

## Realization

# The Actual and the Real

Steven E. Kaufman\*

### ABSTRACT

Reality is real, but the real is not the Actual. The Actual is what is there where the real only appears to be. Know yourself as a reality, know yourself as some form, and you lose sight of the formless Actuality that you always are, always have been, and always will be.

**Key Words:** actual, real, appearance, reflection, form, formless.

Reality is real  
but the real  
is not the Actual.

The Actual  
is what is there  
where the real  
only appears to be.

A reflection is real  
but still is not  
what is actually there  
where it appears to be.

And so it is  
with all of reality,  
with all that we call real.

Caught up in the forms  
that we call reality  
we lose sight of the Actuality,  
and so lose sight  
of what is actually there  
where the reflection we call reality  
only appears to be.

And in losing sight  
of what is actually there  
where the reflection we call reality  
only appears to be

---

\*Correspondence: Steven E. Kaufman, Independent Researcher. <http://www.unifiedreality.com>  
E-mail: [skaufman@unifiedreality.com](mailto:skaufman@unifiedreality.com)

we lose sight of ourselves.

And in losing sight of ourselves  
we see only the forms,  
see only the realities,  
which then leads us  
to the mistaken conclusion  
that we too are a form,  
that we too are a reality.

And so we become lost in a reflection  
that only arises  
within our now hidden Self.

And so we think that we are real.  
But we are far more than real,  
for we are the Actual  
within which the real only arises  
like a reflection  
on the surface of a pond.

So what is this Actuality  
within which reality arises  
like a reflection  
on the surface of a pond?

It is not other than the Formlessness  
that apprehends as reality  
the forms that arise within Itself,  
and which forms it mistakes for Itself  
once it loses sight  
of its formless Self,  
once it loses sight  
of its formless Being.

But that which is lost  
can be found,  
and that which is hidden  
can be revealed,  
once it is understood that  
the forms that compose reality  
are less fundamental  
than the formless Actuality  
upon which reality rests  
and by which reality is apprehended  
and known as real.

Know yourself as a reality,  
know yourself as some form,  
and you lose sight  
of the formless Actuality  
that you always are  
always have been  
and always will be.

For when you think  
that what is only a reflection  
is what is actually there,  
then the mirror  
within which the reflection arises  
becomes hidden  
while still in plain sight.

But know yourself as the Actuality  
and you do not lose sight of reality,  
as a reflection does not disappear  
once one recognizes  
the presence of the mirror  
within which it arises.

Know yourself as the Actuality  
and you only lose sight  
of the related illusions  
that reality is what you are,  
and that reality is what is actually there  
where it appears to be.

Because once you know yourself  
as the formless Actuality,  
and not as some reality,  
you then know your Self  
to be what is actually there  
wherever the reflection  
that we call reality  
only appears to be.

Reality is real  
but the real  
is not the Actual.

The Actual is what you are.  
The real is only  
what you appear to be.

The real is only a reflection  
that arises within the Actual  
causing the Actual to appear  
as if it were only real.

This is the essence of maya,  
the essence of the illusion  
by which Beingness,  
by which the Actual,  
hides Itself from Itself  
while remaining always  
in plain sight of Itself,  
obscured only by that which  
the Actual Itself  
apprehends as real,  
but obscured only as long as  
the Actual mistakes  
what it apprehends as real  
for itself.