



New Pathways Wellbeing Circles  
EXPLORING FOUNDATIONS OF WELLBEING  
ONLINE

## PERSPECTIVE

Some beautiful paths can't be discovered without getting lost.

*Erol Ozan*

May your choices reflect your hopes, not your fears.

*Nelson Mandela*

Perspective is the art of representing three-dimensional objects on a two-dimensional surface so as to give the right impression of their height, width, depth, and position in relation to each other.

*Dictionary*

No problem can be solved from the same level of consciousness that created it. A little knowledge is a dangerous thing. So is a lot.

*Albert Einstein*

One person's craziness is another person's reality.

*Tim Burton*

A Story to Change our Perspective

Once a young man was passing by a street where he saw an old man sitting on road side begging for money.

That old man was sitting there with an empty bowl in kept in front of him and a card board sign was kept beside that empty bowl.

On card board cut out it was written: "Blind – Please Help..!!"

Young man noticed that despite it was rush hour and many people were passing by that old man yet no one was giving him any money.

Young man felt very bad that no one was helping that old man or giving him any money. So he went to that old man and took his card board in his hand. He then took out a thick marker pen out of his pocket and turned the cardboard sheet back-to-front and re-wrote the sign then went on her way.

Old man noticed that someone was there writing something on the board but didn't said anything.

Just in few minutes, that empty bowl was now filled with money. Old man noticed that and stopped a stranger and asked him what was written on that card board.

Stranger replied, "It says.. – It's a beautiful day. You can see it. I cannot!"

*Unknown*

Everything we hear is an opinion, not a fact. Everything we see is a perspective, not the truth.

*Marcus Aurelius*

Influence is our ability to lift people up to our perspective.

*Joseph Wong*

Walk a mile in someone else's shoes

The admonition to walk a mile in someone else's shoes means before judging someone, you must understand his experiences, challenges, thought processes, etc. The full idiom is: Before you judge a man, walk a mile in his shoes. In effect, it is a reminder to practice empathy. While long credited as a Native American aphorism, replacing the word shoes with moccasins, the saying almost certainly is derived from a Mary T. Lathrap poem published in 1895. The original title of the poem was Judge Softly, later titled Walk a Mile in His Moccasins. There are many variations on the phrase such as walk a mile in his, her or my shoes. A plea for empathy is phrased put yourself in my shoes, as well as put yourself in his or her shoes.

*Grammarist*

A truly great book should be read in youth, again in maturity and once more in old age, as a fine building should be seen by morning light, at noon and by moonlight.

*Robertson Davies*

Most misunderstandings in the world could be avoided if people would simply take the time to ask, "What else could this mean?"

*Shannon L. Alder*

"I Never Thought of it That Way Before"

My favourite part of any conversation, on air or off, is when someone has a revelatory moment and utters these words: "I never thought of it that way before."

Case in point: Jo Ann Compton, whose daughter Laurie Ann was murdered in 1988. For the next ten years, this grieving mother didn't change a single thing in her daughter's room; a decade later, she was mourning her death as though she'd just passed away. Her plan was to share Laurie Ann's story on the Oprah show—and then go home and kill herself.

But when Jo Ann came on, Dr. Phil, in one awe-inspiring instant, changed everything. He said to her, "Your daughter lived 18 vibrant and wonderful years, yet you're focusing on the day of her death rather than celebrating the event of her life."

I could see Jo Ann process that thought, and then the lightbulb moment: "I never thought of it that way before!" she cried.

Getting people to be open to seeing things differently has been my life's work.

I love when it happens to me, too.

*Oprah*

If they agree upon a subject, even though it be wrong, it is better than to disagree and be in the right, for this difference will produce the demolition of the divine foundation. Though one of the parties may be in the right and they disagree that will be the cause of a thousand wrongs, but if they agree and both parties are in the wrong, as it is in unity the truth will be revealed and the wrong made right.

*Baha'i Faith*

Every day, think as you wake up, today I am fortunate to be alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others; to achieve enlightenment for the benefit of all beings. I am going to have kind thoughts towards others, I am not going to get angry or think badly about others. I am going to benefit others as much as I can.

*The Dalai Lama*

Never blame anyone in your life. Good people give you happiness. Bad people give you experience. Worst people give you a lesson. Best people give you memories.

*Unknown*

Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future.

*Deepak Chopra*

Life is an opportunity, benefit from it.

Life is beauty, admire it.

Life is bliss, taste it.

Life is a dream, realize it.

Life is a challenge, meet it.

Life is a duty, complete it.

Life is a game, play it.

Life is a promise, fulfill it.

Life is sorrow, overcome it.

Life is a song, sing it.

Life is a struggle, accept it.

Life is a tragedy, confront it.

Life is an adventure, dare it.

Life is luck, make it.

Life is too precious, do not destroy it.

Life is life, fight for it.

*Mother Teresa*

#### Your Perspective Defines You Wellness

What truly makes every person unique and special is that no one will ever have the same perspective as another. You may hold certain views and value similar things, but to have the same perspective is nearly, if not, completely, impossible. The reason being is that your perspectives are created by personal life experiences and you view certain situations from that vantage point. Take for instance, a child running in a meadow, four people watching that child would have four different perspectives although they were all witnessing the same event. Some may view the child as being carefree, another might see the child as wasting time, and another may have no judgment at all.

The way one perceives being well is an individual experience dictated by what is currently most important in one's life. Let's take for instance when someone feels financially challenged. Finances become the most important driver for a person to address and take care of. However, once a person perceives they are feeling better and their physical suffering has alleviated or resolved, their focus on taking care of their health begins to drop in value.

The mind is but a reflection of the body, and the body a true representation of the mind. It is through the cultivation of our mind-body connection that will lead an individual to greater self-mastery, as well as provide help in building the inner confidence needed to deal with the constant challenges and blessings of life.

Until you learn to "tune in" and listen to your body's signals, the "busy-ness" of your life will take precedence, leading you to unhealthy practices. So take this time right now if you are thinking about all the things you need to do tomorrow, place hands on your chest or stomach and take three deep breaths focusing it on where your hands are laying. What happened? I bet after focusing on your breathing in and out three times, you felt calmer and a bit more settled. Reason being is that this simple exercise helped you to "reset" and brought you back to the present moment. When you take the time to "pause" and bring your focus right here, right now, it is the first essential step to cultivate paying attention to your body and increasing your mind-body awareness.

*Dr Chad*

Sometimes you are unsatisfied with your life, while many people in this world are dreaming of living your life. A child on a farm sees a plane fly overhead and dreams of flying. But, a pilot on the plane sees the farmhouse and dreams of returning home. That's life!! Enjoy yours... If wealth is the secret to happiness, then the rich should be dancing on the streets. But only poor kids do that. If power ensures security, then officials should walk unguarded. Live simply. Walk humbly and love genuinely..! All good will come back to you.

*Dr. Ben Carson*

Spirituality is recognizing and celebrating that we are all inextricably connected to each other by a power greater than all of us, and that our connection to that power and to one another is grounded in love and compassion. Practicing spirituality brings a sense of perspective, meaning and purpose to our lives.

*Brene Brown*

The way I see it, if you want the rainbow, you gotta put up with the rain.

*Dolly Parton*

### The Two Wolves

An old Cherokee chief was teaching his grandson about life...

"A fight is going on inside me," he said to the boy. "It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, self-doubt, and ego. The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. This same fight is going on inside you – and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"

The old chief simply replied, "The one you feed."

*Unknown*

Is there a perspective you might wish to change?

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*We hope you enjoyed the reflections and discussions.*

*Come join us next time.*

*Feel free to invite family and friends to a future session.*

Wednesday May 13 – theme Giving

Wednesday June 3 – theme Safe Boundaries

Please book online ~ [www.newpathwayslifecoaching.com.au/wellbeingcircles](http://www.newpathwayslifecoaching.com.au/wellbeingcircles)



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