

Reality Insights

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Here are some of my reality insights down below: (1-4)

- 1). There's a difference between absolute and relative realities. Absolute reality is when reality is certain and fixated such as death whereas relative reality may have more than one interpretation of reality and it could change. For example, your current perceptions about yourself may be different than other people's current perceptions about you in which those perceptions and realities about you could change in the future.
- 2). Experience and perception could be relative and subjective in nature.
- 3). Reality can be physical (material) and mental (spiritual).
- 4). Reality could have a dual reality effect. For example, two people having two completely different experiences concerning the same event they both attended. Another dual reality effect example would be having outer and inner realities. An individual's persona or front they present to others (outer reality) is a false facade and their true self (inner reality) is purposely hidden. In other words, in this later example, perception isn't actual reality or the truth. Same could be said about politicians and public relations professionals who intentionally lie, deceive and gaslight people.

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