

DREAM UP REALITY

BY BERNARDO KASTRUP

Review by Tony Mannucci

“Dreamed Up Reality” is a very cool book that makes you think. You should view reading this book as the embarking on a journey that author Bernardo Kastrup shares with you. Kastrup describes how science is insufficient to discover the true nature of reality. An exploration of mind and altered states of consciousness brings new insights into the nature of reality itself. If you are ready to look at your world in a new way, this book is for you.

In the first few chapters of the book, Kastrup argues that what we perceive to be an objective reality is really a product of our minds. We all share these perceptions to create the illusion of an objective world “out there”. It’s hard to accept this perspective at first, but Kastrup makes a very good case for it, so much so that later in the book he actually constructs a way for this illusion to occur. He develops a *model* of how a “consensus reality” can come to be, using the method of cellular automata. This can be thought of as akin to a computer game that Kastrup has constructed, that simulates the relationship between reality and our perception of it.

Kastrup invokes our understanding of brain physiology to make his case. He stresses visualization as the conduit towards improvement and liberation. A fascinating aspect of the book is Kastrup’s descriptions of his altered states of consciousness, which is how he discovers that objective reality is an illusion. Kastrup writes of one of his realizations: “This is the kind of retroactive, perspective-changing realization that throws one’s entire universe upside-down without actually changing anything that is or has ever been in it.” This is an important idea from Kastrup: that new insights and realizations can dramatically change our lives. This book just might change your life. It is well worth the effort to read it.

Kastrup encourages us to trust our own heartfelt, direct intuitions. He taps into these direct methods of perception during his meditations. He makes us aware that the consensus reality we all live in may be illusory, and urges us to turn inward, to understand ourselves more deeply and perhaps even learn about the nature of reality itself by doing so. Even if you don’t accept the basic premise of the book, you will benefit from Kastrup’s insights into how we relinquish our deepest understanding by accepting the conventional explanations of society. Kastrup lays down a roadmap for the inward journey, and through his journey we learn new things that can help us in

our own lives. The author is begging for us all to return to a more authentic form of experience. I highly recommend this book to those who are seeking a refreshing and exciting way to think about their lives in a new way.