

POWER of PERCEPTION

During July I participated in a three day therapist camp with Bryan Post. The camp a great healing and learning experience. However, I also learned a valuable life lesson while I was in the airports. The very nature of an airport is dys-regulating. Airports provide many of the elements that contribute to dys-regulation: transition, uncertainty regarding rules and regulations, overstimulation, unconscious or real fears of flying, as well as past memories of negative experiences.

My return flight from the Washington DC airport was delayed six hours. It doesn't make sense to me why you would fly North and East to go West. Since I wasn't driving, I can get past that. The delay was due to needing to replace electrical panels in the airplane. My perception of that situation was that it was too big for me to handle. I can decorate a Christmas tree and change a lightbulb. Therefore it was easy for me to accept that this was out of my realm of control. I arrived at KCI on time from Washington. The baggage claim was only a two minute walk away. An hour later I finally got my bag. By this time I was very angry, upset, and in general just plain dys-regulated. The bags were a mere floor beneath us. My perception was that I should be able to do something about it. Especially since the attendant said he could see the bags but couldn't get them upstairs. How hard can that be?

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As I reflect on this situation, I can now laugh. At the time I couldn't. What was missing in Kansas City that was present in Washington DC? Quite honestly, the one hour in Kansas City seemed much longer than the six hours in Washington DC. What was missing for me was my spiritual connection. I got in the way of allowing God to carry me through the situation at KCI. I allowed my perception of the situation and my own stress to disconnect me from God.

Peter is a good example of this. Matthew 14:22-31 tells the story of Jesus walking on water. Peter was **bold** and stepped out on the water. He was distracted by the waves and the wind. This changed Peter's perception. Peter took his eyes off of Jesus. He became afraid and started to sink. Jesus was quick to comfort Peter as he said "Courage, it's me. Don't be afraid.". By keeping our eyes on Jesus we do not allow our perceptions and human limitations to cause us to sink. We can maintain our vertical as well as our horizontal relationships and connect in love.

Since a question was not submitted this past month, I got off the hook as far as answering a specific question. If you have questions, please submit them via my web site or e-mail. The free tele-seminar "Spiritual Connection" is still available on my web site.

I am looking forward with great excitement and anticipation to the September seminar featuring Bryan Post. We will present powerful information that will challenge you to a new level of performance. It will facilitate a greater level of healing in you, your family, and your clients. Until then, "press on".

Have courage and rest in the comfort of Jesus.

In Christ,

Ken Thom