

Article 329: How Real Is Your Reality? -part 2

In last week's Article, we said that because of language, *you are addicted to "causing" or hoping to "cause" ...and reject what you think you cannot cause ...or do not have to cause. If you understood this ...or even one tiny bit of this, you are already wiser than most languaged-individuals.* You can acknowledge your wisdom and richness ...and expand this by forsaking your dependence on such a reality-distorting language and begin showing this to others, which will expand and return richness to you, ...however, if you are not willing to take the language of dreams and events to heart, and insist on defaulting your self and life to language, then your true wisdom and richness will surely be lost from you in this lifetime, ...but you are far-wiser than to forsake yourself and your dreams to the unreal reality of language, ...aren't you? So, the questions seem to be, "In this great universe, what is real? ...or really real? ...where does fantasy leave off and reality begin? ...and how can you find these real realities?"

The simple answer to these questions is that reality is what can be acted out, ...therefore, the way to discover your reality is to act out what is in your mind ...and do not rely upon anything declared as "true/untrue" or "real/unreal" by language; the way to determine reality from fantasy is to act it out, and the way to know what is real ...or more-important what is real for you is to act out whatever you truly desire. Life is that simple! ...and that expansive. But, remember, while what you do not act out *seems* to be fantasy, it is merely an unacted-out event to you ...and may be a real reality for others; ...do not deceive yourself into thinking that your acted-out-reality is the only true reality! ...or fool yourself into believing that you are acting out what you are not actually living, ...for example, you may "think" that love is the basis of everything in your reality, that faith in God is real in your reality, that everything is "perfect", or that the natural state of your body is complete health, if you are not always living or acting out these things, then your real reality is far different than you think it is, ...are you deceiving yourself?

What reality are you really acting out?

There are no "lesser realities" or "greater realities", for though all things acted out are real ...while theories or mental images seem to be merely ideas or lesser realities until acted upon ...at which time they become greater realities, this is not so, for though your reality is what you act out, all images can actually be acted out, so they are also realities ...realities in seclusion. Your reality does not have to be confirmed by

others to be real, ...actually, most of what you live as real cannot be confirmed by others, and probably never will be confirmed, but if you live it, that is your reality ...and it is real for you, ...but be careful of the deceptions and distortions of language!

If you “think” that gravity is false ...and your desires and dreams are to fly ...so you jump off a cliff to disprove gravity and act out your dreams and desires as a reality ...and you crash to the ground, in this you have acted out *the reality of gravity you are living* ...and must find another way to act out your dreams or desire to fly and make them real.

Is it possible that you carry an image of yourself as “greater” than you seem to be? ...or, as in our original example, you have an image of being wiser and richer than you appear? ...does this disparity between *your image* and *appearance* indicate that you are “not acting out”, ...therefore, *your images* are unreal and *your reality* is false? If you are living your images **to any degree**, then, regardless of appearances, they are real for you and that is your reality, which need not be confirmed by others or contradicted by their reality. Your life is to realize and live as you truly desire ...not as others believe or feel you should live.

[Do not turn your real self and life over to others.](#)

Science and philosophy are searching for a reality that is as universal and inclusive as possible ...without realizing that such a reality would lessen the universe, rob you of free will, and destroy the inclusiveness of the universe which allows and supports you and all others living as each one truly desires. Never mind other’s reality or what is real for them, or what they declare is real, live what is real for you ...and make that your reality.

Following the pattern of language, if you decide that reality is only physical matter in nature, would you only act toward an intimate-partner ...or even to yourself as physical “stuff” ...and ignore attitudes, desires, feelings, and love? ...maybe physical as a reality is insufficient, ...and if reality is spiritual or love, ...do you really know what spiritual and love are? ...or how to be spiritual and loving in every situation? Can you act out spiritual and loving to everyone and everything? ...if not, such a reality is merely a *sometimes reality* for you, and when you are not acting out this reality, ...will you declare it an unreality while you are living some other reality? This doesn’t seem to be any better than the distorted sometimes reality you have already languaged for yourself, ...does it seem wise to

continue in this languaged reality? ...what is so real and desirable about it that you want to continue this reality?

Let's consider that the real reality is data and information (datamation) in a field of allmind. In this reality, everything you consider to be physical or spiritual is, in fact, data and information which informs and guides you as you choose and act out, ...and, since all things material or physical are of mind, you can act out, or make real, anything you have in mind ...or hold in mindform. Mind as a oneness is all inclusive, and as a differentiated oneness enables and supports everyone to live the real of their reality as they desire without interfering with another's reality, and allmind enables you to know yourself and all things by the data•information carried within, simply because the data•information of mind, not energy, is prime in the universe, not consciousness; mind is the true reality or field of the universe; ...and your mind, frequently referred to as your brain•consciousness•thinking is your particular reality.

What's in your mind?

...for that is real for you ...and it is your reality. As we continue this series, it is important to keep in mind that mind is not "thinking", yet thinking is mind.

As science and philosophy ...and even religion are searching for reality, which is really a search for universal conditions of life, the only way they could have missed that the data•information which is derived from mind and infinitely serves mind, and is carried in all things is both the foundation and ultimate reality of everything, is their busy addiction to language which does not permit such understandings, ...well, you don't have to continue these false beliefs and limitations in your reality.

If you live what is real for you,
you will discover that it is all in your mind!

Is there anything you can act out that is not in your mind? It has been declared that the mystery and meaning of life is not a problem to be solved, it is a reality to be experienced. If this is even reasonably so, how can you experience reality except through mind? ...actually, in experiencing anything, you are only experiencing your own mind ...the data•information of your mind, thus the data•information of your mind is your reality ...and outpictures what is real for you, ...for example, if someone says, "I love you" to you, your reality of these words, and the individual and situation involved, is only the data•information that is in your mind, ...there is no other all-inclusive reality of "one love fits all" ...or even

of one love should fit all. The allmind universal reality permits•encourages• supports individual differentiation without separation. Only in allmind can you simultaneously have a fully active personal reality and a fully supportive, all inclusive reality without either one limiting or interfering with the other.

Mind works in mysterious ways to offer great wonder,
and that is the reality of life available to you ...as you truly desire.