

# Believing is Seeing? You Can't See True Love...Or Can You?

By Coach Colleen Brady, The True Love Coach

Have you ever heard the phrase "you see what you believe?" It's a play on words about "you'll believe it when you see it." Here's an example that a university professor uses with executives pursuing advanced degrees. The professor shows the class a 20 second basketball video with the following instructions:

- 1/2 of the class is to count passes from white team to white team
- 1/2 of the class is to count passes from black team to black team

[NOTE: Stop and view the video. If you want to experience the concept before you read about it, then click on the following University of Illinois link <http://viscog.beckman.uiuc.edu/grafs/demos/15.html>. Scroll down to the gray box and press the green arrow. Chose to count white to white or black to black. Only then, read the remainder of this article.]

At the end of the video, the professor asks the executives three questions:

1. How many white to white passes?
2. How many black to black passes?

**Then the professor asks:**

3. How many of you saw the gorilla walk across the court?

Most often the professor sees no hands go up and hears "what gorilla?"

The professor replays the video clip. At eight seconds into the clip a woman dressed in a gorilla suit walks across the basketball court. The executives are amazed at what they "didn't see;" it was so obvious after it was pointed out. The executives did not expect to see, nor did they believe they would ever see, a gorilla walk across a basketball court. Their subconscious mind did not believe it would ever happen, so when it actually did happen, it did not register in their conscious minds. This happens to all of us every day.

The same thing happens with true love. We want to be able to recognize true love in whatever form is right for us, but up until now most of us have no idea in our conscious mind of what true love looks like. We get wrapped up in watching the same old basketball game of life and wondering why it doesn't make us happy.

Your conscious (list making) mind does not have the key to your heart-happiness. However, your subconscious mind does know what true love looks like and once you connect with your subconscious mind, you can then consciously recognize it. One way to get there is to believe something unexpected and good is waiting for you. This unexpected and good thing may be something you already know about, but you start to think about it in a completely different light.

The [Total True Love system](#) supports you in watching your world with an open mind. It uses music to connect with your subconscious. When you set an intention to listen with an open mind, you can see whatever gorilla waltzes across your internal true love video. As you continue to listen, your mind wanders in the metaphors. You discover yourself in new and different ways. You discover who you really are, and once you really know, you become a magnet for your complement. Now that's something to believe in!

*Author Bio: Colleen Brady is an optimist and a believer who is grounded in the science of knowing. "If you truly know what you are looking for, you can't help but find it." Check out her fun and easy system for finding your soulmate and true love at [totaltruelove.com](http://totaltruelove.com)*

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