

# WHAT ABOUT ACTUALITY: WITNESS BEYOND OPINIONS • NOT MEASURING FINAL FACTS (WAOO2)

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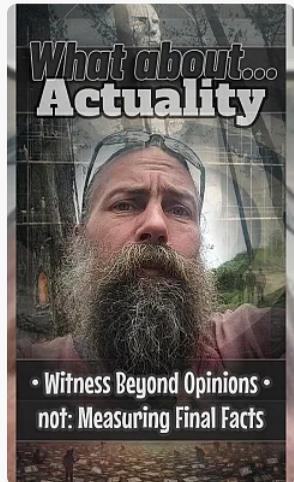
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What about actuality? Like an objective reality? Revealed in the full frequency of light and sound – in the final quantum field equations – waking up from the last alien simulation into a final reality? Well that's not at all the point here.

We're talking about the removal of your cognitive distortions. Nothing but the recognition of "what is", as it is, in this simple common reality of ours – without your subjective filters, mental editing, and loaded projections. That's all.



#WhatAboutSeries

#Objectivity

#Witness

#Subjectivity

#CognitiveDistortion

#NeutralObserver

#Suchness

#Itness

**What about actuality?** Raw reality. The itness and suchness of being and becoming. Existence as it is. And how many the objections to the thought of an objective reality out there?

You only see a limited spectrum of light. You only hear a limited range of frequencies. You cannot see or hear things as they are. But that's not the point here. These concrete forms, atomic constructs, particles floating in infinite space, underlying potential quantum flux, ambiguous, uncertain. But that too is not the point here. And how do we know this isn't all just a simulation in some alien computer, or we are all living in the dream of a cosmic deity? But not even that is the point here.

None of this is about pinning down the absolute final definition of material reality, shaping it into equations and converting it into metric units for good measure. That's not the point. We're not talking about external

measurements in reaching actuality. We're talking about the removal of internal distortions.

It doesn't matter if you are a deity perceiving gamma rays and hearing at the gigahertz frequency, if you still pour it back into your subjective filters – it's all the same. What you make of it, or you don't – that's the point. When you don't, that is, when none of the inputs from reality need to go through your little filters, through your selective process, through your cognitive bias, through your distorting lenses. Then we are reaching actuality, as it is, beyond your ideas and reactions.

Then whatever it is that we encounter, with best effort at perceiving it clearly, it is what it is. We don't cherry pick, we don't twist and tweak, we don't meddle with reality. That's all. Whatever that presents itself before our consciousness, we don't coat it with the baggage of our past, nor with the dreams of our future. Whatever that is, it is as it is, and we take it as such. Whatever of the past, of the future, of applications – it follows, it doesn't dominate.

Then actuality, things as they are, as a matter of fact, beyond your opinions. Suchness, things as such, as they

are, as it is. And itness, the underlying oneness and sameness that permeates all of existence when you step out of it. Then please, don't be a crazy little puppet taking all of existence for your private playground. Be a witness of the itness of what is. Become in tune with the suchness as it presents itself. Nothing more, nothing less. Reality, free of your distortions. That we call actuality.

 <https://ananda.icu/talks/what-about/wa002-actuality-witness-beyond-opinions-not-measuring-final-facts>