

# THE 5 FUNDAMENTAL TRUTHS

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AN UNDERSTANDING OF HOW WE  
EXPERIENCE OUR WORLD

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## ***Have you ever considered that people don't see the world the same way you do?***

There is one reality that is unfolding, yet there are 7.8 billion different perceptions of that reality. Does this mean reality is changing for each of us, or could it mean everyone is having a unique **"internal"** interpretation of the same thing?

This is an important question to consider because when we understand that we all have a different perception of the same reality, we get to see that we have other experiential options available to us. This opens up the possibility of shifting the way we experience our life even if we cannot change reality or the 'external' world itself. This then makes us the creator of our reality as opposed to a slave to our circumstance.

We mistakenly believe that we operate like "cameras" where we take 'a picture' of the outside world through our 5 senses and process it, as it is. This logic would be true if it weren't for the fact that we're all having a unique experience of the same reality. In other words, something is happening **inside our mind** that shifts what is happening "out there".

What if we considered that we actually operate more like "projectors"? Everything we are thinking & believing we project onto our reality. This is what makes our experience so unique.

In other words, **life is not coming AT us. Life is coming FROM us.**

Let's explore this a little further. If you spend time observing yourself you'll notice it's possible to experience the same person or situation in a different way, without the person or circumstance having changed.

Think about going to the supermarket; Sometimes it's enjoyable, you smile at strangers and find your shopping experience rather pleasant. Other times you resent being there, get irritated by the loud music, growl at the teller and can't wait to leave. And then there are those moments when you shop with very little awareness of what you are actually doing.

The question is, did the supermarket, products or the teller change so much as to shift your experience or are the changes taking place in your mind in the form of thoughts and feelings?

When we understand this truth, it becomes obvious to us that that we are always experiencing our internal world as opposed to the external world. This is an empowering realisation because it means all change comes from within us and all problems are just thinking problems.

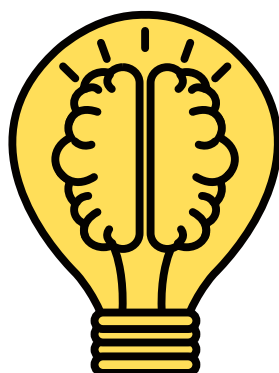
If our beliefs, thoughts & feelings are creating our perception of reality then the journey to finding freedom and ending all suffering is done by addressing our thoughts. We use a simple process of self inquiry where we identify our constraining thoughts & beliefs and question them. "Is it true?" "Can I really know it's true?".

It is a powerful process of reworking our mental patterns in order to unlock our mind.

First we need to know how our mind actually works...

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**The 5 Fundamental Truths are truths of mind, time & reality. An understanding of these truths combined with integrating them through awareness can shift our lives immeasurably**



# THE 5 FUNDAMENTAL TRUTHS

5.  
PRESENT



1.  
REALITY

4.  
PAST  
&  
FUTURE

3.  
FEELINGS

2.  
THOUGHTS

We are 100% responsible for our experience of our life!

**REALITY** - cannot be changed, however, we can change our perception of it and consequently how we experience it.

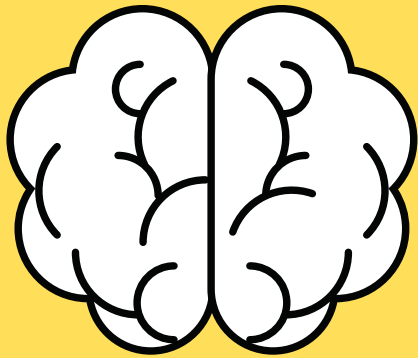
**THOUGHTS** - are the lens through which we project our reality & thus create our experience.

**FEELINGS** - come from our thoughts in the moment which make them seem real & believable because of the 'felt' experience.

**PAST & FUTURE** - the past only exists as a simulation in our mind & the future only exists in our imagination. We have never experienced a past or a future, only the present moment.

**PRESENT** - our life exists entirely in the 'now'. Our history & future imprint on our experience of the present moment.

# WE OPERATE FROM THE 'INSIDE-OUT' AND NOT THE 'OUTSIDE-IN'



There is a common misconception about how we "experience" our world. We believe our surroundings, people & circumstances can make us think or feel a certain way. When we realise all experience comes FROM us, we spend less time trying to control or manipulate the external world and more time mastering our internal world.

## 1. REALITY

### WHAT IS, IS

We cannot change reality, we can only change the way we experience it. We all experience our external world differently. This means with presence & self awareness, it is possible to shift our experience and create a new reality.

## 2. THOUGHTS

### LENS OF LIFE

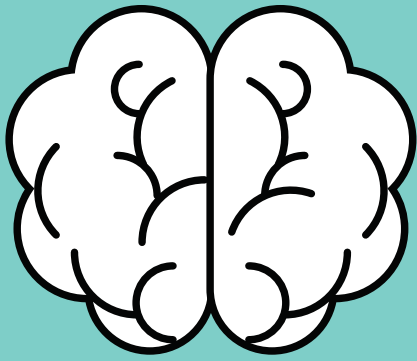
Our thoughts are the lens through which we project our reality. Our mind secretes between 60 - 70 000 thoughts daily which appear & then disappear. Thoughts get stuck when we "believe" them into existence. We are not our thoughts, we are the observer of our thoughts.

## 3. FEELINGS

### PORTAL TO FREEDOM

Our feelings come from our thoughts and, like thoughts, they come and go. Feelings are our gateway to freedom because they notify us where we are stuck. They create a "felt" experience in our bodies as well as an emotional response. Our feelings make our thoughts seem real and true.

# WHOSE BUSINESS ARE YOU IN?



There are 3 types of business:

1. Your business
2. My business
3. G-d's/Universe's/Reality's business

It's both stressful & futile trying to change something we have very little control over.

Whether it's another person, event or circumstance it's always best to stay in our own business. This is the domain where we have dominion.

Ask yourself "Who's business am I in?" & stay in yours.

4.  
PAST  
&  
FUTURE

## DON'T EXIST

We have never lived in the past nor the future. We can only experience the past as a simulation in our mind. We can only experience a future in our imagination. The past & future imprint on our present moment experience.

5.  
PRESENT

## OUR ONLY EXPERIENCE

Our life exists entirely in the present moment. When we look back and think we lived in the past, we realise that we have only ever experienced "now". Our power, joy, peace & fulfillment exist in the present moment.

C.P.R.

## RESUSCITATE YOUR MINDSET

**CHECK IN BEFORE YOU CHECK OUT** - lean into the gap between stimulus & response so you can respond appropriately.

**PERSPECTIVE SHIFT** - remove your emotion, look at the facts & put yourself in the other person's shoes.

**RE-FRAME** - find a different way of experiencing something. Actively seek out the positives and be aware of the language you use.