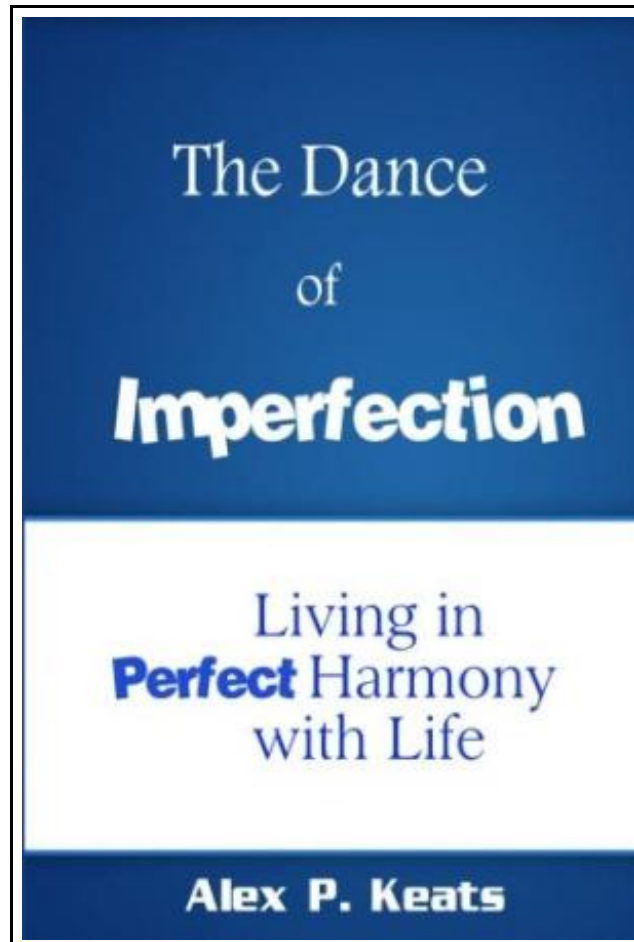


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Right Now Publishing, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Conventional wisdom would have us believe perception is reality, and that if we perceive something about ourselves, it must be true. However, for anything to be real and true, it must be present and observable. In other words, we must have the ability to validate its existence in our experience - and not just solely in our minds. Just because we perceive something to be real doesn't make it real, does it? If we perceive ourselves to be inadequate, what tells us this? The fact is we give all kinds of concepts reality - and we suffer. The antidote is simple and profound, and it takes literally no effort on our part. The antidote is to question whether there is, or has ever been such a thing as defects or flaws in our character and personality. Aside from in our perceptual interpretations, where is it? If we cannot find it upon the closest examination, why do we insist on giving life to something that has no existence in reality, especially if it hurts? Because everyone else does? Once the idea of imperfection was believed in, we've spent so much energy towards masking or strengthening our deficiencies we assume to be real. We've wasted so much energy entertaining and believing in the mind's assertions like, I'm not good enough, I'm not worthy enough, Others have it, but I don't and If only I could get rid of my faults, then I'd be happy and secure. Like a house of cards, it all collapses when the plug is pulled on the notion there's actually a valid reason to feel...



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