

## Article 362: Are You Living As If?

Is there a real reality in life? What does this mean to you? Have you ever considered this question? ...or do you just live ...and hope that what you live is real?

If there is no real reality in life, how would that affect your life today? ...for even if you declare that this frees you to be and live as you desire, your language and life are based on and rely upon an underlying real reality ...and you depend on that, ...doesn't that limit or destroy your freedom?

And if you declare that there is a real reality, is a real life about a search for that reality so you can live it? Scientists would have you believe so ...as would Buddhists and religionists ...and most philosophers.

Is there a true you? ...a true reality for you? Is a true you in a true reality all an illusion? ...or an untrue creation of language? What does any of this mean? ...and how would it affect you? And whether or not there is a true you in a true reality, would such a "truth" really matter? We don't mean "matter" in the sense of mankind's ultimate fate in the universe, but does a true you and a true reality matter to you today? ...and would you actually change your self and life to accommodate this knowing? ...for how ever could you tell whether or not this knowing is true?

Which brings up an interesting question: Aren't you more-likely to believe and live an "illusion" about yourself and life than a "truth"? ...actually, isn't that exactly what you are living today? ...and what does that say about the illusion you are believing and living? You can believe and speak endless "untruths" ...and describe many fantasies, for describing does not ensure truth, but if you can live an illusion, doesn't that reveal that the illusion is not an illusion? ...even if others do not believe in and agree with your illusion, your living an illusion "proves" it is not an illusion.

Who was it who declared, "Better a hearty appetite for life and a dish of illusion than a feast of truth and reality followed by indigestion"?

Is what you believe really so important? ...after all, you will die! ...and according to previous discussions and last week's Article, when you die your spirit also dies, such that the what you believe dies with you, ...maybe the importance lies in offering you a strong body and mind ...and a hearty appetite for life. Have you ever considered that your belief in a continuing spirit is killing you?

Is love real or an illusion? If it is real, can you tell me what love is? ...or would you rather continue believing and living your personal illusion of love? Remember, if you believe that "love conquers all" or overcomes problems and difficulties, then you will constantly face or create problems and difficulties for love to conquer or overcome, ...and if you believe, for example, that a loving partner will overcome your loneliness or your anxiety about living alone, you will continue those anxieties for love to overcome ...and in that create a

dependency upon your anxieties ...and your partner, ...or because of your continuing anxieties, you will seek a different partner.

So, what illusions about your self and life do you believe and live? ...and why do you believe them and live them? And what illusions not based on fear or anxiety would you like to believe and live?

Can you really distinguish between *a truth you know and a belief you believe and live*? The teachings of an “infinite spirit” have certainly not helped people live a “better life”. It seems that the problem is not between reality and belief, the problem is that you won’t even live what you truly believe ...or what you want to believe, certainly not for very long!

Maybe the problem is that you don’t even know what you believe! ...or what you want to believe!

Is an intimate partner known or believed? Is it possible that “knowing” yourself or knowing an intimate partner destroys, weakens, and limits your love for yourself? ...and for that partner? Maybe all knowings should be used to *strengthen your beliefs* ...not to destroy or replace your beliefs.

It has been declared that *people wish to be deceived because they need to be deceived*, ...the only question is are you deceived by “truths” or by “beliefs”? ...and if you can live a belief, can that belief really be an untruth ...or an illusion? Are you living your beliefs about yourself and life ...and an intimate partner ...or merely speaking your beliefs?

A philosopher once wrote, “man lives not as reality dictates, he lives as *if* reality is as he believe reality to be”. Man lives as *if* his language is a correct portrayal of the universe; as *if* his spirit continues after death; as *if* he is fulfilling a divine purpose in life; as *if* his Gods are true and answer prayers; as *if* things are caused; as *if* life is a oneness; as *if* his beliefs are correct and reliable. Are your beliefs about yourself and an intimate partner correct and reliable?

It seems that, in general, people create their own *as if* reality, ...have you created your own *as if* reality? ...or have you chosen how you will be alive in this reality? ...or maybe you wait for reality to dictate to you?

[Are you creating and living your own beliefs and rules?](#)