

Article 350: Real or Not Real?

What is “real”? ...what is not real? ...and in your life, how do you determine real from unreal ...do you know? And if you can't answer this to some degree, ...how do you know what to believe or do? ...or how to live your life? Can you answer these questions?

If you have a dream, the dream is real, yet when you wake up, what was real a moment ago is no longer real, ...what happened? Do you have any ideas about this? If I put you in an F-16 computer generated flight simulator everything is real ...and, for you, you are flying an F-16 fighter, ...but then, like a dream, the plane lands, your senses calm down, and you realize it was all a simulation, ...what changed? Are you willing to consider the possibility that all of life, as you know it, is a simulation?

Years ago, an Indian teacher claimed that while riding across India on a train, he fell asleep and dreamed he was a butterfly, and when he reached his station and woke up, he couldn't tell, with any certainty, whether he was a man dreaming he was a butterfly ...or a butterfly dreaming he is a man. In much the same way, ...how can you tell whether your self and life today is real ...or only a dream or simulation?

What in all of this, for you, distinguishes real from unreal? Well, the answer is, **what is real has a past** ...before the event, while the unreal lacks this past. When you wake up or end the simulation, you remember a past before the dream or simulation, so that is real, but there is no past to the dream or simulation, so that is unreal.

While in the dream or simulation, the event is as real as can be, which is like *living in the moment* ...and when really involved, it is really real ...and it is difficult or impossible to tell what's real ...and what's not, but when the moment, emotion, or doing is over, it is easy to determine which has a past ...and that is declared REAL.

This is probably why you won't declare and live a promiseself: because, as far as you know, it doesn't have a past for you, so you treat your promiseself as unreal, ...therefore, before you will really live a promiseself as a real part of your self and life, you need a past before birth to relate to, and so does your promiseself.

If you believe it is vital to live in the present ...maybe because you also believe that the past is gone ...and you can do nothing about that, you have eviscerated your self and life. Maybe one day you will discover that creating your past is one of the most important things you can do, for **you don't create your future, you create more and more past ...which pushes you into the future.** You might also consider that since you live

your memories over and over again, it's best to create the memories today that you want to live over and over in the future.

If you are going to live a self and life that is real for you, you must have a past to that self and life which is as desirable as your hope-for-future, ...is it possible for this future to be your past? ...actually, can you knowingly carry your desirable future with you today as your past?

Why do you *really* suppose you continue living your memories and emotions over and over ...even those that do not serve you? Before you might have said that this is a *habit* ...or that your memories don't offer up any alternatives. Are you willing to consider the possibility that you repeat them only to create a past that will make those things real? ...so that will make your life real? Strange ...isn't it? ...habits really only serve to give you a past you can understand and rely upon ...as a way to make your self and life real today.

Without a past, your present, upon reflection, is not real.

Unfortunately, you do the same in your personal relationships ...and with your partner: you hold them to the past ...or past behaviors as a way to make yourself and your relationship real today, ...do you understand this? It seems that if you are going to give yourself, your partner, and your relationship a real past, you should focus more on what past you truly desire and continue living that instead of focusing on what future you hope to create and live together with yourself and your partner.

You are addicted to your emotions which you repeat; ...now maybe you are beginning to understand that this probably has less to do with an addiction ...and more to do with assuring yourself that you and your life are real ...and that you are really alive ...and want assurance of life beyond this moment. Religion tries to satisfy this desire for assurance by offering a "spiritual" life before birth ...and a "spiritual" self and life after death, but, since very little can actually be said about a nebulous spirit or spiritual matters which are vague ...and lack real form and definition, you, like most people, constantly seek relief and assurance in more everyday matters, ...almost anything that can be repeated over and over to give you an assured future and past.

Why is this necessary? ...because you are deceived by the past•present•future of language ...in that, since you have no real past before birth, you have no assurance that your life today is real, though emotions seem to make it real, ...but in any case, you have no assurance of a real life after death. Everything revolves around the language-structure of your

thinking ...and believing that *what is real must have a past*, ...which is why most of you won't believe any of this ...and the others will ask, "Where did you get these ideas from? ...I haven't heard them before," which shows that you don't want to believe anything without a *bonafide past*.

Unfortunately without a real past before birth, not a spiritual vagueness, you don't believe in and won't believe in the greatest part of yourself, ...and you are reluctant to change any past you've been relying on, whether that is a language-distorted belief, an addiction or habit, or an emotion ...even though they haven't served you very well.

Max Planck declared that new ideas are seldom accepted by the generation they are offered to, ...then, if the next generation declares the ideas worthy of consideration and tries somewhat to live them, the generation after that is likely to consider the ideas to be "real truths" they have always lived ...and cannot do without. You see? ...these ideas need to hang around and be their own past in order to make them real, ...and you are living your life and beliefs and emotions in the same way! ...does that really make any sense?

But you don't really believe you are living your life and emotions in these ways to give you a real past ...and real future, ...do you? ...because you can tell real from unreal in your life today, ...can't you? Okay, how?

Until you establish real from unreal, you will continue your doubts, fears, and uncertainties ...and continue your search for emotional relief, and constantly feel discontent in your search ...and be thrown about by your emotions. Does this describe your personal-relationships ...where your emotional search for realness is most intimate?

[Make this the end of one life ...and the beginning of another.](#)