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Access to Reality

There is a natural tendency to believe that we have access to reality, that is, that we live in a real world according to what we perceive by the physical senses, giving greater importance to vision and no second thoughts whenever we see something, no doubt or whatsoever. This is a very important issue for mediumship, since this same belief is shared by psychic mediums. However, both in physical and mediumistic vision, there is a great possibility of misunderstandings; optical illusion games are a complete proof that our vision can be manipulated. If the possibility of being intentionally led to a given understanding, we can infer that in routine events the vision may not occur as expected, leading the individual to believe that has seen something while the reality is different.

Thus, two people, faced with the same event or reality, may have different perceptions, depending on what is captured by the eyes and interpreted by the brain. This is one of the reasons why the scientific method is fundamental, despite all the common criticisms, but this is a method that can and should be applied in various fields of our life and not only in the laboratory [1].

A good example, to start with, is to consider two people observing the digit six, or the nine, in different relative positions. So, one will say it is the digit six while the other will say it is a nine. In this case, both are correct, however, for each one, the other will be wrong; there are two realities that can be verified by both people simultaneously. This example can be considered as a simplistic (and misguided) view of a paradox. To avoid this situation, it is common to add a dash on the bottom of these digits to serve as a reference, very common in bingos and sweepstakes.

However, there are other paradoxes that are not simple and cannot be verified by two people simultaneously. Those are mental exercises elaborated from the concepts of Modern Physics, more specifically Quantum Physics and Theory of Relativity. One of these examples that raises interesting questions about our access to reality and that considers the Theory of Relativity is the paradox of the pole and the barn. This paradox describes a situation that, at first glance, seems impossible, but when considering the Theory of Relativity becomes possible, even without a definite conclusion.

Imagine a situation where someone wants to put a 20-meter-long pole in a 10-meter-long barn. In this scenario, there is a person in possession of the pole running at a speed of about 90% of the speed of light, that is, 270.000 km/s, while another person stands at the barn door watching. At this speed, the person at the barn observes a contraction of space with respect to the pole and thus it would be possible to fit it into the barn. However, for the runner, the contraction of the space occurs with respect to the barn which, from his point of view, would be less than 10 meters, therefore, the pole would not fit in.

The scenario above shows that for the standing person at the barn, the pole fits in, while, for the runner, the pole still does not fit in. Which one would be right? The theory says that both, although not verifiable because it is impossible to achieve so high speed with macroscopic objects. The complications of this and many other paradoxes demonstrate the complexity

related to the access to reality, in which the position of the observer in relation to the phenomenon itself is fundamental.

Our tendency is to evaluate events and perceptions with limited understanding and, worse than that, we believe to be "the lord of reason". Therefore, it is important to know an interesting process, called "misoneism", that is, irrational fear and hatred of new ideas.

Swiss psychiatrist Carl G. Jung says, "I have already pointed out the existence among primitive people of what anthropologists call 'misoneism', a deep and superstitious fear of the new". "The 'civilized' person reacts to new ideas in the same way, erecting psychological barriers that protects from the shock brought by innovation." [2].

Jung also says that "consciousness naturally resists everything that is unconsciously unknown" [2], so we need to overcome this resistance, aware that there is much that we do not know and the need to continue with personal development.

Both the nature of reality [1] and its access are not trivial in a limited point of view. The knowledge that both are beyond what we consider to be reality is fundamental to the awakening of the spirit and to come into contact with its own essence, because, in general, we do not know what exists in the depths of the spirit. In addition, we must be aware that the teachings of Jesus and Spiritism itself are based on the understanding of the nature of reality.

#### References:

[1] Claudio C. Conti; Nature of Reality, Spiritist Culture Magazine, August 2020.

[2] Carl G. Jung; The Man and his Symbols.