

Awakening From the Illusion: Understanding How We Create and Interact With Reality

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Getting Real with Reality



By David G. Arenson, ND | Find Shambhala

Is there such a thing as a true reality – perhaps the whole world is a dream or a dance of consciousness dreaming itself alive.

What is reality?

Merely conditioning, based on beliefs? Or something more?

The real reality is within. What you see is an illusion, and only reflects what your brain is capable of showing you via its own mechanisms. Technically and physiologically speaking, you're unable to see the truth that you live in an illusion that can equally imprison or free you.

Stop reality.

"A human being is a part of a whole—called by us 'universe'—a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest... a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty." ~ Einstein

Are we real? Are we even capable of seeing what is real?

"We read the world wrong and say that it deceives us." ~ Rabindranath Tagore

All we can do is be open to what is true, and grip on to what we can feel with our senses, and I include all six senses in this. The era of gurus is over. Consciousness is shifting on the planet and as human beings, we are evolving to a higher level. In fact, we have no choice to evolve or to die out. Such is the nature of life.

"Nature's way is simple and easy but men prefer what is intricate and artificial." ~ Lao Tzu

Our "awakening" (if it turns out to be so) coincides with a massive technological shift, with the introduction of mobile communications and all the way to full automization. Finally we will have robots and computers to do all the work humans used to do. We no longer require a go-between, as availability of information and resources is widespread. Life is immediate, especially media and entertainment. Everything is being presented to us on the film screen of our minds. Immediate. Often even larger than life. The question of "what is real" is becoming more central as entertainment takes over many lives.

The key at this point is not knowledge, but wisdom; not attitudes but beliefs, a return to an appreciation of the simple things in life.

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Loving what appears before us (reality as we see it) is a process and sometimes can be very challenging; it's not always blissful, or at least not immediately so. It is through

cultivating a compassionate and accepting heart, that we develop these feelings and qualities within our souls. Then we end up discovering that it was there all along and really, we were just coming home to ourselves.

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