

## The Unreality of Reality

So in the lesson on The Mind Virus we talked about how it doesn't matter what is true only what you believe is true because with work it will become true.

I want to take this a step further and show you how our entire reality is simply an (*albeit very impressive*) illusion created by our beliefs.

**To do this we have to get out our microscopes and view the world at a atomic level.**

You see if you look at your hand right now, you would perceive it to be solid and a part of you. Pick another object say the computer or mobile you're reading this on and that too is seen as solid but as separate and distinct from you.

What we actually know however is that these objects are created from particles which in themselves are actually mainly empty space. Our brain creates the illusion these things are solid to enable us to better interact with them. (remember how we don't see through our eyes but actually through our brain and our brain performs some pretty amazing wizardry on the information coming in through our eyes to ensure we perceive the world as we currently do).

***This is just one example of this illusion. But it goes much deeper.***

Imagine a tree falls over in the forest but no one is there to see it fall. Does it actually fall over? Common sense tells us yes of course it does and that the next person who walks into the forest will then see it in that state and determine it must have fallen over some time previous.

Quantum physics argues with this. Quantum physics basically tells us that the particles which make up our world only "*decide*" what state to be in when observed by a conscious observer. It is the very act of observation which causes the particles to assume any given state.

Ok I'm getting pretty deep here so let me explain. Imagine your looking at a tank and that tank has 5 blue particles in it arranged in a certain pattern. As long as you stay observing the tank these 5 particles do not move.

You get a bit bored and head off to make a cup of tea. When you come back the particles have moved, whats more there are now 2 red particles in there as well...where the hell did they come from.

You call your flat mate down without taking your eyes off the tank. She comes down and confirms "Yup, theres 5 blue and 2 red particles in there."

You tell her to keep looking at the tank while you go and make her a cup of tea.

When you come back there are still 5 blue and 2 red particles.

**Hmmmm...**

Ok so now you both go to the kitchen to wash up the cups. When you come back there are 7 red particles and only 1 blue particle all arranged in a different pattern.

Quantum physics tells us these particles exist in **ALL POSSIBLE** states until they are observed by a conscious observer at which time they must "*choose*" which state to be in.

So to go back to our original point, the tree was both still standing and fallen down (and every other possible state) until the moment when it was observed at which time it chose which state to be in.

***Ok great how does this help?***

By understanding the reality around is actually created through our interactions with it we can start to view our role in shaping our own destiny in a very different way. We too exist in every possible state (and so anything is possible). Which makes the idea of a static, rigid self which can never be changed laughable.

We are actually the evolution of light, a wave form experiencing a consciousness and what we perceive to be reality is simply a magnificent illusion. We create our own realities through our thoughts, beliefs and actions. The best way to live life is to evolve yourself and achieve whatever you want, to become whoever you want to be.