

Monograph One: ***Reality as an Illusion***

We're told reality is an 'illusion', but do you really understand what this means? How is reality an illusion, and in the context of everyday life, does it really matter?

Ordinary Reality – the Reality We're Familiar With

Even as a little girl, I was aware of an internal sense of something more than what I could see around me, not just for myself but for all aspects of human existence. Despite this, like everyone else, I unconsciously formulated the path I would walk, out of childhood and into adulthood, based on the distinct and well-defined physical outcomes I saw everyone else striving for. These physical outcomes, like building a career, getting married, having children, and paying off a mortgage, formed paving stones of inevitability that would, or so I believed, become the premise of who I would be, and of how I would present myself to the world.

Then, in my early thirties, a pivotal and profound experience triggered momentous change within me. The path I was walking, or building, turned to dust. I was like a train that'd suddenly and unexpectedly come to the end of the line, but I was expecting that line to take me right through my whole life, so where to go now? What to do? And, more importantly, how was I to be defined, both to myself and to society in general?

I tried many times to lay new tracks, built on different outcomes, but any attempts I made were implacably thwarted. Although I didn't know it at the time, a different path had formed under my feet – one that was taking me through the labyrinth of my inner psyche. This path was impossible to perceive at first, caught, as I was, in old perceptions and mindsets. I was no longer defined by those same, or any other, physical outcomes. Yet, they were all I knew. So who was I beyond them? Who was I without them?

Following that pivotal experience, something inexplicable and inordinately-painful began to happen. My reality no longer defined who I was to such an extent that I knew people simply could not know me by looking at my reality. It was as if a fracture had opened up that separated my outer reality from my inner being. The two no longer matched, or even reflected each other.

It took many years of struggle and pain to even begin to understand what was happening. But the inner journey that was begun at that pivotal point has led me to truths I could never have anticipated or imagined, yielding up answers to questions I didn't know I was asking, all of which I will be sharing in this Monograph Series.

I began to realise that what I was experiencing was not just the illusional nature of reality but, perhaps more significantly, *how* reality was illusional. My own Process* was weaning me off reality as I had been interacting with it, and it was painful because I did not want to let go.

Now, nearly two decades later, I have reconnected with the power of what it is that lies behind the illusion. First, though, as I discovered, to understand how reality is illusional, you need to understand the answers to two fundamental, foundational questions – questions I hear people asking around me with increasing regularity.

What is Consciousness?

There are really only two words that come close to answering the question of what consciousness actually is. The first is *Thought*^{*}, and the second is *Process*^{*}. Consciousness is, therefore, a *Process* of ever-changing, constantly-shifting, evolving *Thought*. So it is with each one of us.

But this is equally applicable to the Universe itself, the Divine Consciousness, of which we are all a part, like cells in the human body. We are, therefore, each a microcosm of the macrocosmic whole. The physical universe is the result of the Universal Consciousness desiring the experience of itself, which it accomplishes through us. How important and precious are we, then, to the whole? Each of us, as a Process of ever-changing Thought, holds a little part of the experience of the whole.

Therein lies the inherent meaning of human life.

Human consciousness, while obviously a whole, comprises three quite distinct layers. The terms for the three are used in different ways, often interchangeably. So, for clarification, the first layer, the most shallow layer, is the conscious awareness. The second layer is the subconscious, and the third layer is the higher consciousness, the metaphysical consciousness. The latter two are often referred to, both together and separately, as the unconscious or deeper consciousness.

If conceptualised as points rather than layers, the three form a triangle. But there is another vital point in this configuration, one that cannot be separated from the others. For anyone who remembers the basics of geometry, if you add a fourth point to the center of an equilateral triangle, the result is a tetrahedron. This is the tetrahedron of consciousness. And the fourth point is reality.

What is Reality?

If consciousness is *Thought*, then reality is the *result* of *Thought*. Or, *Thought* made manifest. Or, *Thought* projection. Thought creates form, and in the human experience, reality is the form it takes. Reality is, in fact, the canvass we work with in a lifetime.

As the result of Thought, reality responds to our belief about it. So, we think reality is solid, set in stone like a sculptured statue, when it is, in fact, fluid. Quantum physics is revealing just how fluid reality actually is¹. In the metaphysical realm, as opposed to the physical world, we at last see a beautiful synergy of science and spirituality.

No longer pitted against each other, with a yawning gulf between them, hurling insults at each other across the great divide between them, scientists and spiritual seekers are arriving at the same answers from different directions.

And what we're discovering is that not only is reality fluid, but it fluidly responds to our deepest thoughts.

As a whole tetrahedron, there is supposed to be a seamless interaction and connection between the points of consciousness and reality. Humans, however, have pulled a boundary around the first point, or layer, the conscious awareness, so that we exist within the conscious awareness as if it is all there is. This has spawned the very-apt term 'ego'.

And as egos, separated from those other two layers, or points, of our consciousness, we tinker obsessively with our reality, trying to orchestrate in it what we want, and trying to keep out of it those things we don't want. The consequence of this separation is a misguided and misaligned perception of reality as something that is disconnected *from* us, and, as such, happens *to* us, which is a mindset that directly opposes the truth.

The True Source of Reality

And the truth is, reality spirals out of the centre of our consciousness like a galaxy, formed of our thoughts, particularly those thoughts held in the deeper layers of our consciousness. The subconscious is *not* the source of the creative force within us, but it is the filter through which the creative force flows.

Rather than being like a smudge on a camera lens, however, that blurs the movie of our realities, what is within our subconscious forms the threads of and is weaved into the story of that movie. Such is the power of the subconscious as a filter. What is *in* our subconscious is *in* our realities at every given moment.

The conscious awareness as a part of consciousness itself has an ability to influence the creative force thereby affecting and shaping reality. It is this truth that gave rise, many years ago, to the very-popular concept of 'manifestation' (the ability to manifest what is thought of, or visualised, in one's reality).

The problem with manifestation is that in existing solely in the conscious awareness, an emphasis is placed on it that effectively excludes those two other, more powerful, layers of consciousness. Invariably, this causes the conscious awareness to work directly against those deeper layers of consciousness. When this happens, the subconscious wins, ultimately if not initially, every time, hence the ultimate failure of 'manifestation'.

The Language of Consciousness

The subconscious and the conscious awareness also work against each other in the language they speak, particularly in their interaction with reality. Anything perceived literally through the five physical senses forms the primary language of the conscious awareness, but the subconscious speaks a language of symbolism.

So, the conscious awareness interprets those things that comprise our reality *literally*, or actually, while the subconscious interprets them *symbolically*. And the meanings are so different as to be opposite. Set in opposition to each other, the resulting tug and pull, with reality in between, can tend to exert pressure on the psyche.

But this, too, provides the key to bringing these two parts of our consciousness back together. We can learn to perceive and interpret reality speaking that same beautiful language of deeper consciousness, the language of symbolism.

The Third Layer of Consciousness

Higher consciousness, the metaphysical consciousness, whichever you prefer, is the source of the creative force within us. This is the part of us we refer to as the ‘soul’, but as tends to be the case with clichés, we label it and then don’t give it much thought after that. Yet, it is this third layer of consciousness that has thought us into existence. We’re here for reasons only our higher consciousness knows about.

For me, the transformational, transcendent Processes that followed that initial pivotal experience led me to the realisation that the original path I had thought I was walking was born of my conscious awareness without reference to my higher consciousness. The path I have ended up walking is one that has been determined and created by the metaphysical part of my consciousness.

And the two could not have been more different. I refer to this as the ‘conflict of scripts’ in the human experience². We are, as humans, very much like the pushmi-pullyu in the Doctor Dolittle books³: two heads facing two opposite directions. To move anywhere, one head had to concede, which never happened, so the poor pushmi-pullyu never got anywhere.

So what does it really mean to describe reality as an illusion?

When you pull apart, or separate, the physical and its metaphysical source, you do something to physical reality that changes the very fabric of it. And this is exactly what happens when we separate out the conscious awareness from its metaphysical source – that third, highest layer of consciousness.

When we perceive reality and respond to the theatre of our reality as a separated conscious awareness, we turn it into something it’s simply not meant to be: illusion.

What we’re effectively doing is *seeing only one part of reality taken out of the context of the whole*, like seeing an egg and thinking the shell is all there is.

In doing this, we misunderstand the symbolic meaning thereby misconstruing the reason and purpose for the events, circumstances and relationships that comprise the fabric of our reality. Illusion is just that, illusion. It has no substance, no meaning, on its own, which is why many of us struggle to find meaning in our lives.

In contemplating the concept of illusion, people invariably make the mistake of reducing it to objects, like chairs. How can you say reality is an illusion when this chair I’m sitting on feels real enough and is doing the job of holding me off the floor? To objectify it in this way is to miss the point. In the same way a scene in a stage play is both real and illusional, so, too, is it with the theatre of our lives.

What is real and what is illusion?

Anything perceived from the perspective of higher consciousness is real. Everything else is illusion. Or, rephrased, anything perceived through the eyes of the separated conscious awareness, without reference to higher consciousness, is illusion.

Does it really matter if reality is an illusion or not?

So, yes, it matters that reality, as we exist in and interact with it, is an illusion. Understanding both the nature and the source of reality is a good first step in addressing this and beginning to change it. But then, we need to bring the conscious awareness back into alignment with the deeper layers of our consciousness so that the three layers speak the same language – a Process that is more easily spoken about than it is achieved. This is the transformation of consciousness.

A crucial part of this is the awareness of and reconnection with the beautiful, powerful third layer of our consciousness, the spark of our own divinity. Then, we perceive reality as reality is truly meant to be perceived.

Even more powerfully, we begin to perceive *ourselves* in ways currently unimagined, unlocking the true meaning and purpose of our existence in the process. Nothing gained or achieved or pursued in illusional reality can ever compare with that.

Illusional Reality: the Key Means of Control

But if this is the truth of human consciousness and human reality then surely it becomes obvious that to control reality, you must control mindset, thought and belief. And, surely it becomes obvious that to control the human experience, it is essential you keep humanity locked in the most shallow layer of consciousness, existing in illusion, taking reality at face value so that humans cannot and do not see or know anything else. It's the old magician's trick – the sleight of hand: make people see what you want them to see, the way you want them to see it.

So isn't it time we started to see what is really around us . . . and why? Isn't it time we started seeing the truth, all of it?

* Author's Note: I deliberately use capital letters to denote higher-dimensional concepts and to distinguish these from the common, lower-dimensional use and definition of the words.

1. *What the Bleep!?* - *Down the Rabbit Hole* (Director's Cut) or *What the Bleep Do We Know?*, Hopscotch Entertainment, Village Roadshow Entertainment.
2. *The Messiah Perspective*, Jennifer Wherrett, 2014, Xlibris (publishers).
3. *The Story of Doctor Dolittle*, Hugh Lofting, Random House Children's Publishers, UK, 2001.

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