

Reality

What is Reality you might ask (or might not bother)? Do you accept the reality your parents created for you, society's reality, the doctors, the scientist, the Bibles? Friends, colleagues or the medias?

The truth is Reality was here before us and will be here after us. The Ultimate Reality just Is. You can work with it, or go it alone. You were brought into the world to express your part of this Reality, and this natural expression is also for the good of all.

So why do we suffer? It sounds so easy; we were formed out of Ultimate Reality for a specific purpose unique to us, for the good of all. What seems to be the problem officer?

We suffer because we argue. We argue against reality, we argue against our own state, we argue against what we feel, what we think. We plead for it to be different. We would rather try to live someone else's reality for us, than really break away and live our own. There is solitude, apartness, maturity, wisdom and pure brightness in our true expression. In our false expression longing, hankering, knowing something is not quite right, depression, disease and sometimes even death.

We can only go along so far under just our own steam. Tune into Reality and you have a powerhouse behind you. You cannot lose.

Biblically, atonement means re-tuning ourselves to the Truth of Reality. This can result in suffering, depending on how far away we are from Reality. Reality is always available but sometimes we don't want to see it, and often have spent years arguing against what we know deep in our heart; the cheating partner, the secret gambler, the dreams without work, the intuitive knowing of a problem with a friend, or the straining against natural discipline. All things we don't necessarily want to see, but they are the underlying reality and once uncovered, we can begin to understand and live in True Reality.

Sometimes we need to be down on our knees asking "Show me" and being open to the answer which comes. As long as we keep avoiding the Truth of Being, the longer we are kept out of guidance, strength, wisdom, peace, health and true contributions to the world.

Reality exists without you. You were brought into the world to express your part of this Reality. To express it for the good of all others. Know it. Be it. Begin questioning, and receiving answers, today.

Fiona Grace is an artist and writer in contemporary spirituality and religion.