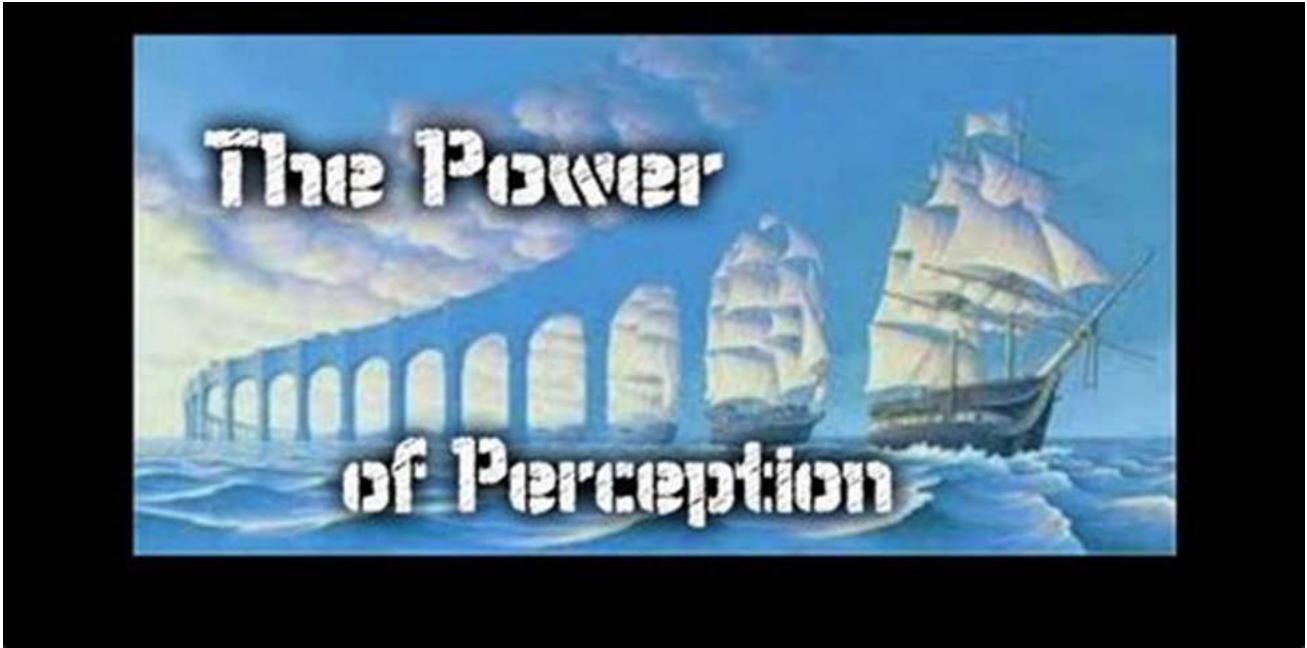


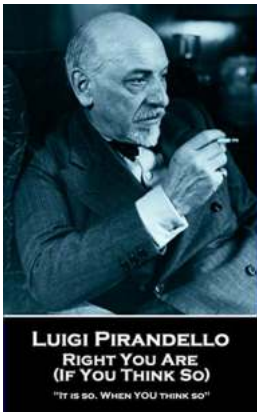
Discover the Power of Perception: It Is So When You Think So



Perception plays a crucial role in shaping our reality. The way we perceive things greatly impacts our actions, decisions, and overall life experiences. It is a fascinating phenomenon that has been studied extensively in psychology, philosophy, and neuroscience. In this article, we will explore the idea that "It Is So When You Think So," delving into the power of perception and how it can influence various aspects of our lives.

The Influence of Perception

Perception refers to the way we interpret, understand, and make sense of the world around us. It goes beyond our senses, as it is influenced by previous experiences, beliefs, and cultural backgrounds. Our perception affects how we perceive ourselves, others, and situations. It can lead to biases, judgments, and even create self-fulfilling prophecies.



Right You Are (If You Think So): 'It is so. When YOU think so'' by Graham Dixon (Kindle Edition)

★★★★☆ 4 out of 5

Language : English
File size : 235 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 102 pages



For instance, if someone believes they are not good enough to succeed, they might perceive every hurdle as a confirmation of their inadequacy. This perception can become a reality as they may stop putting in the necessary effort or avoid taking risks due to their self-doubt. On the other hand, individuals who believe in their abilities tend to view obstacles as opportunities for growth and remain persistent, driving themselves towards success.

The Power of Positive Perception

One of the most compelling aspects of perception is its ability to shape reality. Our thoughts and beliefs can influence our actions, which then shape the outcomes we experience. This phenomenon is known as the self-fulfilling prophecy, where our perception creates conditions that make our beliefs come true.

Research has consistently shown that individuals with positive perceptions and optimistic mindsets tend to have better physical and mental health outcomes. Positive perception leads to lower stress levels, improved resilience, and greater

satisfaction with life. It also enhances creativity, problem-solving abilities, and overall well-being.

Nevertheless, changing one's perception is not always easy. It requires self-reflection, challenging negative beliefs, and consciously choosing positive thoughts. However, with consistent practice, it is possible to rewire our brains and develop a more positive outlook on life.

Perception and Relationships

Perception plays a vital role in our relationships with others. It not only affects how we view others but also how we interpret their actions and intentions. Misunderstandings often arise due to differences in perception, as individuals may assign different meanings to the same behavior.

For example, imagine a situation where someone accidentally bumps into you. Your perception of this incident could vary depending on your mood or beliefs. If you are in a negative state of mind, you might interpret it as a deliberate act and react angrily. However, if you are in a positive state of mind, you might brush it off as a mere accident and let it go.

Being aware of our own perception and considering alternative viewpoints can greatly improve our relationships. It allows us to empathize with others, reduce conflict, and encourage open communication. By realizing that our perception is not the ultimate truth, we become more understanding and willing to bridge gaps in understanding.

Perception and Success

Perception also plays a significant role in achieving success, both professionally and personally. How we perceive our own abilities and potential often determines

our level of motivation, resilience, and willingness to take risks.

Individuals with a growth mindset perceive challenges as opportunities to grow and improve, while those with a fixed mindset tend to shy away from them.

Believing in our ability to learn and develop new skills increases our chances of success, as we are more likely to invest time and effort into achieving our goals.

Moreover, perception can shape our approach to failure. Embracing a positive perception of failure enables us to view setbacks as learning experiences rather than personal shortcomings. This outlook fosters resilience, perseverance, and ultimately paves the way for future success.

The Role of Perception in Decision Making

Perception greatly influences our decision-making processes. Our biases, cognitive shortcuts, and previous experiences shape the way we perceive choices and evaluate potential outcomes. These subjective perceptions can sometimes lead to irrational decisions or prevent us from seeing alternative possibilities.

However, by being aware of our biases and actively working to minimize their influence, we can make more informed and rational decisions. Learning to question our perceptions, seeking different perspectives, and gathering additional information can lead to better decision-making outcomes.

The Continual Evolution of Perception

Perception is not a fixed entity. It is subject to change and continually evolves through various stages of our lives. As we gain new experiences, encounter different cultures, and challenge our beliefs, our perception expands and adapts accordingly.

Recognizing the fluidity of perception allows us to be open to new ideas, embrace diversity, and foster personal growth. It encourages us to break free from limiting beliefs and explore new possibilities.

Through understanding the power of perception, we can harness its potential to improve our lives. By consciously shaping our perceptions, adopting positive mindsets, and seeking alternative viewpoints, we can create a more fulfilling and successful reality. Remember, "It Is So When You Think So," so why not choose perception that empowers and uplifts?



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Luigi Pirandello was born on 28th June 1867 into an upper-class family in a small village in Sicily.

In 1880, the family moved to Palermo and there he completed high school. He then registered at the University of Palermo, at that time the centre of what became the Fasci Siciliani movement. Although not an active member Pirandello had close friendships with many of its leading ideologists. Pirandello then

completed his university studies in Rome and Bonn, receiving his Doctorate in March, 1891.

His time in Rome had provided him with the opportunity to visit its many theatres. "Oh the dramatic theatre! I will conquer it. I cannot enter into one without experiencing a strange sensation, an excitement of the blood through all my veins..."

1894 brought marriage, at his father's suggestion, to a shy, withdrawn girl: Mara Antonietta Portulano. The marriage encouraged his studies and writings and produced three children. In 1895, the first part of the 'Dialoghi tra Il Gran Me e Il Piccolo Me' was published.

In 1903 the flooding of the sulphur mines in which his father had invested the family capital and Antonietta's dowry, brought financial catastrophe. Antonietta on hearing the news had her mental balance profoundly and irremediably shaken. While watching over his mentally ill wife at night (after the day spent at work) he wrote 'Il Fu Mattia Pascal' (The Late Mattia Pascal). It was an immediate and resounding success.

In 1909, Pirandello began his collaboration with the prestigious Corriere della Sera. Whilst his fame as a writer was increasing his private life was poisoned by the suspicion and jealousy of Antonietta who now turned physically violent.

By 1917 his theatrical works were beginning to take centre stage: 'Così è (se vi pare)' (Right you are (if you think so)) and 'Il Piacere dell'onestà' (The Pleasure Of Honesty).

In 1919 Pirandello had Antonietta placed in an asylum. She never left the asylum.

In 1921, in Rome his play, 'Sei personaggi in cerca d'autore', (Six Characters in Search of an Author) was staged. It was a failure. However, when presented in Milan it was a great success. Pirandello's international reputation was set when it was performed in London and New York.

In 1925, Pirandello, with Mussolini's help, assumed the artistic direction and ownership of the Teatro d'Arte di Roma. He now described himself both as 'a Fascist because I am Italian' and 'I'm apolitical, I'm only a man in the world...' He later had several conflicts with fascist leaders and would fall under close surveillance by the secret fascist police OVRA.

In 1934 he won the Nobel Prize but asked that medal be melted down for Italy's occupation of Abyssinia Campaign to which he had given his support.

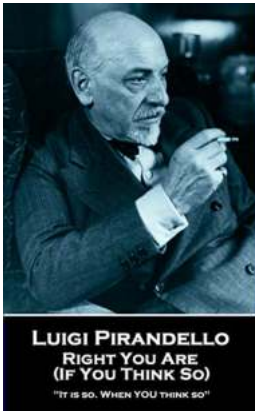
Pirandello's canon stretches across novels, hundreds of short stories, poetry volumes, essays and some 40 plays. His tragic farces are often cited as forerunners of the Theatre of the Absurd.

Luigi Pirandello died on 10th December 1936 at his home at Via Bosio, Rome, Italy.



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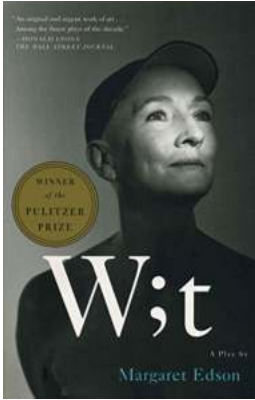
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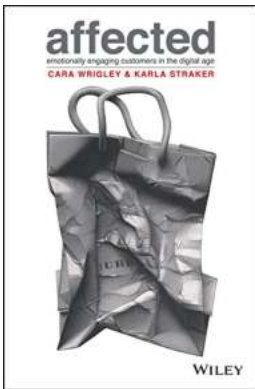
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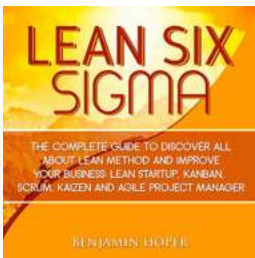
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