

# **Reality, Truth, and Human Vanity**

**by Phillip W. Weiss**

**There is reality. Reality is real. Reality is fact. Reality is truth. The nature of reality is such that it confounds the human mind, causing the human mind to erect barriers to shield the person from the truth, which is reality. For many, truth is a hard medicine to swallow. Reality is unforgiving. It does not change. Only the perception of it changes. Reality demands respect. That makes it even more scary for people with fragile egos and unfulfilled desires. Reality says no to personal wishes. Hence, people erect their own personal realities that medical professionals label delusions and hallucinations.**

**People will go to great lengths to create a mental edifice based on nothing except wishes that in turn are based on nothing. Wishes are generated by unmet needs, and unmet needs come from deep within that part of the mind that regulates the instinctual drives that have to do with survival. The Bible deals with human vanity which is treated as a sin. Vanity is to be self-centered, to have the nerve to believe that YOU are the center of the universe, that your needs are more important than others, that people exist to serve YOU. Yet, that belief, selfish as it is, is a core component of human nature. It is impossible NOT to think about self, impossible to perceive yourself as being on the margins, of lacking importance, of having no motive to survive.**

**The problem arises when the thinking of self becomes so obsessive that it leads to conduct that is harmful to others. That's where objectivity plays a critical**

role in human life. One must understand their factual relationship to the world, that they are NOT at the center, as distressing as that truth may be and is. To achieve that requires a certain cognitive ability that some people do not have, and others don't want to use.

This brings us back to the truth. Truth is information that is impervious to challenge. When someone makes an assertion, the response must be, is it the truth? If it is not the truth, then it is without value except as a talking point from which to launch a debate, which some parties may fear. For instance, a man meets a lady, and he likes her, is attracted to her, and wants to have sex with her. However, she has an unfriendly personality and is also a conniver and manipulator. The man knows all this but refuses to accept the truth, and winds up having a relationship with a lady who then uses the opportunity to manipulate him, causing him distress. He is truly shocked because he refused to accept the truth, and instead acted based upon a wish list concocted by his mind to defend him against the very truth that if accepted would cause this man to reject the woman for whom he craves.

Through this process of denial, people put up with a lot. Denial is the most primordial of mental processes. Denial enables the human to rationalize even the most awful of circumstances so that we do not lose the drive to survive. Few people want to admit that things are as bad as circumstances seem to suggest. People need to feel hope, for hopelessness leads to despair and despair to death. The cloud may be big and dark and full of thunder and lightning, but it also brings the rainbow, and who cannot feel inspired by a rainbow?