

# Consciousness: The Foundation of Reality

Who are we? Are we just machines, are we simply the brains of our bodies, or are we truly conscious beings? This also leads one to the question: What is consciousness? Is it when a human being wakes from slumber? Is it the life that sparks self awareness into a life form? Or, are we, at the root of our beings, at the grounds of our molecules, consciousness? Perhaps the most relevant question is: Why is this important?

The world is in turmoil. The people are in a state of chaos. Society is crumbling beneath its feet. And, oddly enough, most of us are searching for salvation. Yet, few of us, very few, ever find the truth to the question: Who are we? Why is this? How can the answer to our most vital question be so elusive? Is this because we're asking the wrong question? Is this due to our lack of knowledge?

No.

No question is ever wrong and knowledge is ever abundant. The answer to the question *who are we* is simple and in the title of this article. The answer is consciousness, or rather, its degree. We, as a species, are an ever evolving form of conscious energy. We are singular points of awareness that focus the source of all life into a virtual reality, we call existence. In other words, the answer to "*who are we*" is simple. We are the creators of reality.

Yet, for some reason, we feel powerless, and thus seek to control, destroy, and gain power over others. This, of course, feeble attempt to rule the world always ends in an inevitable blunder, simply because that is our unconscious intention.

The key factor to our reality is that we are one. So the question is not "who are we", but who am I. And, no, "We are one" is not just some new age term. It is the simplistic representation of the most basic truth of our reality.

Look outside. A ten second observation will prove this apparent and beautiful truth for you. The ground on which we walk sustains our weight. The trees exhale the air in which you breathe. The clouds above condition the temperature required for your body to function. Everything is interdependent. This is a symbiotic planet within a symbiotic universe. It is one living, breathing, sustaining organism. And, it is conscious.

Yes, everything is conscious. Who are we? We are consciousness.

Consciousness is the intention of energy; the volition of matter. It is the very essence of what we consider reality. How can you know this as truth? Ask yourself *this* question: If everything in the universe came from the same source (which it did), is made of the same material (which it is), than what drives everything to form itself into such a multitude of complexity?

The answer is simple: Consciousness!

Please check out my website [www.enigmaw.com](http://www.enigmaw.com) for more information and fascinating creations of conscious intention.

- Marquis White