



## **New Possibilities of Perception**

I am so excited and happy to welcome you to one of the first steps on the path to a pain free life of freedom.

What if you could have a look at life and actually experience it in a new and different way?

“How is that possible?” you might ask. Well, it can be rather simple once you realize that the way you see the world is unique only to you based on everything you have ever experienced up to this particular moment in time.

Your view of the world and events in your life are a direct result of things you have experienced and how you felt about them at the time. That way of interpreting the world and events begins to work like a default button that you automatically fall back to every time you experience anything. It is happening very unconsciously, which is why it is helpful to observe that you do it at all.

I invite you think about or to watch a baby or small child and how they interact with the world. To them everything is a brand new experience from the way their fingers and toes move and look to experimenting with how everything will taste if they put it in their mouth.

When was the last time you were able to look at the world with such freshness and acute awareness?

So much of how we go through every day is so automatic. It's like we each have our own unique pair of filters or glasses that we look through that predetermines every experience that we have.

Crazy, huh? It can be very challenging to actually experience what it would be like if you didn't have your particular set of glasses that you look through because it all feels so real and true.

That is why I am so excited to share with you the audio recording of the Meditation called New Possibilities of Perception that I have created. This is a guided meditation to give you the opportunity to experience and see exactly what I'm talking about.

It is about ten minutes long and if you like, you might want to have a pen and paper handy when you finish to record anything you discover that you want to write down to reflect on or to remind yourself of what you would like to move toward.

I invite you to have fun and to be curious with this exercise, which is an awesome step toward becoming all that you can be.

Please contact me if I can help you in any way or if you have any questions or comments in regards to the meditation.

In gratitude and with much love and light,  
Cindy

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