

How your perception affects your belief system



To follow your heart as many people say - you need to know your anatomy

If you always follow your heart, your mind is stuck behind. There is a symbiotic relation with the body as a whole. It is called the self. The self is related to how you reflect on how you see the world, and how it might affect you. Ego.

What you feel, and what you experience might differ into these points;

- Your heart gives you experience
- Your mind processes the experience
- The experience results in further actions
- Further actions are experienced by the mind

This document may be something in between the eastern and western philosophy. Philosophy from the 'east' or Europe from the mid 1900 is something towards awfully negative and death related. It is because of WW1 and WW2. They had their experience resulting in thinking minds related to the environment. They might be right.

The mind is used for the future, the heart is used for the now.

- [Belief System Doc 1.1](#): As mentioned, it seems difficult considering our system as the environment.

What to do? Get an attitude where you do not care about the environment and also think about your responsibilities. Easier said than done, but this is life on Earth in 2023. Welcome to your memory part of the information given. A privilege given, since we live in the future of information, and our system holds us back. The reason for this is:

- Our governmental systems are built for holding back ca 30 years, to prevent catastrophes in the future.

The media system has a tendency to try to control your thinking. Be aware.

