

Monograph Eleven: Reality – Truth and Misconception

In the first series I said consciousness is best described, and conceptualised, with two words: Process and Thought. In this second series I want to explore the first of these two aspects of consciousness, Process, expanding on the conceptualisation of it and how it Works. Before delving into Process, however, it is essential to take a deeper look at reality, and, specifically, at the corrupted mindsets we hold of it because these are greatly interfering with Process, which, in turn, inherently implies, given our definition, that these are also interfering with consciousness. And so they are, to our very great detriment.

The Matrix

Is it just me, or is it impossible to delve into the illusional reality and the toxic mindsets associated with it without mentioning *The Matrix*? As soon as it came out, at the turn of the millennia, or just prior, it became my favourite movie, and has remained so ever since. I feel like I could write a whole monograph just on *The Matrix* alone – 'Decoding *The Matrix*' – but I'm sure it's been done, probably to death.

Maybe that's exactly what this monograph is . . .

I heard a lot of criticism of the movie when it first came out, people complaining about the complexity of it and not understanding it. I think people suspected it was somehow profound in its metaphorical application and interpretation, but they weren't able to understand or articulate the whys and wherefores of this, hence the criticism.

But the metaphor is actually simple and rather brilliant. The Matrix is reality, or, more precisely, the illusional reality – Separated* physicality – the curtain of illusion that has been pulled over our eyes to blind us to the truth, as *The Matrix* puts it. The movie itself more than hints at the corrupted mindsets humanity holds in relation to reality, although it doesn't delve into them in any great detail, but it also illustrates just how difficult it is to undo and unravel these corrupted mindsets.

Neo, for all his special gifts, certainly struggled to undo and reverse the programming of the Matrix. As I often say, they pulled Neo out of the Matrix relatively quickly, if not easily, in the first part of the movie, but the remainder of the movie is devoted to pulling the Matrix out of Neo.

So, too, is it with us in undergoing the Processes to restore the corrupted mindsets, perceptions and beliefs – the result of our programming – with respect to the hold of the illusional reality, as I know from my own personal experience.

So locked in are we, though, that we don't break free. The corrupted mindsets are staying corrupted. What's worse is the fact that they are being used against us, to

manipulate us, not by machines or artificial intelligence but, rather, by a powerful, malevolent, transcendent intelligence . . . although this same Dark intelligence cares not one whit for us, just as the machines in *The Matrix* care not at all about the humans they have, and are, enslaving.

I am grateful to the producers of *The Matrix*. They have given me much to work with in the way of metaphor and analogy, and, at the risk of alienating people who think it just an old science fiction movie, in this monograph I will be utilising these.

I apologise to all those who haven't seen the movie, but if you are truly interested in what I will be talking about in this monograph, then I recommend you *do* see the movie, although not seeing the movie will not stop you from connecting with what I have to say in this monograph, or the series. I heard a rumour they're making another one, so perhaps they will re-release the original trilogy. Perfect timing, if so.

Addiction

When we think of addiction, the worst that comes to mind is, invariably, that of the heroin addict. Although this is a substance addiction, the physical (for example, cost), physiological and psychological aspects of it are well acknowledged, as are the dangers of it, as are the inherent difficulties and struggles and the pain of overcoming it, as are the ripple effects of the consequences of the addiction, not just for the addict but usually also for anyone who cares about the addict.

So, then, to liken or compare humanity's hold on the illusional reality and its hold on the human psyche to the plight of the heroin addict may seem a little extreme. Tragically, I think not. Addiction is physical and psychological dependence and illness – a death grip of hold the addict cannot release, to the addict's extreme detriment. As such, addiction is absolutely the best way to describe and conceptualise our relationship with the illusional reality. And the power and damage of heroin addiction is also applicable as a comparison.

The Matrix recognises this when Morpheus apologises to Neo and explains that freeing a mind once it reaches a certain age is potentially dangerous. As he says, *the mind has enormous trouble letting go*, which is absolutely true, such is the entrenched nature of the dynamics involved.

The worst aspect of our addiction, though, is the fact that we don't know we are addicted. We're like heroin addicts who've been programmed to believe taking heroin is perfectly normal and okay. So why give it up? If we don't know we *are* addicts, how can we face, confront and overcome our addiction? We can't.

The Trap of the Illusional Reality

In dealing with reality first in this current series, before talking about Process, I'm not doing so because reality is an important part of Process, or even an important tool utilised by Process. I'm doing so because humanity's addictive relationship with the illusional reality is limiting, interfering with, hindering, and, in too many cases, preventing Process.

In fact, the human experience has now reached a point, or a place, where the illusional

reality is *not* facilitating the evolutionary journey of all souls who incarnate in the human dimension, as it's meant to. On the contrary, it's negating experience and trapping and stagnating so many that a critical mass has been reached – a situation that must be addressed and reversed as a matter of grave and extreme priority.

It shouldn't be hard to see why, but if it is, think on this. If someone relentlessly, obsessively, ruthlessly and rigidly spends a life in the pursuit of, say, fame or wealth, then the Processes of that individual's life are forced to Work within the supreme and extreme limitations of these focusses and their associated mindsets, intents, choices and actions.

This is the point I make when using the analogy of higher consciousness as the master chess player³. When Process sets up a series of moves, but we decide to move ourselves, with our misguided focuses and perceptions, the Process is forced to set up the moves all over again, but again we mess things up by making a move of, and in, Separation*, and so, again, the Process is forced to set up the moves. And so it goes on and on . . . like a needle stuck on its very-broken record.

What is reality, really?

There are two ways to ask this question, and it is worth considering your own answer to the first version before you read any further. What do *you* think reality is? And then, what is reality, really?

To revisit the answer to the second version of this question, if consciousness is Thought*, or specifically, evolving Thought, then reality is the *result* of Thought. Or, Thought made manifest. Or, Thought projection as per the analogy of a movie, whichever of these you prefer.

And because reality is the result of Thought, to change one's reality, one must change one's deepest Thoughts. So, what use one changing one's reality, or attempting to, without addressing those same deepest Thoughts? Well, then, attempting to change one's reality becomes an exercise in futility. You might succeed initially but your reality will take shape, once again, according to your deepest Thoughts. Again, stuck needles . . .

And there are so many deep Thoughts people hold – Thoughts they are completely unaware of. But perhaps the most damaging, certainly to the human experience as a whole, are the Thoughts held collectively by humans about reality itself.

Revisiting the Corrupted Mindsets and Beliefs

Although I covered the corrupted mindsets and beliefs about reality in the first series, I want to revisit them in this monograph, partly to bring them into focus for this second series, partly to bring them all together into one monograph, and partly for the sake of completeness since this monograph is covering reality in more depth. In truth, I'll keep repeating this until I run out of breath if I have to.

The chronic ignorance that characterises human existence, especially in this, the modern era, forms the fundamental and foundational premise of these shadowed mindsets, specifically with respect to:

- the true nature of reality;
- our interpretation of it;
- our interaction with it;
- our perception of it;
- our beliefs about it;
- its purpose; and
- its language.

The chronic ignorance, as the bedrock, is like toxic soil into which the fatally-flawed mindsets, once planted, grow and flourish, supported, as they are, by this society into which each of us is born and then, as we develop, raised. And, therefore, by which we are programmed.

Reality is Separate From Us

The first is that of the belief that reality is *separate from us* and, as such, *happens to us* when the Truth* is exactly the opposite. *Reality comes from us.*

This is a powerful misconception – powerful in its distortion and powerful in its harmful consequence, partly insofar as it perpetuates the curtain of illusion that is *pulled over our eyes to blind us to the truth*¹, partly because it prevents us from taking responsibility for what we are Creating*, and partly because it is gravely wounding many individuals who come here courtesy of their lack of comprehending the way their choices and actions come back on them, lacerating them.

The Truth is our reality is sourced directly from our own consciousness, so much so that we are wholly, and souly, responsible for it *in its entirety*.

When the truly bad things happen that are not our fault or our doing, like the Holocaust, to name one of the absolute worst, it feels like this cannot be true. How can I say the victims of the Holocaust Created* their own realities?

I can because this is a fundamental Truth about reality for every individual incarnate in this dimension, and there are no exceptions. As victims, those *people* did not Create that reality for themselves, but their *souls* did, and they did so to form a powerful collective message, one that has not yet been received and understood. It's not too late. We can still get the message and turn that incredible negative into a positive. We can still validate their sacrifice. The message is look at what we're capable of in our utter disconnection; look at how bad it can be. And, see the evil that is controlling this world.

In addition to the message formed of their experiences, we have no way of knowing about the karmic imbalance and obligation of each of those souls, if and how the experience of the Holocaust balanced and resolved it within each one.

Reality is Solid

Another corrupted mindset arising out of the foundation of chronic ignorance is that of humans believing reality is solid, or set in stone, when it is, in truth, fluid in nature. So

fluid is reality that it fluidly responds to our deepest thoughts. People don't see this or experience it partly because they don't change their deepest thoughts, or even their not-so-deep thoughts.

But also, reality *appears* solid and it *behaves* as a solid and it *is* solid simply because we believe it is. The effects of this belief are two-fold, too, like two sides of the same coin. First, reality responds to our belief and expectation about it, and, second, our belief informs our perception of it, as belief always does.

At the risk of stating the obvious, believing reality is solid inherently means we also believe we cannot change the fundamental construct of it. Reality is what it is and we're stuck with it as such. Well, the Truth is reality is what *we* are, so just what, or who, is it really who is stuck?

We Can Control Reality

Courtesy of our obsessive pursuits, intents, wants, needs and addictions, we work tirelessly and obsessively to try and tinker with reality, to control it, *in* reality itself. This may seem like a direct contradiction to what I just said above, but it's not. We try to control reality in reality itself within the fundamental construct, or infrastructure, I referred to. Or, within a rather limited framework.

Because we don't step outside the bounds of this rather limited framework, we work tirelessly in our efforts to control reality within the limitations of it. This is exactly what Neo was referring to in the phone call of the final scene of the *The Matrix* . . . *I'm going to show these people what you don't want them to see. I'm going to show them a world . . . without rules and controls, without borders or boundaries, a world where anything is possible*¹.

The limited framework within which we try to control reality comprises a myriad of rules, too many to name, many of them overt but many more of them covert, exactly like lines and lines of internal coding.

There are numerous mindsets and controls just in relation to money alone, money being one of the most powerful constructs of this reality now, but there are rules around every aspect of human existence: health (government health initiatives are based on them), technology, time, marriage, religion (masterful at controlling through spiritual rules), socialising and friendship, even festivals like Christmas and Easter. We're like puppets whose strings are pulled and we respond accordingly.

Really, what we're doing, as I established in the first monograph series, is trying to control reality with the most shallow layer of our consciousness without reference to the deeper layers of it, of us – those same deeper layers from which our reality is actually directly sourced.

Although there is a semblance of control within the infrastructure of our day to day existence and within that same limited framework we can't see beyond, we are working to control our reality in direct opposition to our Selves.

The Misconstrued Purpose of Reality

We think our reality exists around us to serve our egoic wants and needs, to give us what we want, when the true Purpose* of reality is, unfortunately for our egos, exactly the inverse, or opposite. So it follows naturally that we greatly misconstrue the true Purpose of reality.

As the canvass we Work* with in an incarnation, reality is designed and constructed to behave like the movie screen I referred to, the idea being that we observe, interact and work with it as a tool for experience, learning, Knowledge, and as a means of seeing, acknowledging, understanding, resolving and healing the wounds of shadow (fear, misguided mindset, false belief and perception) in the labyrinth of our subconscious.

In other words, reality is designed to be a tool for healing, growing, and evolving our consciousness. What humanity does, instead, is use reality to satisfy and satiate the wants and whims of the ego, which ultimately succeeds only in compounding the very wounds reality is meant to heal.

The language of reality

And then there is the true language of reality verses the false language of the illusional reality – two languages that don't just contradict each other, they work against each other. How? Because the language of the illusional reality subverts and obviates the deeper meaning of the true language of reality.

Since reality is directly sourced from the deeper layers of consciousness, it follows naturally that its language is also that of these same deeper layers of consciousness. The true language of reality is symbolic, but the illusional language of illusional reality is literal, or actual, which happens when we take reality at face value only, without delving into the realm of its deeper meaning.

Literalising anything, whether myth or those things that comprise the threads in the fabric of our reality, negates and removes the deeper meaning.

To say we miss the point is a vast understatement.

The Dot Programming of the Illusional Physical Reality

The limited framework I referred to earlier causes a powerful and deep-seated problem in our interaction with reality that compounds the harm of all these fatally-flawed mindsets, so a deeper, more detailed look at it must comprise any discussion of reality.

To conceptualise it in a slightly different way, human existence in the physical world comprises a whole lot of connected up dots, with one dot causing another and leading to another and so forth. Or, if you prefer a different metaphor, humanity is programmed by a whole lot of 'if-then-else' statements, lines of conditional coding, that are only true because we *believe* they're true . . . because we've been *programmed* to believe they're true.

And this dot-point programming is so powerful that we cannot and do not break it, or

break free of it, or think we can step beyond it and exist in a different way. As such, the connected dots, as solid and visible and clearly-defined as they are, form a *pathway* that dictates our interaction with reality, and they form a *picture* that defines reality and, therefore, us, since we erroneously believe reality defines who we are.

In *The Matrix*, when Neo tried to follow Morpheus's example by attempting the jump from one tall building to another, the jump at a great height over that great a distance formed the first dot that triggered a whole series, like a chain reaction, in Neo's mind and, therefore, in his reality.

According to the framework of illusional reality (the Matrix), the dot that should follow an attempt to jump an impossible jump is that of Neo's muscles not being strong enough or capable enough to get him the distance. This dot must then be followed by that of gravity kicking in, pulling him down, causing him to fall rather than jump the distance, the next dot, which is then followed by yet another dot, the fall causing him to impact the ground, killing him, the final dot.

This is exactly how the training program he was in began to break down the programmed hold of the Matrix (illusional reality) over his conscious mind *and* his subconscious. It prevented the last dot, which started to unravel the programming itself.

This is also the whole point of the scene when Morpheus and Neo are sparring. Morpheus was trying to break down Neo's thought processes, specifically with regards to this dot programming – one thing having to follow another – locked in paradigms of thought – with his rather pointed questions and comments: *you think that's air you're breathing now?* and *your weakness is not your technique* and, most importantly, *do you believe that my being stronger or faster has anything to do with my muscles in this place?* Change your thoughts, in other words, and watch reality respond.

Apparently, just to digress for a moment and so the rumour goes, Isaac Newton was deeply resentful of quantum mechanics and the subatomic realm simply because it made a kind of mockery of all his work. In other words, are we only bound by gravity, as Neo was, simply because we *believe* we are, as Neo did? Isaac Newton bowed out, meaning, he got out of science altogether. Maybe he did so because quantum physics was challenging the laws of the physical universe, and ultimately proving them, and, therefore, him, wrong.

The Dot Programming of Ageing

To take a more practical, day to day example, humans need to own their own home, one dot, and to own their own home, at least in their own minds, they have to take out large mortgages, another dot, and then they have to have full-time jobs with decent pay to pay off those mortgages and maintain the asset of the house, yet another dot. As such, we become slaves to the house-mortgage-job dot programming. It locks us in, although this one we can change more easily than some. We just have to change our mindset.

An example of dot programming that's harder to change is that of ageing. The more years we live here, one dot, the more we age, the next dot, the older we get, another dot, which then leads to a whole lot of connected dots: health problems; the risk of chronic and dangerous diseases like cancer; a heightened awareness of our own mortality; the slow

creep of trepidation in relation to death; unwanted and unwelcome changes to our physical appearance, like grey hair and wrinkles, which, itself, leads to another dot of no longer being attractively youthful, which, itself, leads to another dot of no longer being attractive at all (which is tragic because older people who accept themselves *are* beautiful).

I've said it before, but I'll say it again. Ageing is just a belief – a powerful thought – nothing more. And what's more, the belief has changed over the decades of my existence and, accordingly, our collective reality has responded to the changing belief. My grandmother, for example, was an old woman, in every way – behaviour, mindset, attitude, demeanour, appearance – in her early sixties. My mother is still young, in every way, at eighty. She doesn't even have a full head of grey hair.

The expression 'forty is the new thirty' is a direct reference to the changing belief about ageing and the response of the collective human reality (Botox and plastic surgery notwithstanding!).

There are numerous examples of the dot programming of human reality. I've talked about the 'recipe of life' – career-marriage-mortgage-kids – which involves all sorts of different dots that lock people into a clone-like existence and subject people to a whole lot of obligations that become traps, in every way but particularly as mind (self perception) traps. I'll leave it to you to work out the various dots involved for yourself.

The Psychological Nature of the Dot Picture

These examples nicely illustrate the physical and psychological interactions of the dots, too. Dots don't have to be purely physical, but regardless of how many physical dots there are in an individual's programming, the whole structure of the program, or the picture, again, individually and collectively, is psychological. It's all mindset, thought, belief. Nothing more.

But because reality responds to mindset, thought, belief, and expectation, it doesn't obey the dot programs at all, it obeys our deepest thoughts which are themselves bound by the dot programming. 'Tis *you* not your *reality* that is bound by the dot programming.

In children's game books, the dots are numbered, are they not? In this way, each dot is connected in the right way so that the right picture forms of the connected dots. This is the basis of the analogy.

And we don't just do it with the types of things I've listed. We also unconsciously form dot programs, our own sets of internal if-then-else statements, as we walk through the landscapes of our lives. That's exactly what trends are, which is why and how it's so frighteningly easy to manipulate humans.

If you don't follow or adhere to the latest trend – wear the 'right' clothes, have the 'right' hairstyle, engage in the 'right' behaviours, possess the 'right' technology, even hold the 'right' opinions about things like climate change – you're unacceptable because you're not forming the 'right' picture, or image.

The modern mindset of socialising, as a specifically harmful example, has become

intrinsically linked not just with alcohol but with alcoholism (addiction and drinking to excess). **If** going out **then** you will need to drink, probably a lot, to have a good time **else** you will not have a good time.

There are so many 'rules' I could use as examples, but it would take up too much room to do so. And, it's an interesting exercise identifying them for yourself, especially those that are particularly binding for you personally. The important aspect of this is, as Morpheus says so perfectly, *some of them can be bent, others can be broken*¹, and some can simply be completely and utterly ignored and disregarded.

The Satiation of Want

In addition to the critically-flawed mindsets and the limited framework of the dot programming, there are two specifically-powerful dynamics that lie at the heart of the human addiction to the illusionary reality – two aspects of the addiction that are, therefore, extremely difficult to break. The first is want.

In fact, 'want' is something that needs to be dealt with specifically, especially in the context of a discussion of reality, because it is a very real source of all the ills in this world. And so, it is, too, a very real source of the ills within each one of us.

Gautama Buddha agrees with me on this. He said desire is the root of all suffering, another way of putting it.

Want has its roots in an internal belief in lack. That is, we want what we believe we lack, and we usually want it obsessively, to the exclusion of all else because the lack itself has its roots in fear, usually a fear of being inadequate or unacceptable or, more importantly, unlovable.

What does this say about those people who want power so obsessively, like Vladimir Putin? They believe, deep down, that they are powerless. And if you look at them more closely – those in our present and past – you'll see the more power they have, the more they 'want' because the problem for them *isn't* power, it's *a deep-seated belief in a lack of power*. They're small, inadequate men because they believe they are, because that's what they were taught in and by their upbringing.

Want locks in the inverted interaction with our reality, not to mention the uni-directional interpretation of it, causing us to tug and pull at it, both physically and psychologically. So harmful is this particular dynamic that I would say it lies at the very heart of Perpetual Separation.

Rather than observing reality and using it the way its meant to be used, we focus on it only with a view to getting from it what we want or keeping out of it what we don't want.

And this is all-consuming. I really mean that. *Want consumes focus . . .* utterly. We see nothing else when in the grip of it, so completely does it control us. If we are to truly overcome our addiction to the illusionary reality, we *must* release ourselves from this control, not an easy thing at all given the fact that advertising, which we are surrounded by and bombarded with, exploits this dynamic.

Defined by Want

Furthermore, so powerful is want that it defines us to ourselves. From childhood, we're taught to want things: we 'want' that toy we see on television, we 'want' the latest version of Playstation. In adulthood, want forms the premise of who we want to be, or, rather, of how we want to be defined: we 'want' to get married and have kids, we 'want' to be liked, we 'want' to be rich and famous, we 'want' to be a lawyer or a doctor, we 'want' to win the lottery so we can live the way we 'want'.

Want is even acknowledged in *The Matrix*. Cypher, the bad guy, 'wanted' so badly he was willing to betray Morpheus and the crew, even though to do so was going to get them all killed. *I want to be rich, and someone important, like an actor*¹. The agent responds, *Whatever you want* Contrary to Cypher's assertion, ignorance is *not* bliss, it's extremely harmful and highly destructive.

My wants, those I've battled, are demons, or shadows, I'm very familiar with because I've gone more than a few rounds in the boxing ring with them. So I know from very personal experience what the battle with want is all about.

What I've wanted (which I will keep private in this monograph) has been implacably blocked (a dynamic that is real and which I talk about elsewhere²) so I could dance with these shadows again and again and again, ever more deeply, releasing their power over me. And not just the wants themselves but also all the underlying shadows that spawned them. 'Tis very much like deep tissue massage but for consciousness.

Want drives us. It propels us into our futures. And, unfortunately, it is a black hole within us, not just because it causes us to focus on our realities addictively, but also because in feeding our wants, we are never satiated. When we gratify want, we want again, and again, and again. This is an unavoidable truth about want.

What's perhaps worse is that unsatisfied, unfulfilled want spawns the dangerous 'D-emotions', particularly depression and despair. These are, in fact, the withdrawal symptoms you deal with when you confront, battle and disempower want.

If you are battling it, ask yourself a question. Which is the better option, getting what you want, or no longer wanting at all, being free of it? And then be very careful when answering because one response will perpetuate slavery and bondage. The other is the Way* to true freedom.

Defined by the Illusional Reality

The other powerful dynamic that lies at the heart of humanity's addition to the illusional reality concerns the way humans use it to define themselves, to others, yes, but, more crucially, *to* themselves. This is a complex dynamic, one I delve into in much more detail elsewhere^{2,3} and will probably do so again in this series. I could, and probably will, devote a whole monograph to it, actually.

Suffice it to say in this monograph, we weave the constructs of the illusional reality together to form a mask behind which we hide and beyond which we cannot see. So

powerfully do we do this that we *become* the mask as if the mask is all there is. As a dynamic, its hold on the human psyche is extremely powerful because we fear what we are, or, more aptly, what we are *not*, without it.

To aid conceptualisation of this, one of the primary reasons why it was so hard for Neo to become the One was because he was still defined by the ordinariness of the illusional reality. He still saw himself as Thomas Anderson, the normal, ordinary computer programmer who helped his landlady take out her trash.

By constructs of the illusional reality, I mean any of those labels by which we define ourselves and each other, and against which we measure and judge each other. As such, the constructs we are specifically addicted to differ from individual to individual.

Regardless of which constructs we're attached to – the constructs that weave together to form our own particular mask – the dynamic works in such a way that our identity is wholly tied up and bound by them.

The most obvious ones are those we usually need to establish when meeting someone for the first time, one of the reasons why we wear wedding rings, because these are a powerful symbol of a powerful construct. I've given the example³ of a guy I worked with who had to establish, literally within minutes of meeting him, that he was gay. He could not relate to others unless and until this construct was established because it was how he defined himself, completely. Who he was beyond his sexuality, and the associated mannerisms, social circle, behaviours, etc., was impossible to discern.

By far the most ubiquitous and powerful construct in this, our modern society, is what we do for a living. We even have acceptable labels for those circumstances whereby we don't earn a living: 'stay-at-home-mum', for example, or 'retiree'. What we do to earn money is just what we do to earn money. Meaning, it's what we *do*, it's not who we *are*. As with everything else in this dimension, though, we've got this, and we live this, *around the wrong way*.

In other words, we are trapped by the constructs of this Separated reality, and we can't move beyond them because we erroneously believe we *are* the constructs, and the constructs are all of who we are.

Trinity was referring to this when she said to Neo, . . . *the Matrix cannot tell you who you are*¹. But oh yes it can, and it does. Because we let it.

The Corruption Summarised

In Truth, or in metaphysicality, *belief dictates reality*, but in Separated physicality, the current human experience, *reality dictates belief*, which is a frightening thing given the fact that the collective human reality pretty much comprises the unresolved fears in the human psyche.

Furthermore, if reality is an extension of our consciousness, and it is, then where do we truly exist? We do not exist in our reality, *our reality exists in us*, but we live the inverse of this.

Reversing these corruptions and changing our perception of, interpretation of, interaction with, beliefs and expectations about reality is not something that can happen in an instant, like switching a light on. As with any addict, the process of overcoming the addiction is often long, arduous and painful, and it requires determination and dedication.

'Tis very much like an individual growing up in a cult, as I know from personal experience. You might leave it in an instant, even in a split second of choice, but it takes many years to work through the internal programming and your programmed responses. Just like Neo and the Matrix, taking yourself out of the cult is a whole lot quicker than taking the cult out of you.

Changing Our Interaction with Reality

In fact, because humanity's interaction with reality is so determined, now, in the human dimension, by these supremely ignorant, corrupted mindsets, the Processes required to change this interaction often require steps of almost pure faith in the beginning.

And I say *almost* pure faith because the Knowledge that there is a greater, deeper Truth governing reality and one's interaction with it precludes the necessity for *pure* faith, certainly *blind* faith, because blind faith helps no one.

For all his special skills and talents, Neo still failed to make the jump from one building to the other when he did it for the first time because *as a conscious awareness he was bound by the programming of physicality in such a way that it still dictated how he interacted with reality and, therefore, how reality responded to him.* And this determined the outcome of the jump.

He fell because he believed he would, because that's what happens in the illusional reality, the Matrix. And he was doomed to fall, to fail, as soon as he walked to the edge of the building and looked down over it. That action alone indicated he was still bound by the dictates of the physical sense of his sight.

Despite this, he still attempted the jump because he *believed* he could change the internal programming that was binding him. And, he *believed* there was a greater Truth that could govern his existence.

Knowledge was key to these beliefs. Without the Knowledge of the training he'd already received, coupled with the fact that he saw Morpheus make the jump and so saw with his own eyes that it was possible, he would have been very foolish to have attempted it.

There is another beautiful analogy of this in the biblical story of Peter walking on water when he saw Jesus doing it. As with Neo, Peter would have been foolish to have tried it without the knowledge that he *could* do it courtesy of seeing Jesus doing it. But, as with Neo, he took his eyes off Jesus and looked, instead, at the storm in his reality, and then he allowed that storm to dictate and determine his thoughts, mindsets, perceptions, beliefs, and his interaction with reality.

The dot programming of the illusional reality kicked in, set off the chain reaction of dots, and he sank, just as he knew he would.

A Word of Warning

I have my own version of 'walking on water' and, like Peter and despite years of Working* with the knowledge of these dynamics, putting into practice a new way of interacting with my reality, certain 'storms' have still caused me to lose focus, become fearful, and sink. Remember, with all that he'd been told, Neo fell.

Let this serve as a warning to anyone who thinks they can read this monograph, acknowledge reality is sourced from within, and then think they can change theirs and the way they interact with it. No novice becomes an expert after a single course studied. Often experts have undergone years of study and training, gaining knowledge and experience from both theory *and* practice.

Like Neo, I've made some quite horrific mistakes in Working to change my mindsets. Mistakes are part of the learning, yes, but they can still bring you to your knees, or worse. Sometimes what's needed is small steps first before you attempt larger ones.

The True Nature of Reality

Reality is, in truth, merely the medium, or the canvass, one's consciousness is Working with in an incarnation. As such, and as I hope I've made very clear by now, it is there for, and is a part of, the *whole* of consciousness, not the most shallow part of it.

Furthermore, physical reality is only a *part* of one's overall reality, not all of it. In fact, physical reality is a relatively small part of one's overall reality, contrary to popular human perspective and opinion.

So when I talk about breaking the hold of Separated physicality on the conscious awareness, I'm not just talking about the way it hijacks and controls what we *pursue*, what our goals and ambitions are, what we want obsessively from it, what we *focus* on. I'm also talking about the way we interact with and perceive reality in the first place, and how it then behaves and responds to our beliefs, thoughts and expectations about it.

And whilst ever we are locked into this limited, critically-flawed relationship with it, we cannot experience anything else. So we cannot experience what reality could be, and we cannot experience what we could do with it, how we could shape it beyond these limitations. And then, of course, we cannot experience the wonder of how it can encompass, express and hold our most inventive, wildly imaginative thoughts, or dreams.

Because, really, with all of this, *it is ourselves we are limiting*.

The Shape of Water

Water has no shape, and nor, for that matter, does energy. So, too, does reality have no predefined, definite and specific shape. Reality is, after all, a crystallisation of thought energy.

Water will take a specific shape when it's poured into a vessel, like a wine glass or a vase, but even then, it's only taking the shape of the vessel. It still actually has no definite

shape of its own. In a very real sense, this speaks of the beautiful malleability of water.

I say this because we get so attached to thinking reality should take a definite, specific, often predefined shape. But just like water, it is, in truth, beautifully malleable, and so it will take shape according to all the different energy dynamics at play in any given moment. Meaning, our thoughts *are* the vessel that gives reality its shape.

We also have to remember that when two or more individuals, or consciousnesses, cross paths and interact, reality will take shape according to *all* the thought patterns involved – the shadows, fears, beliefs, mindsets, perspectives, prejudices, intents and expectations of both or all the individuals interacting.

Reality as Merely One Tool of Process

Process, which is sourced from the highest layer, or facet, of consciousness, does not focus on reality as the end point, or outcome. Meaning, *reality is the means to an end, not the end in and of itself*.

Furthermore, reality is merely one of the tools our Processes are able to Work with. In fact, I can tell you from personal experience that reality is less powerful as a tool of Process than some of the others in our collection.

The human experience is such, though, with reality so much at the forefront of focus and attention, that Process is often forced to Work with it as if it is the only tool. In that sense, reality has become the only tool of Process because we've made it so, courtesy of our addiction.

When the relationship with reality is restored, and reality is able to take its rightful place in our Processes – not being the end, but the means to an end – *and* as one of a set of tools our Processes are able to Work with, the power of the entire set, Working in sync and in tandem, is something to behold. Actually, it's truly magical.

How do we fix the toxic relationship with reality?

This is the question I would want answered if I was to read this monograph without having written it. The answer is with a Process, one that must come from *within* each one of us. Sorry. I know that's disappointing. I cannot fix it for you. As much as I wish I could, I really cannot. Again, to quote Morpheus, *I can only show you the door. You're the one who has to walk through it*¹, because you're the only one who can change your mind.

What I can tell you is that it can be done. I have done it.

The Knowledge of the toxicity of the relationship and all the dynamics involved is a very good starting point, as is the Knowledge that these can be reversed and resolved. As with any addiction, facing the truth of it, acknowledging and understanding it is the first vital step.

Understanding and dissolving the shadows within you, particularly those of want and

need, is the vital second step, which is where the transformation of consciousness (see Monograph Five) is key because it is our inner shadows that perpetuate this toxic relationship. Breaking the hold of the ego (see Monograph Six) is also key because our ego has a very vested interest in keeping the toxic relationship with reality intact. The ego uses the illusionary reality to feed itself.

Plus, there is a technique I employ that can, potentially, re-work these dynamics – a technique we refer to as Passive Conscious Creation (see Monograph Twenty).

Conscious Creation

In this series I will be writing about Conscious Creation, which, before anyone gets too excited, is vastly different from the concept of 'manifestation' everyone got so excited about many years ago (manifesting what is desired in reality using techniques like visualisation). Conscious Creation is possible, but it is based on things that tend to scare people off: discipline (especially mental discipline), contemplation, a willingness to go within, application, knowledge, and practice.

What happens when you give a recovered heroin addict a tiny bit of heroin? So, too, is the addictive relationship with reality one that requires a significant degree of resolution before you start experiencing what else may be done with it. Anything less will plunge you back into the dark ages, so to speak, of full-blown addiction courtesy of the danger of re-empowering the ego.

Is it really possible to shape reality anew, or differently, or even consciously? Yes, it is. You have my word on that. Let that be the carrot dangled to arouse in you a willingness to undergo the Processes necessary to change your interaction with your reality.

You just have to remember that it is not your reality you have to change, it is yourself.

Reality needs to take its rightful place *before* we can reshape it, consciously or otherwise. Or, rather, *we* need reality to take its rightful place . . . we need to *give* reality its rightful place, preferably before we destroy this world and ourselves with 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. *The Matrix*, 1999, Village Roadshow Pictures; Warner Bros. Pictures.
2. *The Metaphysical Transition*, Jennifer Wherrett, (currently unpublished: expected publication 2021).
3. *The Messiah Perspective (Cornerstones, Constructs, Yardsticks and the Mask of Conventionality)*, Jennifer Wherrett, 2015, Xlibris.

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