

THE THREE REALITIES

What is reality? It is a question that around the world would be answered in many different ways, as the answer would be shaped by people's education, upbringing, faith, religious influences and culture. Given this, can we ever know what reality is?

We have no interest in challenging anyone's view or perspective on the subject because we recognise that we are all living within the world of our beliefs – unless of course we are willing to step outside of the messages we have unknowingly and knowingly imbibed, then we may be able to see things differently.

This handout is really about providing a framework for those of you who are interested in the synergistic perspective that we at Reach have constructed over the last nearly four decades.

Some of our classic and unique subjects include: N.O.S.E, The Three Aspects of Consciousness, Persuading the Body, The Pyramid of Shame, The Four Aspects of the Mind, All You Need to Know, The Journey of Enough, The Journey of Becoming and of course the centrepiece, The Story of Health. Pulling all these subjects together has taken a great deal of time, patience and skilful navigation through the waters of the human condition.

Creating a cohesive, fluid, integrated model that works from whichever angle you view it has not been an easy undertaking and yet we believe we have done just that. The Three Realities actually embraces all of the concepts listed above and much more. It provides a wider context in which we can understand our place in reality (however we see it) - our stated agenda has always been to provide people with the options and opportunities to grow and flourish. We are just as happy with the person who accepts everything versus the person who accepts very little. As long as they've taken what they need we believe our job has been done.

So, as you consider what the three realities might mean for you, as Buddha said, (paraphrased) 'Only adopt something in your own life if it stands up to the scrutiny of your experience'.

If you look at the diagram you will see the four environments are laid out in varying shades of green and the four aspects of the mind in varying shades of blue. Beyond the four aspects of the mind, higher spiritual aspects are depicted and beyond that in yellow you will see the divine/the universe. The primary reason for illustrating the diagram in this way, is that we wanted to convey the idea that these different expressions of energy occupy their own bandwidths.

The four environments are all played out in the world of matter, the material world in which we live and with which we are familiar. This is the world of the five senses, where sensory perception and logic tend to dominate the landscape... this is certainly the case in our modern world.

You will see in the four environments, that the planet is depicted at the bottom as it is the foundation and all life as we know it depends on Mother Earth's nurturing and sustenance and of course the intimate relationship she has with the solar system.

The body comes next - this extraordinary organism made up of 60 trillion cells. The complexity of tasks that it performs is simply mind-boggling. There are numerous systems performing their individual functions, but the real miracle is how this vast and intricate network operates synergistically, with unimaginable numbers of conversations taking place simultaneously. This is the true wonder.

The next bandwidth is that of the relationships that we form with our families, friends, colleagues and wider community. It's the context in which most of us live and given that we are social beings, is vitally important to our mental health and well-being. Many of us identify ourselves by these relationships and the community we are either born into or grow into through our experiences.

The final bandwidth is the inner landscape, the world of our thoughts, emotions and feelings. This, albeit taking place in the material world, is where the world of the metaphysical meets the physical. Even though we have begun to measure, analyse and decode what is taking place in this dimension, through disciplines like: neuroscience, PNI, cognitive neuroscience, noetic sciences and neurotheology, we are still some way from being able to classify all the wonders of inner space. It could be said that we understand much more about outer space than the inner cosmos.

As previously stated, these four environments all seamlessly interact within the world of matter. This is the first reality - a reality we all interface with and our experiences influence our view of this bandwidth.

The second reality is made up of the metaphysical, the invisible reality of the mind and spirit. This bandwidth is primarily experienced through an introspective habit. The four aspects of the mind are specific layers of consciousness each with its own role and functions. These four aspects are not only able to express themselves in the world of matter but also their unique attributes give us access to the spirit (our essence).

In this second layer of reality, what we see is the metaphysical meeting the material world of matter. Consciousness, or what can be called our identity is made up of mind and spirit. Spirit, as described in *The Story of Health*, is that feeling we all know and have... the feeling of 'who am I when no one is looking'. It's not the feeling of how we appear in the world, it's the feeling of how we really are. If you stop performing your role, stop living up to the demands and expectations placed on you, you will discover either a feeling of dissatisfaction and unease, or a feeling of unassailable peace, a state of ambivalence and confusion, or a feeling of clarity and perpetual insight. This is a state of being with many manifestations.

For most of us it is not a stable state, it is forever in flux - joy and contentment in one moment followed by doubt and fear in the next. This is why for so many there exists a state

of inner torment with a perpetual pursuit of some soothing balm that will heal the mind and bring tranquillity to the spirit.

The third reality refers to the Divine. For some this is God, or a Deity and for others, in modern parlance, the Universe has become the best description for this aspect. This reality is experienced in many ways because as previously suggested it is dependent upon one's life experience and indoctrination. The significance of this reality being this is where human consciousness extends beyond itself and connects to something in which it has faith.

Around the world, that 'thing', that force, energy, presence is talked about and related to in a multitude of ways. We don't have a designated position on this reality because each one needs to find what works for them. That might be following a particular religious tradition. It might be the humanism approach or a modern interpretation of an ancient ideal. The vehicles of expression are also likely to be different. For some that will be contemplation and prayer, for others meditation and mindfulness, or an appreciation for life in all of its majestic forms.

Regardless of a person's philosophy and the application of their beliefs, what is important to this reality is integrity – honouring one's conscience and acting in a way that does not cause harm. This is where our values and codes of conduct connect us to that which is greater than ourselves.

As depicted in the diagram, the higher spiritual aspects are supported by the mind's functions and enable us to connect with the Divine. What this means in practice is the more we live in alignment with our faith and beliefs the more we can build a fortress of peace. The more we respect others who may have differing beliefs but who equally seek to cause no harm, the more we can establish a reality that is harmonious and nurturing for all.

The Three Realities helps us to understand the world of matter and our position within it. It also helps us to understand the interface between consciousness and the physical world, whilst encouraging us to draw on the values of kindness, compassion, humility and integrity. It emphasises that we are spiritual beings having a human experience and what binds us is greater than that which divides us.

To experience all three realities, we need to have the courage to give up what we think we know. When we put to one side the feeling that we 'already know', that's when our minds can open up to things unseen and not yet understood. At this point we stand before the door of infinite possibility and waiting on the other side are futures and fortunes yet to be claimed.

Understanding and embracing The Three Realities is a critical step in this process. We hope you will experiment with the possibilities offered here.