

The Recovery Process

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THE TRUTH ABOUT RELATIONSHIPS

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If you are willing to consider that life is a dream 'going on,' and you are what that is, all the time, with no exceptions, the idea someone exists to have a self looms into view as the parody of all parodies.

As long as we defend the idea the self is real, we are obligated to play the part of someone with some kind of a self, either a 'good' one or a 'bad' one. If you can play with this idea, you will notice that the best defense of the lie the self is real is to invent a less than okay one; one that is damaged, flawed, filled with 'self doubts' and 'self consciousness,' just to name a few maladies that keep the lie in place the self is real.

The best defense for the self is to play the part of a victim because nothing brings more credibility to the lie the self exists than a beleaguered self that is doing its level best to put up with a "very difficult life."

If you read the works of Wei Wu Wei, all eight books, you will discover that this is his message, and his message was derived from a scholarly review of all Buddhist writings since the inception of "Buddhism." What makes his message spectacular is that he goes to the heart of truth, whereas most authors of all persuasions either mince their words, or back off from the telling of truth because it does not comply with our preferred version of reality.

The truth about truth is that it is vastly different from what we want to believe it is, and this means most of us spend most of our time resisting truth because it asks us to consider the outrageous thought that we have never been right about anything, not because we are "wrong" but because truth reveals the concept of 'right' and 'wrong' is bogus in the absence of anyone to be the one or the other.

Wei Wu Wei's interpretation of Buddhism presents the following picture: a dream is 'going on' featuring 'everything,' just the way it manifests, including 'the dreamers,' that's us, who mostly show up to 1) defend the lie the self is real in order to defend the lie 2) this is not a dream in order to 3) defend the lie we are 'the people' we insist we are. What this means, flat out, is that the dream includes 'everything' and zooms in on what the dreamer's are doing in the dream

to play a game in which they use time to 1) pretend they forgot there are no people, so they can 2) play the part of people believably in this dream.

At first blush, this view of reality sounds crazy, but do we dismiss it as ridiculous because it is crazy, or is it because it is our nature in this dream to pretend we forgot the truth so we can use time to play the part of 'real people.' If it is true, then this dream features everything 'the dreamers' do in this dream to defend the lie 'everything' is real, and not content in a dream, especially, and in particular, 'the dreamers.' If this is true, then every minute of every day in the dream reveals where 'the dreamers' are with the truth this is a dream and they are dreamers using time to impersonate people.

What makes his message upsetting for 'the dreamers' in this dream is that nothing 'we' do in this dream will work to cancel who 'we' are, what 'this' is and what 'we' are doing in the dream. If you take this to the end of the road, it takes us to a hard and fast rule: **"the option to be a person does not exist."** The more you play with this concept, the more obvious it becomes that almost every dreamer in this dream uses time to wage war against truth in order to defend the fiction the self belongs to real people.

If everything is content in a dream, and that's the truth, then the truth is what 'we' are. Nothing 'we' do in the dream will work to prove 'we' are separate from the truth. If the dreamer owns the truth, how can it use time to pretend to be something independent from the truth? No dreamer in this dream can play "The Personhood Game" convincingly unless it creates the fiction called "duality," or the lie that truth is divisible into separate, unrelated objects.

If duality is a trick the dreamers require to play this game, the personhood parody rests on very shaky ground. Everything the dreamers do in this dream hinges on the lie duality is real. The game begins with a lie which the dreamers must pretend they forgot so they can go on to invent the self in order to play the part of 'real people' in this dream.

What is mind blowing about this view of reality is that it states that the dream is the context for the whole drama. In this light, "reality" features the sum of what 'the dreamers' do in this dream to pretend they forgot truth so they can use time to pretend to be people, and all of this takes place in the dream which is what 'right now' is. If this is true, then all you have to do is identify what you, as a dreamer, are doing in the dream to maintain the fiction you are the person you insist you are. Moreover, you are never in the presence of people; only dreamers working diligently to preserve the fiction they are people.

What this means, in simple terms, is that "reality" is a charade delivered by 'the dreamers' in this dream and that regardless of what shows up, all of it can only be content in the dream. The dream is always what 'right now' is, and it features all the ways 'the dreamers' defend the fiction they are 'the people' they insist they are in this dream; the one that is in full swing 'right now.' Buddhism teaches us to be present in the present, but this takes us one step further: you are what

the present is.

Once you start to play with this view of reality, and you address your resistance to truth, or what could be the truth, you settle into a place in which you watch the dream 'going on' and you cease to pretend anything 'going on' has anything to do with people.

Liberated from the fiction people exist, the drama in the dream becomes increasingly amazing. One thing you notice is that "the shift" from person in reality to dreamer in a dream is that you feel much calmer, since there are no people to be in contest with; more appropriate, since 'reactions' to dreamers posing as people are viewed objectively as slapstick because they are absurd; and more objective because you are watching the dream 'go on' directly, and not through the filter of lies required to defend personhood.

All in all, life in the dream improves because you can be who you are, a dreamer in this dream, instead of who you aren't (a person) and can never be. Posing as a person in a dream feels out of tune with truth. Being a dreamer liberated from the obligation to play the part of a person feels like you have won a giant reprieve; a second chance to recover the truth so you can live with it joyfully, with none of the baggage that goes with the defense of the lie you are a person, and probably, in the name of resistance, a less than okay one. Imagine getting it: there is no one to be any kind of a person, okay or not okay!

This brings us to the whole concept of "relationships." First of all, outside of the fiction called "duality" which is the basic lie the dreamers rely on to pretend they can defect from truth, we are an integral part of what the fundamental relationship is: Mind, or Self, the ultimate subject, or author of the dream we get to show up in. Upstream of duality, we are all "mind stuff." Whatever you are, I am, and vice versa. Even though we use time in this dream to defend the fiction of our imaginary individuality, which captures the essence of what we as dreamers do in this dream, most of us know our defense of duality is bogus. We can feel this background truth in the face of beauty, or when something moves us emotionally collectively, or when we drop our dualistic guard and experience the truth of our inescapable connection.

"The Personhood Game" in this dream comes with rules. First, we must pretend we forgot truth in order to use time to play the part of 'real people.' Secondly, we have all signed some imaginary document to agree not to discuss or reveal the truth that "reality" is a Mind generated fantasy featuring 'the dreamers' and what they do in this dream to ignore the fact nothing 'going on' has ever had anything to do with people. All 'the dreamers' in this dream share this secret; guard this secret and defend this secret, some more than others. This defines how 'the dreamers' use time in the dream to play "The Personhood Game" convincingly.

Since we co-host the agreement to ignore truth, we can not reveal that we use time to wage war against truth and truth alone. Every dreamer in this dream fills time with the way it wages war against truth. This is every dreamer's fingerprint

in this dream. Once a dreamer recovers the truth, and breaks clear of its collection of lies, it is free to watch all the ways 'the dreamers' give truth a hard time in order to prolong "The Master Lie," that 'this' is real, and not content in a dream, and that all 'the people' are the people they insist they are.

Now we get to the crux of "the problem." Since we must avoid the truth of what 'our' war is all about, we dismiss it and reinforce "The Master Lie" by pretending people are at cause for all 'the problems' in this world. We hide the real war in order to delay our date with truth by taking it out on one another, as if people exist to be at the center of the war. If we admit we know duality is a hoax, the concept of 'sides' or 'enemies' collapses, along with all forms of conspiracy.

Because 'right now' is only a dream, there is no one to be against any one, so the dreamers in defense of "The Master Lie," wage endless war against one another. This works perfectly to pit one imaginary self against another imaginary self and this fills the dream with enough drama to turn almost any dream into a nightmare. The dream features 'the dreamers' keeping the secret safe by using all forms of duality to prolong the fiction 1) this is not a dream, and 2) all forms of war prove the self is real.

There never was anyone to ever have any kind of a relationship with anyone. Upstream of duality, our 'relationship' is a fixed fact. We are inextricably united and we wage war against this fact because we can't be ONE and be separate selves simultaneously. Truth takes a back seat to the game the dreamers play out in this dream. Truth includes 'the game' we play in the dream, and, since the dreamers' status as a dreamer is fixed, we can 1) use time to play the game to defend "The Master Lie," or 2) we can recover the truth of who we are and let go of who we aren't and can never be.

The statistics about this dream clearly indicate that most dreamers use time to play "The Personhood Game" which emphasizes the defense of the lie the self is real to defend the fiction people exist. History is a record of the vicissitudes of this game; sometimes we move in the direction of truth, that we are one, and that care and respect make perfect sense, but in the main, most dreamers fill time with the defense of the lie the self is real to prolong the fiction the dreamers in this dream are the people they insist they are.

In the pre-self days in the dream, when the dreamer/ infant was content to be one with truth, it enjoyed the only relationship there is or ever will be; the indivisible connection with the infinite Mind, but this stage doesn't last very long. The urge to invent the self to play "The Personhood Game" is compelling; in fact it seems to be mandatory in this dream. A few infants never join the fray: they go with the sense of their oneness regardless of what shows up in the dream. This is the exception because we soon notice that all the dreamers are busy using time to defend the lie the self is real in order to play "The Personhood Game."

Mom is a dreamer in the dream, for example who used early events in the dream to assemble a self in which she used all her time to star as a 'professional martyr'

and dad defends the fiction he has a 'weak self' by abusing alcohol to prolong the fiction someone exists to have a self. If he gives up drinking he faces the ugly prospect of owning the truth there is no one to have a self and not even the regular abuse of alcohol will work to cancel that fact. So he drinks every day in defense of the lie the self is real in order to document that he is a real 'lost soul.' There is no real proof that he even likes alcohol, but he is willing to forfeit sobriety in favor of defending the fiction someone exists to have a self.

The best defense of the lie someone exists to have a self is to assemble a negative self: one that has obvious flaws and shortcomings; one that is defective, damaged and unlovable. Dreamers will invent a self to offset the truth there is no one to be anything at all, not even a person. This isn't alarming after 'you' stop pretending there is anyone to be upset about anything. Only the dreamer is upset, and only in the dream, about the fact nothing it creates in the dream will work to cancel the rule whose inescapable message is: **"the option to be a person does not exist,"** and the dreamer's reply usually assumes the form of a challenge: "we shall see about that," which launches the dreamer's personhood career in the dream.

Once the dreamer locks into its 'personal' definition of a self, it must reiterate and recreate the story that gave rise to the story in the first place. You can't for example, work at having a 'worthless self' and create too many opportunities for success. If your designation is that you are 'unlovable,' time becomes the venue in which you make sure no one finds you loveable.

Most dreamers are stuck in 'the past' because the self they invented was assembled early in the dream. The self becomes a reiterated, fixed slice of time, which is replayed over and over again, possibly for the duration of the dreamer's appearance in the dream.

Each morning the dreamer boots up into its agenda, the one it uses to defend the lie the self proves we are the people we insist we are. The dream, or 'right now,' is the context for everything the dreamers do to pretend they don't know there are no people, this being just a dream, and that "the Personhood Game" isn't winnable.

Once a dreamer assembles the self it will use in the dream to play the part of some kind of a person, and probably a less than okay person, it will find other dreamers whose personhood parodies work to defend the invented self as if it is a fact. The hidden agreement is to create reciprocal confirmation of the self. In this light, dreamers' team up, like in a marriage for example, to recreate those aspects of the dream that made it possible to assemble the lie someone exists to have a self. If my self is defined by 'abandonment,' as in an 'abandoned being,' the probability goes up that I will find someone who likes to abandon people to maintain the fiction people not only exist, they are 'bad.'

The lie the self is real depends on the re-creation of a 'bad relationship' which we can keep in place even though we pretend we intend to make things better. In

this dream, the defense of the lie the self is real takes precedence over everything, including love, happiness, spontaneity, and even health. If the assembled self revolves around a 'sickly self,' sickliness becomes that dreamer's trademark in the dream.

Dreamers create 'relationships' in the dream to provide the platform for the invented self or selves to deliver specific personhood performances, and once the intricacies of the dance are mastered, the whole system has its own rhythm, and, for all intensive purposes, it is, literally, self-sustaining.

Since there is no one to have a relationship, the dream, or 'right now' reveals the sum of all 'the relationships' the dreamers create to postpone coming to terms with the fact the dream is the context for the whole drama. 'The relationship' occurs in the dream and its function is to give truth a hard time.

If two married dreamers work as a team to defend the lie the self is 'bad,' they will create a 'bad relationship,' and they will resist intervention of any kind because the lie the self is real takes precedence over everything, including "positive change."

Is it any wonder that a counselor's sense of self is put to the test as long as it thinks people are the object of inquiry? The counselor tries to talk two dreamers into a "better relationship" without knowing, at least consciously, that what's at stake is what the dreamers count on to wage war successfully against the rule: **"The option to be a person does not exist."** The counselor doesn't know the war isn't between people; it's between two dreamers whose defense of the lie the self is real matters more than anything else in the dream. Some dreamers are willing to forfeit life to prove someone has one. The counselor's imaginary self is at risk: it is trying to "save relationships" as if people exist to be saved.

It should come as no surprise that dreamers, posing as people in this dream, use 'relationships' as the vehicle to pretend they don't know the game isn't winnable because there is no one to win or lose the game. Dreamers, posing as people, count on the lie 'relationships' will work to prolong the fiction people exist to have relationships. What could be more comical, which is close to 'sad,' that no relationship of any kind will ever work to confirm the existence of people. Not only does the emperor have no clothes on, there is no emperor.

The invented self acquires apparent form around a host of made up polarities, like "good/bad," and "right/wrong," and "inferior/superior," to name a few, none of which has any significance in the absence of anyone to be anything, including any of the above.

The dreamer invents a self and like a pointillist it draws from all of these fictitious polarities until the self it assembles assumes form in the dream. The software that organizes the fictitious self takes over and runs it day in and day out, for the duration of the dreamer's appearance in the dream, or until it recovers the truth the dream is the context for 'everything,' including the personhood performance it

delivers in the dream.

In potential, every dreamer in this dream is eligible to wake up in this dream because its status as a dreamer is fixed, permanent and non-negotiable. No dreamer can be a person no matter how much drama it brings to the game.

Sit-coms, television shows, movies and plays all zoom in on the fact that the dream features a collection of classic personhood parodies, and each one attempts to expose the fact that everyone in this dream is an actor. Once a dreamer identifies what kind of an act it is stuck in, it can begin to deliver a parody about its own act, but not until the realization comes into view that the self is what the actor depends on to deliver its act. The actor uses skill, on or off the stage, since both exist only in the dream, to bring credibility to the lie the self is real. When this is done well, the audience buys the act because the act prolongs the fiction reality is about real people.

Make no mistake about, the dreamers in this dream take pride in what they do to defend the lie the self is real. If you pay close attention, you will see that the dreamers compete constantly to see whose rendition of personhood is high on the believability scale.

How can an alcoholic give up the abuse of alcohol and still play the part of a 'lost soul?' If obesity is a form of 'tragedy,' the giving up of food isn't the issue; what's at stake is owning the truth nothing will work to prove the self is real.

In every case, change occurs in the dream only when the dreamer admits it knows what it does to prolong the lie the self is real won't work to cancel truth. The war against truth is either 'on,' as in taking place in the dream, or 'off,' as in over. Because we can only be dreamers in this dream, you don't need to be a psychic to identify what kind of a self the dreamer uses to wage war with truth, as if someone exists to win. The dream is 'on,' and it is always transparent because it includes 'the dreamers' and the personhood act they deliver to stall their date with the fact, nothing 'going on' has ever had anything to do with people.

Once a dreamer wakes up in this dream, the obligation to defend the fictitious agenda it uses to do personhood believably comes to an end, sometimes abruptly. In the absence of people, for example, how much sense does it make to sustain a grudge? The grudge is something the dreamer reiterates as a story to keep another dreamer in place as a real "bad person." The story won't work to turn a dreamer into any kind of a person if there is no such thing. The grudge goes with the lie the self is real. It can't make a self real, but it can prolong the fiction 'the self' is real. Once a dreamer recovers the truth, the war against truth is viewed accurately as comical and hopelessly redundant.

One of the earliest signs of waking up in the dream occurs when the dreamer stops pretending people exist to be the object of the war. This keeps the lie alive the self is real, but it is a waste of time because no stance a dreamer takes

against people will confirm their existence. Imaginary selves judging other imaginary selves in a dream has to be the focal point for all comedy. If the seeing of that doesn't elicit a huge laugh, I don't know what will.

The awakened dreamer, liberated from its fictitious, people-based stories, drops back into the truth that relationship is what we are and can only be. Liberated from the lie duality exists, what remains is respect, care and concern for all the dreamers because they show such devotion to the lie the self they invented will work to prove 'this' is not a dream, and that all the dreamers are 'the people' they work so hard to impersonate.

To be awake in this dream is simply to be who you always were and could only be, minus everything you relied on to play some kind of a person, probably a less than okay one.

The dream is okay the way it is because it is only a dream, after all, but waking up in this dream has some very nice perks and rewards. It's a lot easier to be what you are instead of what you aren't and can never be. There is nothing wrong with the truth "reality" is a dream in progress that belongs to "The Infinite Mind," and that it stars 'the dreamers' using time to defend the fiction they are 'real people.'

There are no people to be in any kind of a relationship. The dreamers create 'relationships' in this dream to provide the invented self with a platform to play the part of 'real people' in this dream. The lie the self is real persists effectively in the struggle that goes with the creation of "troubled 'relationships.'" Trouble disappears in this dream exactly as fast as the dreamers recover the truth the dream is the context for the whole show, and that none of it has ever had a single thing to do with people.

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