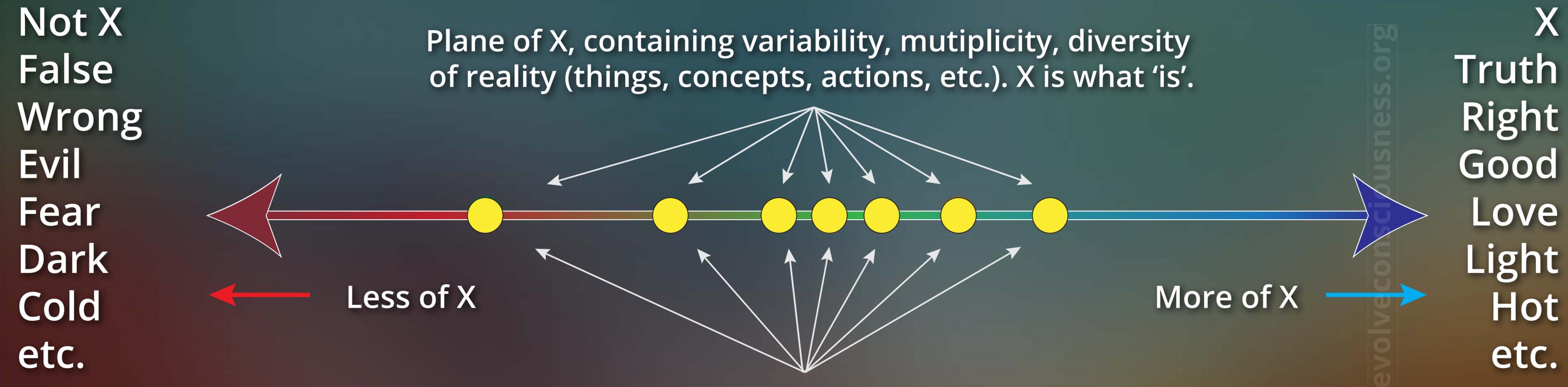# Continuum, Spectrum, Scale or Degrees

for perceiving, conceiving, understanding and navigating reality
A Dualistic Conceptual Framework

Not X
False
Wrong
Evil
Fear
Dark
Cold
etc.

Plane of X, containing variability, mutiplicity, diversity
of reality (things, concepts, actions, etc.). X is what 'is'.

X
Truth
Right
Good
Love
Light
Hot
etc.

← Less of X

More of X →

Everything is not the same. Various degrees of closeness and separateness, similarity and difference between properties or characteristics allow discernment, distinction, correspondence, correlation, comparison, association, identification, assessment, analysis, judgment, evaluation, etc. With tools to discern one thing from the other we can make sense of reality, the similarities and differences between the various aspects of reality. Higher quality input and development of effective tools for processing will result in higher quality output.

Continuum, Spectrum, Scale or Degrees in the Frequency of Truth, Love, Good

A Dualistic Conceptual Framework for perceiving, conceiving, understanding and navigating reality

Contact, alignment, embodiment of an aspect of Truth.

Limited perception of reality, is limited access to Truth, is limited unity and embodiment of Truth, is limited Consciousness.

A Higher Frequency of contact or alignment of Perceptions with quality Truth, what 'is', and a Care to embody and become those values (what is right, good, true, moral, etc.), results in greater embodiment of Truth and a Higher Frequency of Consciousness.

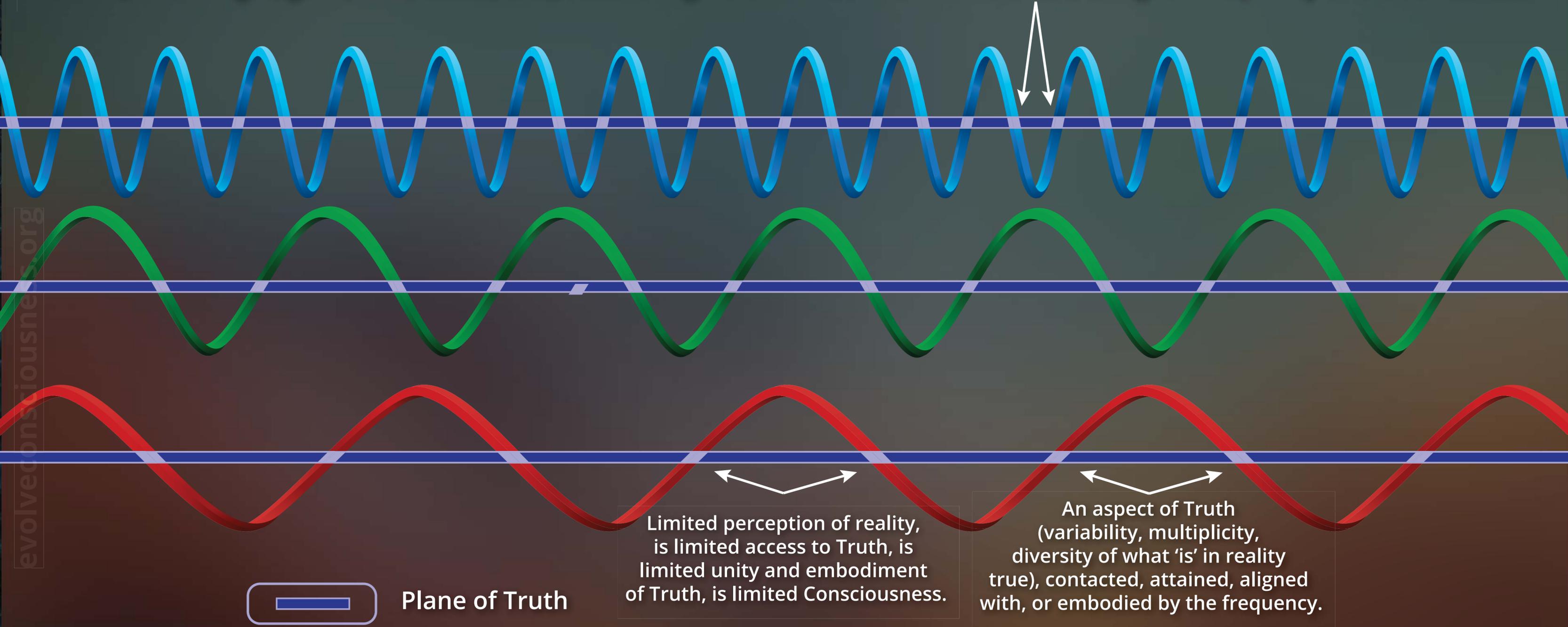**False
Fear
Evil**

**Truth
Love
Good**

Less Truth, Love, Good

More Truth, Love, Good

Plane of Truth, containing variability, mutiplicity, diversity of reality (things, concepts, actions, etc.)

TRUTH AND FREQUENCY OF PERCEPTIONS

A Higher Frequency of contact or alignment of Perceptions with quality Truth, what 'is', and a Care to embody and become those values (what is right, good, true, moral, etc.), results in greater embodiment of Truth and a Higher Frequency of Consciousness.

Limited perception of reality, is limited access to Truth, is limited unity and embodiment of Truth, is limited Consciousness.

An aspect of Truth (variability, multiplicity, diversity of what 'is' in reality true), contacted, attained, aligned with, or embodied by the frequency.

Plane of Truth

Frequencies of Perceptions aligning with Truth
Frequencies of Consciousness from greater embodiment of Truth

CONTINUUM, SPECTRUM, SCALE OR DEGREES IN THE FREQUENCY OF TRUTH, LOVE, GOOD, ETC.
A Dualistic Conceptual Framework for perceiving, conceiving, understanding and navigating reality

Falsity, Fear, Evil

Limited perception of reality, is limited access to Truth, is limited unity and embodiment of Truth, is limited Consciousness.

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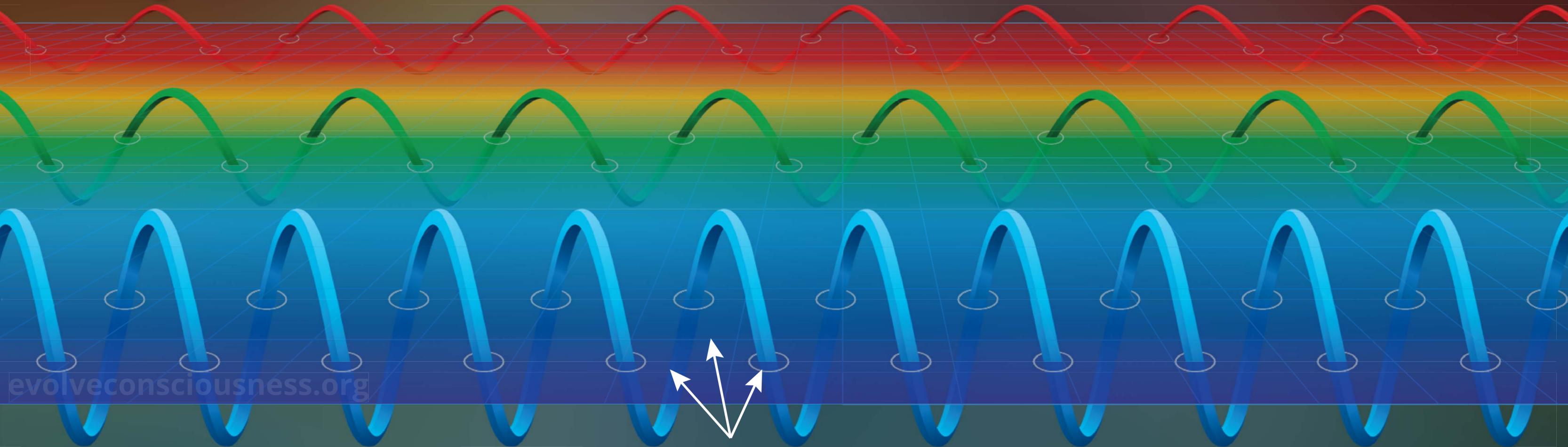
Truth, Love, Good

An aspect of Truth (variability, multiplicity, diversity of what 'is' in reality true), contacted, attained, aligned with, or embodied by the frequency.

A Higher Frequency of contact or alignment of Perceptions with quality Truth, what 'is', and a Care to embody and become those values (what is right, good, true, moral, etc.), results in greater embodiment of Truth and a Higher Frequency of Consciousness.

Dualistic Conceptual Symbolism - Relative and Absolute

Relative for Many

Level 1
Relative to each other

Many things   *Relative Degrees on Scale*

-X |———————————————————————————| X   Absolute

Many things are relative in comparison to polarities
ex: Evil vs. Good, relative variability within spectrum

ex: Many actions are relative to each other, and vary in relativity to the absolutes A > B > C

Absolute for One

Level 2
Absolute position

One thing   *Absolute current condition*

is not |———————————————————————————| is   Relative

One thing, absolute for that thing being looked at within polarity
ex: 1 thing has aspect of 'is' or 'is not' in the spectrum

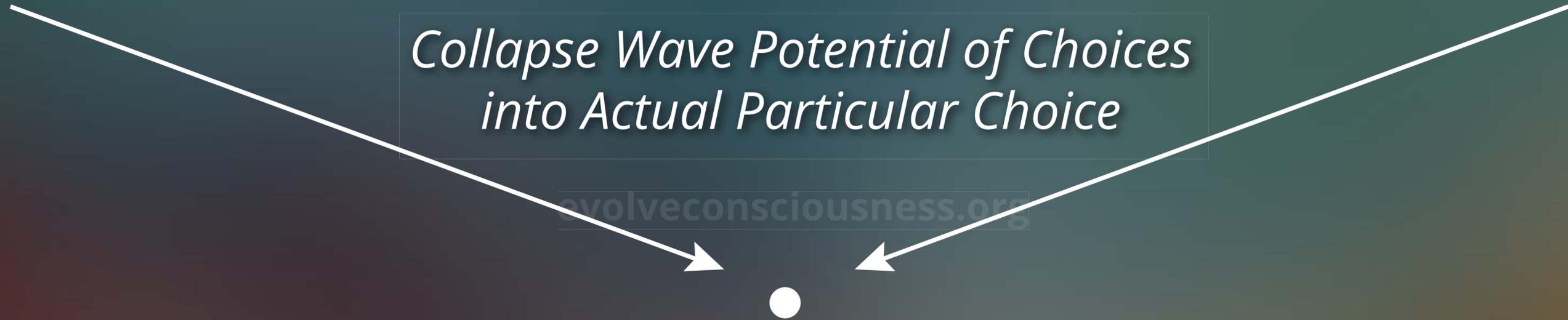ex: X action is right or wrong itself, regardless of other actions

Wave to Particle
Collapse Many into One
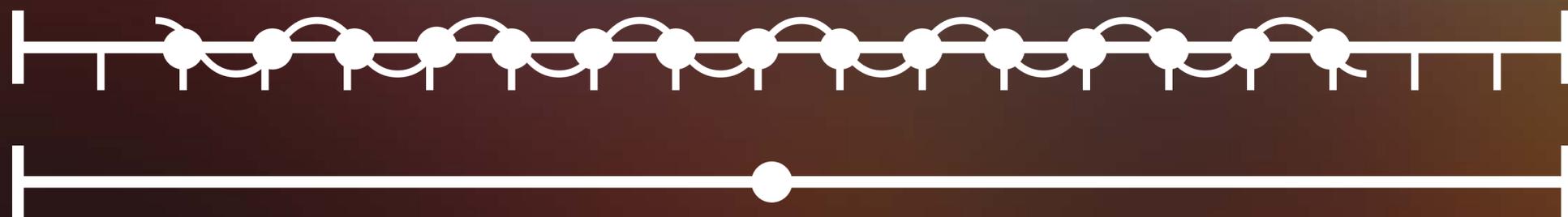
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Many Possible Choices in Imagination

Collapse Wave Potential of Choices into Actual Particular Choice

One Choice is Made Among Many

## Wave to Particle, Collapse Many into One

WEB OF PERCEPTION - TRUTH & MORAL AWARENESS
Positive and Negative Perception of Reality as a Web/Network Stored in Self/Consciousness

Who is more motivated to do something? Those who are aware of the problems existence, or those unaware of the problems even existing or the need to do something about it? When "all is good", you don't see anything that needs to change.

Masking wrongs reduces attention from conscious awareness, it reduces impact on awareness of reality, of how bad things are, blinded, masked, illusions, etc. Word magic, euphemisms, obfuscations, deception, are a part of keeping us from learning mistakes, where we keep repeating them. Occulting and hiding reality prevents us from changing through fixing errors.

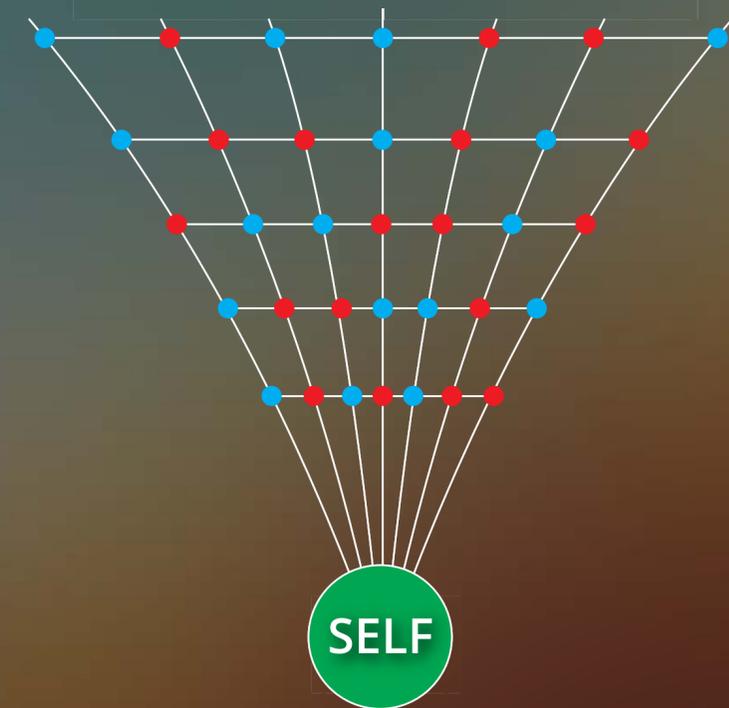## Blind Positivity Mask Optimism Bias

Semi aware

Accurate awareness of current condition
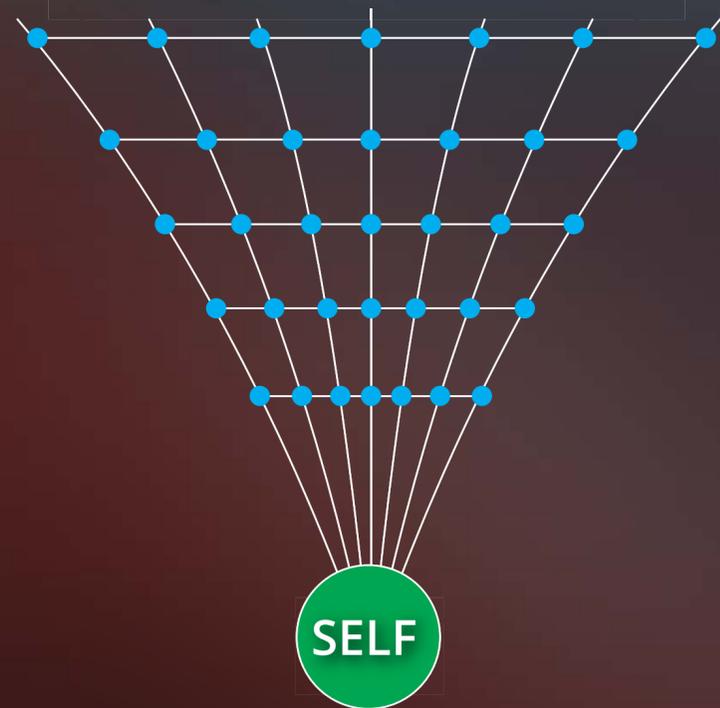
SELF

SELF

SELF

All positive view. Everything is good with my world. Lalala fantasy. Complete mask on, living in illusions of falsity, false self.
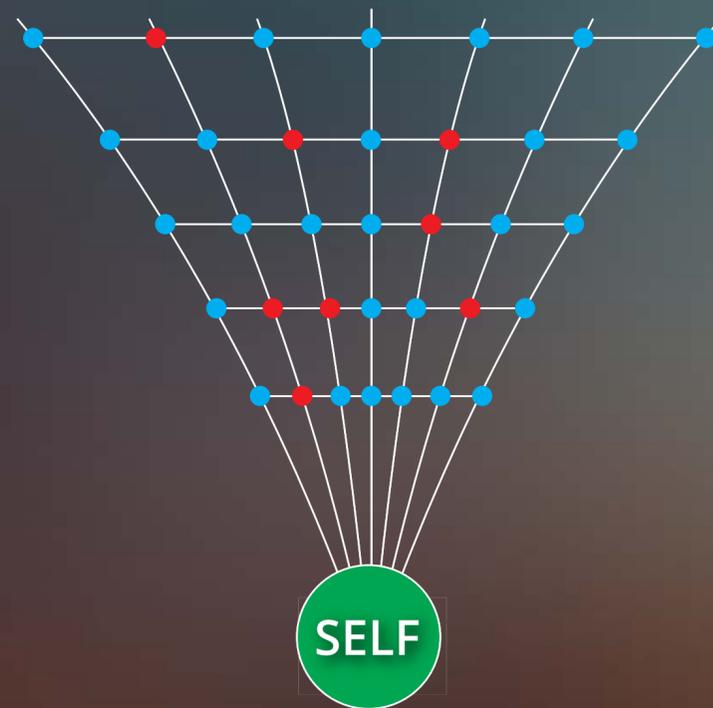
Seeing some aspects of wrong/negative, but still masked from greater understanding of reality, not seeing more of the falsity.

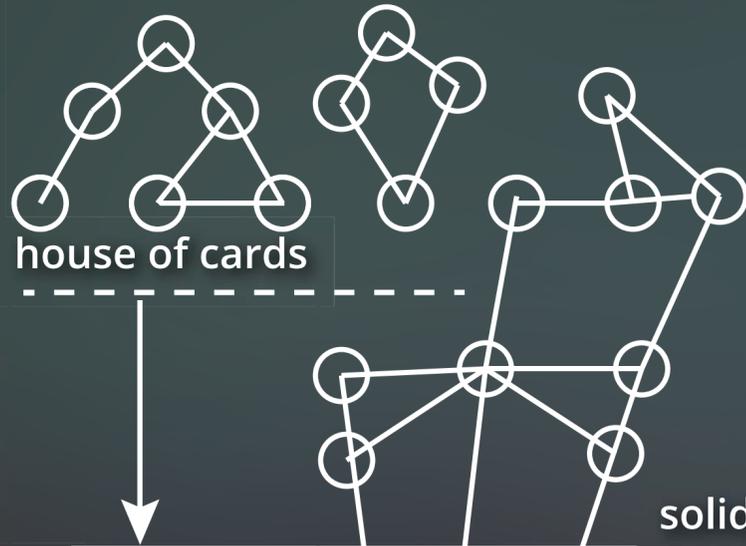See reality as it IS more than it is not, seeing positive and negative for what it is, not masking or denying. Now you can see what the problems are.

FLOATING SPECULATIVE CONCEPTS/BELIEFS AS TRUTH
BIG STRUCTURE, BUT BASED IN FANTASY, NOT GROUNDED

GROUNDED UNDERSTANDING IN REALITY AS TRUTH

large fall
to reality
when
shattered

house of cards

Limited
Perception
of Reality

solid foundation

Grounding, Reality

SELF

Half of your
conceptual
understanding
is shattered

Greater Perception
of Reality with
Grounding in
Reality

Fall back to more
grounding when
falsity discovered

Few beliefs used in
conceptual
understanding
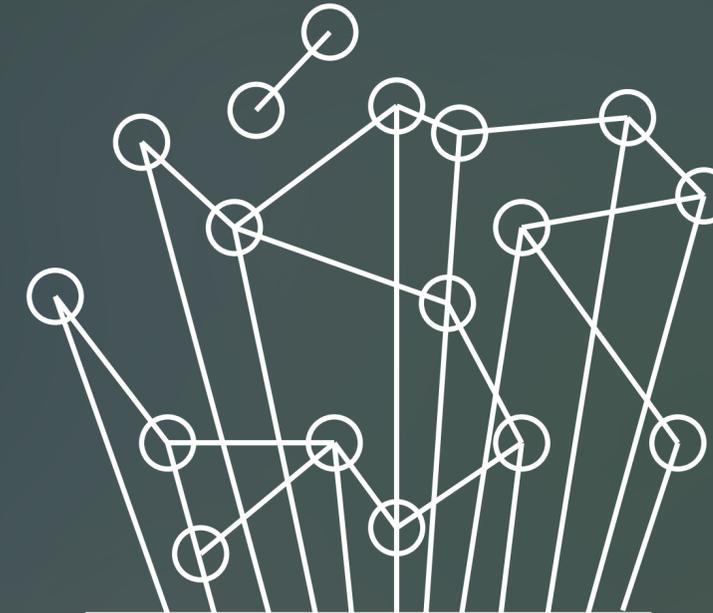
Grounding, Reality

SELF

We can correspond data perceptions that are accurate, or innaccurate. Accepting a foundational false axiom will lead you to also validate & accept other false information based on the correspondence to previous falsity you accept as "truth". Some beliefs are less grounded in reality, or not at all, and we can become attached to those beliefs that provide us with answers. When we let go of falsity there is often nothing to fall back upon, to hold onto underneath, because the beliefs are not attached to grounded reality. The fall is hard and can shatter our sense of self we have constructed, our ego-personality-identity. We hold onto beliefs because they become meaningfully associated & attached to our sense of self & reality. Most of the worldview & self-image is based on a data set less grounded in reality. Removal of points in the dataset destroys part of the worldview or self-image that is based in that foundation of beliefs that were used to construct the self-concept or worldview. Not enough grounded data maintains attachment to fantasy & falsity, until admitting confusion, being wrong, or recognizing the difference between imagined belief & real truth, between imagination and reality, between possibility, probability and actuality. Many data points that are grounded means you can more easily release & let go of falsity, your conceptual foundation has many other points to hold it up as it is not largely a free-floating belief construct but is more solidly grounded. When less grounded points are in your conceptual understanding you need to hold onto them more for identity, a sense of self and sense of reality, otherwise you become lost without that belief. This process is part of healing the false self towards becoming aligned with more of reality.

PERCEPTION OF REALITY

Critical Thinking & Imagination Process

↓

Process Info More

↓

Discernment, Evaluation, Assessment, Judgment

Possible	Probable	Actual
↓	↓	↓
Decision On Hold	Input Accepted with Doubt	Input Agreed & Accepted
↓	↓	↓
Conditioning	Conditioning	Conditioning
↓	↓	↓
Perception of Possible Reality	**Perception of Probable Reality**	**Perception of Reality as it IS**
		↓
		Grounded in Reality

Still imagination, invention, belief, without enough verification.

PERCEPTION OF REALITY

**Conflict / Contradiction between Reality and Desires?
Between New Info and Accepted Info?**

Emotional cues: anxiety, guilt, shame, anger, embarassment, stress, or no cues

Reality and Perception
Disunity, Disharmony

Reality and Perception
Aligned, Equilibrium

Cognitive Dissonance

Disequilibrium internally as a result of disequilibrium between reality and perception of reality. i.e. disunity

Question & Doubt Ourselves & Info
Curiosity about Veracity of New Info?

Dealing with the disintegrity

Question & Doubt the Info
Curiosity about Veracity of New Info?

No

Yes

No

Cognitive Dissonance Process

Critical Thinking & Imagination Process

Uncritical Belief

Reality Negotiation

Process Info More

Input Agreed & Accepted

Arbiter of "Truth"
Believe what you want to believe.
i.e. self-delusion

Conditioning

Discernment, Evaluation, Assessment, Judgment

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Perception of Reality as it Appears

Belief could be true or false

Sustain, Maintain, Protect Beliefs & Desires
Reject Contrary Evidence - "backfire"
New Info Doesn't Matter

Possible

Probable

Actual

Excuse, justify, deflect, dismiss, avoid, ignore, deny, refuse, reject

Decision On Hold

Input Accepted with Doubt

Input Agreed & Accepted

Conditioning

Conditioning

Conditioning

Conditioning

Different Comparisons

vs.

Reality - Actuality	Perception of Self and Reality
Shape Mind from Reality	Shape Reality from Mind
How We Actually Are	How We Believe We Are
Do	Think
Knowing	Believing

Perception of Beliefs as Reality

Perception of Possible Reality

Perception of Probable Reality

Perception of Reality as it IS
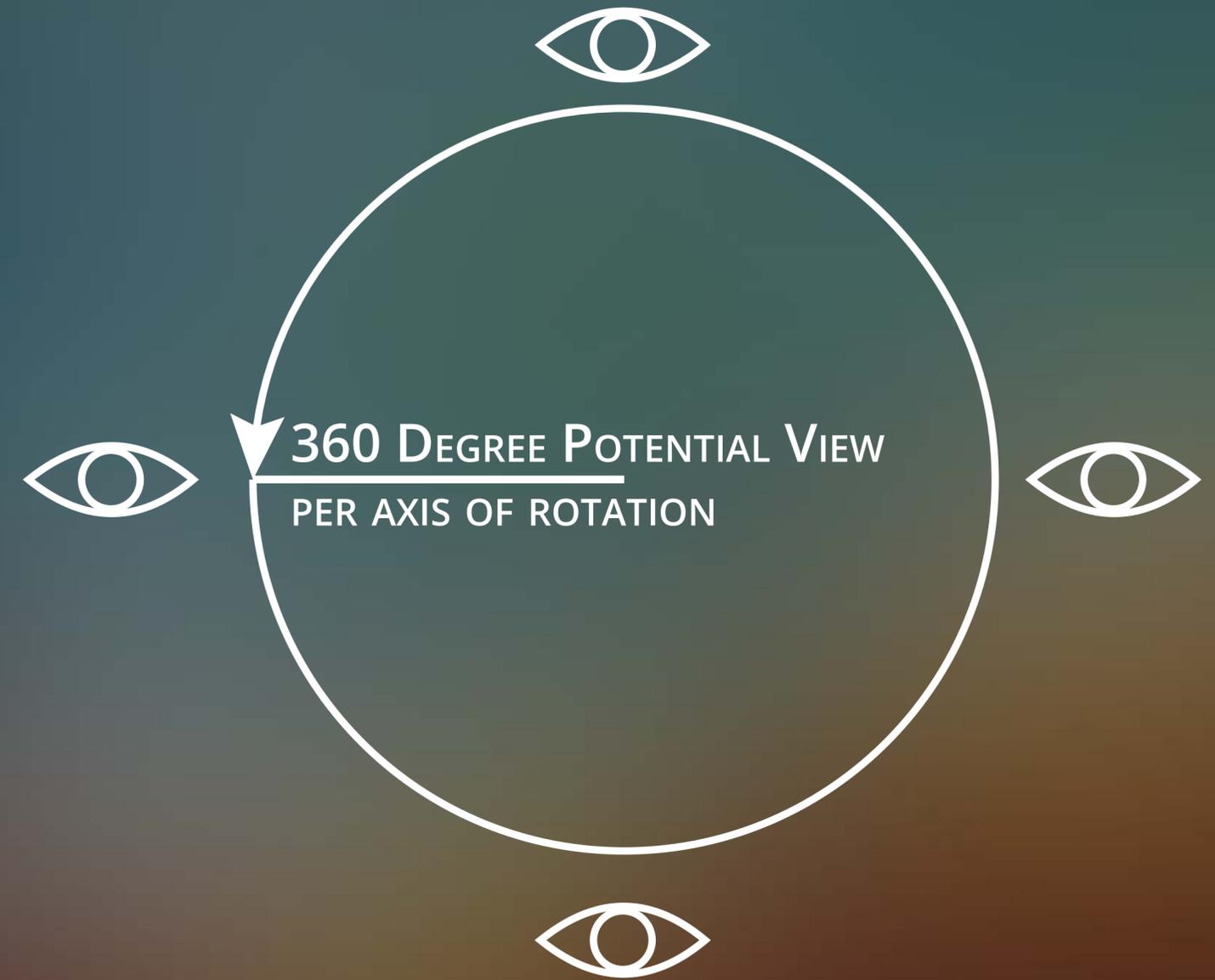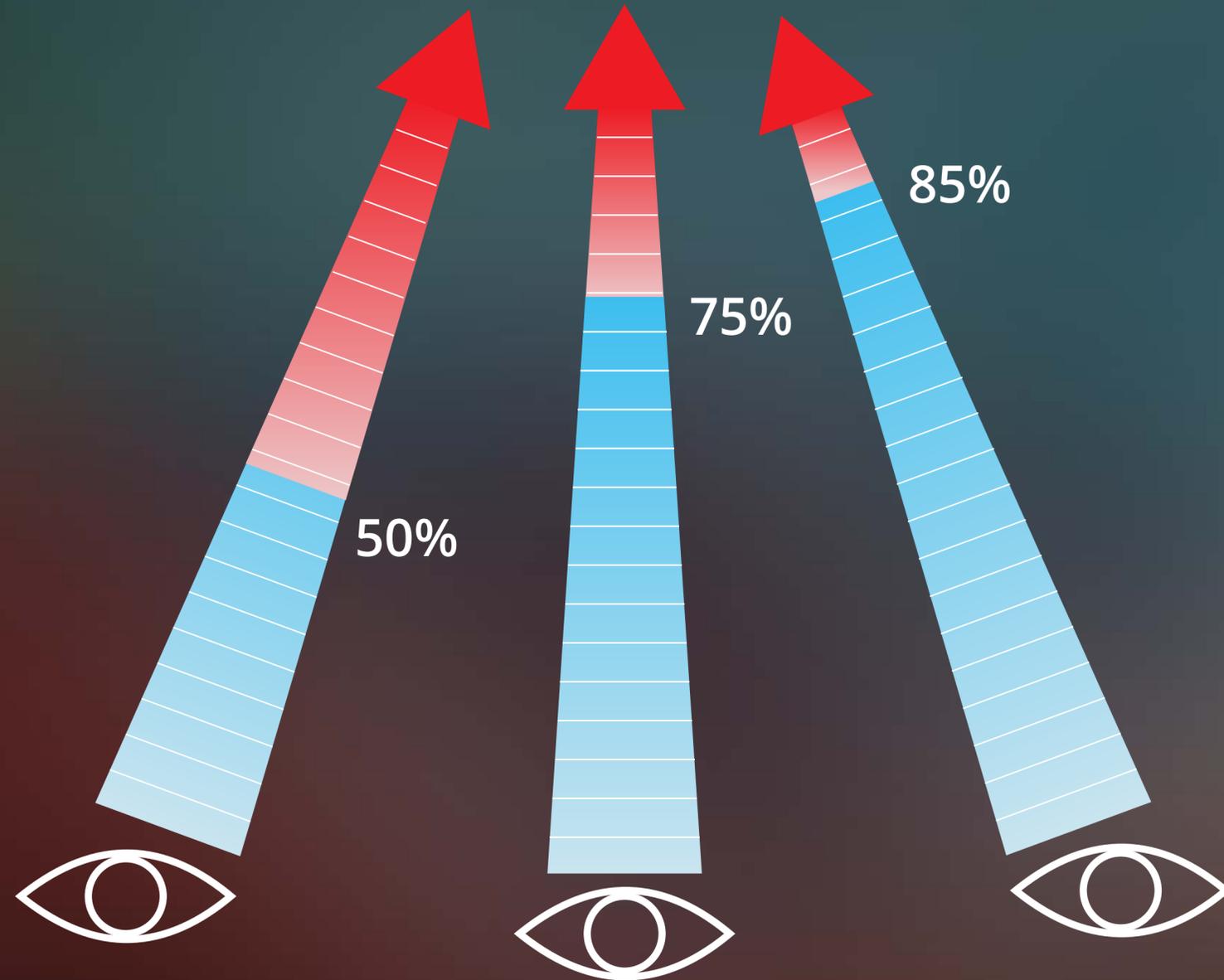
Maya / Delusion / Illusion (low freq)

Grounded in Reality

Perception of Reality = Worldview

Degrees of Accurate Perception

X, Something

85%

75%

360 Degree Potential View

per axis of rotation

50%

Different degrees of accurately understanding X. Single angle range (among the total 360 degrees) is less information than looking at X from additional vantage points.

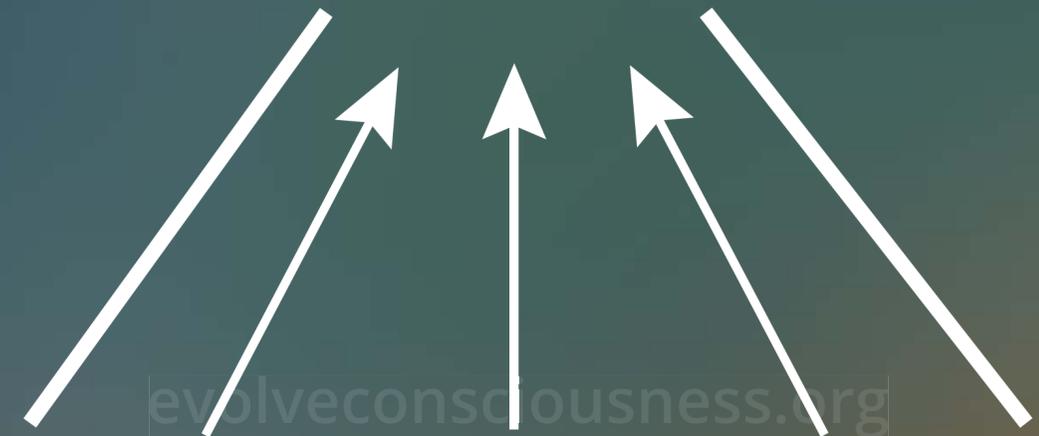# Paths of Truth, Good, Right are ONE Way

People say: "No one path to truth", "each person on their own path", etc.
Indeed, in the correct perspective, although Truth is always ONE way.

Truth ONE Way

Truth "Paths"

Person1   Person2   Person3

Specific Individual Knowledge and Position
in Evolved/Devolved Consciousness

Conscious progression towards Truth,
Good, Right is all ONE Way.

No one can occupy the same space, and
exact level of knowledge, we all walk our
own path relative to where we are, but all
pointing to the ONE way of Truth, even if
we deviate off path or don't know of this
ONE direction.

HIGH

LOW