

ILLUSION VS. REALITY

Illusion: 1) false idea or concept, belief or opinion not in accordance with the facts
2) unreal, deceptive or misleading appearance or image
3) a false perception, conception or interpretation of what one sees

Reality: 1) actual, true not merely seeming, pretended or imagined
2) quality of being true to life
3) conformity between what something is and what it seems to be

Reality: process of identifying consequences
of experiencing pain and learning from it
of gaining a true and consistent access to pleasure

Illusion: process of ignoring consequences
of pretending a human being is a thing that can recover from heart-breaking or body-breaking assault and emotional trauma easily
of giving up responsibility for our own choices

Reality: Treating family and associates with warmth and kindness is the most demanding and the most rewarding of all human ventures.

Risk and commitment are required.

The emotional risk of a relationship is real. Satisfying relationships are richly emotional, complete, include both pleasure and pain

Illusion: Incomplete portrayals of reality

Characteristics of illusions about human relationships are:

- 1) Illusions deal with fragments of human beings, not with whole beings
- 2) Illusions deny the consequences of human behavior.
- 3) Illusions deal in indulgence, not discipline.
- 4) Fragmentation (or illusion) reduces complex situations to the lowest common denominator, the quickest, least challenging way of relating to self or others.

IF WE BASE OUR LIVES UPON ILLUSIONS, WE WILL SAVOR NEITHER THE JOYS NOR THE SORROWS OF REALITY.

Reality is not trouble-free

Takes courage to invest in being alive, to reject illusion, to embrace freedom and acknowledge our own responsibility for it.

Scriptures to ponder:

Moroni 6:8--But as oft as they repented and sought forgiveness, with real intent, they were forgiven.

Moroni 7:6--For behold, God hath said a man being evil cannot do that which is good; for if he offereth a gift, or prayeth unto God, except he shall do it with real intent it profiteth him nothing.

Moroni 10:4--I would exhort you that ye would ask God, the Eternal Father, in the name of Christ, if these things are not true; and if ye shall ask with a sincere heart, with real intent, having faith in Christ, he will manifest the truth of it unto you, by the power of the Holy Ghost.

Jacob 4:13-- . . .for the Spirit speaketh the truth and lieth not. Wherefore, it speaketh of things as they really are, and of things as they really will be; wherefore, these things are manifested unto us plainly, for the salvation of our souls.

Mosiah 24:15--(The reality of the Lord) And now it came to pass that the burdens which were laid upon Alma and his brethren were made light; yea, the Lord did strengthen them that they could bear up their burdens with ease, and they did submit cheerfully and with patience to all the will of the Lord.

*** D & C 10:5--Pray always, that you may come off conqueror; yea, that you may conquer Satan, and that you may escape the hands of the servants of Satan that do uphold his work.

ILLUSIONS

REALITIES

Pride of Self-satisfaction
cannot repent
has no short-comings
ignores others
to wise to be taught
attitude blocks personal progress

vs.

Humility

Has a sense of his own limitations
Pride is the most difficult natural passion to subdue

Pride of Comparison
opposite of love
has done well in competition
"I am better than he is"
oppresses others
pride begins with possessions
compares self with the less fortunate
glory to self

vs.

Genuine love that accepts faults, positive and negative about a person

vs.

Feels no better than fellowmen, not puffed up

Acts for each other's good

Pray for one another

.- vs.

Glory to God; wants to accomplish the mission of Jesus Christ

Pride is jeopardizing for both the righteous and wicked

Growth is not measures by a clock or an odometer but by what has happened in the heart.

Materialism

Attitudes or priorities fixed on acquisition, use or possession of property
Carries with it an intensity that overrides the Lord's priorities
Danger is putting things before God
Personal worth does not come from net worth
Money buys distraction, not personal worth

Books used that you would enjoy reading:

Victor L. Brown, Jr., Human Intimacy: illusion and Reality

Dallin H. Oaks, Pure in Heart

David Viscott, M.D., The Viscott Method

ACCEPT YOURSELF AS YOU ARE AND TAKE RESPONSIBILITY FOR MAKING YOURSELF COMPLETE!!!