

## What is Real, vs. Unreal?

### Rest in God-Is, trust Guru/Scripture, discern and detach real from unreal.

You either let yourself be carried by the river of life and love represented by your Guru, or you make your own efforts, guided by your inner star. In both cases you must move on, you must be earnest. Rare are the people who are lucky to find somebody worthy of trust and love. Most must take the hard way, the way of intelligence and understanding, **distinguishing the unreal from the real. And then letting go of the unreal.** (viveka-vairagya). This is the way open to all.

Q: How do I get at it?

M: You need not get at it, for you are it. It will get at you, if you give it a chance. **Let go your attachment to the unreal and the real will swiftly and smoothly step into its own.** Stop imagining yourself being or doing this or that and the realization that you are the source and heart of all will dawn upon you. With this will come great love which is not choice or predilection, nor attachment, but a power which makes all things love-worthy and lovable.

*Ch.1*

**“Is there anything so certain that no reasonable person could doubt it”...**

**What is most certain for *you*? Is there anything that is “uncontradictable?”**

**What points to Real: here and now? what is real for you? in experience.**

**You can also ask, with Byron Katie: Is it so? Can you be sure? What if it is not so? Who would you be without that?**

**An ancient definition of Consciousness/Sunya/Being/Reality: “never an object but intimate “immediately present and usable”, in every experience.**

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