

## What is Your Current Reality?

Reality is a subjective perspective. It is individual to each person who experiences it. Even when you share your reality closely with another person like a roommate, spouse, or with your children, your experience of it will be different than theirs – sometimes vastly different. Your current reality is based on you and your beliefs as well as your spiritual, physical, emotional and mental states of being.

Simply put, reality is what you believe it to be. Most of us engage in a social reality in which we have certain customs, moral values and societal rules. The rules change between cultures and can vary dramatically within them. This form of social reality is something that most of us agree upon. If we do not, we may be considered psychotic, mentally disturbed or ill. This suggests that reality is a function of the mind that is relegated to psychological mandates. I say it is much more than that.

In spiritual circles, it is repeatedly said that we ‘create our own reality’. At first pass, this thought is compelling. We may ponder how we do that with our minds but understanding how we create our realities through our experiences provides the opportunity to experience this concept more deeply. And, in fact, this concept is much deeper than most people think.

One thing is necessary in order to deepen our understanding of reality. That one thing is learning to observe yourself within your reality. One way to begin this process is to think of yourself as the main character in the play of your life. The major players in your life are your supporting actors and the people you pass along the way are the extras on your personal movie set.

When you begin to see how you operate in your life, you are activating the greatest tool you have, your soul. One of the functions of your soul is the ability to observe yourself through an expanded perception. Think of your soul as offering you the perspective of a camera that can pull back to see the big picture or zoom in to see the minutia of your daily life. When you activate this cosmic camera, you can begin to see yourself within your reality. When you see yourself more clearly, you can come to know just how deeply you create the reality in which you live.

As you begin to observe yourself, you will see what you have created out of your beliefs. You see what you create out of your emotional pain, your joy, your hardened heart, your open manner, your careless ways, your lack of connection with self and others, your giving spirit – the possibilities of how you operate within your reality based on your beliefs are endless.

As you begin to offer yourself an honest sharing of how you are and what motivates you to do what you do, you can then move onto the next step of creating your reality – you can begin changing the things that you desire to. Only you can change what you believe your reality to be. And, you *can* change it. You have this magnificent power called free will that allows you to create what you desire.

Let's go a bit deeper here. If you feel you are doing everything you can to change your current reality but nothing is changing, there is something stuck within you. You see, what you do not know is actually what hurts you most.

Your reality is created from two major places within you – 1. From what you do know. 2. From what you do not know. It is in the latter that you create up to 90% of your reality from. This is where you need help.

The unconscious mind is the main generator of our realities. This part of the self is the storehouse for everything you have ever said, felt or experienced in every reality you have ever created for all time. The good news is there are many therapies that will help you dislodge the thoughts that stand in the way of creating the reality you desire. There's Hypnotherapy, Ro-Hun Therapy, The Sedona Method, Neuro Linguistic Programming, Past Life Regression Therapy, Theta Healing, Energy Work, Inner Child Therapy and a whole host of other therapies designed to help you recognize, release and heal beliefs that clog up the pipes of your current reality.

Ultimately, reality is what you make it. When you uncover what is hidden beneath the surface of who you think you are, you bring up the sunken treasure in your personal ocean of reality. It is through this process of revealing the parts of you that you come to know yourself more deeply. When you know who you are – both dark and light, you become lighter and thus enlightened.

You have dominion over you and no one else. Why not create the reality you desire to by entering into the hidden storehouse of you and releasing the inner drama that keeps playing the same scenes over and over again. Then you can begin to write your best script ever. You know, the one where you get an academy award for *your* best reality.