

1st Pillar – Reality & Truth

Core Questions to Contemplate

- 1) What do I believe the universe is made of—purely physical matter, consciousness, or something else?

Answer:

- 2) Does reality exist independently of perception, or do mind and world co-create experience?

Answer:

- 3) How much trust do I place in my senses as reliable guides to truth?

Answer:

- 4) What roles do logic, intuition, and revelation each play in how I know things?

Answer:

- 5) How do I decide what counts as evidence when proof is incomplete?

Answer:

- 6) What makes something “real” to me: measurement, experience, or meaning?

Answer:

- 7) When experts or authorities disagree, how do I determine who to trust?

Answer:

- 8) Do I believe in an underlying unity or Source behind appearances?

Answer:

9) Is there such a thing as absolute truth, or is all truth contextual?

Answer:

10) How does my view of reality affect the way I live each day?

Answer:

Deeper Explorations (Optional)

11) Could consciousness itself be the primary reality from which matter emerges?

Answer:

12) Have I ever had an experience that challenged my definition of “real”?

Answer:

13) How do illusions or dreams fit into my philosophy of truth?

Answer:

14) Does observation change what is observed?

Answer:

15) What is the relationship between knowledge and wisdom?

Answer:

16) What would it take for me to change my core view of reality?

Answer: