



## **reality, Reality and REALITY... an Essay**

**NOTE:** This essay was created and presented as part of his Doctoral thesis. It is based on the authors understanding of consciousness at the Individual, the Collective, as well as the Universal level, Metaphysics, quantum physics and psychology. Also being based on his many years of study in a number of disciplines, as well as a broad and varied spectrum of occupations, it is the authors conception of the Reality, of Life itself.

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Let's start with the concept that lays the foundation of what we consider our existence. What Is REALITY? Well -- It Is What It Is! To think otherwise is to argue with reality.

"Every pain we have ever experienced is a result of our arguing with REALITY." Rev. Tony

Every individual, some 8 billion of us now, has their own reality. As said by Steven Covey, "We see the world as we are, not as it is." No two people have had the same experiences, no two people hold exactly the same beliefs; therefore, no two people have the same reality. So there is no "one" individual "reality." It's actually that Simple.

Reality is not the fixed, objective world and universe we have been taught to operate in. Reality, as we experience it, is fluid and ever changing; being in perpetual motion.

So, is there an objective reality, you may ask? Well, yes and no. Yes -- to the extent that there is a world of form and matter out there. No -- to the extent that it's fixed and we have nothing to do with it, except to survive, get by, and hopefully get ahead. What seems to be an objective reality out there is actually an effect of the Collective Consciousness, which is fluid and always changing. The real question is: Is there a subjective reality? We'll get to that later.

Everything in the world and everything that happens in the world is here and happens because it's meant to happen. Not because of some esoteric force or preordained plan, but because the event couldn't have happened any other way. The Event is an effect and has to happen in accordance with the frequencies of the Collective Consciousness that creates it. It can't happen any other way, any more than an apple can fall up when you release it. Our Individual Consciousness, being a part of the Collective Consciousness, has the experience of that event from our Specifically Unique point of view. How we experience that event is determined by our beliefs, which produce our thoughts, which generate our emotions/feelings, which determine our actions, which becomes that very experience and relationship we are having. And every specifically unique individual consciousness in connection with that event will have its own specifically unique experience of, or relationship with, that event. When you put that all together, it has an effect on and becomes a part of the collective consciousness. And each one of those aspects of collective consciousness has its own reality. So what is reality?



“What we perceive as reality is a process that involves our consciousness.”

First Principle of Biocentrism by Robert Lanza

Put in term of quantum physics, Consciousness is the quantum field of limitless possibilities and potentialities. Limitless Truth at the highest frequency of Unconditional Love is the fundamental ground state and the Collective Consciousness is the shared wave function of the universe. From there, our individual consciousness interacts with and creates our unique experience of Reality.

I will do my best to answer that question in the context of Frequencies Resonating on three levels of Reality, three level of Consciousness.

The Three Levels of Reality.

REALITY - As IS! Limitless unbounded Consciousness -- that which I refer to as Universal Truth Consciousness(UTC), Limitless Truth and Unconditionality, the Highest Frequency -- that of Unconditional Love, the Source Code, Changeless Truth, the sphere of Free Will, the realm of Limitless Possibility and Potentiality, the True domain of the True Self. This is the Subjective, Intangible REALITY!

Reality - as perceived/interpreted/reflected/demonstrated by the Individual Consciousness, a mixture of Reality (Truth, High Frequencies) and reality (un-truth, low frequencies), a mixture of high and low frequency beliefs (REALITY and reality), the domain of the True Self and the ego, the realm of free choice and Free Will. Each specifically unique individual consciousness creates a Reality based on the frequencies of the beliefs, thoughts and emotions/feelings held in that consciousness.

reality - as perceived/interpreted by the ego -- a thought system based in fear and low frequency beliefs which produce low frequency thoughts which generate low frequency emotions/feelings which give rise to low frequency behaviors that create low frequency experiences. With the central point of current safety and pleasure, the focus is on the tangible while the intangible is interpreted through fear, always aware of the potential danger everywhere -- with everyone -- with everything -- all the time (including love)-- the effect of un-true (low frequency) beliefs in operation.

It's all a matter of frequency. In case you didn't get that, it's all a matter of frequency. Your body, all a matter of frequency. Your beliefs and thoughts, all a matter of frequency. Your emotions and your feelings, all a matter of frequency. What you say and what you do, all a matter of frequency. The events you experience, all a matter of frequency. The life you call your own, you guested it, all a matter of frequency. And how about REALITY, Reality and reality --- all a matter of frequency.

We all create our individual realities and individual lives by means of these frequencies through the Creative Process. Beliefs produce thoughts which generate emotions/feelings that



determine behaviors and create the experience of life. Our "reality" is created with High Frequency Beliefs and Thinking and low frequency beliefs and thinking. Your unique combination of beliefs, High Frequency (Love) and low frequency (fear) has created your unique identity and life.

This combination, which includes beliefs and thoughts of Love and fear, has consciousness create an identity and life, a Reality, that is false, not Who and What we were created to be from the Source Code of REALITY! As we individually evolve through this journey of consciousness evolution, our life will become quieter. It will become calmer. It will become healthier. It will become more abundant, full of nourishing things, good relationships, healthier foods, and healthier entertainments. We literally recreate a new world, a new reality with the transformation of our consciousness.

Remember that Love (High Frequency) Fear (Low Frequency) are the only two options every moment. Due to free choice they are all in potential play and when we choose, moment by moment, which one to access, high or low frequency, true or un-true, love or fear, we enhance that resonate frequency in our overall frequency, which enhances that resonate frequency in the collective consciousness. REALITY -- UTC, HIGHEST RESONATE FREQUENCIES -- remains unaffected. And depending on which one we choose, high or low frequency, true or un-true, love or fear, the ego is either weakened or strengthened as we move closer to REALITY or reality.

Our objective is to "Remember" our True Self through raising our frequency, which elevates our consciousness, which makes it easier to "Remember" or be "conscious" of our True Self. When we realize that every negative emotion is a signal from our Inner Guide that an un-true belief is in operation and we have an opportunity to raise our frequency and elevate our consciousness and close the gap on our objective, True Forgiveness is an appealing option.

By Truly Forgiving, which means letting go of the low frequency beliefs we hold in consciousness, our higher frequency beliefs, thoughts and feelings begin to recreate our reality into a reflection of REALITY, which is a Reality well worth living and You, conscious of your True Self, can Consciously Create it!