

Reality

Reality is the sum or aggregate of all that is real or existent within a system, as opposed to that which is only imaginary.

The expectation effects

How your mindset shapes your health, happiness and longevity.

Our minds are not passive observers simply perceiving reality as it is, our minds change reality. The reality we will experience tomorrow is in part a production of the mindsets we hold today- [Alia Crum](#)

We have much more control of our reality than we are often led to think we have, as we can calibrate the brain to make things better for ourselves by just realigning our expectation and perception of what do we really feel and see.

Mindsets = likes, dislikes, expectations, attributions, goals etc

What we make up from what we hear, see, smell, touch and taste etc

This can be over or under your expectations.

Is it a fact or a belief.

You are genetically averse to exercise? or just naturally fit and healthy.

Stress is debilitating? or enhancing giving you a get up and go for it.

Ageing is a time of vulnerability and decline? or time for growth and using your wisdom.

Exercising willpower is depleting? Or enhancing your control.

You are prone to sickness? Or strong and resilient.

We take a lot of things for granted and assume that they are true but in *reality*, it is the belief that causes them to become your *reality*. After many scientific studies this has now been proved to be.

The brain has the power to create self-fulfilling prophecies from our beliefs through changes to our perception, behaviour and physiology.

Science has now shown our brain is a prediction machine and is constantly making simulations to what is going on around us and these simulations then change our perception, it changes us to see, smell, feel, hear what happened on previous occasions and then fills in the gaps as it is beyond our capabilities to take in all the actual information that is there as it would be an overload for all our senses so we get predictive processing.

Predictive expectations are constantly shaping our *reality* from even very small cues.

People who have a fear of spiders see them as being much bigger and moving faster than they are in *reality*, it is the same with people who are scared at being high up overestimate the drop, than people who have no fear of heights. If you are told that a drink or food is healthy and good for you, you are more likely not to like it than if we had been told it was full of sugar and bad for you, as you are more likely to think it tastes great. We have the expectation and belief,

Unhealthy product = full of fats and sugars so will be tasty.

Healthy = not satisfying so will not taste good.

Eating a chocolate bar that we are told is a healthy protein bar we do not get the same fulfilling feeling as a "normal" chocolate bar even when they are both exactly the same.

The same goes for expectations that can bring about biological change affecting our physical body including blood pressure and inflammation by being told by a professional person this tablet will help you, when there is no medication in the table (placebo) or if you are given the table from someone with confidence with a loving caring attitude can work wonders. There is also the opposite if you are told the medication, you have been given, may make you feel nausea or give you headache you may end up with sickness and a headache even when there was no medication in the tablet (placebo) causing you a (no placebo) effect.

When exercising you often hear the words "No pain No gain" so our body-mind is primed for pain even before we begin it believes we are going to put it under stress so starts to calculate what it needs to do so we do not injure ourselves.

But we now know we can correct these expectation and beliefs by recalibrating the brain.

Telling ourselves "NO PAIN HUGE GAINS", boost our endurance, improves the efficiency of our movements, improves the delivery of oxygen, reduces the perceived exertion during exercise, triggers the release of endorphins.

There are many scientific experiments been done that shows, if we change our mindsets, we can change *reality*. Go through an exercise in your mind like watching yourself in your mind do the exercise, and you will benefit from it even though you are not actually doing the exercise the body's mindset thinks it is and will benefit from it.

All mindsets are malleable and just changing the sensations to your feelings can be beneficial.

If we spend a little time training our body-mind to understand what is actually happening physically and mentally in the body-mind and noticing are we just letting oneself believe what we are told or feel and allowing that to lay down a belief like seeing a spider I get really scared and think it is going to attack me. Having someone explain about what a spider is and get you interested in spiders helps correct the fear of spiders etc.

If something happens that we have a good or bad effect from an experience, we take this as the reality of the experience and then the next time it happens we expect that we are going to get the same experience this time, this is now our mindset so will maybe avoid doing or having the same experience again. This is how we learn and protect the body from harm, but what if the experience was not what normally happens and was incorrect and you keep going ahead with the same mindset.

Knowing how stress is needed to alert the body-mind into action when something bad is about to happen is good for you but to continue to keep the body in this heightened alert for long periods of time is bad for you. Getting to know and understand your body's various system's will help recognise when something is good or bad for you.

Been given sham feedback from advertisements telling you, you are missing out on this wonderful product that will enhance your life or how if you invest in this product, it will enhance how others will perceive you etc

As we age, we are told how vulnerable we will be and will no longer be able to do the same things as we did when we were younger and within a broad spectrum this is so, but if we keep an open mind and live with a positive mindset, we can improve our life expectancy. But if we constantly tell ourselves nothing good ever happens to me, then it will not.

Expectation from other people can have an impact and can shape your own expectations and feelings. Knowing and been aware of how others have an impact on your *reality* and can easily create a positive or negative affect for you.

By using T'ai Chi and the many exercises to help you become aware of your surroundings you can take back this control and make sure it is your *reality* you live in is not controlled or influenced just by others.

Glass half full effect. 😊😞