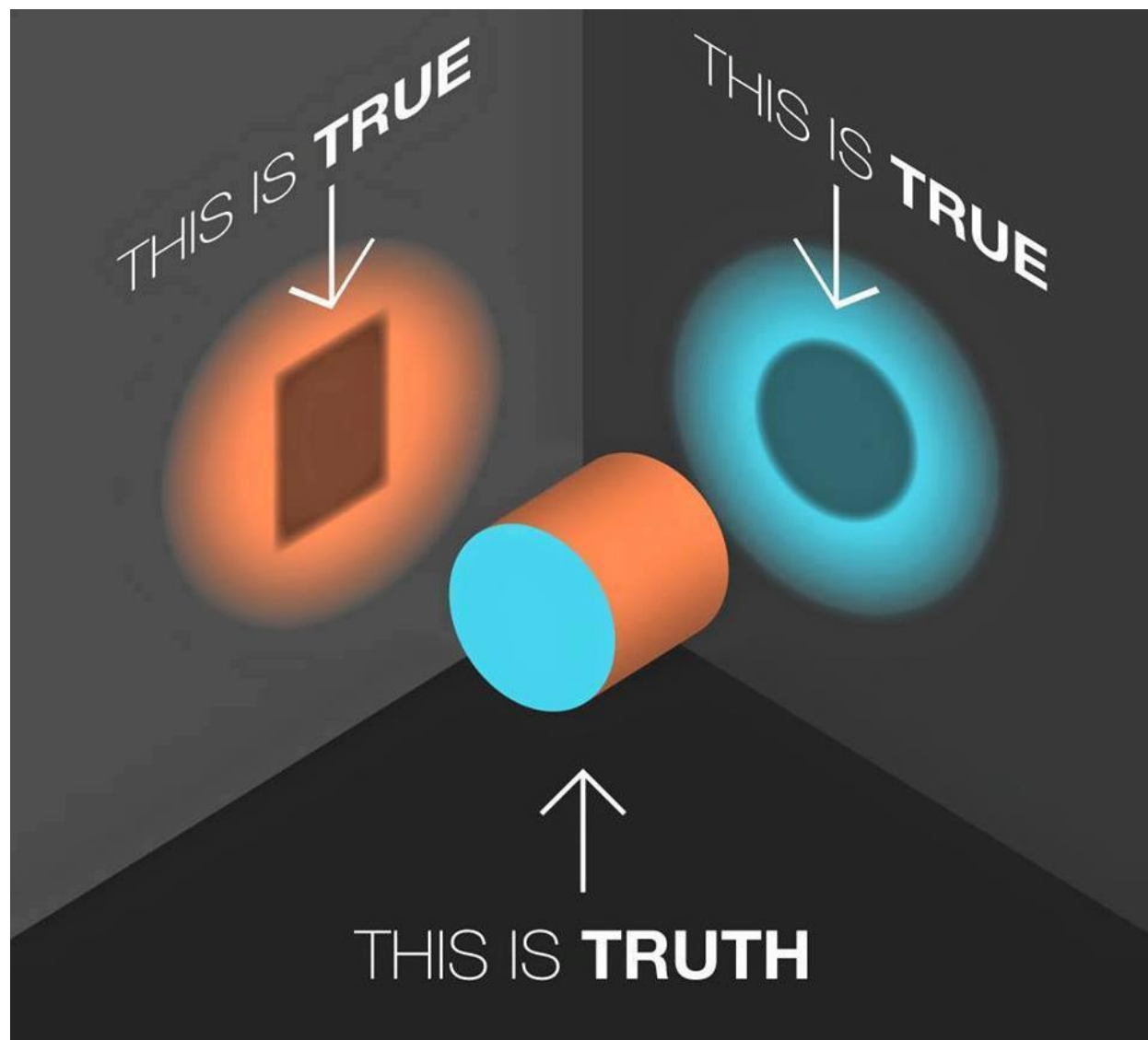
Perception: One Pattern At A Time



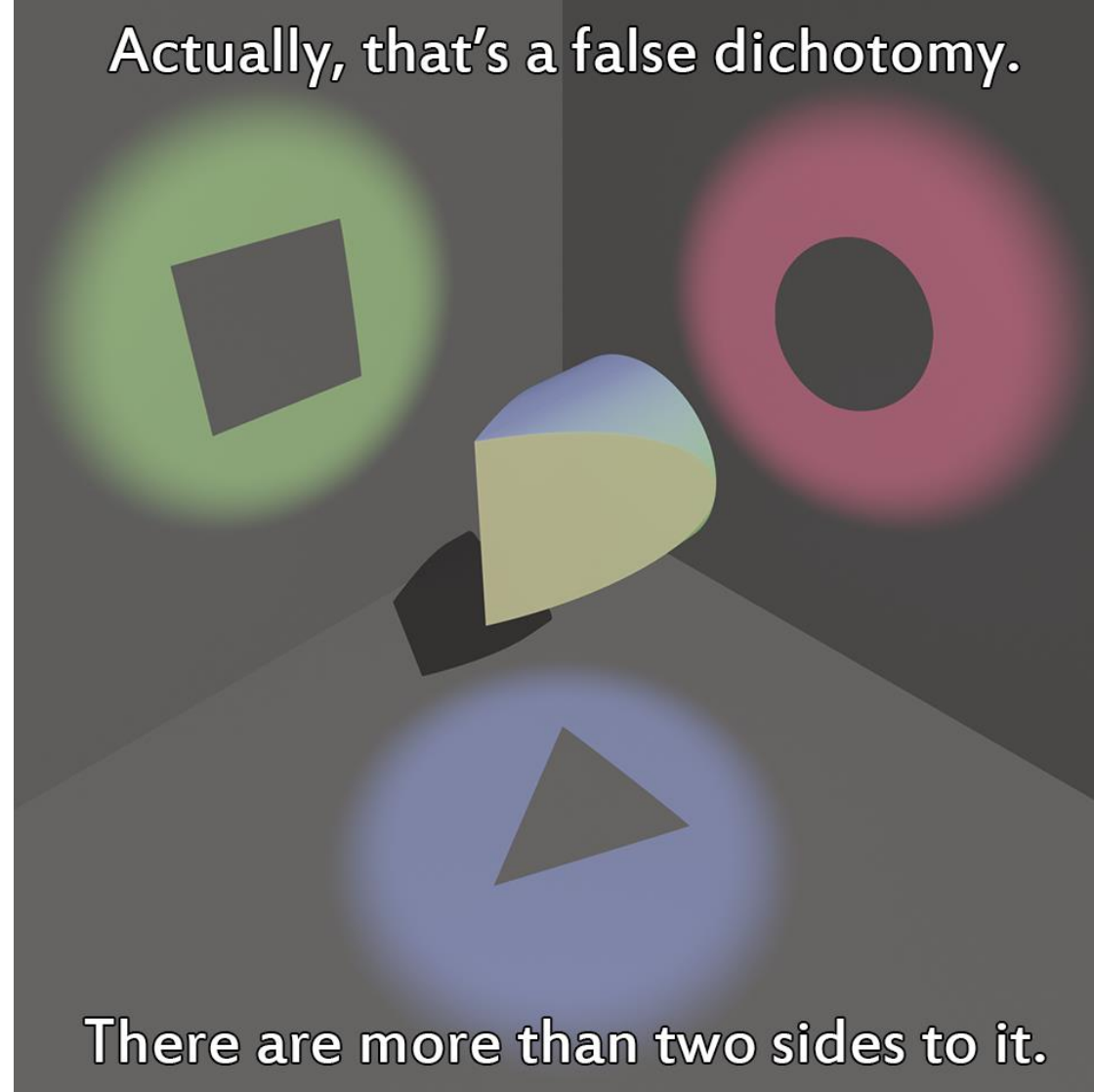
Perception :: One At A Time



Perception :: Limited View



Perception :: Limited View



Perception: The Lens of Experience

Perception may be:

- Superficial
- Not present moment
- Incomplete
- Filtered

Human perception is an *interpretation* of what's present.

Some perceptions we can adjust, seeing the bunny or the duck, and some of our interpretations are hard wired, like the horizontal lines.



Perception :: What Might Be In The Way?



Perception :: What Might Be Cleared Away?



Perception :: Grass Is Always Greener. No, really.

