



A Quantum Moment

Messages from the Other Realm

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New Day/Old Reality

Deepak Chopra, as one of the keynote speakers at the 18th International Conference of the Institute of Noetic Sciences (IONS) this past July, discussed “The Nature of Reality.” He posed the questions, “What is the universe made of?” and, “What is the biological basis of consciousness?” He scrolled through slides of different theories in answer to these questions, and at each pass, the theory was proven wrong or unsubstantiated. He described theories from ancient times to the present, representing the perspectives of various scholars: the “Divine Universe” in which God is the source of life and Mind; the “Classic Universe” that brought into popular view Newton’s laws and philosophies from Descartes, Spinoza and Voltaire; the “Relativistic Universe” as described by Einstein and his general theory of relativity; then the “Quantum Universe” which focused on the behavior of electrons, photons and other elementary particles that made clear the uncertainty of their existence and movement; and the “Uncertain Universe” which postulated that the fabric of the universe is unknowable because so much of it is what we call dark matter. More recently, in defining who the “I” might be, and thereby the universe, gave way to positing the theory that fundamental reality has no boundaries, it is formless and as such cannot be defined. Deepak Chopra then leaned on the lectern and suggested our only recourse in understanding the nature of reality is to focus on consciousness itself, for consciousness conceives, governs, constructs and becomes the perceived species-specific human experience. He concluded that fundamental reality is the matrix of all observers, all modes of observation, all objects observed, as expressions of its (our consciousness) spontaneous creativity. Therefore, we understand our universe through our own experiences, the “Human Universe.”

This latest conjecture by Deepak Chopra concerning the nature of reality jibes with what I’ve come to understand through teachings and information I have received from spiritual sources. If I may paraphrase, perceived human reality is a personal reality, individual to you and me and only to you and me. What we observe, as observers, we define as that which exists, which may well be the cause of so many arguments, especially these days. If this is the nature of reality, then why are we observing what we observe and reacting to what we observe the way we do? There is no denying we live here, on Earth, observing and experiencing. In doing so, we are constantly learning, learning various lessons. And I am told that this learning is important for the growth of our soul.

What populates our individual lives for the purpose of learning are: the people we interact with, the place(s) we live in, and the situations we get ourselves into. As we encounter struggle as a necessary byproduct of living, we grow, through overcoming our emotional reactions and

making choices that improve our nature, albeit a little at a time. All circumstances in our personal experience of life are purposeful. For most of us, the lessons we are to learn in this lifetime are critical for our graduation as souls. We are being tested mightily. It is through this necessary process of testing that we can be sure of our worthiness in moving to the next phase of our soul education.

Enter the television. In addition to the people, place(s), and situations that give us opportunities to grow as a soul, we have gained many more people, places and situations—through television—actually, all vehicles of media that provide observable content: news feeds on our computers, videos, texts, emails, video games and photo journals. They are all a part of our personal human reality now, and we react emotionally to the content in these various platforms as much as we do in the world we wander around in when such devices are turned off. The trouble is, the people, places and situations provided by these various platforms can easily invade and overwhelm our ability for respite, reflection and learning.

In the early days of the 20th century, we had radio to inform and entertain us. As we sat in our chairs listening, we could still remind ourselves of our separate reality, the reality that we lived in daily. As we sat in our chairs listening, we could glance at our mother or father, sister or brother and be reminded that they exist and are core to our being—not the story told to us on the radio. We went to bed thinking of our families, our friends, our responsibilities in the household and in our community. Because stories are told visually now, our separate reality is being replaced by what we see on a screen. They overwhelm our senses with color, sound and action and we take in the emotional message and struggle given in the story line that may or may not be intended for us (cosmically speaking—for our soul lessons). All content on these devices are intended to move us emotionally, in order to do something or know something. The content is all encompassing, replacing our separate reality and becoming our personal reality, for an hour, several hours or whole parts of our day.

We fail to remember in our involvement with visual stimulation such as this, that what's being fed to our brains is *not* our reality. It is but a story, a made-up piece of work, intended for a commercial purpose. Our brain though, treats it as our own separate reality and our bodies react as it would in the normal course of our day interacting with humans in our circle. Further, the content in these platforms is hyperbolic, meaning, exaggerated, and as such, the brain takes in the exaggerated emotions, enhanced action and visual excitements and the body reacts accordingly, in an exaggerated way, perhaps through a loud voice, body movements, hyperbolic statements, positions taken in discourse that create conflict, especially in this time of political wrangling. As a result, we have become accustomed to exaggeration, we are all exaggerating, feeling more intensely, reacting more intensely by virtue of our involvement in made-up realities we watch on television, computers and our phones.

We fail to remember that what is presented in these visual packages of reality is a fiction—a lie. Just like the commercials and ads attached to “programs” on our televisions and Facebook postings, they are constructed carefully to entice us to take specific actions, thus, all content in the “programs” are also contrived. The visuals we are given are of actors, not real people having real experiences to learn from. The visuals are intended to make us feel grief, anxiety, remorse, fear, horror and hopefully some compassion. We are being manipulated by writers and producers to have these feelings and to feel them strongly in order to make money. Just like the commercials in between the programs, the programs are there for the purpose of making money.

What our involvement in this plethora of realities can result in is an exaggerated sense of reality that is not our own. It is a false reality in that it is not our truth, not our story. The people, places, and situations in our life *are* our story. They are the props which bring us the lessons at the right time, at the right pace, to inform our soul.

We would be far less frightened, far less angry, far less combative if we turned off these false realities and instead, walked outside and noticed what is going on around us, made contact with our own personal reality. And let the body rest.

We can stand to enjoy a little entertainment, some information on the world around us, but the question is how much is too much? I would say, it depends on your sensitivity. If your body is in constant pain, you find yourself irritable all the time, are quick to ignite—turn off the stories, and begin again a process of reframing what is actually in your life now and what it might mean. Begin again taking time out of your day for self-reflection and finding your connection to the serenity of Spirit. It will restore you, the you that is your soul.