

The third entry in my 1975 Journal - 21 Days before joining the church

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Entry 3. Reality and Enlightenment . . . Sunday morning June 8, 1975

People are always talking about "coming down to reality," "hard reality," "Living in the real world," etc. even though they themselves have very little concept of just what reality is. And what view of reality they do have is so opinionated and corrupt that they destroy the very basis on which reality (if it exists) rests.

That basis, which so few of us realize, is that for such a thing as an all pervading reality to exist, it must be everywhere constant at any given moment. This means that reality is that which is in actual existence, not that which is perceived by the viewer.

For example, there is a car accident at a busy intersection in a down town area. Now the reality of this accident is what actually happened, which takes in each driver's thoughts, split second decisions, fears, and muscular reactions, along with the physics of the cars' stresses and strains in relationship to each other and to the driver and to the road.

Reality consists of all these things as they happen, some even simultaneously; the whole infinity of circumstances which blend themselves together to form this one insignificant incident which covered a span of time involving only a few seconds.

Now, lets say that 20 people were standing on the corner when the accident took place and we ask each one of them to tell us exactly what happened. First of all, you will have 20 different opinions of what happened. Some will violently swear that such and such happened which directly contradicts the accident which another perceived.

This bring us to the basic quality of reality which is so grossly misunderstood. Being that reality is not a product of our perceptions, but only has the quality of being. Reality is.

In Chogyam Trungpa Rinpoche's essay on the eightfold path he states that Buddha saw the world as it is, and that is what enlightenment is. Enlightenment therefore is being awake to reality, not a distorted, perceived pseudo reality, but the reality that only is.