

VIEWS of REALITY

Even though we all have differing views of reality according to our genetics, upbringing, beliefs, and experiences, there are some common threads that divide us into 2 main groups – the Common Reality and the Higher Perspective, as I will show in the table below. Throughout history there have been fluctuations in the numbers holding these views, but when the numbers holding the Higher View have risen, then the people have been persecuted, such as the Church persecuting the Gnostics for example, because they were seen to present a dangerous challenge. (Churches still try to belittle anyone who dares to trust their own sense of personal power.) This of course is because those in power want to keep us down in the Lower Reality category so that they can control us easily. When people start to believe in their own powers, as they are again now, they tend to rise up against the people who have tried to take the power from them and use them to achieve their own ends and get rich.

There is of course a huge difference in the kind of ego power the rich few wield, and the personal power of a human being who is dignified and humble and genuinely wants the best for the planet and all species. The ego powered people are like spoilt kids who want all the toys and sweets, and who are always prepared to see just how much they can get away with, whereas the personal power that I am speaking of is a mature blending of mind, body and spirit. It is as if these powerful people have no hearts, they don't care at all about the planet, other people, or other species, and don't care if they break things – whereas those with personal power have open, harmonious hearts, they want what is best for all, knowing that everything is part of one huge web of life, and are prepared to take responsibility for themselves and their actions. The human race ought to have all evolved to become like this by now if it weren't for all the spanners that have been thrown in the works.

Those in power do everything they can to keep us in the Lower Reality, as obviously it is in their own selfish best interests to pull the wool over our eyes. They somehow get us to believe that the way things appear to work is good for us, and that we should keep quiet and let them do all the thinking. They also use fear to try to keep us looking to them to lead and protect us, but once you start to know your true personal power you will no longer be afraid of standing up for truth, fairness, and human rights.

When people who generally hold the Lower point of view start to see that some of the Higher points might apply, then they can have trouble with cognitive dissonance – ie – the rest of their reality does not quite fit, doesn't quite make sense any more – they have broken the pattern in some places, and will feel uncomfortable until they find a new pattern that fits. Unfortunately this often means that people turn to drink or medication for depression etc to keep their discomfort subdued, when obviously this doesn't really do them any good in the long run.

Many people have seen part of the picture, and that is enough to make them want to take action, and it all helps, but sometimes it can be unbalanced action, which might not always have the best results. We should be very suspicious of using any of the things put in place by the controlling few, as so many of them will trick us back into their systems, or lull us back into thinking things are okay, or someone else will fix it. The more we can see of the Higher Reality, the more likely we are to be able to take peaceful but effective action that will bring healthy change, both for the way the world works as a whole, and for our own minds, bodies, and spirits.

COMMON REALITY	HIGHER PERSPECTIVE
You believe that voting for a certain party will make a difference.	You know that corporations and financial institutions have too much control over politics for any one leader to make much overall difference.
You think that division is healthy, that we should stick up for our own team, and reject others, even derisively and aggressively.	Division is one of the oldest tricks in the book to use if you want to conquer people.
You believe what the media tells you.	You know that the media is manipulated to tell you what those in power want you to believe. You also know that it is difficult enough to communicate properly when you really want to, so it is very easy to mislead people. You also realise that even some sources of information that appear to be on the side of truth are actually tricks.
You think that banking and the monetary system works okay, even if it doesn't quite make sense.	You know that the banks have outrageously manipulated a system that doesn't make sense, except if you look at it from their point of view, to take everything they can from us.
You think that it is okay to get into debt.	You know that once you are trapped in this system it is hard to get out of it again and they will just make more and more money out of you.
You tend to think it's okay to eat & drink most things, use most toiletries and household products, and pharmaceuticals.	You know that it is best to be very careful about what you ingest and use because companies are driven by profit not altruism.
You tend to trust medicines.	Again you know that drug companies are driven by money making, and that

	<p>medicines often have many harmful side effects. They are also often over-subscribed, and even sometimes wrongly subscribed.</p>
<p>You feel tired, foggy brained, disheartened, and de-motivated.</p>	<p>You know how to get the best out of yourself, use your full awareness, and consciously direct your intention. You feel clear, focused, driven, and energized.</p>
<p>You can't make sense of some things so you try not to think about them.</p>	<p>You are prepared to try to figure out why things are the way they are so that you can understand them and make informed choices.</p>
<p>You watch lots of TV, go to parties but feel sort of hollow. You enjoy pornography, etc, play games, watch action movies, etc.</p>	<p>You prioritise time for things you truly value doing. Porn, games, action movies, TV shows, etc are all a distraction that helps hide the real things going on from you. A higher perspective on these things is to learn how they work to do this, but don't get sucked in. Sex is very different from the higher perspective.</p>
<p>You think that you are small helpless individuals who can achieve very little.</p>	<p>We are powerful as individuals and as part of our local and global communities, and can help heal the world.</p>
<p>You tend to have low self-esteem, and think that you should be punished for making mistakes, and feel ashamed for not being perfect. You might even go out of your way to try to pretend that you are actually pretty close to perfect (spend money, look fancy, make jokes, etc) but deep down you know you are living a lie.</p>	<p>You accept your mistakes and look on them as an opportunity to learn and evolve.</p>
<p>You may feel guilty about having 'bad' emotions and feel that you must be a 'bad' person.</p>	<p>You know that it is okay to feel things realistically but that you can move graciously beyond them instead of letting them have power over you.</p>
<p>You believe that you need to focus on school, college, and a job – at all costs, then build your own family. You think it is not your place to try to tackle bigger issues.</p>	<p>Family units are one small part of the wider community, and we should all mix in and help each other instead of allowing ourselves to be divided up. Education and jobs tend to condition our thinking and monopolise our energy so that we forget about the bigger picture, and don't really develop our higher potential as human beings.</p>

You need to stick with your own kind and what you know. You tend to fear the unknown.	You embrace of all humanity and nature. Love always overcomes fear.
You tend to judge people who do not have the same patterns of life, belief, and behaviour as yourself, and avoid them.	You accept that all people have a right to live, believe, and behave as they wish. We are all part of the human team, and we can always learn interesting things from different people.
You need to allow others to lead you and you pay your taxes to them.	Leaders do not listen to us, they do what they want, and what the people with money tell them to do.
We should accept that war and policing are necessary, and follow the rules set out for us.	We reject war which achieves the outcomes that the powerful few desire and creates more profit for them, and we also reject violence which tries to force us to behave their way.
We should keep quiet about certain things for our own good.	We speak the truth and do not let things slide.
We should join in the ladder climbing race to try to win sweets and shiny trinkets for ourselves and our families and gain social status.	Division is used against us. We should not try to win false meaningless rewards above others, as it makes us worse human beings, not better.
We should try to keep ahead of our neighbours, with new cars, kitchens etc.	We should not waste resources, but try to make things last and appreciate them. Wilful consumerism only leads us foolishly into creating more money for the top dogs at the expense of the planet.
We should look after number one and grab what we can because things are scarce.	While we need to take care of ourselves in order to be strong and healthy, we should help our community to thrive.
If we do what we are expected to we will be looked after.	Ego based people only look after you to a point, then cut you down if you cease to become useful, so you do not pander to them.
It's okay to twist the truth to fit in and get what I want. My friends will admire my cleverness.	It's never okay to twist the truth. You will be despised, even by yourself, and never trusted.
We have freedom of rights and speech.	There is much in place to restrict our freedoms of rights and speech, and more restrictions are being planned.
Things we say or do in private life will be kept private, including over the phone or on the web.	Things we do or say will be stored wherever possible, and used against you whenever needed.
You are willing to bet that some rich elite	They are all connected, and part of the deal.

are above suspicion.	
You don't believe that people would want to harm us.	People are being harmed in many ways – the whole list is too long and shocking to include here, but think of the innocent victims and soldiers at war, physical and mental effects, toxins in so many things, GM foods, seed patenting, side effects of medicines, suppressing of inventions that don't use resources that make them money, suppressing of rights to speak and protest, suppressing of basic human rights.
You think that all charities do good work.	You know that charities supported by rich and powerful people have ulterior motives, and do not have the people's best interests and health at heart. You know that money is creamed off some charities too.
You trust the law to protect you.	The law has many, many ways that can be used against you.
You think the UN is a good thing, and are okay with the term "New World Order" being bandied about by the powerful few.	Unity is not about letting others take more and more control over us. You will not submit your personal power to an organisation.
You think that terrorism really is a big threat to the West.	You realise that terrorism is used as a tool to inject fear into us to keep us allowing others to create more controls and justify wars that create more wealth for the few and allow them to perpetuate their plans.
You think that many bad things that have happened in history were inevitable or could not be helped, or resulted from human nature.	A huge amount of what happened in history was planned and decided by those in power and manipulated and funded by them.
You think you would be able to protect yourself if there actually was any plan to get you to do or comply with things you didn't want to do.	You know that the only way to get anywhere is by knowing what they are up to and then finding ways round their systems, and also that it is very important to remain non-violent no matter how much they might try to trick you into becoming angry enough to use violence, because then they would have something justifiable to hold up against you.
You take your lives for granted.	You appreciate everything in your lives and express gratefulness for what you have, including skills, talents, etc that you can use.

You take the world for granted.	You appreciate all the beauty and wonder around us – explore how things work, notice details with all your senses, and feel joyfully stimulated so that you can easily come up with ideas and create things.
You tend to hold onto hurt from the past.	You let go of pain and forgive, because you realise that holding on only hurts you more.
You tend to worry about small things.	You know that worry is a waste of energy, so you go with the flow instead. This does not mean that you are careless. You just know that the universe is basically going to help you follow your true path once you have found it, and you trust in that process, and follow your intuition as to what you should do next, what is good for you, etc.
Life can sometimes seem boring and meaningless.	Life is full of delight, satisfaction, and meaning.
You often feel agitated or weighed down.	You feel peaceful, vital, light, and inspired.
You might make fun of people who do meditation.	You openly use meditation as a tool for your wellbeing. You know that it enhances all your abilities, and you understand the many different ways of using this amazing tool.
You tend to make a lot of noise to drown out other's viewpoints, or just leave the room or find other ways of not listening.	You listen to other people's viewpoints because it is not only fair, but interesting to see how they have journeyed through life thus far.
You seem to think it matters what other people think of you, and so try to please people, or make excuses for things.	It does not matter what other people think – it only matters that you are true to yourself, so you can enjoy a frank and respectful exchange of ideas.
Your friends encourage you to indulge in distractions they enjoy.	Your friends always encourage you to be true to yourself and what is best for you.
You tend to take criticism personally.	You try to learn from valid criticism, but let go of invalid criticism.
You think you have very little control over your destiny.	We attract what we focus on, so if we focus on the good things we want to achieve, then we tend to achieve them.
You are a human being human.	You simply are, yet there is nothing which you are not.

Writer and Artist, Julia Woodman www.radiance-solutions.co.uk is also a Healer, Stress Consultant, Counsellor and Life Coach, giving advice by phone and email, and writing articles and books.



She aims to empower people to help themselves - individually, as local communities, and via international networking. She has started the facebook group “Back to The Garden” (which anyone can join) and website www.backtothegarden.org.uk to encourage people to work together to find and sustain more balanced ways of living.



*“We are building links to useful sources of information & inspiration,
and co-ordinating global meditation link-ups
for positive input into the collective consciousness -
the compost bed from which our new garden will grow.”*

BACK TO THE GARDEN

Many things have been planted
In our precious garden

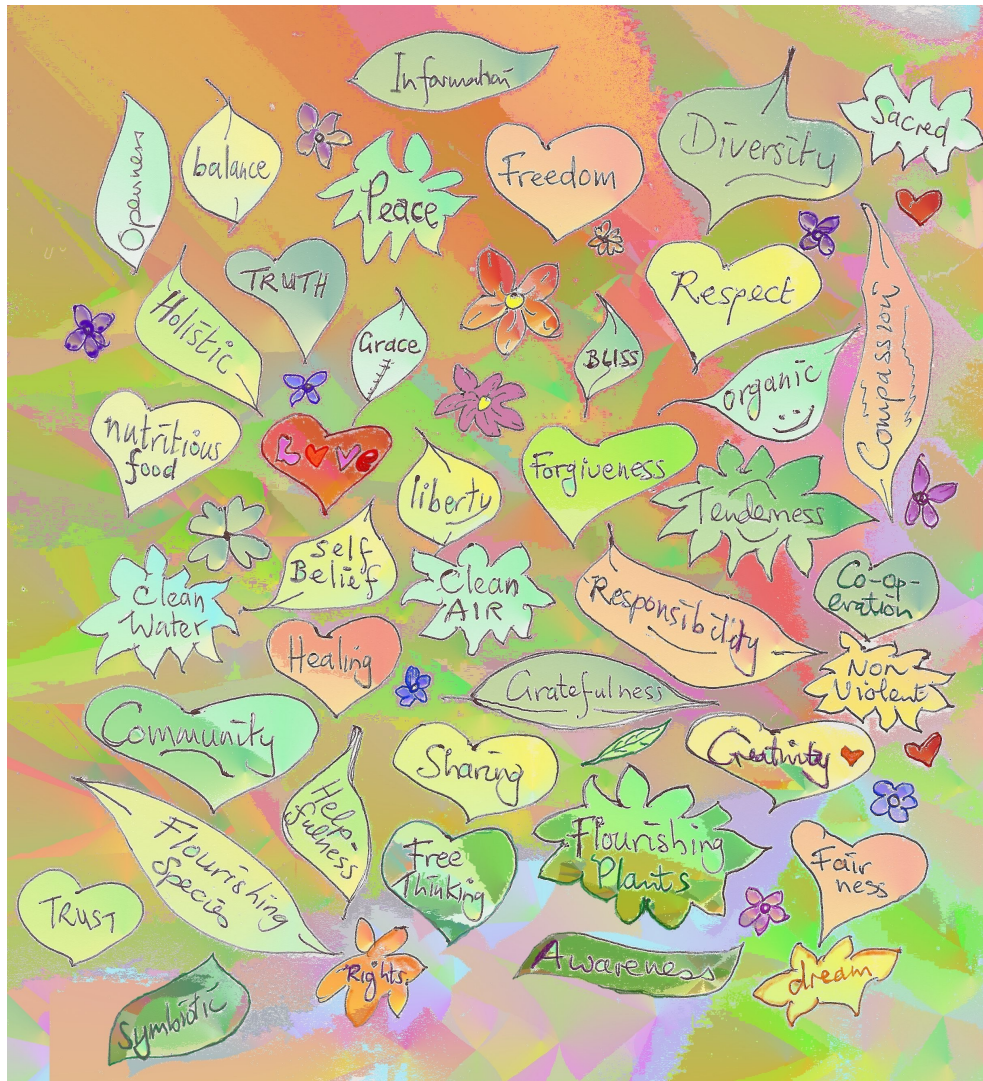
With our without our consent –
There are too many weeds!
We need to plant fresh seeds
To grow and blossom, and show
That we mean to succeed
In changing the underlying picture –

The substrata of human thought -
Through all our languages –
Words, information, movement, music, art.
We can grow new crops we can thrive on –
Organic produce of our own creation,
Fruits of our common understanding,
Which will flourish, dance, shine, sing, flow,
And be shared through community effort

All of you can come join in the garden –
Bring your positive wishes,
Your ideas, your loving hearts –
Together we will tend the flower beds
Of human imagination and consciousness –
Spread nourishment into the soil
From which our new world will spring
In luxuriant, succulent, tasty colour.

"We are stardust. We are golden, and we've got to get ourselves back to the garden."
The garden is of course a major symbol – our earth, Eden, the heart chakra, a place of
creation and abundance, where all living things co-exist in harmony.

There is already so much good stuff going on that we can take heart from, and link in
with – thankfully the internet has proved to be an amazing tool for sourcing information
and co-ordinating efforts.



We are also sharing articles, and creativity that communicates our aims and helps co-create our new garden as we would wish it to be. We attract what we focus on - so let us focus on what we want, instead of worrying about what we don't want. We create our own reality - so let's take responsibility to get our thoughts positive and plan our intentions with clarity.



Peace, love, healing, freedom, joy!