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

E-mail: 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 it 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.