

Change is about a willingness for a new perception.

What is the greatest limiting factor in our willingness to perceive? Our ongoing protection against vulnerability, which is a constant burden.

If we become instead relieved, even excited, to give up this burden, we are flooded with new perceptions and thus recognitions.

A NEW CHOICE BRINGS UP:

- 1) Recognition of vulnerability
- 2) Feel response as a need to protect
- 3) Choose instead the response of excitement which changes to relief.

Why have we been unable to change? Here are some things:

However unpleasant the consequences, some parts of us believe it is better than any other choice, so some part of us is helping to perpetuate it.

ex. Keeping emotional or physical pain—We believe that whatever is suppressed under that pain, whatever would come to the surface to be experienced would be far worse.