

# Download Observation Perception

As nouns the difference between perception and observation is that perception is organization, identification, and interpretation of sensory information while observation is the act of observing, and the fact of being observed. Before elaborating further upon the process of observation in regards to perception, following is a summary of some of the main themes involved in meditation that Rose advises us to keep in mind: Keep to the business of observing. Perception is more personal and is how you see the issue/thing. You might look at a drawing and see it one way but someone else look at the same drawing and see it totally different. On the other hand Observation basically means watching something and taking note of anything it does. Perception is seeing a situation from one's own perspective, which is often skewed with different emotions and biases. Observation, on the other hand, is being able to see things for what they are, without any hype, emotions, or biases., Observation Perception.

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