

What is Reality?

Science has now brought us all to the point where we should be asking the question - what is reality?

A good example to illustrate this, is to ask whether the brain can distinguish between sex and masturbation? If people were really honest, they'd have to admit that there have been times when they've had sex with a person and they've had their eyes closed; or it's been pitch black or they've been the worse for alcohol or drugs.

So what process has been occurring to achieve the desired result? And is it really any different if they are self-stimulating or with a partner? Staying with the same theme, we recognise that it is either our environment that is stimulating us, or it is our past memories or our fantasies; and more often than not, it is a combination of all three things!

Our bodies simply don't care how the emotional release through orgasm comes about; just that it happens when the chemical build-up becomes too great. And it's exactly the same process with greed, victimisation, tyranny, pain, suffering; indeed, every emotional addiction produces these body chemicals that crave satisfaction (redemption) e.g. anger, overeating, bullying, shyness etcetera.

When we set aside looks and body parts, we see that people only really differ by the attitudes they are displaying, which are coming from the neurological hard-wiring that has occurred because of past, mind-associated, environmental memories. Once a person has experienced most things, the environment generally offers nothing new, but just stimulates this past associated memory. And as the brain cannot distinguish between what it is looking at and its memory, then our realities are most certainly based in the past, because they are coming off of thinking that is nothing more than environmentally triggered memories!

So let's answer the question. Reality is occurring moment by moment and it plays out in accordance with the moment by moment firing of holographic images in the brain, regardless of whether the images are occurring with our eyes open or with them closed. When we add to this - that 'thinking is the firing of holographic images onto the frontal lobe of the brain' - we have to conclude that reality is simply what we think it to be!

Reality, just like truth, is subjective. Even the most objective mind only ever expresses personal truth. This begs another question - how do we change our personal reality? It's probably best to answer this with a another question - if you are getting all worked up about something in your life and you're heading towards an emotional climax, how can you change the outcome of that event? You simply have to put the brakes on that train of thought (a neurologically hard-wired attitude), stop it dead in its tracks and continue with a different train of thought that has a more desirous outcome.

Have you ever thrown somebody's thinking onto another subject when they were obviously steeped in an attitude that was causing them some anguish? Well, self-mastery is all about becoming so conscious that you effectively do exactly that to

yourself, all of the time; and thus finally create a reality that is not a reflection of your past but is what you want to become free of it.

Imagine for a moment that you're being a quiet observer, on a train platform, watching the 'trains of thought' come and go. Then you get on one of the trains and those harmful neuro-peptides start to flow in your body; blocking cellular receptor sites that would otherwise be used for nutritional uptake. Do you get off at the next stop and return to being the 'observer' on the platform before it's too late? Or do you continue journeying with the train of thought until it reaches its climactic destination?

Most people are so unconscious that they don't even realise they are on a train, with generally only one opportunity to get off it before they feel their addiction to a journey they've done so many times before. The master is the one who is always left on the platform after the train has left, and if they inadvertently get caught up in the crowd and find themselves on a train; they always get off at the next stop. Perhaps this is the reason why 'masters of old' used to retreat from society for a period of time (like 40 days and nights), so as to purge their demons and purify their thoughts, to achieve a greater personal reality.

If you observe your mind, you'll notice that unmarked trains are passing moment by moment. You don't need to concern yourself with these because they are just the result of the platform you are standing upon. However, if you take a fancy to one of these and you ride it for a while, then you'll only be able to stop it dead in its tracks if you name it (spite, envy etc.). So, if you're really smart, that's exactly what you'll do, because otherwise you've got another runaway train that's going to a destination that you've frequented so many times before.

Don't be disheartened if you are unable to name all of your trains at first because you need a lot of experience before you know the outcome of events beforehand; and thus become a master train spotter! And then you will wait patiently, observing all the trains going to the boring destinations, until the train you really want comes flying in - Destination Freedom - climb on board!

What now follows is an example relating to a question I had from a woman I had counselled. She had a pattern of falling prey to one man after another and as she consciously took her power back she swung to find she then had control issues.

Question (from her) - in order for my life to change didn't I need to gain control? Great question that's also logical but control is just an emotionally based response. It certainly 'feels' much better to be in control than to be sexual prey doesn't it? Do you see what I mean?

In terms of the train analogy - you've simply re-named your train and thus changed its chemical destination to the climax you 'feel' when you demonstrate that you are in control. But where is the master? She is still on the platform because she recognised both of the trains and named those 'trains with attitudes' as they passed by. You only named the one train (victim) and thus when you got off it, you immediately boarded the train going in the opposite direction (tyrant); and once again you passed the master waving at you from the platform!

Now here's what you need to understand - the master is you, but to become what you really are; you have to stand in her shoes by staying on the platform seemingly out of control. You see, when you're 'in control' it feels good but the bottom line is - you're just giving your body another chemical hit that's causing you to age and eventually to die - whereas, the master is eternally young because she rarely boards the chemical trains and if she does, she gets off before it's too late.

I hope I have explained this clearly enough. We never want to arrive at the already known destination of one of these attitudes, unless we're happy to keep marching towards our own death. Indeed, ageing only occurs by boarding 'trains with attitudes' that are ironically 'out of control' and always have the same kind of destination - emotional reaction.

You need to recognise all of your feelings in order to be able to name all of your 'trains of thought', to be able to stay on the platform. In other words, your every conscious moment from now on should be consumed with train spotting until you are like the master that just smiles as the trains pass by. Why do you think people turn up in your life that you don't particularly want to see? It's because you've boarded a train that you previously boarded with them! And behold they're still on the train and walk through from the next carriage! If you'd have got off at the first stop and returned to the platform, you'd never have seen them again. They were still journeying on the same train because they are still a sexual predator, and they constantly meet sexual prey (victims) on that train. However, they also have less than a comfortable journey when they sit next to someone who is riding with a controlling attitude. They feed off of the energy from their victims but they starve in anger when somebody else is in control.

Your pendulum may have swung away from victimisation, but if you're still 'courting the chemical addiction' then it will swing to the other side and take on a new name. So, in this instance (and there are many examples), on the one track we have the train with the victim attitude and on the other track we have the train with the tyrannical attitude. Both trains have a chemical destination that is detrimental to the health of your body. And on the platform we still have the master recognising all of the trains. The master's is where the pendulum sits still.

Finally, when we have identified ALL of the trains on this platform then the game is over - we have become the master of our environment. It's time for a new game! There is nothing new for us to learn here, so it's time for us to contemplate upon that which we have yet to realise - a new platform.

We know that this world is comprised of atoms and that the next world is comprised of sub-atomic particles, which are at least a billion times smaller than the atoms. We also know that if we shrunk everything down in size in this world, then it would look the same as it does now. So the relative size of the next platform to this platform is irrelevant, once you're participating on it... But how do we get there without any point of reference? We can only contemplate upon it and desire to know it.

Once we are truly free of the passing trains of this world, then the new platform will appear to us and we will be lifted to it. Your thinking affects the chemistry in your body and this in turn causes cellular ageing or rejuvenation; dependent only upon

whether you continue to journey in your mind to known destinations or you join the masters who are contemplating upon new adventures.

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