

REALITY 1. There are numerous aspects to reality. One that is difficult for many people to comprehend is that there is no God. This is one of the biggest problems, indeed the problem from which most strife in the world emanates. **I**f everybody accepted this truth, humanity would be free of dogmas, intolerance and fanaticism; the faithful could practice their religious rituals and be tolerated by other religions as well as secularists ... without the fear of God, we would be free. **D**iverse cultural groups would co-exist and get on with living together peacefully.

*My essay GOD 6 is pertinent in this context, where I say:
"There is no God* ... if there was a God, we would know about it.
There is, of course, the belief in God (though that doesn't prove anything)."
*God = a supernatural agent, actively interested in the affairs of human individuals
see also BELIEF, FAITH, GOD 1, 4, 6, INTERFAITH, RELIGION 1, 2, 3*

REALITY 2. 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 soul, our spirit. **U**ltimately we can be comforted only by the insight that soul/spirit alone is real.

This take on reality derives from the notion of our soul being the same as our spirit, 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 spirit & soul.

see also CONSCIOUSNESS 1, DUALITY