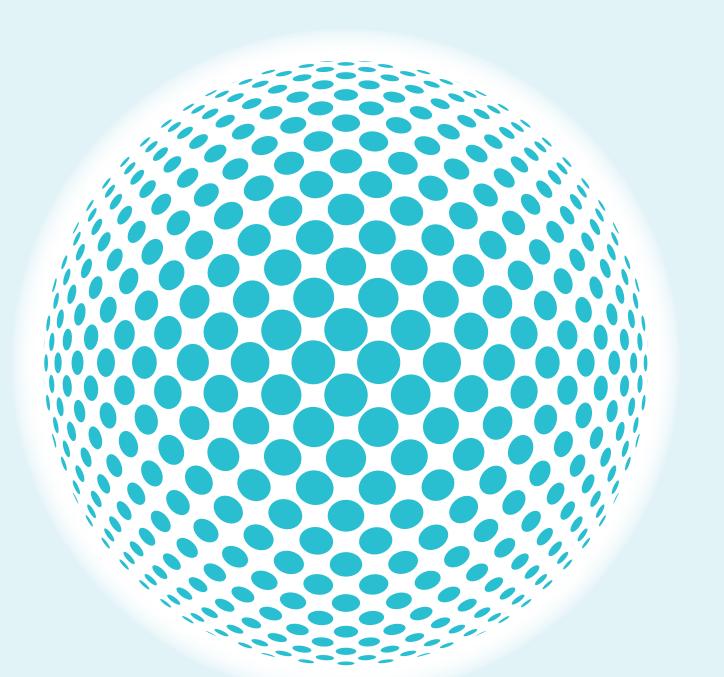
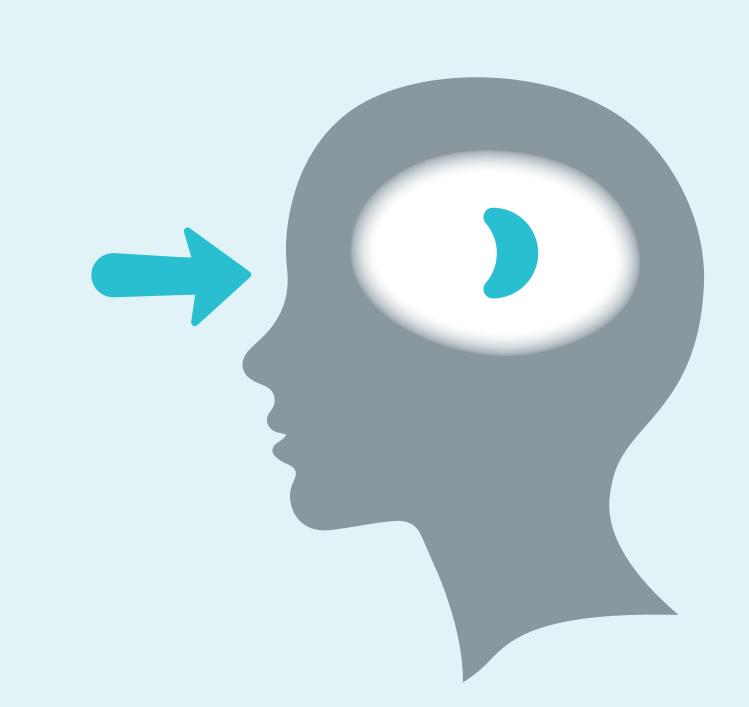
# THE ORIENTATION OF EXPERIENCE: A BRIDGE BETWEEN CONSCIOUSNESS AND PERCEPTION



By Johanna Bassols, Independent Researcher

# FACTORS THAT DETERMINE THE PERCEPTION OF OUR EXPERIENCES





#### CONSCIOUSNESS

Universal

Objective

Oneness

Consciousness is different than perception.
Consciousness is a more instinctual source of awareness, while perception is vastly influenced by external experiences.
Consciousness acts as a frame and perception as its content. This connection allows us to have homogeneity of awareness but still experience unique perceptions.

#### PERCEPTION

Subjective

A perspective of consciousness

Individual

Between consciousness and perception there is a bridge that I call "orientation." This orientation guides the formation of our perception, behavior, thoughts, and physical processes.

Emotions are also influenced by this orientation because it determines the intensity of the experience.

PERMISSIVE EXPERIENCE

LIMITING

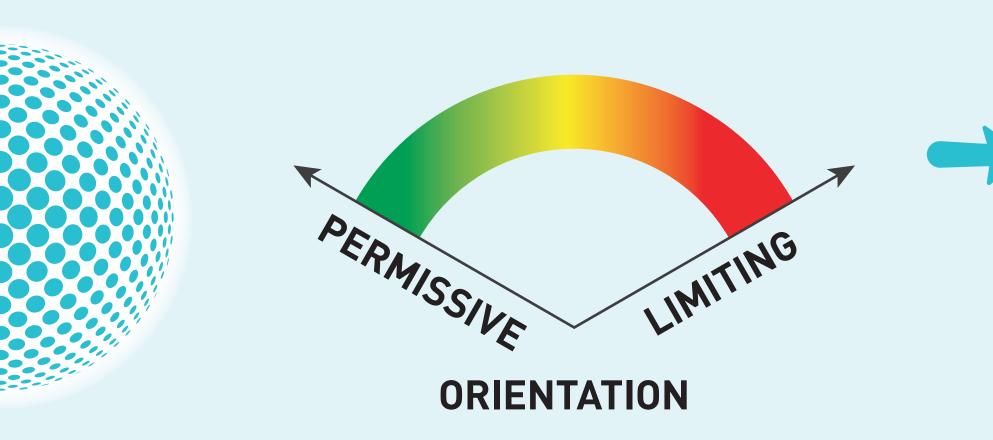
# THE BRIDGE

The orientation of our experience works as a viewpoint that determines the exposure to the experience. This viewpoint can comprehend any degree from limiting to permissive.

Understanding the orientation of experience is important because it allows us to work

within the framework of experience rather than individual perceptions for mental and behavioral purposes.

This understanding also allows us to intensify our experiences by simply acknowledging this viewpoint.



#### CONSCIOUSNESS

When a person has internalized a specific orientation, they will continue creating perceptions, behaviors, thoughts, and

### PERCEPTION

physical processes according to this orientation until they become aware of their limiting orientation.

## PRACTICAL APPLICATIONS

When someone becomes aware of their limitations of experience, their viewpoint expands. The degree of expansion of such a viewpoint will depend on the intensity of their awareness.

Using the orientation of experience in mental and behavioral applications could lead the individual to experience a change in their thoughts, perception, behavior, or physical functions as an entire system, which would have more comprehensive results than when working with individual patterns, thoughts, or behaviors.

emotional response.

#### 1. Impression

We simply acknowledge the experience.

# 2. Origination We identify with the experience because of an intense

3. Internalization
We transform our perception.

## THE ORIGIN OF LIMITATIONS

Limitations are originated by:

Perception

Internalization of patterns

Inherited patterns

Environmental factors

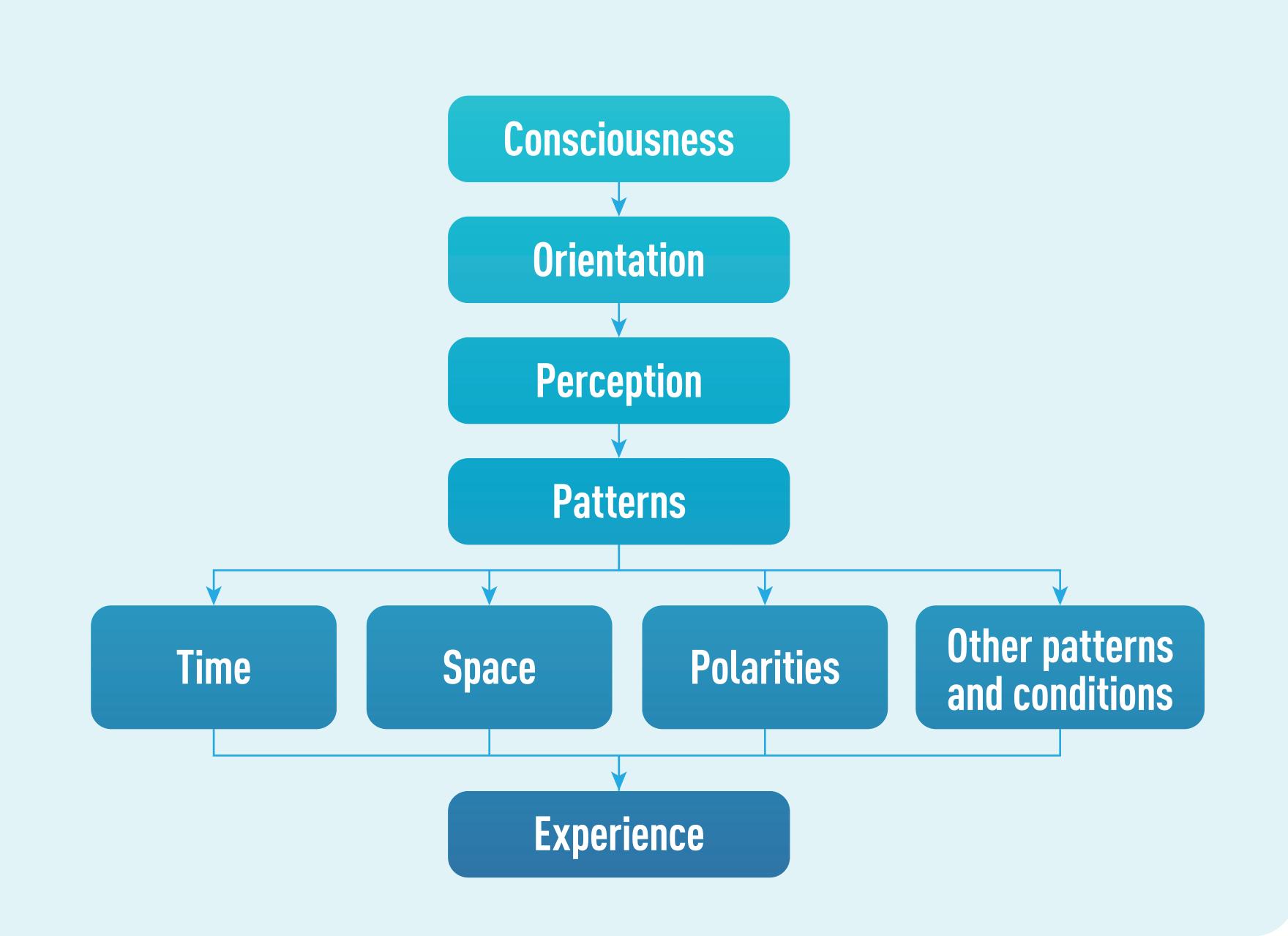
Present circumstances

### THE ORIGIN OF PERMISSIONS

Permissions are originated by the awareness of our internal aspect, as opposed to limitations which are influenced by external experiences.

Some of these internal aspects are:

- Nature
- Instincts
- Physical internalizations
- Internalization of patterns
- Habits



# FACTORS THAT DETERMINE THE DEGREE OF ORIENTATION OF AN EXPERIENCE

The degree of exposure or intensity of an experience, besides being influenced by factors that influence permissions and limitations individually, is also determined by the following:

Internalization of patterns

Environmental factors

Physical activity

Inherited standards

Nutrition and diet

The combination of these factors creates an inner environment that influences the formation of all future thoughts, perceptions, and behaviors, and it also determines their level of permissiveness or limitedness. That environment then determines the orientation of an experience, i.e., the bridge between consciousness and perception.



#### ABOUT THE AUTHOR

Johanna Bassols is an independent researcher. She is a specialist in the semantics of consciousness. She uses various practical methods to stimulate the state of conscious awareness.

Johanna is a law graduate and entrepreneur who found her life purpose after an intense and transformational experience of awareness, which led her to write books and create classes explaining the consequences of experiencing awareness in an intense or frequent manner, a process known as the elevation of consciousness.

She is also the founder of the Healers of the Light, an alternative healing academy.

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