

THOUGHTS, LOGIC & REASONING Part 07

by Harnaak Singh 27-Jan-2017

Gur Sikh Jio. Waheguru Ji Ka Khalsa Waheguru Ji Ki Fateh.

MIND – PERCEPTION

We have learned about WILL as one faculty of the MIND and that MEDITATION aids focus which strengthens the WILL power.

Today we look at the PERCEPTION faculty of the MIND.

PERCEPTION is the process by which we gain an understanding of

- the information we attain from our FIVE SENSE organs (ਗਿਆਨ ਇੰਦਰੀਆਂ) – this is external OR
- the ideas we formulate regarding a subject or object - this is internal OR
- a combination of the above two.

Our PERCEPTION can be considered as being our point of view. Our PERCEPTION is very much dependent on our BELIEF. It is relative which means that our PERCEPTION of the same subject or object may be different from others (e.g. a glass with 50% water will be perceived as half full by one and half empty by another).

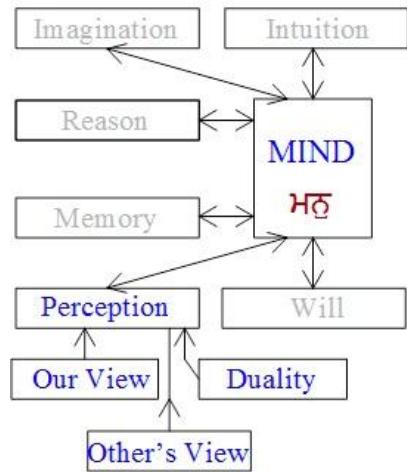
Therefore PERCEPTION has two uses

- to identify OUR understanding
- to understand that OTHERS may perceive things differently.

It is therefore important for us to understand this so that we can deal with people of differing views without having a misunderstanding. Further this will help us understand others so that we can make appropriate choices for the betterment of all.

Another important point to note is that we can consciously choose to perceive the good or the bad side of the subject or object being considered. This is the nature of DUALITY i.e. two sides to everything. This DUALITY exists in almost everything that we may consider.

The picture shows this diagrammatically.



Thank You for listening and reading. ਗਲਤੀਆਂ ਦੀ ਖਿਮਾ.

Waheguru Ji Ka Khalsa Waheguru Ji Ki Fateh.