

Lesson 7 – AEPP02

The Magic of Perspective-Shift: Double Vision and Existential Universals

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Abstract

This lesson addresses the fundamental issue in the change process: perspective-shift. Unless one is willing to switch to a new and more adaptive perspective, it would be difficult to achieve any positive change. This lesson introduces 3 mega perspective shifts: (1) Switching between personal and existential universal, (2) The double-vision of holding two opposites, and (3) Finding the optimal balance between engagement and disengagement. Finally, it discusses that stubbornness or persistence is a double-edged sword; it can either ruin you or transform you. Therefore, you need to differentiate between goal persistence and response-persistence, and between superstition and rational faith.

Introduction

Change your perspective, change your life!

"Just step back, ocean and sky will open up wide and high." This Chinese adage holds a powerful message: strategic retreat could lead to great success, or practicing Wu-wei could result in break through (Lesson 6).

This adage reveals a fundamental principle of change...