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Gewähltes Thema: 2

Das Tolle am Bewußtsein ist: Wenn man die Illusion hat, ein Bewußtsein zu haben, dann hat man auch eins. Sie können die übliche Unterscheidung zwischen Schein und Wirklichkeit auf das Bewußtsein nicht so anwenden wie auf andere Phänomene.

John Searle: Interview: „Ich verstehe nicht ein Wort Chinesisch“, in: Susan Blackmore: Gespräche über Bewusstsein, Suhrkamp, Frankfurt 2007, S. 277-296, 283

An Illusion-Made Reality

„It is all inside your head.“, a claim often made by today`s people in many different cultures all over the world, has perhaps a much more ambiguous meaning than what the most believe. It has come to my attention that many people are unaware of the impact our consciousness has on our lives and sadly, „It`s all inside your head“ is a phrase used to indicate either a person`s foolishness or his illusion of the world, although it actually has a very eye-opening meaning hidden within.

Many are introduced to the idea of reality (Which can be referred to as what people believe to be outside one`s head) being unrelated to our consciousness (Which can be referred to as what people believe to be inside one`s head) at a very young age, which forces many individuals to let go of their spiritual beliefs in the universe, making it a more dull and uninteresting place, which can`t be defined as „Cosmos“ anymore, because in order for „Cosmos“ to be a valid view of the universe, the universe must have order, meaning and serendipity. Reality and consciousness are often thought to be two different systems apart from each other, simply because the relation between them is not what humans expect it to be, however this is no reason to completely deny the existence of a relation between these two components of life. Our consciousness and reality have a rather discreet relationship of working together and they know where to hide as good as possible from us humans...In plain sight. How? We`ll get to that very soon but before we put the pieces of the puzzle together, we must find the pieces.

Some might come to the idea that our consciousness is under the control of reality, because, as Hegel`s theories on existence indicate, reality can be seen as the pure material of existence and therefore everything that exists, is somehow made out of reality, including even surreality, since it is actually a mysteriously symbolic type of reality which is dependent

on reality itself. However does being made/forged out of something, necessarily always put the thing that has been made/forged under the control of what it's made out of? Most certainly not and in such a matter I rather make an argument of „reductio ad absurdum“ to clarify the situation. A very obvious and simplified example of such an argument would be if I asked „Does trees have control over paper? Paper over money?“, however a more fitting example to the relationship between reality and consciousness would be „Are cars under the control of every material they are made out of?“ No they are not. We drive the car, we do whatever we want with it and therefore it is under our control.

Now that we can hypothetically accept reality as the pure material of existence and also accept the existence of a relation between reality and consciousness, we can start to put the pieces of the puzzle together.

By observing the reality we're in, we can see that it is constantly changing. Moment after moment, reality becomes different from what it was a moment ago. Because for example just a few moments ago this text did not exist, it was not a part of reality, but now it is, which is a factor that changes reality forever. Something starting to exist and something stopping to exist changes reality, since itself is the pure material of existence. Instead of „changing“ reality, I rather use the term „shaping“ reality. Shaping is a change of the figure and not the material, which means that existence and non-existence shape the pure material of existence.

If existence and non-existence shape reality, isn't the thing or the person that causes something to exist or something to stop existing responsible for shaping reality? If reality changed because this text now exists, doesn't that mean the person who wrote it is responsible for it? Harry Frankfurt's principle of alternative possibilities claims that a person is only responsible for something, if he/she had the possibility to choose otherwise. I could have chosen not to write this text, I'm here because I choose to, which makes me responsible for this text and therefore responsible for shaping reality.

So why am I repetitively trying so hard to indicate that I shaped reality? Where does all this lead us considering the relationship between reality and consciousness? What does any of this have something to do with the phrase „It's all in your head.“? Well, we are now exactly where we are supposed to be in order to put the last pieces of the puzzle.

This text is existent because I made a conscious decision to write it. Every mental and physical action I performed in order to write this text was in control of my consciousness. Therefore my consciousness has shaped reality, meaning what`s inside my head has shaped what`s outside my head. I am human and so are you, which would make this relation between two things that exist for both of us (unless you are psychotic, which would mean you lost contact with reality) valid for you, meaning that with your consciousness you also have the ability to shape the universe as you see right. Consciousness is our individual tool which we use to shape reality with. We do this together with everyone else in the world and becoming aware of this gives us the wisdom of knowing that we can shape our reality, which allows us to gain peace and control, therefore making us feel confident and present. We were never meant to give in to reality, we were meant to shape it, which in the end would be the ultimate meaning in life, the mark we leave behind...

It is true what they say. It is truly all inside your head...And now you see that just because it`s inside your head, doesn`t mean it`s not real.