



## WHICH REALITY HAS YOUR ATTENTION?

What we focus upon is what we experience. Focus on success and you will be more likely to see paths to success. Focus on failure and you will be more likely to see paths that lead to failure.

What we look for is what we find.

Sedona, Arizona is a breathtaking area of the United States. The above picture of a rock formation near the town of Sedona reflects this beautiful scenery yet some would look at this large picture of a beautiful place and focus upon the bits of litter that are on the ground and fail to see the beauty before them. Others would focus upon the beauty of the rock formation and never see the litter. Which one is accurate? Both are for the focus the perceiver has chosen. Which one is the better-feeling experience?

Many individuals claim to be 'realists' when they focus upon the negative events in the news yet if the news were shown proportionately with good and bad news receiving equivalent coverage the bad news would be such a small amount of time that we would barely perceive it. The 24/7 'bad news' reporting has caused many individuals to believe that things are getting worse and worse and worse. Take a step back and evaluate the news reporting. They are not reporting to 'inform you'. If they wanted to inform you they would spend time, often, reporting on solved problems. Once something is no longer a problem the reporting about it stops. The news media is reporting for the purpose of getting better ratings. The ratings game is the reason they choose

the stories they choose. Studies have shown that when you heighten people's worry and concern they are more likely to watch more to 'stay informed'.

How real are 'realists' focused on the very disproportional negative news really being when they ignore all the positives around the world every day?

A true 'realist' would understand that the news media has an agenda and would understand that much more that is right goes on in our world everyday than is wrong.

You don't have to look far to see this.

We each have about 70 trillion cells in our bodies. All these 70 trillion cells regenerate about every three months and almost always do it perfectly. Everyday there are billions of people on the planet who laugh, sing, love and eat. Seeds germinate, babies are born, rain falls, the sun shines, flowers bloom, people see and hear and taste and touch, everyday.

When you understand that what you focus upon is what you get the decision to be more deliberate in choosing what to focus upon becomes easier to make.

Citations:

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