



What Is Reality?

Adapted from YouTube

2 May 2024

@AlephTalks, 2024

Multiple Views of Reality

- Bar magnet field: [Faraday](#) vs [reality](#)
- [Single slit/double slit](#) electron gun reality
- Stephen Wolfram: [Observer Theory](#)
- Roger Penrose (mathematics, physics, consciousness)
 - [Part 1](#)
 - [Part 2](#)
 - [Part 3](#)
- The Buddha: Three Nails



The Three Nails of Buddhism

- Deep meditation leads to non duality, to loss of self identity
- The nail of the view: insight and clarity, free of any doubt, inexpressible beyond words, perfection of wisdom
- The nail of meditation: as you continue to abide within this view and sustain clarity, negative emotions disappear without a trace, a self knowing awareness arises
- The nail of conduct: the continuous state of awareness leads to a realization of emptiness, immeasurable compassion for others, and no non-virtuous activities