

REALITY 4. It is said enlightenment is to see the world as it really is. Life is ruled by the mind. Our world is made up of the mind's creations: Beliefs and truths, traditions and religions, our concepts of justice and entitlement - in short, our egos. These aspects constitute our reality - which is different to an objective world-view; thus our disagreements and conflicts. **I**n our judgements we lack perspective and insight, we fail to see the world around us the way it really is and thus make wrong decisions; the vernacular invariably is, 'get real!' So what does it mean to see the world as it really is? **T**o know the true nature of the world is to know the true value of what we perceive our worldly needs to be, our possessions and our comforts - as opposed to the values of humility, kindness, equality and charity. **A** characteristic of our inability to face reality is that we take offence when we are confronted with it, where its nature does not suit us. We may see reality is in play, but we reject it, because our ego pushes our own agenda. **W**ars are often over territorial disputes, guided by cultural and racial misconceptions of superiority. The reality is: Superiority of one ethnic group over another is delusional; territories and resources can and must be shared. **D**iverse groups - separated by mind-construed cultural, religious, nationalistic and patriotic distinctions - can and must live together. The reality of our world is the one overarching Truth: All humans are equal - discrimination, racism and the resultant violence can and must make way to understanding, tolerance, acceptance, compassion, charity, love and peace.

There is another aspect to reality; Jiddu Krishnamurti says in his book The First and Last Freedom: "You want me to tell you what reality is? Can the indescribable be put into words? Can you measure something immeasurable?"

What can be said about reality being either beyond words and intangible, or - on the other hand - subjective and tangible? The answer entails morale and ethics. Reality is the Truth, as opposed to fake news, falsehoods, bigotry, ignorance & injustice.

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Another perspective on reality is provided by the sciences, i.e. mathematics & cosmology. Stephen Hawking says in his 2010 book The Grand Design (chapter three: What is Reality?): "Regarding the laws that govern the universe, we can say this:

"No single mathematical theory can describe every aspect of the universe. This does not fulfil the dream of a single theory, but is accepted in the context of model-dependent realism." This may apply to physics and everyday-life ... but seen spiritually, reality is absolute.

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