



Wednesday Online Publication Written by Darlene M. Washington

The Reality of Perception

October 16, 2016

One day I was talking with someone about perception vs. reality. And this person insisted that perception is reality. And I argued reality is reality, perception is perception. You might be thinking, "Who gives a crap!" But I warn you, it's the reality of people's perceptions that's got this world so messed up right now. There's a real fine line between reality – what is actual and existing and the perception of reality – what is actual and existing in one's own mind. So the reality is, there is much racism in America today – the country is clearly divided in this election, so much so that implicit bias and racist cops fuel the hunt on Black and Hispanic men and their women and children due to a perceived notion of superiority and a threat to a way of life. Some people think that racist America fears that these individuals will attack them because of the history of our people and the guilt they feel for their actions so they feel immediately threatened and work to extinguish the fear. Hence the reason for the death and destruction as if that justifies it.

Tie all this into the actions of racist America and you'll find out that the reality of people's perception of minorities in this country is seriously flawed. No matter what you do or where you go in America or the world for that matter, your experience will be your perceived notions of reality. The reality is we are all human beings, all of us indeed fallible in our judgments. Some of us murderers, oppressors, bullies and the like. Others are angels, do gooders, detectives for truth. But the flaw that exists in us all is that we perceive ourselves greater than the next person or race that exists alongside of us. Is a productive citizen better than a non-productive citizen? I tell you, no, they're just more disciplined. A serial killer can be a productive citizen, does that make them better than a non-productive citizen? And this is where our fault lies, we are eternally judgmental. We want to be the judge, the jury and the executioner.

Then maybe also you've heard the statement, "I wish I could've been a fly on the wall" in a particular situation involving someone or something. This statement reeks of hostility, nosiness and fear towards another person. And what if you did have this access with today's technology. And what if you knew the truth, but persistently perpetuated a lie that worked to your advantage. And your perception of yourself is that you're still a better person than that person you observe. Obviously, your reality is flawed. But the double standard in life surrounds us all in sexism, racism, ageism, and every "ism" you can think of in the existence of mankind.

The thing is, none of this world order to be the greatest individual and race on earth has ever done anything for us but create war, division, famine and mental illness beyond belief. Many of us walk this planet oblivious to our innate desire to destroy. We are not so far from the barbaric behavior of the past where we ate with our hands and punished and/or killed people for being witches.

It's not okay to bait society into thinking that unrealistic laws and unjust actions towards other is a cause for superiority. Instead it is the complete ignorance of one's own unrealistic perceptions that has caused the world's ugly race problem and the continuation of this type of thinking will be the determining factor as to the genocide of humanity.

We must relinquish ourselves from the reality of people's perceptions. The two can't merge into one. Then you will have psychosis. It is a puzzle that will never be solved as to how we conclude that gut feelings should not be ignored. You have seen the gut feelings of racist cops. You have seen the gut feelings of religious extremists. You have seen the gut feelings of the mentally insane. And yet we still want to trust our guts. Knowing this, I ask when is it okay to trust your gut. Before or after you shoot an unarmed Black or Hispanic



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man? Is it before or after you herd all the Native Americans off to the reservation camp? The truth is right here in this moment of life and death choices, inflictions of pain and suffering upon others, our perception is our reality. And reality waits to expose the truth. Your upbringing, education, mental health and confidence in yourself are some of the key influencers on your gut reactions to people and circumstances. The Delta airlines doctor situation is a perfect example of this.

So let's not digress by not accepting the reality of the circumstances of the perception of people's imperfect minds as is being imposed by the Trump Campaign and the race baiters around the world. Perception is not reality. I stand for an Equal Rights America! Love Trumps Hate!