

We influence our reality

Our **choices** influence what we experience in our reality within three major areas.

How we choose to interpret information

We constantly receive data through sight, hearing, touch and smell, which in turn creates our experience of reality. Have you ever noticed that we can choose how we *interpret* the data we receive? Our interpretation influences our experience of reality. We can choose to *handle* what we meet along our path through choices that are caring, help us grow, and creates collaboration. Or we can suffer as victims of challenges or fight to control them. Negative people tend to interpret their reality negatively while positive people do the opposite.

What would happen if we chose a curious approach where we responsibly *handle* things the best we can?

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Our choice of intention

Intention is motivation and strong will that derives from our being level. With our intention, we can *influence* the *probability* of future scenarios to play out in our reality. Intention that originates from our being level has a strong influence, whereas desires from our intellect have minor impact. Have you noticed that we can choose intentions that are caring or that are self-centered?. How would our reality become if we chose caring intentions and intentions that benefit inner growth?

How we choose to treat others

What if we treat everyone as our teachers? This applies to family, children, colleagues, bosses, friends, suppliers, customers, and even animals. By listening and respecting others, we learn from them. This approach creates openness and bolsters our relationships. Instead of causing people to feel defensive, we allow them to relax and be more friendly. We can inspire and support people. Our opposite choice is to treat people based on our fears, where we try to control, manipulate, and use others, which probably doesn't make us very likable. Our attitude towards others influences how people treat us, and thus how we perceive our reality. Remember, it matters more to *be* caring than to *act* caringly.

Wanna know more?

This guide is about the application of MBT (My Big TOE), which is a theory of everything that unifies science, philosophy, metaphysics, mind, matter and purpose of life. It is developed by physicist, scientist and author Tom Campbell. This guide is a personal interpretation of Campbell's work, created by Titti Nordieng. Google/click to find out more from the sources below:

- 🌐 www.mbtevents.com (Events and Resources for Tom Campbell's work)
- 🌐 www.mybigtoe.com (Tom Campbell's website)
- 📺 Tom Campbell: Virtual Reality and Consciousness
- 🌐 lowentropy.ca (MBT interpretation by Vanessa Wideski)
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