

# The Inside-Out Reality and the Outside-In Illusion

## The Inside-Out Reality

The moment you realize thought and feeling are inseparable; the 100% nature of the thought-feeling connection...



You insightfully see that you're living in the feeling of the *principle* of thought taking form in the moment...



And you wake up to the fact that there is no world "out there" wielding power over your feelings...



Which means you can never be the victim of circumstance...



And your head clears...



And you start experiencing the pre-existing fact that you and your perceptual reality are one... that there is no separation between self and other...



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## The Outside-In Misunderstanding

When we *mistakenly* believe thought and feeling can be separated...



We believe our feeling is coming from 'out there', from somewhere *other than the principle* of thought taking form in the moment...



And we posit a world 'out there' with power over our felt experience...



Implying that we are separate from and at the mercy of that world 'out there'...



And it becomes vitally important to get control of that world 'out there' in order to secure our feelings...



And our heads fill up with superstitious thinking as we try to manage, manipulate and control that world 'out there'...



ANXIETY INDECISION SEPARATION INSECURITY  
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