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NOTHING HAS ANY MEANING EXCEPT THE MEANING YOU GIVE IT

There are two domains in the mind. One is based on fact and specifically what I can see and hear out there. The other is based on my perception or interpretation of what I am seeing and hearing. So I might say, "**When my boss folds his arms that way it means that he is not listening to me**". I have given meaning to my boss's actions. Human beings seem driven by the need to make up meaning for every fact and every event. The truth is that all facts are just facts and all events are meaningless. You are the one that makes up meaning, and once you make the fact or event mean something, it becomes an unexamined box that can limit and disempower you and **FEAR** begins to take over.



Once you make up meaning, you have to produce new facts to validate the meaning or else you go insane. So if you were rejected as a child, you might decide it means you are inadequate. The truth is that you are not really inadequate, but once you believe you are inadequate, you will gather more data to prove to yourself that you are, which in turn will gather more data to prove to yourself that you are, which, in turn, will deepen this belief or self fulfilling prophecy.

REJECTION is one of the words we like to use for this.

When you are **rejected**, you usually make up the meaning that there is something wrong with you that makes you unworthy of acceptance. You make up the meaning that you are inadequate, unlovable and a failure, and that the world is not a safe place, and that other people are self-centred and uncaring.

Rejection does not mean any of these things – unless of course, you decide that it does

If you decide a neutral event means something negative about yourself, you can just as easily un-decide it and re-decide it. You have the choice! All you have to do is exercise that choice. If you can make up one meaning, you can make up another. **In both cases it is you making it up.** So, why not make up a meaning that empowers you to ask for and create what you want in your life rather than one that cripples and paralyzes you. Again, the choice is always yours.

REMEMBER, a "no" doesn't mean anything about you.

Most people think that rejection means they are not good enough, a failure, worthless, etc. It doesn't mean that at all – it just means NO, not today. The fact that you have been told NO is not personal it just means NO.

Fact: I didn't get everything that I wanted from my parents.

Meaning: (which I made up by the way) I'm not good enough and unworthy of receiving. After all, I reason, if I were loveable, my parents would have given me everything I needed and wanted. If I had been worthy of receiving, I would have got it. Since I didn't get it, it must mean that I am indeed unworthy.

Result: I sit back and do not participate. I do not ask for what I want. I do not get what I want. I settle for less than I desire and am capable of having.

DON'T TAKE NO PERSONALLY

Remember, you are just an extra in everyone else's play.

Stewart Emery

Sincerely,

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