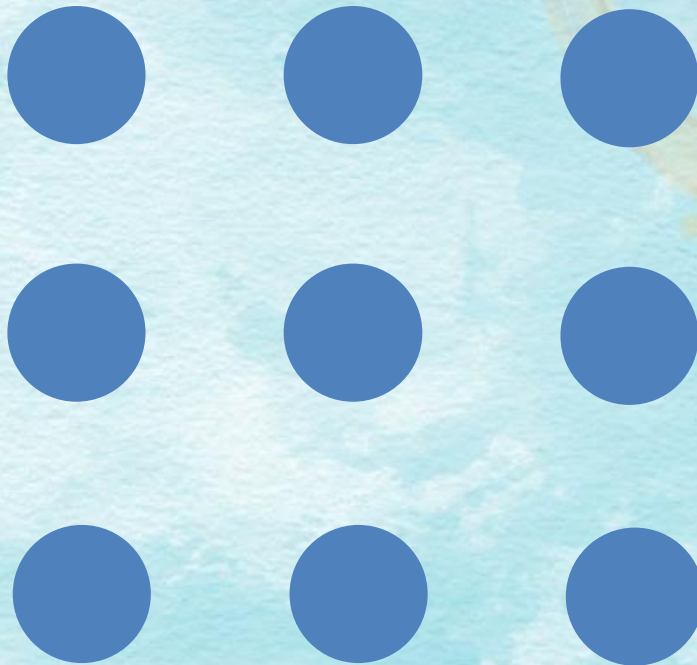


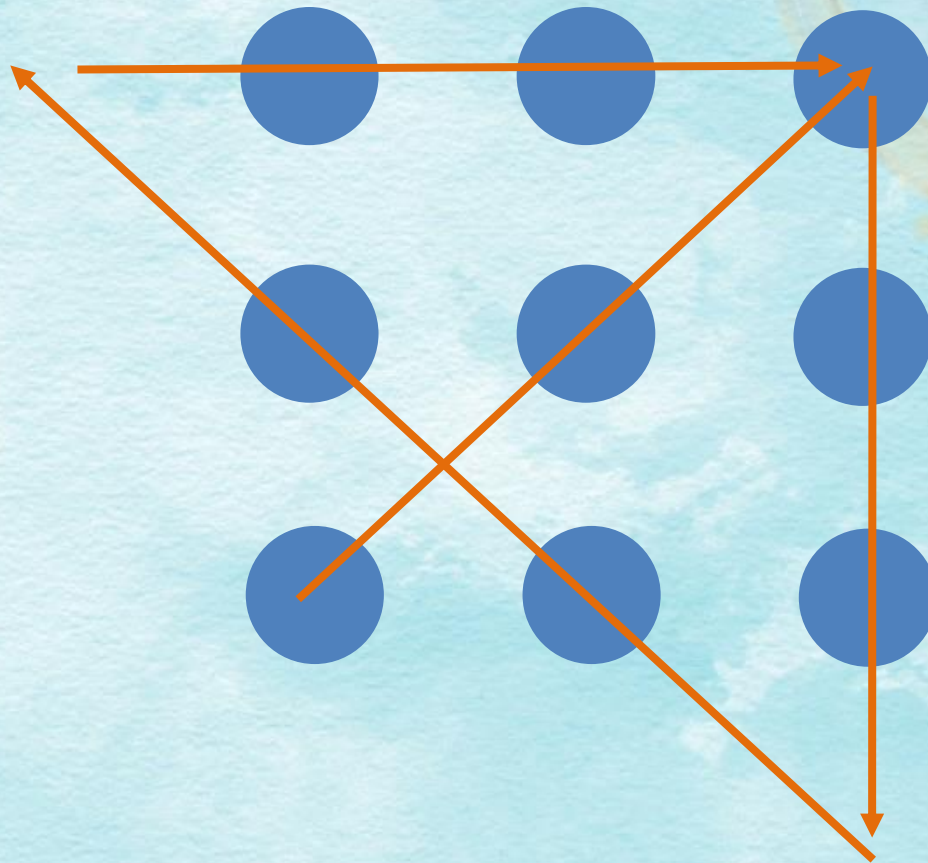


*MBSR Online Live
Session 2 :: Perception*

Nine Dots



Nine Dots



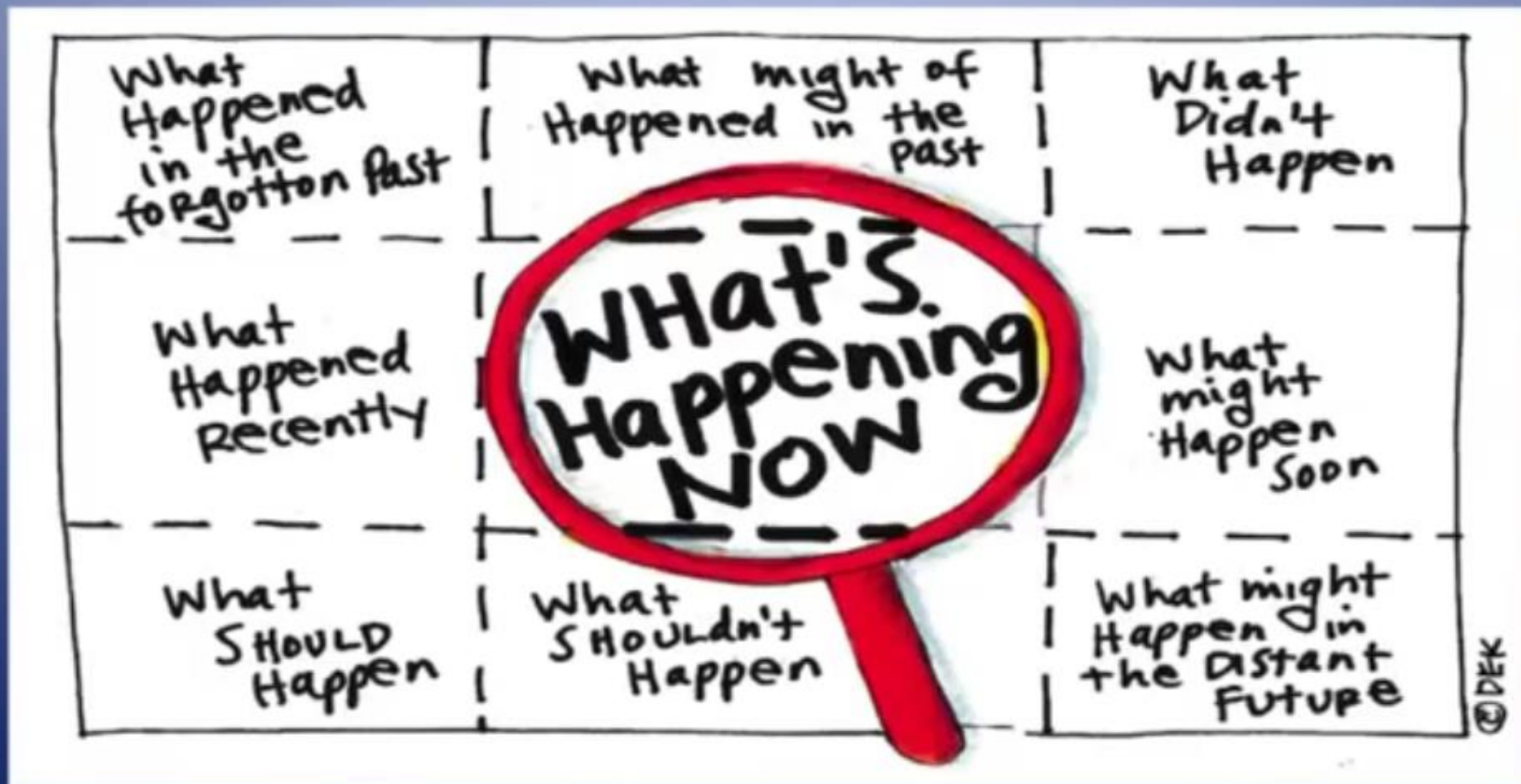
Perception :: What Typically Guides Us

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

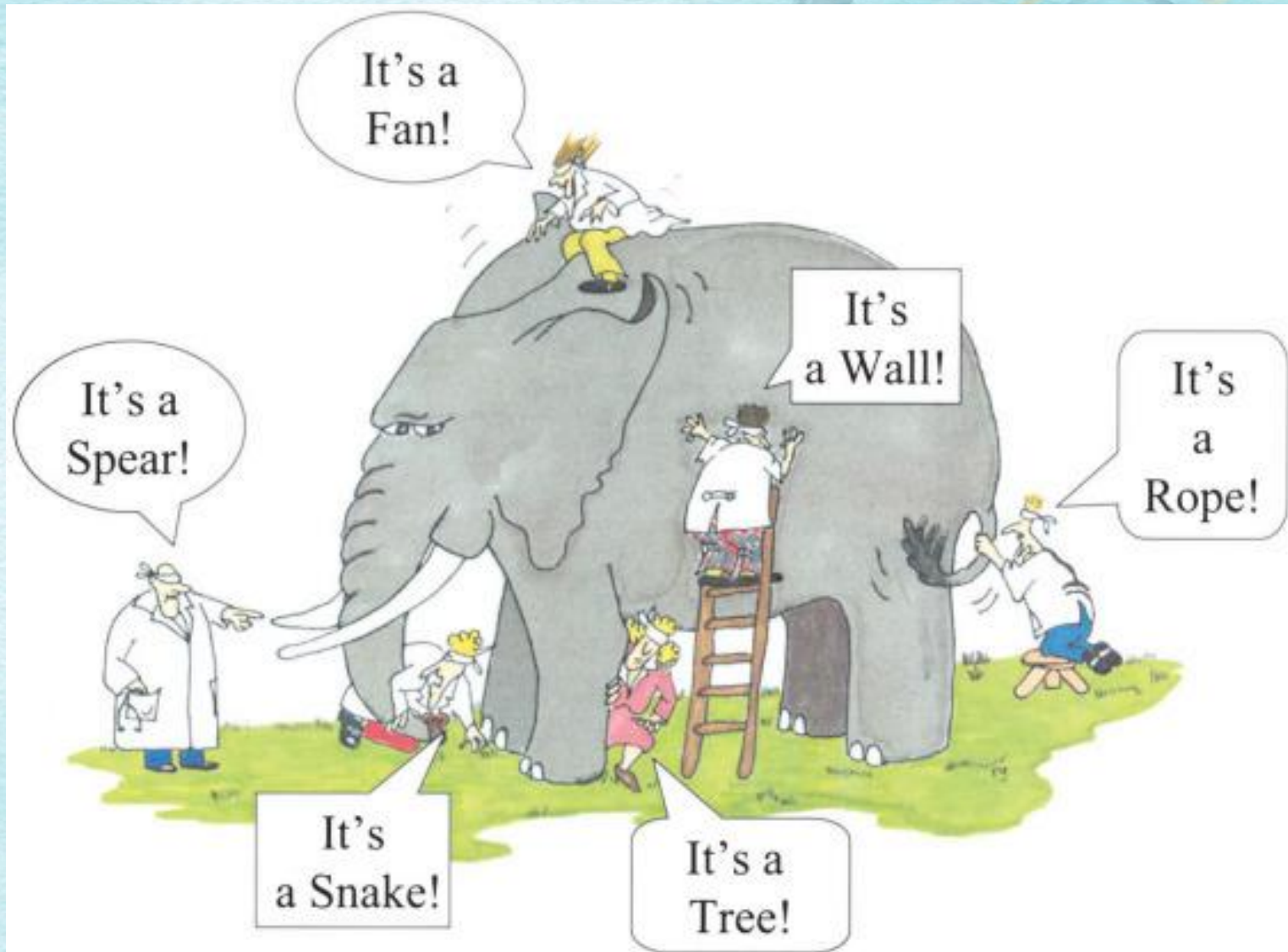


- 4) Actual Current Experiences

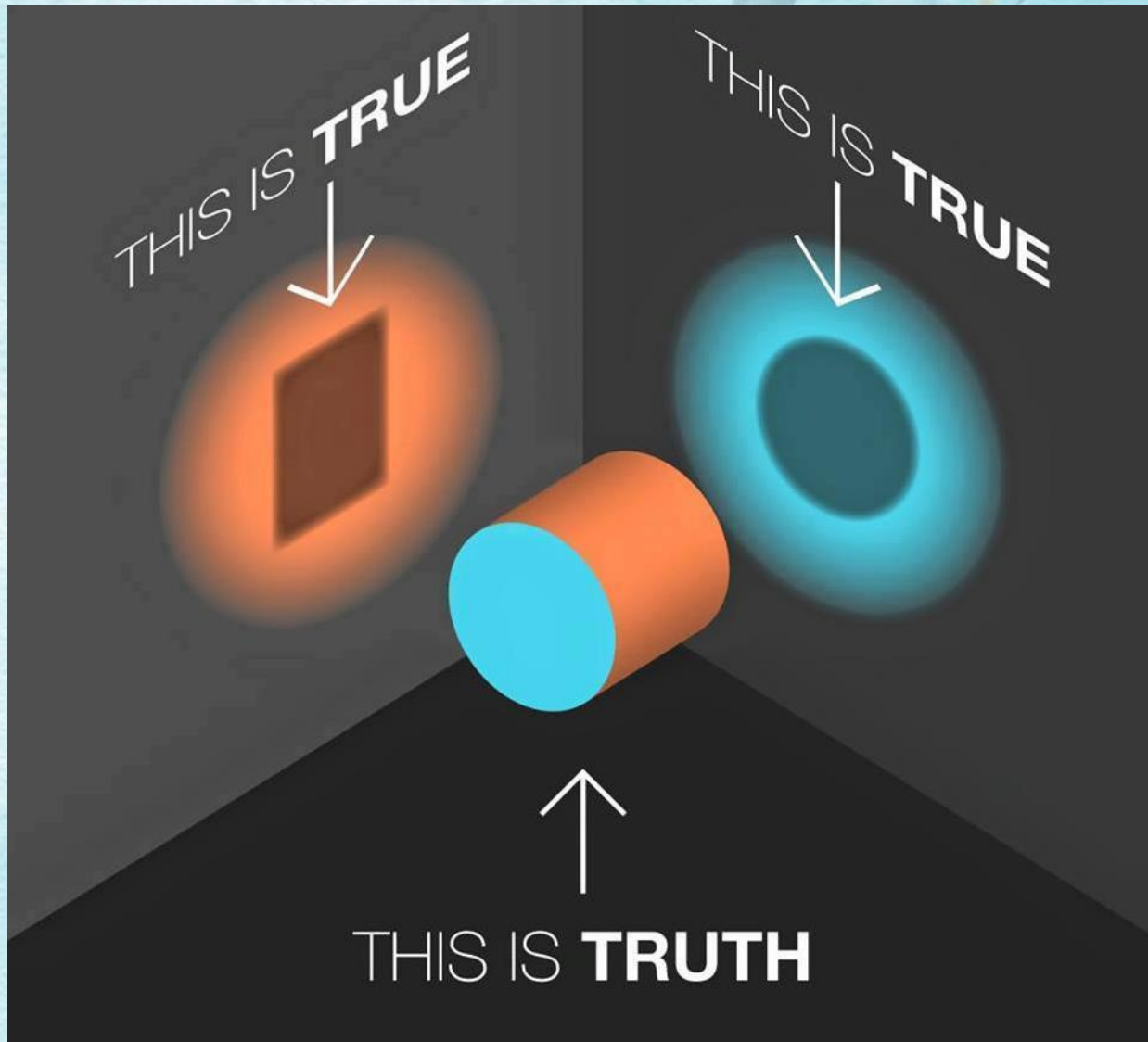
Perception :: What If / Shoulda / Coulda / Mighta



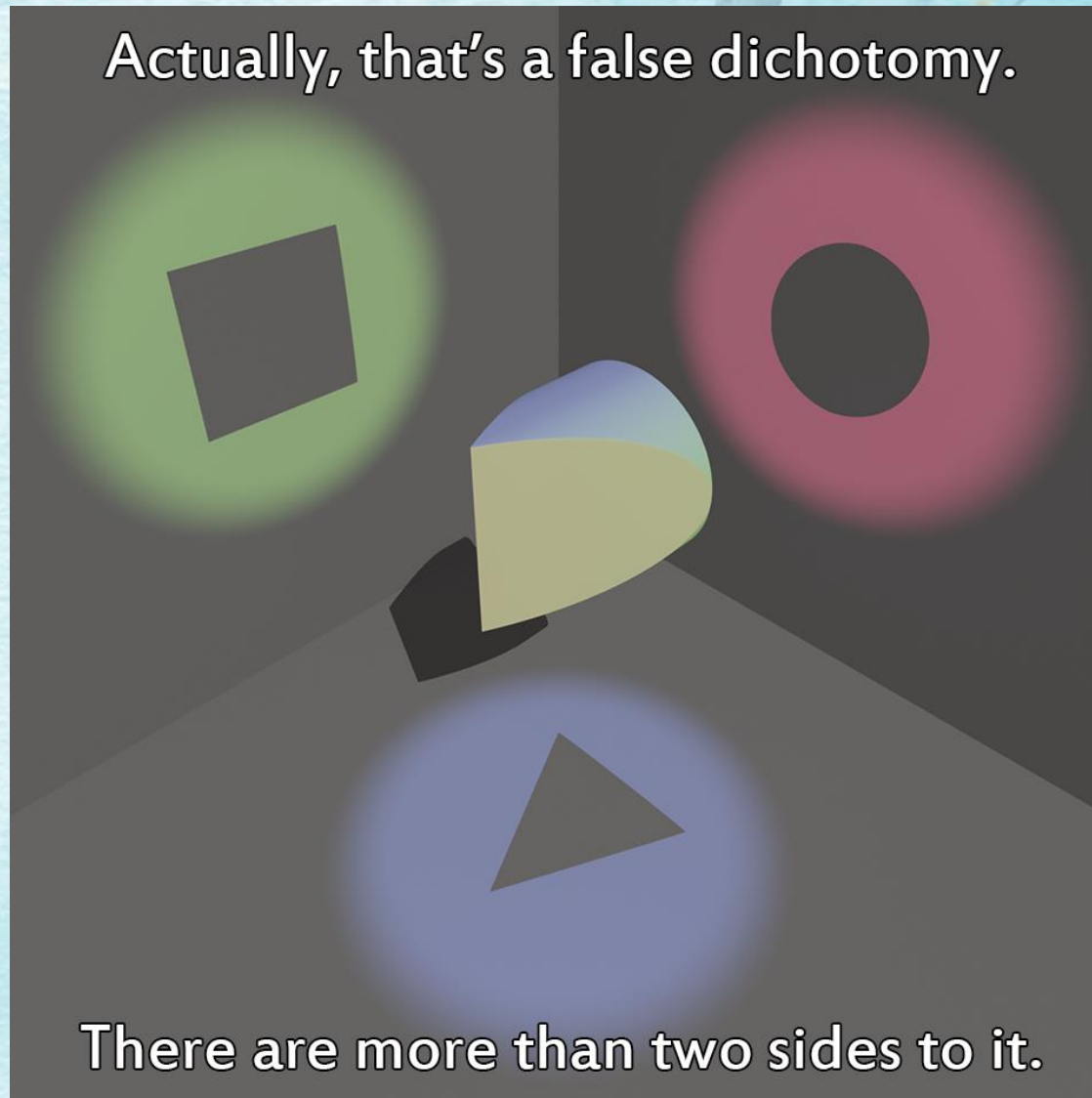
Perception :: Limited View



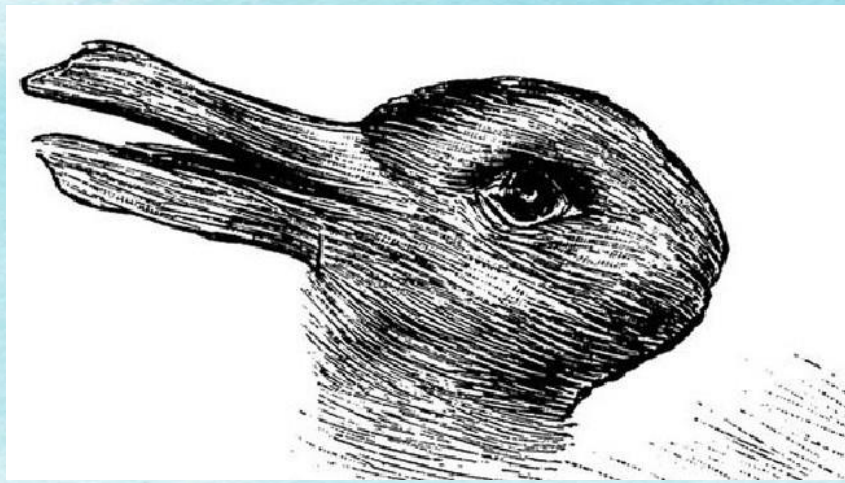
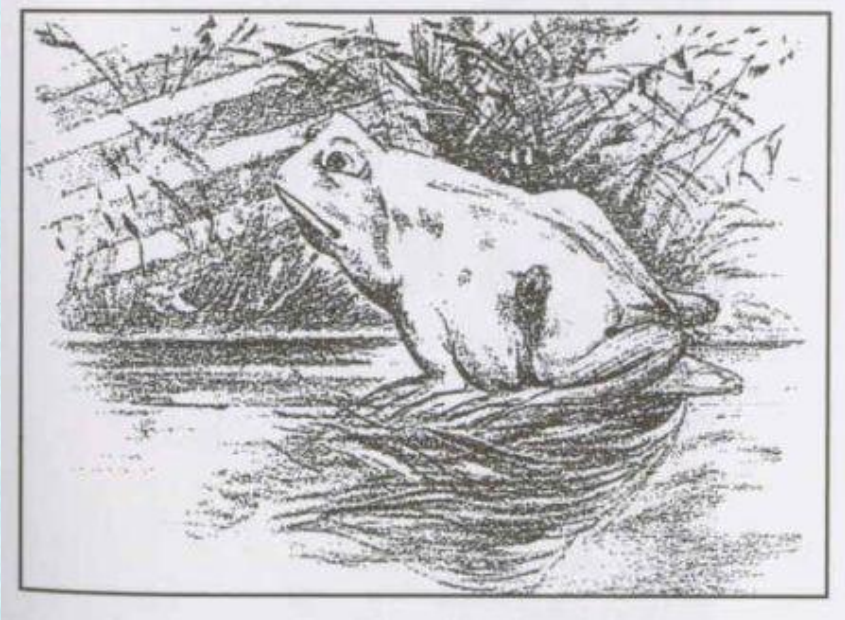
Perception :: Limited View



Perception :: Limited View



Perception :: One At A Time



Perception :: One At A Time



Perception :: What Might Be In The Way?



Perception :: What Might Be Cleared Away?



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

