



The six words that turned my perceptions upside down, in a good way.

Or: How, in the end, the choice is always, always and always yours.

Do you ever feel like you are not in control of how you react? Like things happen 'to you'? You know the situations: a fellow car driver makes a rash, unpredictable turn, just to annoy you... as you run up to the bus stop the bus doors close before you and the bus leaves, just to annoy you... someone comes into your meeting, just to annoy you... You know these kinds of situations, the ones where what happens feels like someone was being mean to you intentionally. I think we've all been there, just more or less.

Nelson Mandela said: “There is no such situation that is so bad that you cannot choose to think one thought that will make you feel better.” This from a man who spent 27 years in prison. Something to think about when someone makes an unpredictable turn, as the bus leaves, or when someone is late.

*“You know these kinds of situations, the ones where what happens feels like someone was being mean to you intentionally.”*

I was reminded of this quote in a seminar with one of my long-time house gurus; Swedish Kay Pollak, or as we call him, our friend Kay. Because someone who makes such a profound positive impact on your life must be a friend and someone you want to keep close to you. Anyway, Kay is a film maker and inspirational speaker, and he has said so many wise things, and made so many compelling arguments about how we are all responsible for our own lives that it’s breath taking. And he was the one who spoke the six magic words that turned my perceptions upside down.

‘You choose the feelings you experience.’

*“...the six magic words that turned my perceptions upside down.*

*‘You choose the feelings you experience’”*

‘You choose the feelings you experience.’

Full stop.

Think about.

Pause and think about it for a moment.

I mean really, sit down, close your eyes, take a deep breath in through your nose, all the way into your belly, and then a cleansing breath out your mouth. And then another deep breath in

and a long breath out. Repeat the words in your inner world, 'I choose the feelings I experience'. How do they translate to you? Feel it. Let it settle in and stay with you. When you are ready open your eyes and keep the feeling with you in your mind's eye.

"You choose the feelings you experience."

Bam.

*"Repeat the words in your inner world, 'I choose the feelings I experience'.  
How do they translate to you? Feel it."*

The words hit me like lightning from a clear sky the first time.

They did because I had never ever considered it a possibility that it could be on me. To decide. That it was a choice.

In fact, I was under the total impression that feelings just were. Just like that. Maybe I was even thinking that someone else might be deciding and dictating what to feel. Or maybe that there were universal feelings that were 'right' in certain circumstances and 'wrong' in others. Probably the latter, but I'm not sure.

What I am sure of though is that this was not what I had imagined. "I choose the feelings I experience". That I get to choose. That it is on me. And that that is ok.

The six words beautifully summarize my super intention of all times and what I am always working on. I've been testing and trying and working on applying it on myself ever since. What was the real reason for that unpredictable turn, what's an alternative feeling that will make me feel good? Can I be thankful I saw it happening in time? What will I experience while waiting for the next bus, who will I meet, what will I see? What if the person that is late to my meeting has gone through heaven and hell to be here but is here because it's that important to them, what an honor would that be?

The intention still hits me like lightning from a clear sky every time I fall out of practice and come back to it. But with practice and over time, it's more often that I'm astounded as I understand more and more deeply how true the teaching is. Because it works. When I don't

just let the circumstances run me over but take an active part and choose how I react and what I feel, I am more true to myself. When I don't, I feel like I'm letting myself down.

*“When I don't just let the circumstances run me over but take an active part and choose how I react and what I feel, I am more true to myself.”*

To me “you choose the feelings you experience” and “I choose the feelings I experience”, mean that I myself am the one who allows for whatever feeling it is that I have. It means that when I feel annoyed, it's because I choose to feel annoyed, that when I feel curious, it's because I choose to see the curious aspect of what's going on. It means that I'm totally behind the steering wheel of my own feelings. And that to me is extremely powerful because it means that I decide what the world looks like to me. It makes me the hero of my story, instead of the victim of circumstances.

*“And that to me is extremely powerful because it means that I decide what the world looks like to me.”*

This insight to me is total freedom.

It is also total responsibility.

It's the freedom to be responsible for myself.

And that my friends, that's the real deal.

I do me.

That's my life task.

Did you decide who you choose to be?

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