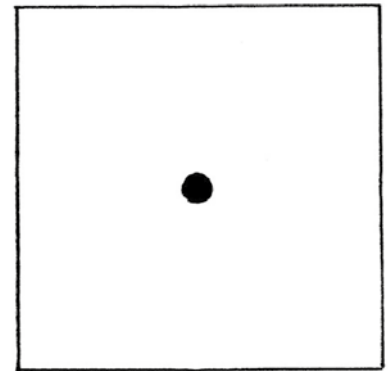
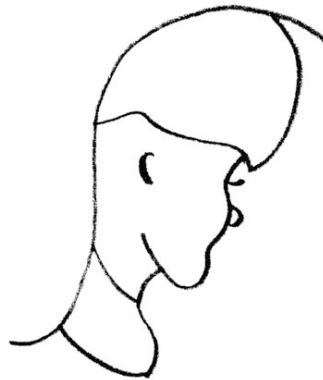


Marty had already noticed that humans don't always see things in the same way even if they are all equipped with the same sense organs. He wonders why some people think a glass half full is half empty! He pondered and reflected and triggered his intelligence, and then he got it! People perceive things differently according to the colour of their thoughts and emotions. What ones sees doesn't depend on what it looks like, but on our own feelings, and on where we put our attention.

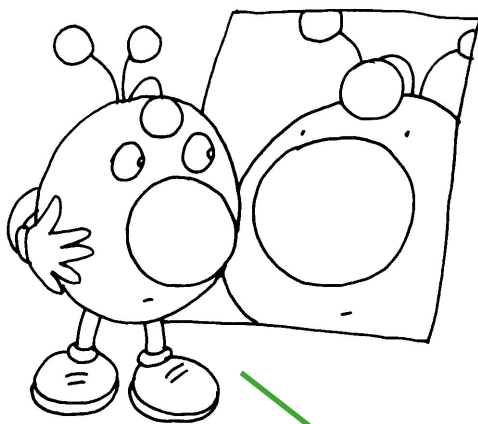
For example, when he was looking at a white piece of paper with a black dot in the middle he realised that some people only pay attention to the black spot, and that's all they see. Instead, others see more than that! Can you guess what?



Am I a duck or a rabbit?



Am I young or old?



The colour of our thoughts and emotions creates our attitudes. They can be dark and dreary or bright and luminous. Our attitude can be sad or happy, negative or positive, and all this influences what we see and experience. The good news is that if we practice self-watching **we can decide** which attitude to adopt! When we notice that a bad attitude is making us feel worse... we can make an effort and smile. It uplifts the energy at once!

Ehmm... If what we see is coloured by how we feel... do I really have such a funny looking nose, or do I see it that way because I'm afraid people won't like me?