

REALITY 1. Our concept of reality is described by our senses; real is what we can see, hear, taste, smell and touch. But things we can see and touch will disintegrate in time; they are fleeting manifestations of energies that pervade the universe. So are they real? At the time, and for our mind, yes. **T**here is another way of looking at reality. To understand it we must accept the notion of duality. 'We' are both a physical and a non-material being, and it is the spiritual us that is free of what affects body and mind. **N**ow reality holds a different meaning. It refers not any more to what we experience with our senses, but to what we know is everlasting - our soul. **F**or those who are thus in touch with their self, the rewards are great. 'Reality' will not impact them as it does others. They cope with what brings down those who only look at the here and now. What they know will pass is not real to them. **H**ave you ever wondered how people cope with utter humiliation, with total violation of their most basic human rights? Everything that we own, that we are, as physical beings, can be taken away. If we are stripped of all that defines reality to us - including our bodies - we are left with our souls, our selves. **U**ltimately we can be comforted only by the insight that our self alone is real.

This take on reality derives from the notion of our soul being the same as our self, which in turn is synonymous with higher consciousness.

It then follows that the individual higher consciousness is a part of the universal consciousness, like a drop is a part of the ocean.

In the context of this essay about reality, we shall make ourselves aware of the unchanging nature of consciousness and indeed self & soul.

see also CONSCIOUSNESS 1, DUALITY