

RETURN TO CLARITY — BEYOND COGNITIVE DISTORTION (CS003)

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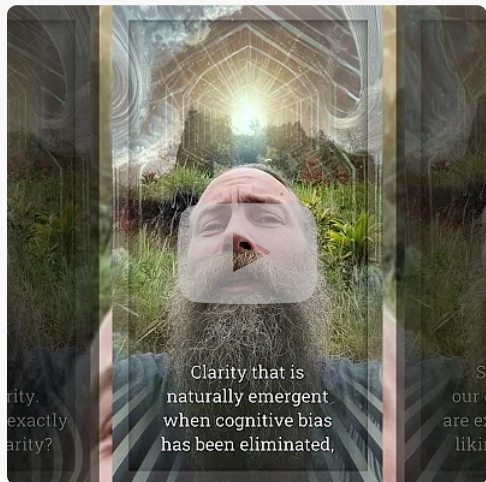
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We seek a path back to clarity. What is clarity though? How do we reclaim our clear perception? Clarity is the recognition of objective actuality. Clarity is natural when your cognitive distortions are removed.



Your cognitive stack has multiple concern domains. Each of them is a potential lens of distortion. When any one of your

domains becomes a concern greater than truth, distortions follow and clarity is lost.

Our instincts. Our emotions. Our thought-forms. Our identity itself. We filter the inputs of reality for our comfort and self-preservation. Our subjective concerns override truth. We embrace our projections.

When your consciousness is pitted against actuality, you default to the losing side of the battlefield. Illusions are ever crushed by actuality sovereign. Capitulate today. Let truth itself recreate your awareness.

*#ConsciousSystems #Clarity #Distortion #Projections
#ConfirmationBias #Truth #Reality #Subjectivity #Objectivity
#Actuality #BeReal #AnandaICU*

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We return to clarity. But hang on – how exactly do we return to clarity? And what even is that clarity?

Into Clarity – Ingrained and Methodical Observation

Well, the basic bottom line of clarity is the unbiased perception and recognition of all things as they are – out there and inside of yourself. Clarity that is naturally emergent when cognitive bias has been eliminated, when subjective distortions no longer cloud your horizon – no filters, no distorting lenses.

Whatever profound insights and rays of enlightenment that may follow, they are entirely contingent on this baseline of clarity. Registering actuality, reality as it is – with all of its implications. Whether we like them or not. Subjective bias, our distorting lenses, are exactly born of that liking and disliking. Our reactivity, and with that, the biasing of our interpretation of what is.

As we examine the pathways and dynamics of cognitive distortion, the planes of your consciousness subject to corruption, there are two standards. In the gold standard, you are able to decouple yourself from the entire stack of your cognition. You watch these processes unfolding, as if from the orbit, observing,

witnessing – and with ease, spotting any distortions in their workings.

Where this may not yet be a reality – it's all in the process of our cognitive evolution, refinement and liberation – we must be methodical. Step by step, field by field, discerning the ongoings, reflecting on our internal workings. Honest and sincere introspection, self-evaluation – transparency unto ourselves for all that we are. In that, we will both spot our cognitive distortions and learn to rise above our entire cognitive process.

The Concern Domains of Our Cognitive Distortion

In a quick snapshot, then, the domains of our being that lend themselves to generating distortions, when we are too preoccupied with them. Concern domains, so-called, because on each of these planes of our being, there are things that substantially concern us as well-rounded entities. Let, still, none of these planes be more concerning than our concern for truth, actuality, things as they are.

The **plane of instincts**. Our survival, biological propagation. If this were the case, we evaluate, and if I

accepted these perceptions, it would leave me hungry, it would leave me without a mate, it might compromise my shelter. Therefore, it cannot be so, and so instinct has overridden truth. Perception of actuality has been distorted to fit your basic need for security.

Then, to the **plane of emotions**. Both primary emotions and complex compound emotions that color and flavor our cognitive atmosphere. These conclusions, if they were so, they would make me sad. Therefore, they cannot be. These conclusions, if they were so, they would make me happy. Therefore, they certainly are. These conclusions, if that were the case, it would compromise the very basis of a relationship. I cannot see that, I cannot come to terms with that – therefore it is not. And with this, confirmation bias in accordance with our preference – distortions.

Then, to the **plane of our thought-forms**. The programming we have embraced in the course of our cognitive development, both in way of education and in our studies of life as it happens. The conclusions we have drawn, the frameworks we have set in place.

Now, these thought frames may not at all be the final word in reality – but if you turn them into the lens

through which all things must be seen, and if you turn them into the master frame into which all that exists must fit, you are significantly limiting the spectrum of reality, and you are distorting what is – in order to make it fit your preferred framings. Then, do not force particular frameworks of thinking. Remain ever open to the raw actuality as it is – and whatever conclusions may be emergent, embrace them. For truth in itself forms the supreme framework of all that be.

Finally, we have the **plane of identity** itself. Our self-conception, whatever that we fancy ourselves as being. Typically, our sense of identity is fixed into particular roles and contexts, and entangled with one or the other of the primary planes of our cognitive stack. Instincts, emotions, thought-forms, or self itself – preoccupied with ourselves as the priority over emotions, over self-preservation, over whatever models of thinking. That happens, right?

Then, on the planes of identity, we generate distortion. The professor shall never be wrong – for their thesis, their conclusions are integral to their professorhood, their identity in itself. The spiritualist, having crafted the most enlightened ego ever, is extremely sensitive to

suggestions that their behavior is entirely conditioned, that they react, just in different terms, all the same as the other worldling.

Truth is no longer the supreme priority. Self-preservation, in the nest we have crafted for ourselves, in the finite ego – that is the ultimate distorting lens. Then dissociate from it, disown it. It is a tool, it is an instrument – not a self-serving vehicle, the final word in your existence.

Resolute Into Clarity – Absolution in Truth

Suppose we recognize particular truths – conclusions emerge. These conclusions are consequential. They will leave us hungry, they will make us unhappy, they will deconstruct our frame of concepts – and they will even decimate our identity.

Okay. Let it be so. Because truth is supreme, truth is sovereign – and we cannot leap into illusions as a matter of padding this frame of our existence to our comfort. For truth alone is – and must ever be. The rest are ephemeral hallucinations. If you latch onto them, you bite into a world of misery.

Then allow the imperative for clarity, the primacy of truth, guide you on your journey beyond your cognitive distortions, beyond the convoluted state of being most of us have landed in.

The truth shall set you free – but only if you allow it to. If instead the truth becomes your enemy. You enter the battlefield, your illusions vs. what is – your illusions must be preserved at all cost – then be aware you are forever the loser, in the grind of your self-constructed prison house, in the mesh of your illusions.

Then into clarity, friends, absolution in truth – and may your illusions be the noble sacrifice on the altar of actuality.

 <https://ananda.icu/talks/conscious-systems/cs003-return-to-clarity-beyond-cognitive-distortion>