

## REALITY

Reality is certainly not something everyone can easily face or often endure, especially if it's a reality like mine, which slaps you awake each morning, torments you all through the day, and slips in and out of your dreams during the night, which has been my reality for many years. I have come to learn much about the realities we face and how to see and use such realities in beneficial ways.

We shouldn't weaken under the sight of reality, or allow it to become our master, determining our decisions, creating such fears and doubts within us, denying us opportunities, spoiling our hopes, desires and joys. Yes, reality can be a very cruel master, should you allow it's deceptive, rational presentations to control your life with such negative influences.

I have come to view reality as a form of opportunity. I look for ways to turn negatives into positives. So when reality comes at me with such negative presentations, I see those negative realities as avenues of opportunities for positive results which will in some way benefit me.

Some people will in the face of reality, use such reality as and for a reason to avoid, as an excuse for escapism, to hide their fears, to conceal their weakness, to play psychological or emotional games, never once taking the time to consider the possible positive opportunities such realities may open the doors to.

If all you can see are negatives in your realities, then you are a victim of your own self-created demons, confining you to forms of anti-social existence, fearing the realities outside your door. Such a reality is a false representation of the truth. An illusion denying you joy, happiness and love. Causing more harm than good.

To approach a reality, one cannot always rely on logic as the deciding factor. For logic doesn't always apply. Is it logical for a person to talk to themselves? Yet, this is a human reality we all experience, enjoy, and will continue to participate in.

The question then is; Does your reality hinder or benefit you? Confine you or open doors for you? Protect you, or subject you to fear and uncertainty?

BY: 

AL CUNNINGHAM

DEDICATED TO: MARILYN B (canada)