

# WHY DOES REALITY EXIST?



**MYSTICAL EXPERIENCE, SPIRITUAL  
AWAKENING AND DIVINE CONSCIOUSNESS**

**ALEX BERKELEY**

*Tell stories.*  
*Tell lots of stories.*  
*Tell me the story of life.*

*Our normal waking consciousness . . . is but one special type of consciousness, whilst all about it, parted from it by the flimsiest of screens, there lie potential forms of consciousness entirely different.*

*We may go through life without suspecting their existence; but apply the requisite stimulus and at a touch they are all there in all their completeness . . . No account of the universe in its totality can be final which leaves these other forms of consciousness quite disregarded.<sup>1</sup>*

~ William James, *The Varieties of Religious Experience*

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<sup>1</sup> James, William. *The Varieties of Religious Experience*. New York: Longmans, Green & Co., 1902.

*Ineffability. —The handiest of the marks by which I classify a state of mind as mystical... it immediately says that it defies expression, that no adequate report of its contents can be given in words. It follows from this that its quality must be directly experienced; it cannot be imparted or transferred to others. In this peculiarity, mystical states are more like states of feeling than like states of intellect. No one can make clear to another who has never had a certain feeling, in what the quality or worth of it consists. One must have musical ears to know the value of a symphony; one must have been in love one's self to understand a lover's state of mind. Lacking the heart or ear, we cannot interpret the musician or the lover justly, and are even likely to consider him weak-minded or absurd. The mystic finds that most of us accord to his experiences an equally incompetent treatment.<sup>2</sup>*

~ William James, *The Varieties of Religious Experience*

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<sup>2</sup> James, William. *The Varieties of Religious Experience*. New York: Longmans, Green & Co., 1902.

*Something has happened to me – I am utterly amazed – [can]  
this be... the answer to the riddle of life[?] – but it is too simple  
– I always knew it – it is remembering an old forgotten secret –  
like coming home – I am not “I,” not the “I” thought –  
there is no death.<sup>3</sup>*

~ H. Warner Allen

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<sup>3</sup> Allen, H. Warner. *The Timeless Moment*. London: Faber and Faber Ltd, 1947.

# **Why Does Reality Exist?**

*A journey into the wonders of your mind...*

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# The Purpose of This Book

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WE ARE ALL born with a certain window on the world. Through that window, we interpret the world and form a view of Self and Reality (however conscious of it [or not], we are). It is only when we depart from that window, and take on a “new perspective,” that the world transforms in front of us magically. For some, it may be a gradual shift, but for others, in spiritual awakening, it can be an abrupt shift accompanied with significant cognitive dissonance upon “return” to the this-worldly realm.

This book helps provide a map for those who may face a similar cognitive dissonance, and for those who are looking for validation of their glimpses. It guides you through the magic of lessons learned in mystical experience. Through essays, parables, images, and stream of consciousness, I have structured this book in four respective sections to allow for different “dimensions” of thought from which to view the existence of the mystical domain.

*The goal is to meet you, the reader, in the middle, wherever you are traveling.*

Each different textual style is conducive for the different worlds you may travel in any moment of hallucinatory time... While the essays that begin this book are meant more for those traveling within linear thought, the parables and images transport the imagination to the higher planes. Finally, the stream of consciousness entries are for those currently living in ecstasy.

*Whichever path you travel, they all exist in parallel... As above, so below... so they say...*

Each of us lives life in two worlds—one on the physical plane and one in the spiritual. Each day of our lives, we are absorbing information from the world we see around us and from the mystical world we do not see. I hope this book helps you integrate the invisible knowledge learned in the spiritual realm into your life in the physical plane. As we strive to attain union with the Divine, there will be

certain states in which we feel the spiritual fruits of our search more than in others. However, the Divine is *always* with us wherever we go. It is everything and nothing. This book is my attempt to help you align your Self and your worldview with the truths evoked in the higher planes and to achieve a lifestyle that is more harmonious with the mystical dimension. With a lifestyle that balances the two worlds out, we can achieve peace of mind in our day-to-day lives, knowing that the spiritual realm always exists.

Mystical truths are outside of our understanding, and spiritual awakening can feel overwhelming. But the paradigm shift in our way of thinking toward an “expanded” world is within reach....

Ultimately, the answer to the question, “Why does Reality exist?” is always beyond all surface-level appearances (which includes this book). Thus, while this book does not provide a *direct* answer to this book’s title question, there is a secondary answer through God from which it is provided in all forms. This is because the material world (including this book) emanates from the *genuine source*, as coded, allegorical language for the actual message.

Though the words on these pages are dead ink, channeled *through* a conscious mind, they transform into something else. This process that goes from ink on a page to interpretive meaning is analogous to the process we undergo in transformational mystical experience, as we lose our mentally constructed sense of Self and the world in our ascent to a higher Reality. Somehow, we take on more than the surface level of meaning and transcend into a higher understanding. “There,” we see the world “from above” and marvel how the dream we once held as foundational was, all along, just one point of experience from an infinite set of potential experiences. This book is my attempt to prove the existence of God.

Let us awaken to the dream of a higher world together...

# Preface

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**T**RADITIONALLY, BOOKS ARE understood to be static.  
But this is a living, breathing book.  
What if the Universe, all of Reality, is a book?  
This book, then, is alive.  
It comprises all our lives.  
It is breathing through your Mind, so edit it to your heart's  
content.  
Mistakes are allowed.  
The author and reader are one.  
Unity and love

For the Reader:

Using the **\*bolded and starred\*** letters from each chapter in the essays, you will be able to construct a hidden, “secret” sentence... You can find these letters in the beginning of the chapters, in the caption below each image.

# DIMENSION OF THOUGHT: ESSAYS

*This section is intended more for those currently traveling in linear thought  
Incarnating...*



# Chronology and Hallucinatory Time: A Theory on History



As life journeys forth into the Timescape where all of History is seen and unseen simultaneously, they wonder, who created Ti\*m\*e?



LET US EMBARK on an exciting journey of *Our History*. As we travel through Our History, we shall explore a theory on History.

No, not *that* History.

Not the one you read about in school. I'm referring to the actual *lived* History of the experiences you read about. I am asking you to take up and feel empathically the conscious experiences of the beings behind the History you read about. *Feel* as they felt. Assume their psyches. To appreciate History is to *become* those experiencers.

## **History Is Alive – the News Is Not the Truth, the Experience Is**

- What was it like to *be* a female commoner in Ancient Egypt, waking up from sleep and going to scratch her leg?
- What was it like to *be* the dinosaur having a meditative moment by the rocks bordering the jungle?
- What was it like to *be* a human from a far-advanced technological civilization tinkering with his time machine?
- What was it like to *be* a bear stalking prey in the Stone Age?
- What was it like to *be* that mystic by the brook in religious ecstasy?

Remember the first man to light fire? That guy you read about in the History books? The one with the dirty face, disheveled hair, grunting, and supposedly wearing animal hides? That was an actual person! Just as you feel, he was also feeling. Someone had to be the first being to light a fire. He too was Reality's experience.

When that happened in History, it was as if experience was telling the story of a man who rejoiced in excitement upon that flick that lit the fire. "What special power is this?" he might have asked himself. "Wait until my friends get a load of this!"

So, the genuine History is *alive*!

The fabric of Reality is therefore experience. Experience comprises the collection of memories about events in our lives. Reality, in this sense, is equivalent to a story—not just any story but

*His-Story*. While we go through life horizontally in time to draft stories of our lives, Ultimate Reality may perceive all our stories collectively at once, vertically. Our lives are temporal, but God / Ultimate Reality / the Universe is eternal.

## **Chronology and Time**

This brings us to the fascinating topic of time. Physicists still grapple with the questions, “What is time?” “What is its nature?” and “How does it appear to move in one direction when the laws of physics operate in both directions?” Mystical interpretations, which society once thought were farfetched, are seriously taking hold in the scientific mainstream. In exploring History, it’s important to understand that since Reality is having experiences, it *matters* how these experiences perceive the nature of time subjectively and record them as “events” in History. It also matters how the receiver of History perceives the creation of stories, the so-called Historian making a theory on History.

Ultimate Reality perceives this enormous book of History, which comprises “living” stories that are our lives. Within each story, there are different conceptualizations of time:

## **Time-Linear Story**

There’s the familiar story we tell ourselves about time, the simple flowing of events from “past” to “future,” where cause precedes effect. We create the “story” as a collection of these events and remember it in our minds. To go back and to remember these stories is to re-*member* past *members* / events together as a holistic (in this case, time-linear) whole.

But then there are occasions, great visionary occasions, where the “world opens” and we gain access to something far greater than the time-linearity we once held as so foundational. The linearity of time melts away, our mind constructs a new pattern for it, and a new world dawns....

## Getting Access to the Divine – When Time Melts Away

In these Stories, mystics often say they get “access” to a God-like state (and possibly access to other identities, or ways of existence / Reality). Instead of viewing meaning through the time-linearity “reading” of events, they say we see things *as if* “from above” or “from another dimension.” Since that form of identity and relating to Reality does not translate in this-worldly domain or in the “sober state of consciousness,” ultimately, upon “return” to physical Reality, we are at a loss to explain our ineffable and numinous experiences. If we didn’t “forget” those identities, we would “never come back.”

What, for instance, are we to make of the accounts below?

## Time as a Panorama, Laid Out as “All There” and “Co-Existing”

One Near-Death Experience in NDE researcher Pim van Lommel’s studies portrays time as:

*My entire existence... seemed to be placed in front of me in a... panoramic, three-dimensional flashback... I cannot say how long this life review [lasted];... it may have been long... yet concurrently it seemed just a fraction of a second, as I observed everything at once.<sup>4</sup>*

The Mazatecan shaman Maria Sabina, speaking about visionary experience occasioned by psilocybin mushrooms, said:

*There is a world beyond ours, a world that is far away, nearby, and invisible. And [that] is where God lives, where the dead live, the spirits and the saints, a world where everything has already happened and everything is known.<sup>5</sup>*

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<sup>4</sup> Van Lommel, P. *Eindeloos bewustzijn; een wetenschappelijke visie op de BijnaDood Ervaring [Endless consciousness]*. Kampen, The Netherlands: Ten Have, 2007.

<sup>5</sup> Sabina, Maria. Quoted in “Plants of Mind and Spirit – Fungi.” U.S. Forest Service. [https://www.fs.usda.gov/wildflowers/ethnobotany/Mind\\_and\\_Spirit/fungi.shtml](https://www.fs.usda.gov/wildflowers/ethnobotany/Mind_and_Spirit/fungi.shtml)

These experiences sequence time as being almost like space, where you can look behind you, look to the right, look to the left, but instead of “looking” as if into space, you are “understanding” each moment previously situated as “before,” “now,” and “after,” all at once. “[E]verything has already happened and everything is known.”

## **Prophetic Visions, or “Gazing into the Future”**

Images of the future, whether an alternate History or under your actualized timeline, can be streamed into the present or past. At age twenty-two, I had a prophetic vision where:

*I was actively daydreaming about my old elementary school best friend’s mother. I kept thinking about Matt’s mother and how weird it was that I’d had a secret crush on her. I hadn’t seen my best friend in years, and his family lived a good twenty minutes away. Almost no one showed up at our front doorstep. I kept thinking about her showing up on my front doorstep. This was the first time I had thought about her in many years...*

*The next day, I was in my room, and my Mom called out to me, “You won’t believe who showed up on the front doorstep...” She paused. I waited in suspense. “Matt’s mother.”*

## **Time in Reverse Order: Past-Life Regression**

These experiences can be said to occur in the resumption of past lives. Within this altered state, we go back into the past, and experience ourselves as being another person. My brother, once a skeptic, had a sensation of a past life, where he “re-membered” that he was “a politician.” There was so much conviction behind this idea that he was someone else in the past, but now, upon returning to this-worldly domain, it seemed like a funny delusion. Where did his conviction go?

## **Time Disappearing Altogether, Becoming Meaningless, or Expanding**

In other accounts, experiencers may report the concept of time “becoming meaningless” or they may say there were “moments of eternity.”

*I started losing track of everything. Time became meaningless, and I felt like the only “real” time was eternity. There was no present, no past, and no future. There was just “everything.” I started analyzing life and death, and no matter which way I looked at it, everything was great. Death made me laugh.<sup>6</sup>*

## **Anachronism, Time Travel, and Other Worlds**

What does this all mean? With these different formulations of time, one wonders whether it is possible to time travel in the mind. For if time exists within the universe and the mind generates time through conceptual understanding, the alteration of time might change the dimensions we inhabit. Can we see other worlds in another sequence, anachronistically, before they “happen” to other observers? What if we could see Ancient Egypt simultaneously with the flying hovercrafts of our future? In mystical experience, are we traveling to a dimension outside of space and time to see cause and effect blur together?

To the mystic, as the reports above show, time is vastly altered and new histories are created through our mind’s experience. They are, in some sense, parallel to our own world History, co-existing alongside it. But each world line shares the same ultimate fabric of Reality, forming an interconnected web of consciousness that cuts across different dimensions instantaneously.

This is where we get into the concept of alternate histories. Alternate histories may exist as part of a multiverse or “many-worlds” scenario that generates different versions of Reality. Within each sub-reality, the experiencer feels like theirs is the “only one,” but there are potentially many recreations of them.

Are some conspiracy theories just “other worlds” of the mind that some people can journey into or to which they can gain temporary access? Are these “other worlds” real in some sense? How would we know if a person were seeing truth or delusion? After all, from the standpoint of the mystically enchanted, that person is convinced that

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<sup>6</sup> ASR. “More than I Could Have Ever Expected.” Erowid. May 20, 2020. <https://erowid.org/experiences/exp.php?ID=109304>.

what they are seeing *is* the truth; and that others are simply “missing it” (and vice versa).

Either way, what looked previously like stories told through chronology, in one world, can now be re-invented to allow for anachronism in another world, such as memories streamed into the past and/or the future. Our life becomes an interconnected web across “past,” “present,” and “future,” playing through all conscious beings at once. Our stories are connected and shared through a book, or “collective unconscious.”


So, in reflecting upon your life, be both joyful and humble that your chapter is part of an infinitely larger, interconnected book of Reality—that your life is a blink of an eye when considered in the context of all the chapters in this book—and that therefore we have hardly a clue about the whole. That is, until, perhaps, we have a mystical experience, where we transcend beyond our individual chapters and learn about the pattern behind all patterns, ie. what’s the message of the entire book?

## **Time and Life as Imaginary**

It should be obvious at this point that our perception of time and personal construction of History is subjectively abstract and subject to dramatic overhaul. Whatever formulation of time and narrative we play out in any experience is just that. No formulation is necessarily the “right” formulation, but all of them are “real” conceptualized stories that become part of *History*. It is with hope and faith that we nurture Reality’s History toward a positive direction of love and light.

Time, like anything else we perceive in this world—colors, sights, smells, feelings, sounds—is a construction of the perceiving mind. That’s not to say that time isn’t necessarily real, but the construction and how we live through it is a mental experience that can be transformed radically. Our experience of it is imaginary, and the flow of events it connects us to—what we call life—is equally imaginary but concurrently real.

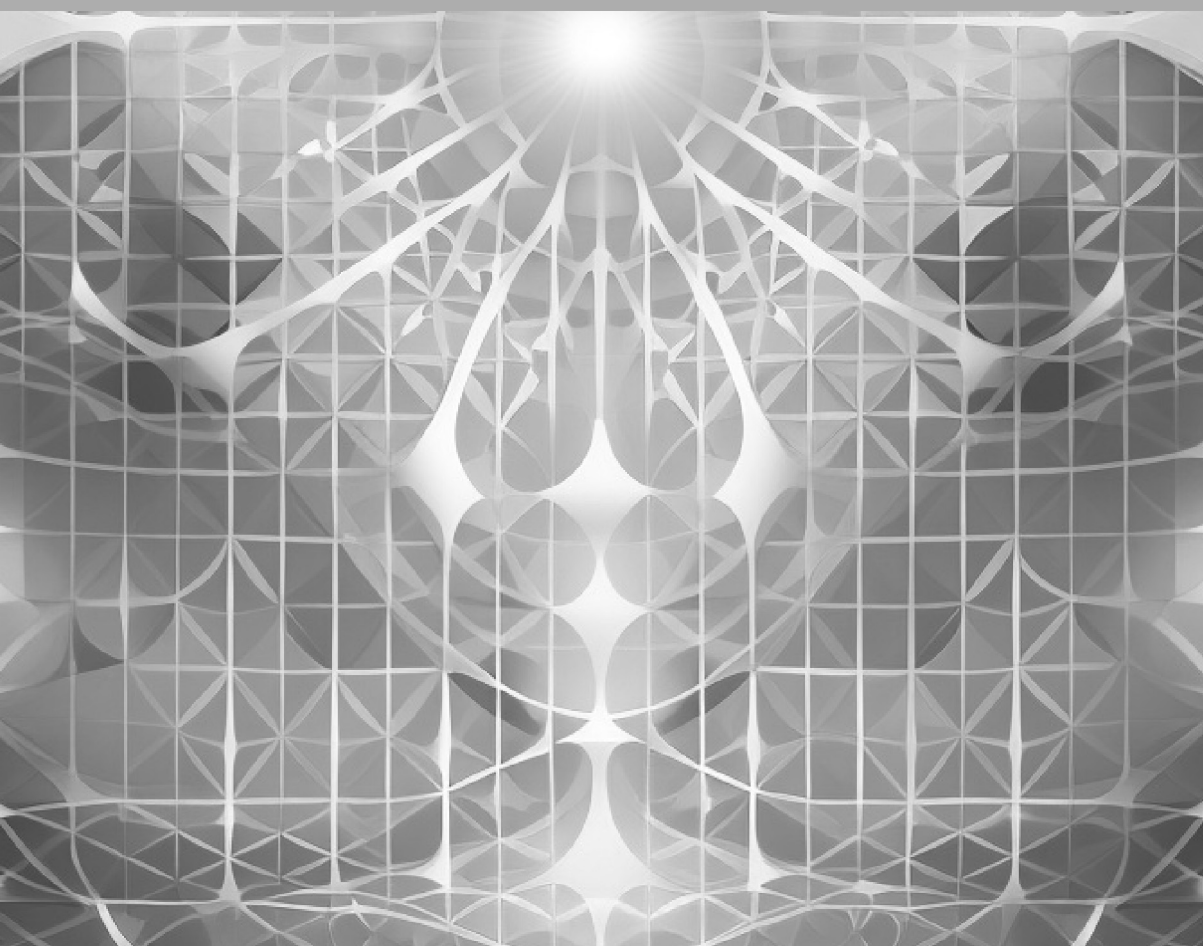
As the distinction between “past,” “present,” and “future” blurs, and our world-conceptualization with it, we open ourselves up to the interconnectedness and oneness of existence....



# DIMENSION OF THOUGHT: PARABLES, SHORT STORIES, AND THOUGHT EXPERIMENTS

*This section is intended more for those currently traveling in imaginative  
thought*

Initiation...



# A Vision of “Other Worlds” – A Story Through Images



A young lady, Dorothy, tells her friends of a vision she once had in her youth...





It was about a Being that visited her once when she was a baby, and the wonderful things the Being foretold of Reality.



Dorothy used to recall that Being every day well into her adolescence. In her garden, she marveled at the beauty of nature and the mystery behind existence. "Why does Reality exist?" she wondered. The plants in the garden channeled the Being's message and spoke to her, radiating a sense of wonder at her question. Dorothy loved nature and the answers to life's mysteries it gave her...Until one day, she forgot about the Being, the plants, and the mystery.



Years later, in her young adulthood, Dorothy fell asleep on the hillside by the garden. She remembers once again... the wondrous stories told by that great Being.



Dorothy recalls in her youth how she would head out to a babbling brook to meet her friend Abigail. Abigail viewed her own relationship to the “outside” world differently from others. She felt connected to nature. Dorothy and Abigail spent days together by that brook discussing magic.



Dorothy remembers one magical day when Abigail enchanted her, sprouted wings, and revealed herself to be the long-forgotten Being of her childhood vision.



In an image streamed into her mind, the Being shows Dorothy that in her youth, when she too believed in magic, she could also grow wings.

Dorothy says:

*Know that what I tell you may seem absurd, but I ask you to suspend disbelief and journey into your imagination—into the world of infinite wonder and awe. It will be like not using your eyes, not relying on your current senses, and seeing with new perception. Know that the vision transcends this world, and all understood possibilities. No words will ever touch those visionary planes here. This world is generated by that spiritual world.*



As Dorothy merges with the joy and peace that surround her, she believes once more. She perceives her mind, and with it, all of Reality, expanding in an “impossible” way.



Transforming, Dorothy and the Being journey into another world. A thought enters their minds: "I feel like time is disappearing. As amazing as it is, it is the least of what the ecstasy of wonder will do to amaze you. I see it."

But who is speaking? Who is hearing?





Experiencing the Love of family through all eternal epochs in all persons was astonishing.



And then, with no sense of time, Dorothy melted into the rippling waters of three Beings of Reality, who taught her to “see in all directions” and “from all perspectives” at once.

WHY DOES REALITY EXIST?



The wonder felt merging into Love and all of Reality was beyond words.



And then... all of Time dissolved with all Beings...In this feeling of Love and Eternity, the world felt great ecstasy at the marvel of its existence.



But it became time for “her” to “return.” Dorothy missed the world she had left, so she recreated “Earth” and her friends.



Returning to “this-worldly” domain, Dorothy remembers her friends from her youth to whom she was telling the story.



AND, TO HER confusion, Dorothy finds herself asleep in her own story back on the country hillside.

Waking up young again, she feels as though she's lived thousands of years in a dream—unclear of whether she had told any of her friends the tale. Was it a dream? Imagination? Reality? A mix of all?

She truly had experienced the “other worlds,” but no longer had means to communicate that she had experienced something profound and life-changing—and she couldn't quite remember what it was. All she knew was that she felt different somehow. But now, it was all a simple, consolidated memory touched by magic.

Getting up to leave, she feels intense feelings of wonder at all of existence, as if, with every step she takes, she is re-birthing. Reality is alive. Despite not recollecting her most magical memory fully, she could always bask in the awe of what once was hers.

Now, reader, forget my words, and create your own story based on these images!