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# 3 LEVELS OF REALITY

The Doorway to Happiness



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# Introduction

When I was first introduced to the **3 Levels of Reality**\* concept, I was in WOW!

So simple and powerful, how come I didn't think of it before?!

If you're like me, wanting to understand the bigger picture before getting into details, I think you'll like it as well. Even if you're not a big picture person, doesn't hurt to understand what some might call "The Creation Process", right?! When I say Creation, I mean what we want to bring forth in our lives (not necessary artistic expressions). This concept, and the 3 LR Process I'm about to describe, could act as a reminder when doubt kicks in! :-)

The more I was thinking, the more I became fascinated about this concept and realized its direct implications in our life. I've created my own visual, flipped it vertically (comparing to the original visual I was introduced to), and use it since! It's my pleasure to share it with you now!



Stick with me, since I'll show you how these 3 levels lead to a process that applies to different aspects of your life. And, even more important, how to use it more consciously if you want to bring more happiness into your life!

The process I'm about to describe (based on the 3 Levels of Reality) is a proven process that works marvellous, if you understand and apply it consistently. Pay special attention to the middle level, when many people usually get confused, stuck or give up.

I've used this process consciously many times since I've learned it: to stay motivated after my

career change, to pull me up in tough situations (like being laid off when I didn't have any money put aside, plus a huge debt and mortgage to pay), to get myself out of debt, to improve my relationships, and so on.

Now it's your turn to learn and apply it consciously. If you're one of those who think they know it all, I encourage you to read further with a beginner mind and give it a try. You can always come back to your previous thinking if you want. This being said, let's get started! :-)

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\*I learned this concept in my Organization & Relationships System Coaching training, in 2009.

# The 3 Levels Of Reality

As you noticed in the previous image, the 3 levels of Reality (3LR) are:

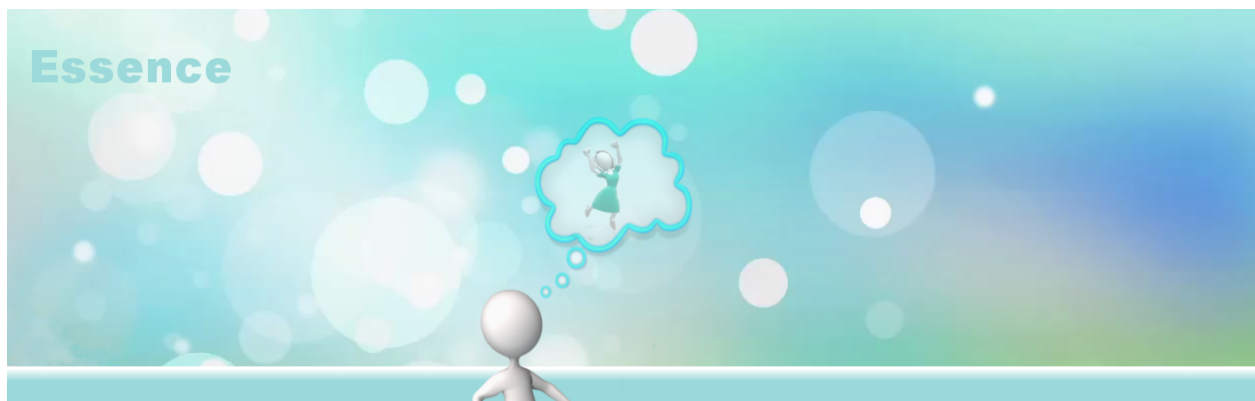
1. **Essence Level**
2. **Dreaming Level**
3. **Consensus Reality Level**

Hey, don't assume you know what they mean, because you might be surprised! :-)

## 1. Essence Level

Have you ever been inspired? Suddenly getting a great thought out of nowhere? A thought about something you'd like to have in your life? And that simple thought got you excited and motivated to take action?

Well, my friend, that thought came from - what we call - the Essence Level!



It's that place from where great ideas are coming. In certain conditions, our mind gets connected to the Essence Level and BOOM ... we get inspired!

That inspired thought could be so subtle that's easy to ignore or discard it.



## Want an example?

Let's say it's summertime. It's a beautiful day, and you decide to go for a walk and listen to some music at that free festival happening downtown. When you get closer, you notice a couple dancing on some jazz music. You never saw people dancing on this type of music, but you really love their smooth moves, dancing together or apart, taking unexpected twists, yet adjusting and following well even the unexpected musical improvisations! You wonder what's that type of dance you never saw before. And BOOM ... a new thought hits your mind: "I want to learn that dancing style! I love its pace, how flexible it is, allowing space for a lot of improvisations!"

That sudden thought feels you with joy and excitement, your heart starts beating faster, you're curious to know more about that style ...

Well, my friend, that sudden thought you never had before came from the Essence Level!

## 2. Dreaming Level

This level is not about the dreaming that occurs when you're sleeping or semi-awake! :-)

The **Dreaming Level** is more like day dreaming with focus on that specific idea we want to bring forth in our lives.



As soon as we notice that sudden thought (or idea) we automatically get into - what we call - the Dreaming Level.

This level is about everything that happens between that **initial thought** (that came from the Essence Level) **and** the moment when everyone around us can **see it as real**:

- thinking of and developing that original thought or idea in your mind
- taking inspired actions as steps toward making it become our reality
- how we feel and our motivation while “walking” through this phase.

Noticing our thoughts and feelings during the Dreaming Level is very important. Doubt, limiting beliefs and negative feelings could have a negative impact on what actions we take, thus affecting the outcomes.

Limiting beliefs are those thoughts or decisions we make that don't serve us anymore. Like “I can't do that ...”, “I don't know how to get there...”, “I rather focus on something else”, etc.

My services (1-on-1 and group coaching, workshops/webinars) are focused more on how to successfully navigate this Dreaming Level, because here's where many people get confused, stuck or give up.

**Let's get back to  
our example:**



Everything that happens between noticing that sudden thought (from Essence Level) until you're able to dance West Coast Swing dancing style is part of the Dreaming Level :

- Engaging in your train of thoughts generated by “I want to learn that dancing style!” (visualizing yourself dancing that way, feeling the pleasure of that imaginary dance, noticing the new turns and moves when that imaginary dance unfolds, ... )
- The actions you take until you become a skillful West Coast Swing dancer:
  - Finding out what dancing style it is, since you didn't have the courage to ask that couple what style is: looking for jazz dancing classes, watching youtube videos, etc.
  - Looking for where you can learn this dancing style
  - Registering for West Coast Swing classes
  - Taking West Coast Swing classes
  - Practicing in you mind the new dancing steps between classes
  - Practicing the steps until you're comfortable enough to get out into the world
- Trusting and feeling good even if you don't see the expected results yet
- Being patient and gentle to yourself when stumbling, stepping on your dancing partner's toes or missing some bits of the new step learned.

# 3. Consensus Reality Level

Quite self-explanatory label, right?! :-)

**Consensus Reality Level** is easy to recognize. You can call it “Here it is!” field. :-)

When you are here, that initial thought already manifested into your reality, and many other people can see it as real as well. It’s not anymore only in your mind or behind the actions seen here and there by your family members and close friends. It’s REAL!

Your original thought could be one of the images I’ve represented in this picture, or something different, but I’m sure you get the point! :-)



**Continuing that example:**

Yep, you’re dancing West Swing Coast and enjoying it! You even got a great dancing partner while going through this process! When we love what we do, life sends us bonuses! :-)

You’re hitting dancing floors quite often because ... you’re loving it! Many people notice that you dance West Coast Swing, and your energy and enthusiasm inspire others!



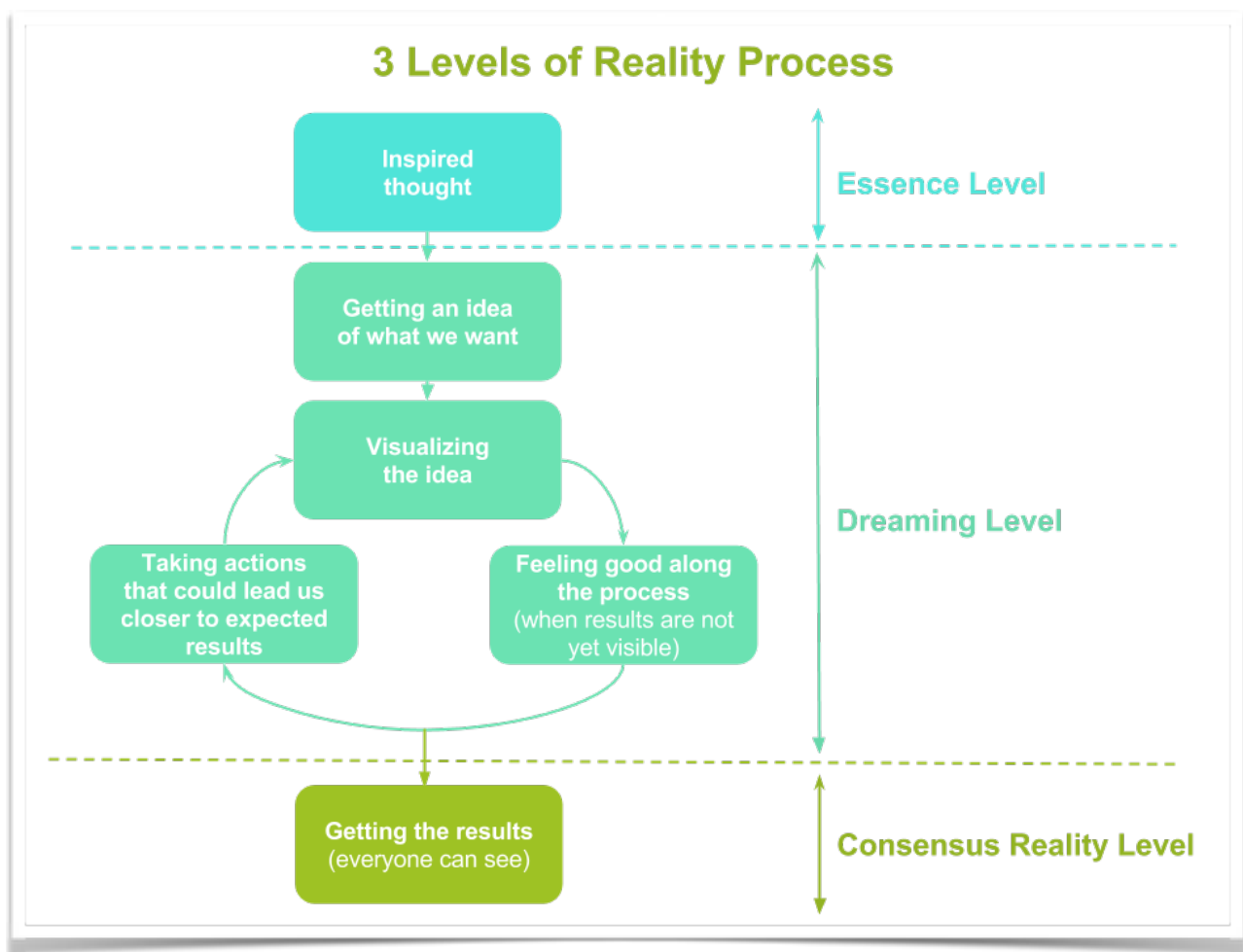


# The 3LR Process

Yes, there is a process associated with the 3 Levels of Reality. I'll call it the "3LR Process".

If you followed how the imaginary example unfolded through the different levels (Essence, Dreaming and Consensus Reality), you might already have an idea about this process and how it works.

Here's an image I've created for you, to represent the general 3 LR Process:



Looks pretty simple, right? :-)

Here's how it goes:

- **Essence Level:** Via intuition, we get inspired with an idea or new thought in a wave form that originates in this level.
- **Dreaming Level:** Each time we think about that idea or reconnect with that thought in our mind, we are strengthening that wave, which becomes a pattern. The more we think about it, stronger becomes the generated pattern. Pondering that idea / thought in our mind brings us positive feelings, excitement, and we get ideas about what actions we can take to move toward realizing it. The energy brought force by that idea will propel us into actually taking the appropriate actions toward that direction.
- **Consensus Reality Level:** After taking the enough appropriate actions, the pattern from Dreaming level achieves a certain strength and "crosses" the barrier into the Consensus Reality Level, materializing in an object or a situation that everyone can see.

*Now you can't say you don't know about this process anymore! :-)*

Let's have a discussion on my [blog post](#) about this topic:

- 1) What do you think about this process?
- 2) What will you do to put the 3LR Process in practice more consciously?

Leave your comments [there](#), and I'll chip in to help you better understand what makes this process work, and what could block it.

To get your thinking on, you can answer these two questions first :

- 1) When you reflect upon your past, what example can you give that seems to follow the 3LR Process?

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- 2) Can you think of an example when the 3LR Process didn't work?

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That's it for now! :-)

I'm looking forward to your comments on my [blog post](#) on about the 3 Levels of Reality and the 3LR Process.

*Do you have friends who might benefit from this e-book?*

*Feel free to share it with them!*

And if you'd like more useful information like this, you can [subscribe to my newsletter](#) (if you didn't yet) and follow my [blog](#).

Thanks for reading!

*Gabriela Casineanu*



PS: If you'd like to know more about me or stay in touch: [GabrielaCasineanu.com](http://GabrielaCasineanu.com)