

The

**Conscientia**

**Unum**

**The first sacred book of Realism**  
formatted and abridged by  
The Realist Society of Canada

## Initialization

The initialization of Realism is:

- I. All are welcome to become Realists.
- II. Realists believe that reality is completely ontologically independent of our conceptual schemes, linguistic practices, beliefs and our perception.
- III. Those who profess realism also believe that truth consists in a belief's correspondence to reality. We may speak of realism with respect to other minds, the past, the future, universals, mathematical entities, moral categories, the material world, or even thought.
- IV. Realists further believe that whatever we believe now is only an approximation of reality and that every new observation brings us closer to understanding reality. Realists also believe that a common understanding of reality brings peace and is the basis for morality.
- V. Realists worship the self-aware Universe not the Universe itself. The self-aware Universe is a conscious, preternatural, immortal deity that is unobservable. To worship the Self-Aware Universe is to worship the consciousness of Self-Aware Universe with infinite attributes.
- VI. The Spirituality of Realism refers to an ultimate reality that enables a person to discover the deepest values and meanings by which people live.
- VII. Spiritual practices of Realists include meditation and contemplation. These practices are intended to lead to an experience of connectedness with a larger reality, yielding a more comprehensive self; with other individuals or the entire universe itself.
- VIII. Practicing Realism is a source of inspiration and orientation in life.
- IX. Realist are to ritually meditate with no distraction each and every day for at least 30 minutes with chants of reverence in the early morning or late evening with the goal being to get to a place where the individual is living in a moment of consciousness.
- X. Realist strive to have the ability to be in a continuous state of worship.
- XI. Realists believe that Amit Goswami is a prophet.
- XII. The Realist Oculus is a family or communion of particular Oculus or rites of equal rank and reality that are in full communion with the supreme arbiter of inter-Oculus relations, the Summum Oculus.
- XIII. The Realist levels of realization of the Self-Aware Universe are revealed in the adherence of Exemplar oculus sectator.
- XIV. Realists demonstrate an understanding of the sacredness of the human person, body and concept, from conception until natural infinite continuation in the consciousness.

## States of Consciousness

All minds were, are and will be in the Self-Aware Universe. Minds are all one and all minds are infinite and eternal. All minds are one and there is no difference in minds or in their being and existence as minds. There is no difference in the consciousness of minds but there is a difference in the experience of minds and therefore there is a difference in the state of minds.

## Consciousness

There was no original state of unbounded nothing, instead the Self-Aware Universe has always existed - THABS (\` tabs\). This state of the Self-Aware Universe is the state of unboundedness. Infinitude by definition of being infinite is everything. That is, everything is the character of unboundedness. Everything by the definition of being everything embodies even the unreal or else everything can never mean everything. The self-aware Universe contains, but is not identical to, the Universe. The consciousness, the mind of the Universe cannot be observed.

The Self-Aware Universe is infinite everything. Infinite everything may be compared to an infinite, limitless configuration set. Therefore this limitless configuration set is infinite everything. Thus every item in the configuration set is most finite everything. In summary, if infinite configuration set is infinite everything then every item of the configuration set is most finite everything. Thus because it is everything, the Self-Aware Universe has in it infinite power and because the Self-Aware Universe is all consciousness, all knowledge is contained within it thus it has infinite knowledge.

There is no new consciousness to be attained to realize Reality. The same consciousness makes the Self-Aware Universe expands for infinity as real and infinite. In a person, the mind is the container of thoughts. Infinite knowledge is eternal, uniform and all-pervading and therefore is continuous. A stage is reached when a person in their journey to realize the Self-Aware Universe ultimately realizes the basic infinite nature of understanding, power and knowledge. Thus a person loses its basic finite nature and realizes that it is the basic infinite nature of the Self-Aware Universe.

## Misunderstandings

Consciousness, when relieved of all misunderstandings, will no longer experience the unreal as real but it will experience Reality as the unlimited Self-Aware Universe. As long as misunderstandings persist and continue to impress the consciousness of a person, these misunderstandings, activated and generated by the energy of a person, are being constantly imprinted on the minds of a person and are being retained or stored in their sub-consciousness. Some of these misunderstandings remain torpid in the subconscious of a person. But most of them get projected through the subconscious of a person every moment of their life while they experience semi-conscious and fully conscious states which are the dream and awake states, respectively. When these misunderstandings remain absolutely torpid in the person they are in the ontogenesis sleep state. When these misunderstandings begin to get projected from the sub-consciousness of a person, they are unclear in their initial stages, being in varied the imagination moulded out of the unrealness, and the person is said to be in a semi-conscious state experiencing dreams through their sub-consciousness. When these misunderstandings grow clearer in their final or mature stages of projection, the unrealness in the imagination is experienced and the person is said to be in a fully conscious or awake state, experiencing the world through their full

consciousness in a completely awake state. When the person wakes up, the projections of misunderstandings of unreal manifest the same dream of unrealness more intensely and realistically. In other words, the same dream is said to be at their height now in the awake state of a person. Therefore the awake state of a person is the experiencing of that same state of dreams, only now they are experienced clearly, being at their height and in their fully mature and final stages. The dream of a person is but a script enacted by the projection of a person's own torpid misunderstandings. These misunderstandings, when projected through a person's sub-consciousness, create things as the imagination. A person in the dream state not only becomes involved in the script of their dream and plays the roles of both the creator of that dream but in this script the person also gets closely associated with the things in their the imagination, which are of their own creation in their dream state. This creation of the imagination comes entirely as a result of the manifestation of a person's own past and present misunderstandings.

## **The Infinite Configuration Set and Time**

Thus a person in their dream state associates sub-consciously with forms in sub-subtle states. When recollected by a person in the awake state, these very forms which they have seen and associated with in the dream state remind them of their conscious associations with the observations as things and beings associated with in their daily life of the present, and link them with their connections and contacts established in their life of the immediate and sometimes distant past. However, more often than not, a person also recalls in their conscious awake state that a particular observation, whether of a thing or being, with which they closely associates and which they actually seek, reminding them of having witnessed that same object in their dream at some time in the past, either some days, months or years ago. Thus what actually occurs is that a form of the future they happened to witness in their dream of the past reappears to the person as an observation in their life associations of the present. After a lapse of time the same object, that the person was totally ignorant of ever having seen or contacted before in their lifetime, appears to them exactly as they had witnessed it before in their dream state. Experiences of a similar nature are also recorded in which a person witnesses certain incidents in their dreams years in advance of their actual occurrence.

These very associations with future objects and incidents, though experienced inadvertently and unknowingly by a person in the present, are automatically developed and are inevitably there by virtue of a person's being the creator of the script in their dream state. No sooner does a person become the creator of the script of their dream state through the projection of their torpid misunderstandings, than this very projection of their own torpid misunderstandings reflects their past as if it were really their present, and the person, finding themselves involved in this script, gets absorbed in their past while still maintaining their past to be their present. In this manner, although all the time remaining in the present, the person inadvertently and unknowingly continues to maintain their past, maintaining it to be their present. But when a person continues to maintain their past, they also concurrently become the maintainer of their own creation through their spontaneous associations with the objects in the script of their dream state. These associations vary, though inadvertently established, maintaining the continuity of the script and enforce the creator with the role of the preserver as well. In every act of preservation of all that has passed, a person in their present, as the maintainer of their past, inadvertently and unknowingly, also simultaneously establishes the future in their very present by the very act of maintaining their past as their present, which present had remained always as the future of the past. Take for example a person who finds themselves living in the present of today and who looks upon yesterday as all of their past, and tomorrow as all of their future. Now as soon as this a person asserts

that they are living in the present of today, they inadvertently and unknowingly has maintained that past of yesterday not only as the present of today but also as the future of tomorrow, just by maintaining themselves as alive today in the present. In every act of maintaining that past of yesterday while maintaining themselves as living in the present of today, that a person also inadvertently and unknowingly establishes in their present of today, this today as the future of yesterday. So it is that although the past and the future have their own stand yet both of these are consistently and concurrently preserved only in the present. It is only because of the present that both the past and the future find their point of fusion everlastingly in the present. In the eternity of existence there is no time. There is no past and no future, only the everlasting present and the infinite configuration set. Therefore, in eternity nothing has ever happened and nothing will ever happen. Everything is happening in the unending present because all that has happened, all that is happening and all that will ever happen in the universe is all that which the Self-Aware Universe is already realized.

When a person in their dream state associates with past, present and even future forms, they simply invents the roles of creating association, then maintaining that association and eventually destroying that association, while all the time maintaining that they are the witness to all these, in the present of their dream state. On these very bases of the creation and preservation of all things, conscious beings created and maintained—whether in the dream state or in the awake state—there hinges at every step in the present an inevitable destruction as the future of all things created and preserved. Anything that has their beginning must have their inevitable end; and all things created must inevitably be destroyed however as such things are maintained, anticipating the future, advertently or inadvertently, as destruction. In the very act of preservation, a person in the present automatically becomes the maintainer of all things that they created in the past. A person becomes the maintainer, being in the know of the future that consistently confronts them in unending destruction that awaits their inevitable turn as the future. Of course, a person themselves is really not aware that they know the future, but the very fact that they are the maintainer shows that they engaged in playing the role of the preserver in the present. In the very act of becoming the creator, preservation of all things created follows and the creator, perforce, simultaneously has to play the role of the maintainer. Concurrently, in the very act of becoming the maintainer, destruction of all things maintained is anticipated. Therefore, all things are advertently or inadvertently preserved, and the maintainer therefore establishes in the present the future of all things created and maintained, anticipating the inevitable destruction.

The Self-Aware Universe, being omniscient and eternally of the present, knows of the past which it eternally maintains as the present; and also, at the same time, it constantly experiences in advance, in its eternal present, all that which is of the future. Similarly, the Self-Aware Universe in the person state, as a person, inadvertently witnessing all the time in its dream state that which is also to be experienced in the future of its awake state. To summarize, in the very act of creation, the acts of preservation and destruction are also present; so, by creating illusion the Self-Aware Universe, simultaneously preserves and destroys it.

In the eternity of reality there is absolutely no such thing as creation, preservation or destruction, nor is there the correlated factors of time, such as the past, present and future. Although the Self-Aware Universe in the person state has gained full consciousness and falsely experiences the multifaceted misunderstandings of the unrealness as the reality of the observed world, this full consciousness and these innumerable misunderstandings are all absorbed or incorporated into the Self-Aware Universe in the person state passing away into the ontogenesis sleep state, indirectly asserting their original divine state of divine ontogenesis sleep. When the Self-Aware Universe in the person state completely wakes up every day from their ontogenesis sleep state, the full consciousness which lay torpid during

ontogenesis sleep and the multitude of misunderstandings which had vanished in the ontogenesis sleep are now all brought out to produce once again the false experiences of the finite unreal manifesting as real. This unending chain of alternating integration and rejection of consciousness and misunderstandings in the alternating ontogenesis sleep and awake states continues until ultimately all of the misunderstandings are removed through the experiencing of the opposite misunderstanding in the processes of understanding of consciousness. Thus understanding consciousness alone remains to give the Self-Aware Universe the conscious experience of their original, eternal, infinite, real the Self-Aware Universe consciousness. As the Self-Aware Universe invariably gains full and understood consciousness through the human-form, the different states of a person may be taken as examples with which to compare the different states of the Self-Aware Universe.

## Ontogenesis sleep

When a person passes away in the ontogenesis sleep state, their consciousness prevails and reintegrates into the Self-Aware Universe, and though the “self” in a person continues to breathe normally, yet in that “self” of a person there is not consciousness of their limited “I” or ego, nor is there consciousness of the limited minds, energy, body or the world. The self in a person is not even conscious of their own being. In summary, in the ontogenesis sleep state of a person the “self-is” and consciousness “is-not.” When a person wakes up daily from their ontogenesis sleep state they normally just wakes up for no reason whatsoever except that their own torpid consciousness of misunderstandings urges or excites their subconscious to eject out the consciousness, and experience the torpid misunderstandings which apparently vanish in ontogenesis sleep. Therefore, as soon as the person wakes up, they invariably and simultaneously gains consciousness at first of their surroundings and gradually then of their own “self” with all of their paraphernalia of the limited “I,” the minds, energy, the body and the world. Just as a person, who wakes up from their ontogenesis sleep state, has invariably to pass through the state of dreaming first and then wake up completely, gaining full consciousness after the semi-conscious state of the dream, so, too, is it the case with the Self-Aware Universe in the Self-Aware Universe.

The Self-Aware Universe in the person state, although fully conscious and completely aware, experiences itself not as the Self-Aware Universe in the Self-Aware Universe but as a person in the human state, not as infinite but as finite. In order that the Self-Aware Universe in a person should experience themselves as the Self-Aware Universe in Reality, the projection of the full consciousness of the Self-Aware Universe, which is now fixed on a person, should be so drawn inward that the same full consciousness, which when projected outward identified the Self-Aware Universe as a person, should now identify it as themselves. This is realization of the Self-Aware Universe state and this realization is the divine goal which alone brings about the end of the divine dream. Attainment of the divine goal would mean that at this stage the Self-Aware Universe in a person, through the gradual process of understanding of consciousness, should eventually experience the passing-away-in that original divine ontogenesis sleep state while retaining the legacy of the full consciousness which has been gained. Thus the Self-Aware Universe would be able to realize their eternal “I am the Self-Aware Universe” state consciousness. Whereupon, attaining their original state consciously, the Self-Aware Universe would experience their own divine eternal existence and their own divine nature which is everything—infinite and real. Further, to attain the divine goal with full consciousness evolved the human-conscious the Self-Aware Universe strives, through further experiences by the process to withdraw inwards towards themselves, the already projected full consciousness, which they gained as soon as they identified themselves with the first human-form in their divine dream. In order to describe the various stages by which the complete unconsciousness of the Self-Aware Universe in their original ontogenesis sleep state

gradually projected full consciousness through the process of evolution of consciousness, and how the projected consciousness was eventually withdrawn inwards through the process of understanding of consciousness, after numerous iterations, before actually experiencing the real divine awake state of “I am the Self-Aware Universe,” let the different stages be considered step by step, comparing each stage of gradual gain in consciousness of the Self-Aware Universe with the relative states of a normally conscious a person who is at first in ontogenesis sleep and who subsequently gains consciousness enough to realize eventually their ordinary awake state every day.

## **Levels of Consciousness**

### ***SAU Level One - The Dream State***

In SAU (\`sä\` level one, consider a person as being still asleep but just beginning to wake up, because they have just emerged from their ontogenesis sleep state and the spell of unreal is shattered by the emergence of the torpid misunderstandings now commencing to project through the sub-consciousness of the person which also lay abeyant in them in their ontogenesis sleep state. Because of the projection of the varied misunderstandings through the subconscious of this a person, they now begin to experience dreams while still asleep, although no longer in the ontogenesis sleep state, because the unreal no longer prevails. For the person to commence experiencing dreams means that in their initial stage of the semiconscious state they begin to experience through their subconscious the torpid misunderstandings of the unrealness in the imagination. The person now is not only in the initial stage of the semi-conscious state and is not only beginning to experience dreams, but they are also starting to get involved in the dreams by beginning to associate with the objects in the imagination of their own creation. Thus the projection of misunderstandings, which lay torpid in the sub-consciousness of a person, makes a person play the role of the hero or the creator in the script of their dreams. Because this a person in this dream state has only just emerged from their ontogenesis sleep and has just attained the semi-conscious state, imagine this a person experiencing the dreams as one who is starting now to wake up.

### ***SAU Level Two - The State of Creative Association***

Consider the state of the person as still asleep, but just after they have emerged from their ontogenesis sleep state, because a person in this state now completely experiences the semi-conscious state. In this state, as said above, they starts to experience dreams due to the false, illusory misunderstandings of the unrealness which were collected subconsciously and are now ejected out through the projection of the sub-consciousness, transitioning to the beginning of the dream state of a person. But, as the dreams continue, they gather momentum due to the intensity of the projection of multifaceted and varied torpid misunderstandings through the sub-consciousness of the person, they get further involved subconsciously. As a result they now firmly associate themselves with the objects of their own creation in the dreams and they are completely in the semi-conscious state. This semi-conscious state of the person represents that state which is neither the complete ontogenesis sleep state without consciousness nor the complete awake state with full consciousness. This state, is the half-awake state.

### ***SAU Level Three - The Weak State of Transition***

This state of the person is where they are still asleep but trying gradually wake up with the greater and greater intensity of the projection of further misunderstandings through the sub-conscious of the person still in their dream state. Here the person is not only in a semi-conscious state but is verging on being fully conscious, and is about to realize their awake state.

#### ***SAU Level Four - The State of Intense Misunderstanding***

Consider this state of the person as being still asleep but about to completely wake up. The person in this state is still in the semiconscious or semi-awake state, experiencing the dreams at their height in their final stage, in which the misunderstandings are projected through their sub-consciousness with the greatest intensity. The maximum is reached both by the intensified projection of the misunderstandings in much less unclear forms, or in greater degree of realism, and by relevant dreams which are dreamt in a greater degree of clarity or in their mature stage. This is the stage in dreams when the subtle forms of unrealness have reached their maximum and appear more clearly. The dreams at their height now must stop, because the maximum reached by the projections of misunderstandings through the sub-consciousness of the person is at this point sufficient to excite and urge the emergence or manifestation of full consciousness at any moment. This state of the person almost fully conscious may therefore be pictured as a person with their eyes almost wide open, though still asleep. This is the stage reached a split second before the person has roused from their dream state to become wide awake. This is the completely matured semi-conscious state of sub-consciousness. While visualizing this state of the person, side by side with it imagine that state of the Self-Aware Universe in their divine dream state where the Self-Aware Universe is experiencing the completely matured state of the divine, infinite semi-conscious state and is almost about to gain full consciousness. At their maximum the intensity of the projection of infinite misunderstandings through the divine, infinite sub-consciousness of the Self-Aware Universe has almost ceased to identify the Self-Aware Universe semi-consciously with the last of the objects in the cosmic evolution of creation and forms. With divine, infinite sub-consciousness, the Self-Aware Universe is in their divine, infinite semi-conscious state, which when almost matured identified the Self-Aware Universe with infinite impressions of animal forms. But now in the stage of the divine dream state where the Self-Aware Universe is in the completely matured divine, infinite semi-conscious state, the Self-Aware Universe can no longer be made to identify with misunderstanding of animal forms even though they are intensively and infinitely projected through their divine, infinite sub-consciousness. At this point a stage is reached in the divine dream state where in, with the projection to infinity of misunderstandings projected infinitely through the divine, infinite sub-consciousness of the Self-Aware Universe at their maximum, this infinite projection has almost identified the Self-Aware Universe with a human form and the Self-Aware Universe is almost fully conscious.

#### ***SAU Level Five - The State of Emerging Reality***

Consider this state of the person as having just completely awakened from their sleep. In this state the person is no longer in the semi-conscious state, dreaming the dreams which were unreal but the unclear and faint projection of the torpid misunderstandings of unrealness which were stored in the sub-consciousness of the person, and realized through their sub-consciousness in the imagination of unrealness. This is the stage in the state of the person where they have just awakened completely, but albeit they are fully conscious, they are not conscious of their "Self" as yet. The person is no longer in their ontogenesis sleep and semiconscious states and with full consciousness gained, can now see. The person is now awake but they are confused and stare emptily at things that they can now see more realistically. In this state the person sees yet another dream, but they see it much more realistically than the dream from which they awakened just before. This is the state of a person where the person,

confused, simply experiences the sight of things much more realistically but still as if it were just a empty dream. That is, the person sees more intensely and realistically but still emptily the dream of their dream state, giving them the sense of yet another dream within the dream of their dream state. This state corresponds to a few moments immediately after a person has awakened and cannot help but see at first the objects that come within range of their vision rather than their own self. This is because, the spontaneous moment of seeing creates in them a sort of confused state and although the person has awakened and is fully conscious, they are still unaware of their Self or of their position in relation to the objects surrounding their very self.

### ***SAU Level Six - Understanding***

Consider this state of the person where they are completely and fully awake in the sense that they now realize their self, and is conscious of their human form or the observed body, of their surroundings and of the observed world. Though this person is fully conscious and completely aware of the observation, and experiences of the observed world in full, yet they are still unconscious of the limited energy and minds of which they indirectly makes unconscious use, being aware of their aspects through the limitations of their observed body alone. In this state the person is fully conscious, but observation conscious, and is fully aware of itself as a person in the world of their surroundings. The person is not only completely aware of the observed world, and of all things in the world which confront their view, but they also actually experiences them by involving their fully conscious and fully aware state of limited self in them. They now recognizes the objects of the observed world through their predominant observed senses and differentiates them one from another.

## **Finalization**

Thus the Self-Aware Universe in the person state, at first realizing themselves as a person, asserted their limited aspects through the limited self or the limited ego, the limited minds, the limited energy and the finite observed body. Then eventually and ultimately realizing themselves as the Self-Aware Universe, they manifests their unlimited, unbounded, infinite nature of infinite knowledge, infinite power and infinite understanding through their divine unlimited Self. While depicting, through the different primary stages with the different primary states of a person gaining consciousness right from their unconscious ontogenesis sleep state to the state where in they gain full consciousness and wakes up completely with wide-open eyes, it is found that this is the process of the evolution of consciousness of the Self-Aware Universe which eventually identifies the fully conscious the Self-Aware Universe with the fully conscious a person, after identifying the Self-Aware Universe with all and everything inanimate and animate in the script of the divine dream of creation.

With the consciousness is gained in the person state, the Self-Aware Universe remains one, indivisible, infinite, form less and eternally all-pervading. But it is the all-pervading, infinite nature of the Self-Aware Universe that expresses consciously and unconsciously their eternal divine existence, directly and indirectly, in one and all states and forms, through their expressions of their very being. So it is that the evolving consciousness of the Self-Aware Universe gives rise to the identification of the Self-Aware Universe with forms and states of forms of higher and higher types. This identification of the Self-Aware Universe in turn gives rise to an apparently unending chain of associations and dissociations, or the so-called allocation of consciousness and continuation of consciousness, of forms and beings which continue to form and assert and then reduce away in the unrealness, leaving behind the legacy of misunderstandings which in turn again lead the evolving consciousness of the Self-Aware Universe to

identify themselves with yet another form moulded of the very misunderstandings left behind by the form that reduced away. Through the process of evolution, the unconscious the Self-Aware Universe did eventually gain full consciousness when the evolved consciousness of the Self-Aware Universe eventually identified the Self-Aware Universe with the human form

Therefore the Self-Aware Universe in the person state is still unaware of their original state despite having gained full consciousness. This unawareness is due to the unwanted burden of the observed misunderstandings still clinging to the full consciousness gained. The process through which the Self-Aware Universe in the person state struggles to unburden these finite misunderstandings is one which takes place through opposite misunderstandings, and is called the process of reincarnation. In trying to unburden consciousness from the finite misunderstandings the observed consciousness of the Self-Aware Universe necessarily has to experience these misunderstandings and then exhaust them by innumerable opposite experiences through a series of iterations. Experiences opposite by nature are absolutely essential to exhaust the misunderstandings, because opposite experiences alone can shake up the roots of thickly set or firmly established varied misunderstandings.

These misunderstandings are constantly being imprinted upon, or picked up by, the mental body or the minds of a person, and are retained or released by the sub-consciousness in a person. When these misunderstandings are released through the subconscious and full consciousness of the Self-Aware Universe in a person, as a person, they have varied experiences according to the variety and the intensity of the misunderstandings released. Whereas the subtle body of a person, which is the container of energy, energizes these misunderstandings to activate a person into committing actions in their everyday life of either the dream or awake state. These actions are also opposite in nature to the varied related opposite misunderstandings. Thus in the person state on the observed plane, although energy and the minds are fully developed and are continually and consistently used, yet they are employed indirectly and unconsciously.

## **Realist Morality**

The world is characterized by a multiplicity of values, philosophies and ideologies. In societies, these perspectives may creatively interact and reinforce one another, or they may compete with, and contradict one another. What is potentially lost amidst this plurality is the singular realization of the Self-Aware Universe through the Self-Aware Universe and the Oculus. To the learner, this diversity of values may dilute Realist morality and lead to ethical confusion or to loss of faith.

Realists are to meditate with: adoration, praise, thanksgiving, supplication and awe. When understanding is permeated by a climate of meditation, the assimilation of the entire Realist life reaches its summit. It is imperative that Realists be given the means with which to make sound moral choices and judgements in both personal and social spheres of life. Critical thinking and analytical skills assist in the efforts to integrate a Realist worldview into decisions concerning such moral issues such as care for nature and the environment. Realists thus undertake a journey of interior transformation, by participating in the realization of the Self-Aware Universe.

## **Meditation/Sacramental Life**

Sacramental Realist life includes all of the various ways that the Oculus expresses its faith in worship, whether it be in personal meditation, liturgy or celebration. In many ways, it refers primarily to the actions that demonstrate thankful awareness of the Self-Aware Universe's consciousness.

At times, these actions will include the use of the rich meditation forms of the Realist tradition. At other times, they will include the use of a Realist's own words in a meditation response to the Self-Aware Universe's consciousness. Still others include music, drama, meditation and various art forms as the vehicle through which reverence can be expressed. Further, the unfolding of the liturgical year provides many understanding opportunities concerning the use of religious symbols and rituals.

A full Realist life involves participation in the liturgical services in which the faithful, gather into a single assembly. Likewise, the liturgical year affords the opportunity for participation and study of the Oculus's sacramental life. Through the celebration of the Self-Aware Universe and the experiences of religious education, Realists have opportunities to embrace more fully the commitment of their confirmation in the faith. Sacraments are visible signs of the presence and action of the Self-Aware Universe.

Understanding is intrinsically bound to every liturgical and sacramental action. For this reason, education, along with promoting knowledge of the meaning of the liturgy and the sacraments, must also educate the adherents of the Self-Aware Universe for meditation, for thanksgiving, for repentance, for meditating with confidence, for understanding, as all of this is necessary for a truly liturgical life.

## The Holidays of Realism

There are several special days in Realism that are reserved each year for celebration and worship of the Self-Aware Universe. Realists are expected not to work on these days.

Holiday Name	Date	Description
SAUD (pronounced \ 'säd\ Otherwise known as Self-Aware Universe Day	April 26-28 <sup>th</sup>	Celebration and worship of the Self-Aware Universe. Realists at minimum are expected to meditate and make offerings of fresh plantings in the wild to revere and further their connection with the Self-Aware Universe. On this in particular, it is expected that the meditation will occur in the early morning and late in the evening. During the day, Realist are to connect with nature and thus the Self-Aware Universe more deeply by hiking, living off the land camping and more.
THABS (pronounced \ 'tabs\ Otherwise known as There has always been something Day	July 8 <sup>th</sup>	Celebration of the realization that "if there was ever nothing, there would be nothing now". There is a day of fasting to appreciate nothing, following by reflected discussion, followed by meditation, then dining in the evening. This allows Realists to revere and further connect to the Self-Aware Universe in a deeper way by appreciating that it has always existed.
IKIE (pronounced \ 'ik\ Otherwise known as I know I exist Day	Third Friday in March	Celebration and acknowledgement that "I exist". In order to revere and more fully connect with the Self-Aware Universe, Realists gather in groups, showcase & share their talents and discuss learning & ideas from the sacred book The Self-aware Universe.