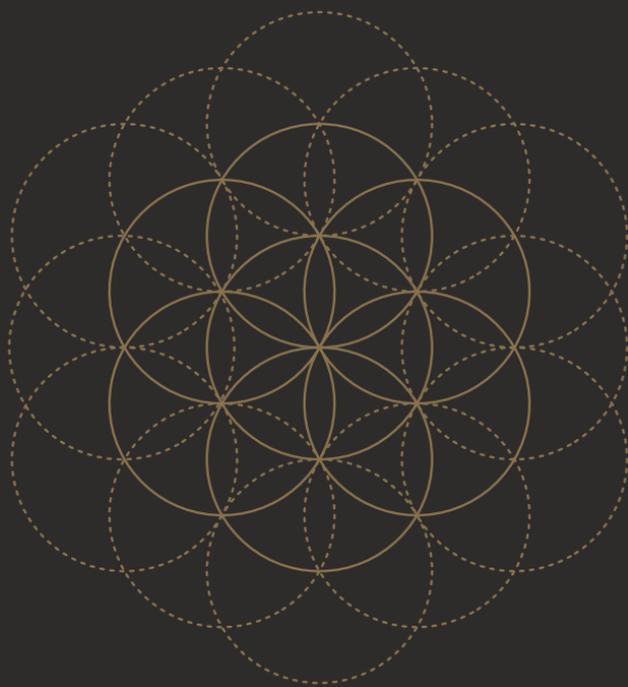
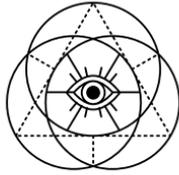


UNIFIED

Bringing It All Together



A UNIFIED APPROACH
TO THE LAW OF ATTRACTION



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Bringing It All Together

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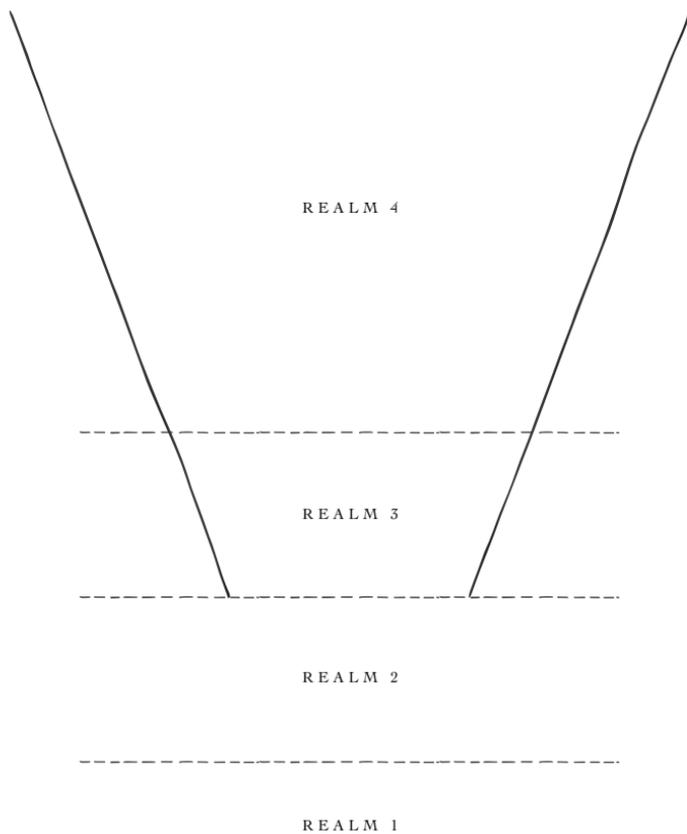
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ANATOMY OF REALITY

Fig. 1



F O R E W A R D

.....

Since the dawn of time man has sought truth about the nature of his own existence.

Why am I here? What happens when I die? Who am I? What is my relationship to the world?

Some of history's greatest minds have dedicated their lives to solving the riddle of life, to answering the eternal questions of being.

In modern times, this pursuit of truth, knowledge and betterment has led to personal studies of spirituality, non-duality, metaphysics, and universal laws (e.g. law of attraction).

With more pieces of the puzzle than ever before, the question remains—how do I put it all together?

In this book we will attempt to unify everything you have studied into one elegant map. For our purposes, we may call this the Anatomy of Reality.

With this map, you will better understand the various pieces of the universal puzzle, how they fit together as one whole, and how you can wield them for more power and mastery over your own life.

If you've studied many teachers of metaphysics, self-improvement and self-realization, yet wondered how everything fits together, this book is for you.

If you've studied so much that your head feels full, yet still feel like there is something missing, this book is for you.

If you're tired of studying and searching for better ways to manifest the life you desire, this book is for you.

This book marks the beginning of the end of The Search.

As we map out the Anatomy of Reality, as we piece together everything you have studied into one whole picture, as we structure out the process of creation in its totality, our singular objective is clarity.

We are not here to teach you the principles of consciousness or manifestation for the first time; our objective is rather to take everything you've learned (and perhaps something new) and put it all together, in a clear and concise way.

We seek to leave no gaps in understanding, so that a newfound sense of clarity may arise, and The Search for what is missing may dissolve.

In order to accomplish this, we must be precise and concise in our efforts.

We must take the wealth of knowledge you have accrued, and distill it down into its most simple form.

Thus, we have made every effort to present the following pages in clear, simple language.

This means we will not belabor concepts or word-smith our way to a higher page count. Every sentence, every word, will be concise and purposeful.

This book and accompanying map is designed to be a field guide so-to-speak, a reference for life and its many pursuits, a dictionary of self-mastery.

We will explore each of the *Four Realms* of reality, and map together the various terminology that fits therein.

What do we mean by realm? Realm simply means layer. Just as a building contains layers of construction, from its foundation to the paint on its walls, so does reality; each layer supports the layers above it.

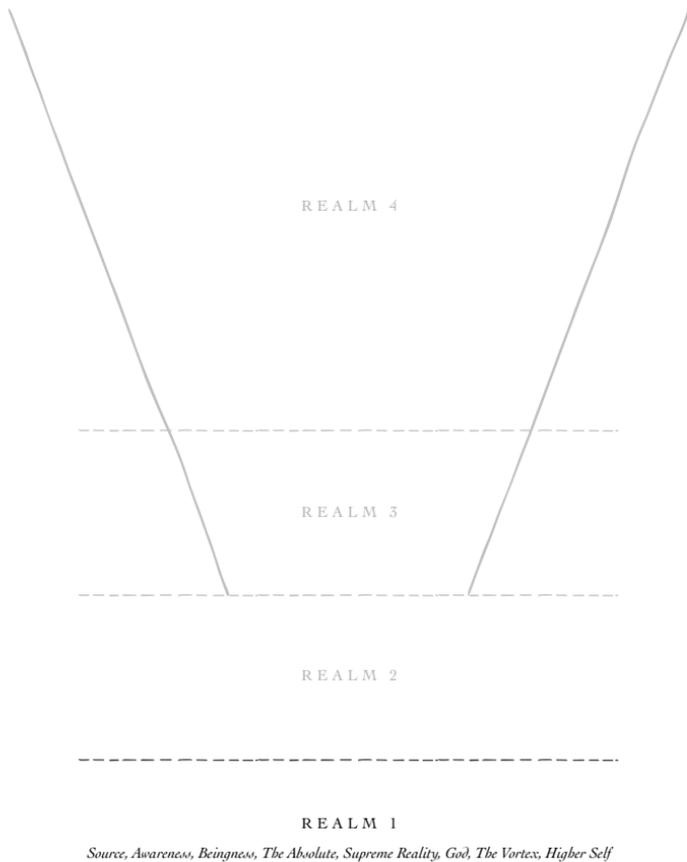
For example, a wall cannot be painted a beautiful shade of color if the wall is not there to be painted. Similarly, the contents of your life cannot exist without source and consciousness there to give life to it.

So, we will begin with the most foundational realm of reality first, then construct our map on top of it.

And with that, we welcome you to The First Realm.

ANATOMY OF REALITY

Fig. 2



T H E F I R S T R E A L M

.....

And so we begin.

What is the source of life?

From where do we come?

What is our basic nature?

This is what we explore in The First Realm.

This realm is the foundation of reality, life and existence.

It is both the source AND substance of everything.

It is often referred to as:

- Source
- Awareness
- Beingness
- The Absolute
- Supreme Reality
- God
- The Vortex
- Higher Self

These terms all essentially mean the same thing.

The First Realm is pure, unfiltered potentiality.

It is prior to form, and thus is boundless and infinite.

It never changes; it is always perfectly still.

It is the ever-present moment.

It is prior to the concept of time, and thus is eternal.

It is prior to the concept of space, and thus is everywhere.

It is prior to thought, the pure feeling of existence you call "I."

It is existence itself.

It is the source of all consciousness and matter.

It is the source of light of all that is.

It is the unmanifest source of all that is manifest.

It is You, simply *being*, with nothing added.

It is awareness, alone.

It is total oneness.

It is the void that is nothingness, which births everythingness.

It is your true nature before your body was born, while you are in this body, and after your body dies.

It is sometimes called God because it contains all intelligence, power, knowledge and presence.

It is omniscient, omnipotent and omnipresent.

It is sometimes called The Vortex, because when you identify with this core aspect of yourself, life flows like an unobstructed river.

Because it is omnipotent (it knows no limitation), the more you identify with this basic essence, the more power you hold.

Because it is omnipresent, the more you identify with this basic essence, the more you experience yourself in everything.

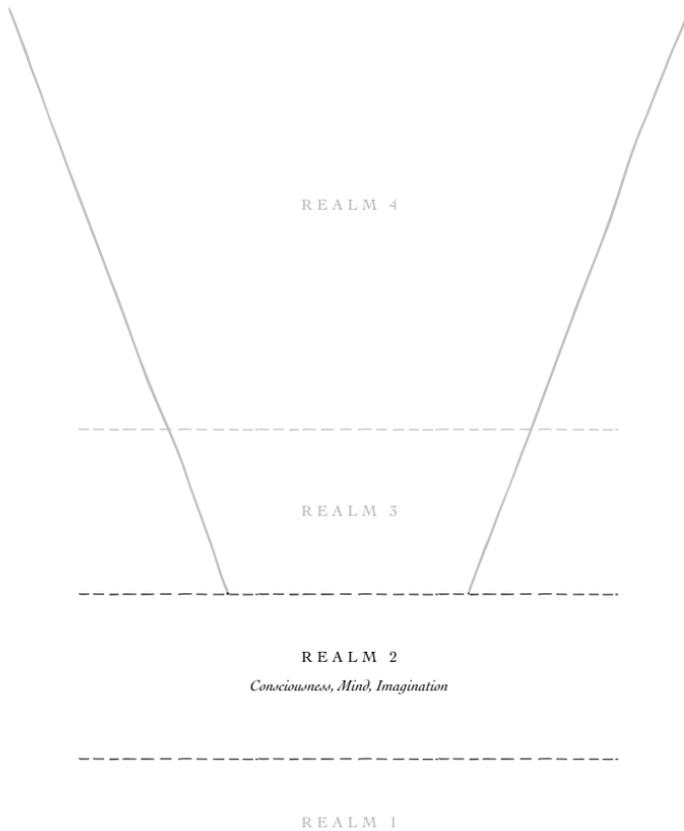
Because it is omniscient (all-knowing), the more you identify with this basic essence, the more wisdom you hold.

Welcome to The First Realm.

Note: The term “universe” is sometimes used for this realm (e.g. “ask the universe”), however this is a misnomer. What is meant in this case is The First Realm.

ANATOMY OF REALITY

Fig. 5



THE SECOND REALM

.....

Next we have The Second Realm.

How does source know itself and the world?

Is the world external or internal?

Am I a body experiencing a world, or something more?

This is what we explore in The Second Realm.

As The First Realm is purely unmanifest potential, The Second Realm is the first step in manifestation.

The Second Realm comprises:

- Consciousness
- Mind
- Imagination

You, as the formless First Realm, must create a modality in which, and through which, to experience.

This is the purpose of The Second Realm.

It is the lens through which we think, create, sense and experience.

It is the screen upon which the movie of life is projected.

It is the stage upon which the play of life is acted.

It is the container within which the body and world, and all thought and experience, arises.

It is prior to the body and world.

It is prior to time and space.

It is the container within which the perceiver and the perceived arises.

It is The First Realm waking up and suddenly knowing itself for the first time.

It is still, pure and limitless, but now with an awareness of "I am."

It is the sense of "I am" upon which all qualities of life are constructed.

It is pure liquid-light and bliss.

Because it is the space within which all occurs, the more you identify with this space, the more you experience that *all is within*.

Because it is the screen upon which the world is projected, the more you identify with this screen, the more you remain untouchable witness to all that happens.

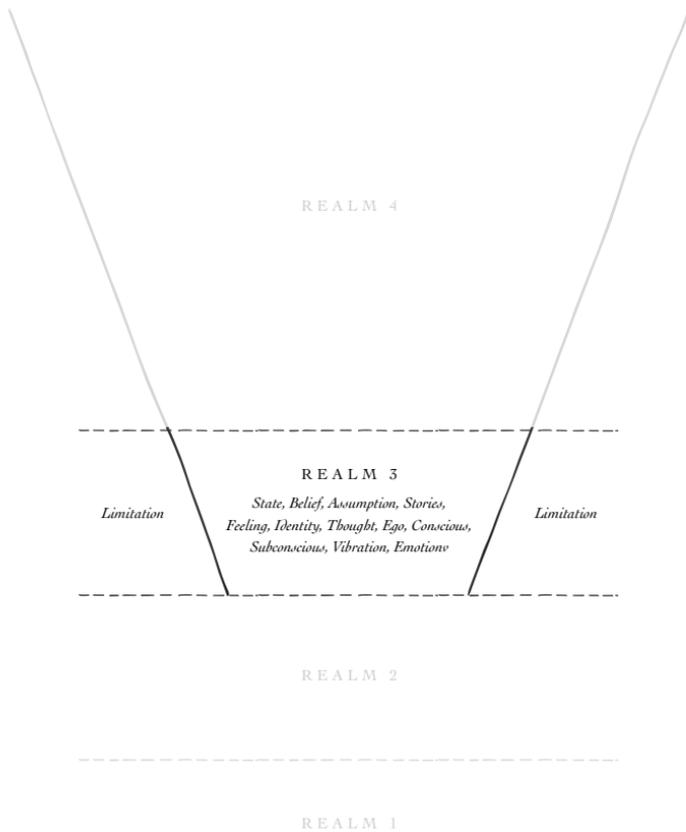
Because it is the stage upon which the world is played, the more you identify with this stage, the more understand there are no limits to your potential.

Because it is the pure awareness of “I am,” the more you identify with this awareness, the more you remain master over your thinking (you are greater than your thoughts).

Welcome to The Second Realm.

ANATOMY OF REALITY

Fig. 4



THE THIRD REALM

.....

Next we have The Third Realm.

How do I manifest?

How do all of the various law of attraction and metaphysics terms relate?

What can I do to manifest with more mastery?

What process of manifestation do I follow?

This is what we explore in The Third Realm.

The Third Realm comprises:

- State
- Belief
- Assumption
- Stories
- Feeling
- Identity
- Thought
- Ego-sense

- Conscious
- Subconscious
- Vibration
- Emotion

The Third Realm is where infinite source is formed into specific qualities of experience.

The First Realm is unmanifest potential, The Second Realm is the modality of experiencing that potential, and The Third Realm is the channeling of that potential.

The Third Realm is where potential begins to take form.

State, belief, assumption, stories, feeling and identity channel the unmanifest into form.

As unmanifest potential is channeled into form, pure liquid-light is moved into vibration (every expression has its own unique frequency of vibration).

Vibration is the result of this channeling, experienced through the senses.

It is also experienced as emotion.

Vibration is then what creates the appearance of the body and world.

All concepts in The Third Realm lead back to each other; changing vibration equals changing state, changing belief equals changing identity, changing emotion equals changing ego-sense, and so on.

This is because The Third Realm is the realm of meaning; the meaning you ascribe, determines how you channel potential, moving source into motion.

The Third Realm is The Second Realm in motion.

It is the realm in which the concepts and experience of time and space are created.

It is the realm in which the past and future arise.

It is the realm in which the idea of separation is created.

It is the realm in which “I” appears to be different from “you.”

It is the realm in which the ego-sense is born and sustained.

It is the realm in which the idea of lack is created.

It is the realm in which consciousness divides itself, and then experiences the desire to return to wholeness.

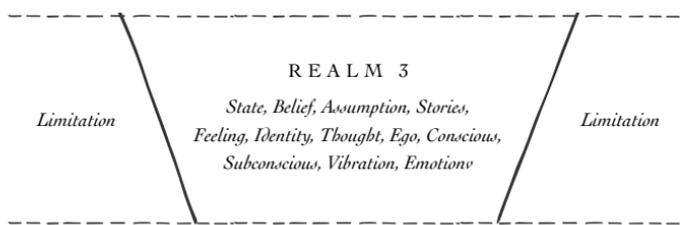
It is the realm of “I am this” and “I am that.”

It is the realm of thinking, imagining and feeling.

It is the contents of consciousness, mind and imagination that fulfill themselves in the experience of the body and world.

It is the first realm in which limitation is experienced, as thought and feeling are the mechanisms of limitation.

This is why we show boundaries of limitation on this realm:



Although sometimes referred to as conscious and subconscious, both are just qualities of The Third Realm.

Subconscious is only thought and feeling we do not want to look at; bring subconscious into focus, and it becomes conscious.

This is why conscious and subconscious are essentially the same thing.

It is only possible to feel “stuck” when you are identified too strongly with The Third Realm, causing you to believe it to be your core identity.

This is why it is sometimes recommended that one “re-programs” beliefs; however, with the right understanding, this is not required.

Know you are prior to The Third Realm, and you will easily shift any state, belief, assumption, story, feeling or identity to your liking.

The key is in identifying with the prior realms:

By identifying with the First and Second Realms, you remain transcendent from limitation, lack and cyclical thought patterns, and thus you are free to command the causative forces of reality with ease.

Do this and you manifest with effortless thinking; this is the Effortless Way.

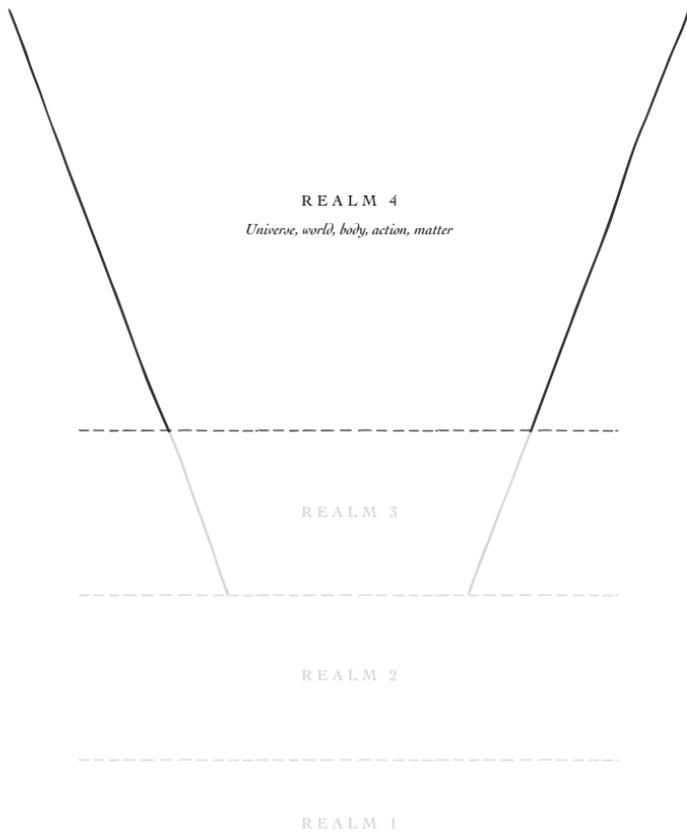
This is the secret of mastering manifestation.

(More on this later)

Welcome to The Third Realm.

ANATOMY OF REALITY

Fig. 5



THE FOURTH REALM

.....

Last we have The Fourth Realm.

How do I relate to the world?

How does action relate to manifestation?

Does the world have any power over me?

This is what we explore in The Fourth Realm.

The Fourth Realm comprises:

- Universe
- World
- Body
- Action
- Matter

The Fourth Realm is when all prior realms express into apparent physical form and experience.

Because The Fourth Realm is dependent on all prior realms, all physical matter therefore must be an expression of these prior realms.

Therefore, all matter is You, and You are all matter.

Because action is an expression of prior realms, action then is not a causative force; it is a result.

The First Realm is unmanifest potential, The Second Realm is the modality of experiencing that potential, The Third Realm is the channeling of that potential, and The Fourth Realm is the expression of that potential.

The Fourth Realm is nothing but an out-picturing of your Third Realm (mental) activity.

Just as your body is an expression of prior realms, so is the world and universe.

Said another way, the entire Fourth Realm is your true body.

It is an experience of being the universe itself.

Because all matter is an expression of prior realms, remaining identified to those prior realms enables you to have total power over your reality and world.

Because all matter is an expression of prior realms, there is nothing material that has power over you, unless you give it that power.

Because all matter is an expression of prior realms, whatever happens in the world does not affect the essential you.

Because all matter is an expression of prior realms, you were never born and will never die.

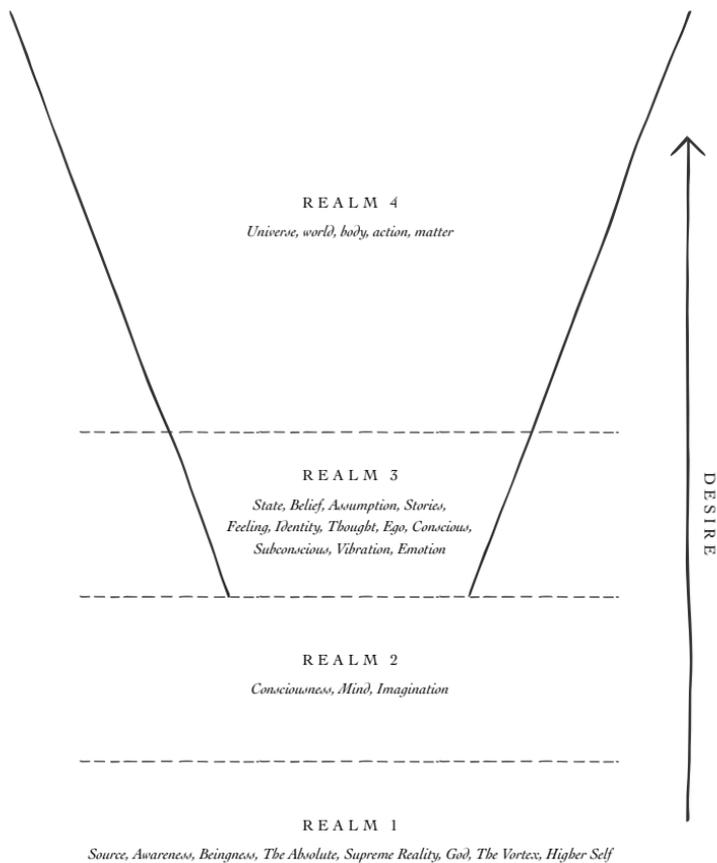
Because all matter is an expression of prior realms, the universe is but a dream that occurs within the eternal space of consciousness.

Because all matter is an expression of prior realms, pay no mind to this realm and allow prior realms to drive the change you desire.

Welcome to the Four Realms of Reality.

ANATOMY OF REALITY

Fig. 6



THE ROLE OF DESIRE

.....

As we've now mapped out our structure of reality, you may now be wondering,

What is the role of desire?

After all, desire is a central theme through many teachings and disciplines.

You can think about it like this:

As The First Realm is that of unmanifest potential, The Second Realm is the modality of experiencing that potential, The Third Realm is the channeling of that potential, and The Fourth Realm is the expression of that potential, there must be a *force or impulse* that impels a certain experience to move up through the realms and into expression.

This force or impulse is desire.

With infinite possibilities inherent in The First Realm, desire is the impulse of experience.

Born from The First Realm, subsequent realms exist for the sole purpose of moving desire into form.

Although The Third Realm ego tends to like to think that desire is its own, desire is actually an impulse that arises from The First Realm.

In other words, desire is an impulse that naturally occurs from the source substance; it is *not* something manufactured by thinking.

Thinking is only the channeling of that desire, a manifestation of the desire as it moves into form.

Thus, every desire is built to be expressed into form, by its inherent nature.

Because of its origin in The First Realm, all desire contains within it its own necessary components for expression.

The reason why we experience struggle and effort in manifesting is only because we don't understand the true nature of desire; that it is born of The First Realm and is self-fulfilling.

So we remain identified with the Third and Fourth Realms, trying to figure out how to make this body or mind work to manifest our goals.

However, in understanding the true nature of desire, we are able to work with nature rather than against

it, to *allow* desires to express on their own, as they are designed to do.

The Effortless Way is to understand that all desire comes directly from source, an impulse to experience a piece of itself.

Because of this, there is no desire that cannot—and will not—fulfill itself, on its own.

Because of this, lack and limitation is an illusion.

Because of this, what you truly are (The First Realm) is everything you have, would, could or will desire to be.

Because of this, action will happen compulsively and therefore there is no effort required to be taken.

Because of this, there is nothing you need to do besides honor the desires that arise and allow life to unfold.

Welcome to the true nature of desire.

“That which is true never changes.”

LESTER LEVENSON

S E L E C T E D P H R A S E O L O G Y

.....

At this point in our exploration it will be appropriate to discuss a few common phrases that are used throughout the metaphysics community, to see how they fit into the larger picture we have painted.

As we construct our map of reality, we should find that every phrase and term fits into this map, otherwise we have not done our job successfully. Let's explore...

Manifesting: The term manifesting is typically applied to the activity of bringing an idea into physical form. Although it's often made into a mystical pursuit, from the standpoint of our map we find that it is not an elective behavior; manifestation is how all experience and matter come into form. From the mysteries of nature to the accomplishments of science, all physical nature is a manifestation of the source realms.

Law of Attraction: This term is typically used to describe the attraction of circumstances resulting from our states of consciousness. So let's consider how the Law of Attraction fits into our map—because The Fourth Realm is purely an out-picturing of Third Realm con-

tent, what we observe as attracting is really more like *expressing*. As desire moves from The First Realm up, its final expression in The Fourth Realm appears as an orchestration of worldly elements, an attraction of circumstances generated by our Third Realm consciousness. Therefore the Law of Attraction is an accurate description of the *result* of movement in prior realms.

Getting into The Vortex: This is a phrase coined by Abraham-Hicks, and references the shift toward First Realm identity. When you shift into alignment with (which simply means “identifying with”) The Vortex, you are shifting into the feeling of The First Realm, where all potentiality is present yet not yet manifest. Embodying this realm creates the experience of a “downstream effect” because it allows desire to manifest in its most natural (and therefore effortless) way.

Following Your Bliss: Another common phrase is to “follow your bliss” or “highest excitement.” What this is describing is the *allowing* of your desires to arise and move into form. When you allow, you naturally embody the First and Second Realms because you are placing the onus of doership on these source realms. This alignment expresses within The Third and Fourth Realms as bliss, excitement, ease, freedom and peace (the felt sensations of the source realms). We only

feel resistance, force or effort when we place the onus of doership where it is not—on the Third or Fourth Realms. Therefore, following your bliss or excitement is a method of identifying with the First and Second Realms and allowing nature to unfold along its own path of least resistance.

The Feeling of the Wish Fulfilled: A phrase used by mystic Neville Goddard, the Wish Fulfilled is the Third Realm channeling of desire into feeling. As a desire arises and you allow its feeling of truth to form within you, you are entering the Wish Fulfilled. This feeling then moves into The Fourth Realm, where it expresses into form through the body and world.

State Akin to Sleep: Also a phrase by Neville Goddard, who described the State Akin to Sleep as “a state in which effort is reduced to its minimum, and your attention seems to completely relax.” Sometimes described as getting into the Theta brainwave state, State Akin to Sleep is simply the embodiment of the First or Second Realms (brainwave is the Fourth Realm manifestation of this embodiment). As both realms exist *prior* to subconscious and conscious thinking, attention is relaxed away from the outside world and focused inwardly, the sense of duality slips away, and shifts in identity are easily entered. It’s a state of no separation or limitation,

because neither of these exist in the First or Second Realms.

Non-Duality: This is a term which literally means “not two” or “one undivided without a second.” Within our map, it can best be described as the realization and experience of First or Second Realm reality. As we’ve discussed, separation only comes into being in The Third Realm, and so prior realms remain singular and undivided. In the non-dual experience, the perceived and perceiver collapse into one singular experience, as a singular oneness in everything and everyone.

Enlightenment: As we’ve explored, all realms co-exist as layers of the One Reality. Therefore, although Enlightenment is often viewed as a milestone to achieve (after long, arduous self-discipline), it is really simply the realization and identification with the First and Second Realms. This is why it is sometimes known as the “gateless gate”; when you arrive, you realize the gate you were searching for was only ever really there within your mind (it was a Third Realm illusion). So, Enlightenment is simply identification with, and experiential embodiment of, your most essential realms of existence.

Mindfulness: This is a term that has gained more mainstream popularity, and is the act of being aware of your thoughts and actions. From the perspective of the

Anatomy of Reality however, we reveal the mechanics of Mindfulness to be the shift from Third to Second Realm identity. Most people live identified solely with the Third and Fourth Realms, and therefore struggle to create change in their mind, body and world. As you become mindful of your Third Realm activity, you naturally find yourself “backing into” The Second Realm, as you are now identified as consciousness observing its own contents. Mindfulness will not take you all the way, but it is a step forward into the empowerment of The Second Realm.

Meditation: The act of meditation follows a similar process and result as Mindfulness. As you focus your attention away from the contents of your mind (The Third Realm), you back your way into The Second Realm of pure consciousness. Sometimes, with dedicated practice, you may also find yourself experiencing First Realm embodiment.

Positivity: Lastly we’ll look at Positivity. One of the most mainstream terms, it is used as a method of changing behavior and circumstances through more elevated states of mind. As Third Realm qualities produce Fourth Realm expressions, a general mood of Positivity will result in positive change.

*“If man’s perception were cleansed,
everything would appear as it is;
infinite.”*

WILLIAM BLAKE

THE GREAT STUMBLING BLOCK

.....

Even with the nature of reality and desire understood, it is often difficult to fully put into practice.

We are so used to identifying with the mind, body and world (the Third and Fourth Realms), that shifting our sense of identity to the infinite Beingness that we are seems like an uphill battle.

We want to believe we are capable of anything, but our mind comes up with excuse after excuse as to why this can't be so.

We try to allow our desires to unfold, but the stories of impatience and doubt run wild.

We try to have faith that the right action will unfold, but we can't seem to shake the feeling of "am I doing it right."

This is the Great Stumbling Block of awakening to our true power and potential.

Fortunately there's a simple way forward:

Rather than *try* to believe, we must *prove* that we are.

We must *prove* ourselves to be prior to the mind and body (and therefore not limited by them).

We must *prove* ourselves to be source, Beingness, infinite and eternal.

We must *prove* ourselves to be beyond time and space.

We must *prove* ourselves to be omniscient, omnipotent and omnipresent.

This is the only way forward.

We only identify with our limited mind and body because that's what we have come to experience we are.

And therefore if we want to identify with more expansion and potential, we must experience it first.

To dissolve the bindings of limitation, we must experience our true, infinite nature.

To discover the Effortless Way of manifesting, we must experience the true nature of desire.

Experience always leads to proof, and proof always leads to embodiment.

This is why we created the I Am: Experience, an experiential journey in source, consciousness and manifestation that will change your life forever.

INTRODUCING THE I AM EXPERIENCE

.....

The I Am Experience could be best described as a set of 45 experiments that unlock deeper and more profound experiences in consciousness, source and manifestation.

This is unlike anything you've seen before; it's a riveting, hands-on journey that will guide you in proving, awakening and embodying your true, infinite nature.

The journey could not be more simple—each day you will read a lesson. The day's lesson contains a simple Consciousness-Mapping® experiment to perform. Perform the experiment throughout the day and watch the results unfold. From day one, you will be shocked by the profound results such simple experiments can have.

As you go through the 45 days of experiments, you will progressively experience a deeper and deeper embodiment of your infinite creator consciousness, you will find yourself living from this blissful state of flow and power with consistency, and you will find yourself manifesting more, faster, and with far more ease.

By the end of the 45 days, you'll discover more profound peace and joy than you've likely ever experienced. You'll find your desires just dropping into your lap. You'll finally discover the oneness and flow you've been searching for—and your life will never be the same.

"These experiments simply leave me speechless... it's as if a new dimension, Universe was just revealed to me..."

JEEVAN C.

"This taught me what a powerful manifestor I am, and how quickly I can manifest."

KELLY L.

"This is the best, most epic journey I've experienced."

SINEAD B.

"The feeling is amazing... the feeling that you no longer have to doubt, fear or worry because once you connect with your true self you have the power to change your experience."

DENNIS L.

“The subtle yet profound daily lessons, or “experiments”, have allowed me to shift my reality and awareness in almost unbelievable ways.”

JENNIFER S.

“Before this experience I would be running around from one YouTube video or reddit thread or blog to another in an attempt to find a different technique however after I came across I Am I truly began to understand that everything begins and ends with me and helped me accept the amazing power I possess.”

A S H

Everything you are searching for is already seeking you. Start the journey today and change your life forever with the I Am Experience.

[CLICK TO LEARN MORE](#)

