

# The Miracle of Separate Realities

Brett Chitty and Keith Blevens, Ph.D.

An online program by Brett and Keith exploring how the wisdom within the Three Principles offers a way for us to relate to others with love, understanding, and insight without losing our well-being.

<https://ThreePrinciplesPsychology.com>

# Starting with the Reality Formula:

A quote from page 42 of *The Enlightened Gardener Revisited*, by Sydney Banks, 2005:

“Eric, if you want my advice, I would say this:  
Look carefully. Investigate how you, as a free-thinking agent, use the three universal gifts of *Mind, Consciousness, and Thought* to perceive the reality you live in every second of every day. Here is the formula that will give you a solid foundation on which to build your search and assist you to find many of the answers you seek:

***“Mind + Consciousness + Thought = Reality.***

“These *Three Principles* lead to the secret of all psychological functioning.”

**Sydney Banks**

Sydney Banks offered this formula as a basis for understanding *all* psychological functioning.

However, without further knowledge from Sydney Banks about what he means by Mind, Consciousness, and Thought, we risk using our already-formed ideas and beliefs about these principles. We “put these ideas and beliefs onto the Three Principles” and mistakenly call them the Three Principles. The Principles are not in form, which is why they are spiritual.

Unfortunately, this typically results in a lack of insight or understanding of psychological functioning, and we lose the opportunity to find this secret we are all looking for. This is a significant clue to tell us that Sydney Banks was talking about a very different comprehension of Mind, Consciousness, and Thought, perhaps one we have yet to encounter.

## Beginning with a Clean Slate

Firstly, we need a clean slate—a blank canvas. Let’s start from nothing and let **only** Sydney’s quotes determine what we can put on the canvas instead of anything else, including our thoughts, feelings, ideas, and beliefs.

On the following pages are some quotes from Sydney that can give us a solid foundation for these principles. These will steer us toward the direction Sydney invited us to look to.

The following pages include a page dedicated to each principle with the corresponding quotes.

We also have one page to “put it all together,” titled “The Three Principles.” These Three Principles are not separate from each other. Instead, they work together as if they were a single, well-oiled machine that never stops running and never breaks down.

To remind you, **all** quotes are direct quotations from Sydney Banks.

# The Principle of Mind:

“Mind is the energy of all things, whether in formless or form.”

“Divine Mind is the intelligence of all things before creation and after creation.”

“The *Universal Mind*, or the *impersonal mind*, is constant and unchangeable. The *personal mind* is in a perpetual state of change.”

“An important thing to realize is that *Universal Mind* and *personal mind* are **not** two minds thinking differently, but two ways of using the same mind.”

“There’s Universal Mind, and what that means is universal intelligence. Universal intelligence is what you call God and that’s Mind.”

# The Principle of Consciousness:

“Divine Consciousness give us the ability to recognize the existence of creation and all it entails.”

“Consciousness is the gift of awareness.”

“Consciousness allows the recognition of form, form being the expression of Thought.

“Universal Consciousness enable us to perceive existence; personal consciousness allows us to deal with our circumstances.”

# The Principle of Thought:

“One of the most beautiful things that any human can realize is the mystical bridge between the form and the formless. Thought is that bridge.”

“Thought is the master key that opens the world of reality to all living creatures.”

“Thought is a divine tool that is the link between you and your divine inheritance and is at the core of all psychological functioning.”

“Focus on the missing link between our psychological nature and our spiritual nature.”

“Within the soul of all human beings, there lies an innate spiritual knowledge that has the power to repair mental disturbances...not through analyzing their thoughts but by seeing the power of thought itself.”

“All that you survey comes from the invisible and *thought* is the link between the invisible to the visible. *Thought*, young man, is your bridge to the cosmic wisdom that will assist you to *See* the hidden powers that lie within your own consciousness.”

## The Three Principles:

“Divine Thought, Divine Consciousness, and Divine Mind have no form. They have no form. They are a power. They’re a gift. You put a form on it, and you’ve missed it.”

“Mind, Consciousness, and Thought are the three principles that enable us to acknowledge and respond to existence.”

“Mind, Consciousness, and Thought are spiritual gifts that enable us to see creation and guide us through life.”

“If you take yourself, turn yourself inside-out, you would find that what you thought was reality was the dream. Then you’ve found true reality when you turn inside-out.”

“The life we see it now is not a reality; it is the shadow of the true reality.”

“It is from the use of these principles that we can acknowledge the existence of this physical world. I ask you to look at these principles carefully, and you will see, without them, this world you live in would not exist.”

## Putting it all together:

You may find yourself experiencing the beginnings of sensing the Three Principles being different and the feeling that comes with them. To speed things along, we can use Sydney's quotes to unpack the Three Principles in Figure 1 below:

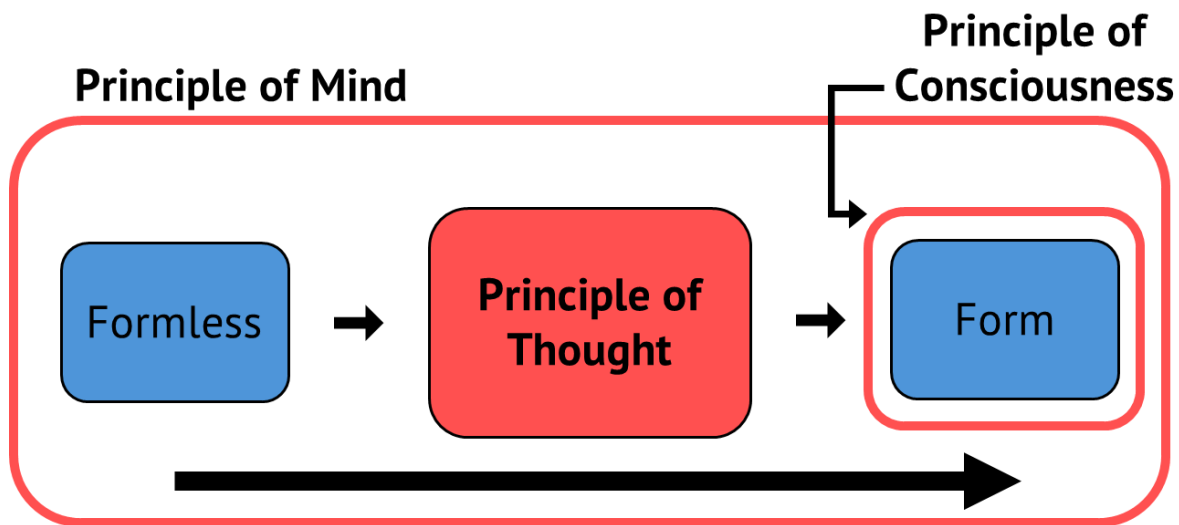


Figure 1

Often, we use the word ***form*** as an overarching term that ***includes*** feeling, experience, reality, what you see, what you hear, what you know, attitude, perception, state of mind, behaviors, and many more.

To maintain consistency in this document, "*The Miracle of Separate Realities*," we will use the word "reality" as a substitute for "form."

A glance at Figure 1 above will show how Sydney's quotes help us comprehend the Three Principles in a new light, and give us a way to realize psychological functioning.

We have the presence of *The Principle of Mind*, which acts as a spiritual theatre for both formless and form.

We have the presence of *The Principle of Thought*, which acts as a bridge from the formless to the form, so we can include the arrows to show it works only in one direction.

We have the presence of *The Principle of Consciousness*, which allows us to acknowledge reality, to take part in that reality and all it entails.

We now have a solid, logical, and scientific foundation for realizing how reality is created. Already, this is insightful, impactful, and transformative. Perhaps we realize that our use of these Three Principles determines our realities from moment to moment (or thought to thought.)

We also realize how everyone uses these principles to exhibit their reality. With this, we are now beginning to see ‘Separate Realities’ at work.

What we have covered thus far is a complete endorsement of Sydney’s comment that these Three Principles represent a solid foundation for understanding all psychological functioning and lead us closer to the answers we seek.

If you want to do a deep dive into this Reality Formula, we have an online program called “The Three Principles from the Beginning.” There’s a reason why we included “beginning” in the title. We have received many kind words from participants of this program. It has accelerated their understanding of the Three Principles and helped them hear the words of Sydney Banks more deeply, and made the Three Principles simpler than ever. You can learn more and enrol in this program at [ThreePrinciplesPsychology.com](https://ThreePrinciplesPsychology.com)

It is time to move on to *The Miracle of Separate Realities*.

# The Miracle of Separate Realities

With the Reality Formula established, we can now illustrate a person having a reality in Figure 2:



*Figure 2*

We can see there is a person inside a red “bubble.” The red bubble means a person is exhibiting a reality, and the edge of the bubble indicates an “invisible/spiritual boundary,” showing the extent of that reality.

We can already derive one further significant insight. That ‘*what*’ that is in a reality cannot escape to the outside of this boundary. Hence, “there is no outside” for anything in a reality to escape to. ***It also means there is nothing outside that can get into a reality.*** This is further reinforced by acknowledging that reality can only ever be created through the Principle of Thought, not through any other means.

# Spiritual Laws can't be broken

The Three Principles are spiritual and formless. Any laws derived from these principles can't be broken, no matter what our thoughts are, even if those thoughts say something that contradicts these laws.

However, we must misrepresent a law derived from the Reality Formula to display a person with a reality in this way. The primary law we are misrepresenting is this one:

The Reality Formula informs us that reality takes place **inside** the Principle of Mind, not outside. Inside does not mean the body or the brain. This only increases the challenges of coming up with an accurate representation of reality. For us, it's been impossible to represent the spiritual in any diagram.

This is why we use metaphors. The person in a red bubble is, at best, a metaphor. The answers we seek come from inside. To be clear, we are not referring to the inside as "what's inside the red bubble." What is inside the red bubble diagrams are all the objects, things, items, etc, that can appear in our reality—two very different meanings.

That means that the answers won't come from the diagrams either because the diagram appears as an object/thing within your reality. The diagrams are after the fact, post-creation, in the form.

For this document, we display a red bubble **around** the person to mean that a reality is present for the person in it. As long as we know the red bubble is a metaphor to represent a reality "inside" and not outside (or in the body), we are good to go!

# Separate Realities

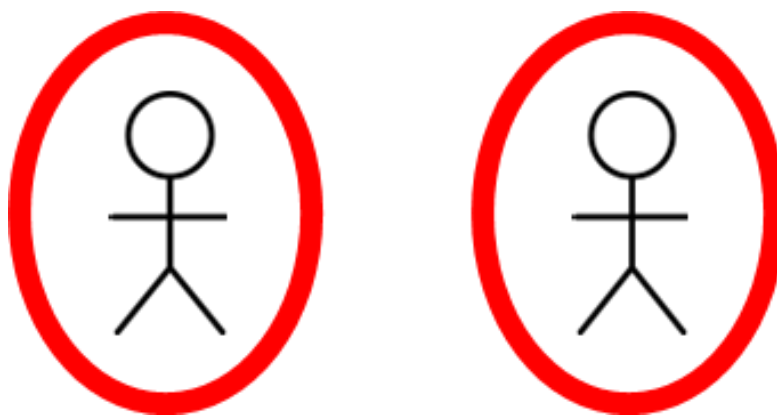
Separate Realities is an extraordinary “twist” on our understanding of the Three Principles and the realities that are created.

The **only** thing we are doing here is adding another person.

In case of any potential misunderstandings—and we cannot emphasize this enough—even though we add another person, the Reality Formula remains completely and utterly **unchanged**. We are NOT making any changes or modifications to the Reality Formula. We are NOT adding or removing anything to or from the Reality Formula. To do anything to the Reality Formula, and we mean **anything**, is to reject and give up on what Sydney said is possible for all of us.

If we can maintain our discipline, direction, and rigor, and stay true to Sydney Banks’ teachings, we can do a better job of keeping everything simple and logical.

Without further ado, let’s have a look at what two people having a reality looks like (Figure 3):



*Figure 3*

In Figure 3, we can see there are two people, and each one has their own reality. There are two realities at work here and they are separate from each other. Hence, Separate Realities.

Again, as in Figure 1, we can immediately derive further insights. Have you noticed how many insights we have explored already, and we're still just scratching the surface?!? Well, we can thank the Three Principles!

Often, the first thing that strikes people when looking at Figure 3, is that there are two realities that are ***individual*** to the person having a reality and that these two realities are ***independent*** of each other. This is why Brett prefers the descriptive term "Individual and Independent Realities."

There is no connection between these two realities. We are still honoring that there is nothing outside of the person's reality that can be inside, and there is nothing inside a reality that can get into another person's reality.

We are also honoring that we are not making changes to the Reality Formula, which prohibits us from making changes to how a person experiences a reality in both Figures 2 and 3. This is reinforced (again) by the fact that all realities derive and become alive *through* each person's use of the Principle of Thought. 100%.

# Misunderstandings of Separate Realities

When it comes to two people, given that we now know what makes realities possible, we see two realities being separate from each other. Unfortunately, there are other mistaken understandings of Separate Realities, all of which are ***inconsistent*** with the Reality Formula.

For the sake of brevity, when we use the word “inconsistent” or “contradictory” to describe something in comparison with the Reality Formula, we are saying that something is at odds with how the formula actually functions or is out of alignment with how realities come to life.

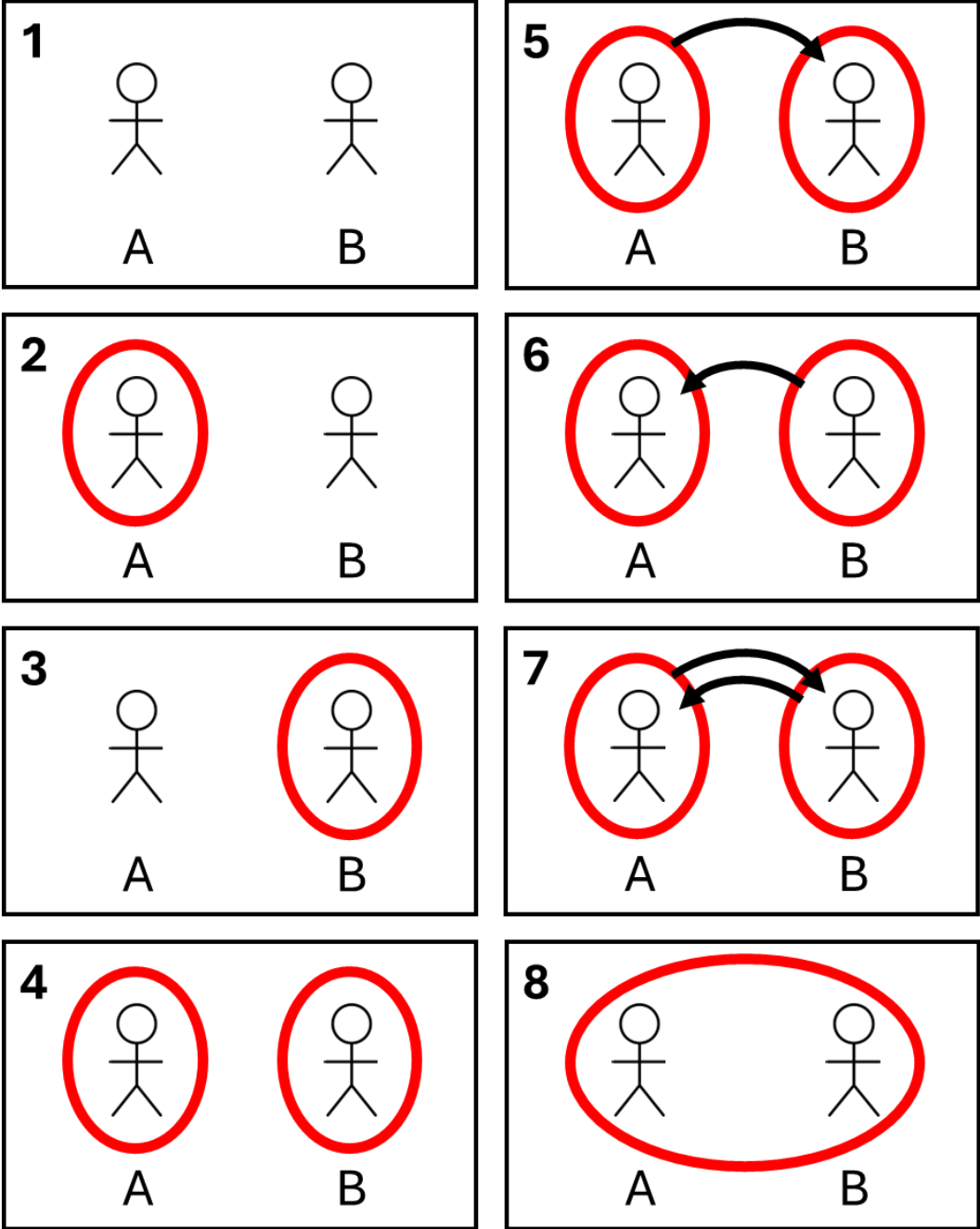
In meeting 3 of our online program, *The Miracle of Separate Realities*, we spent some time poring over several different separate realities that represented a belief in how reality comes to life. Unfortunately, these mistaken and innocent psychological understandings that are not consistent with the Reality Formula are being played out worldwide in the physical dimension, sometimes with terrible, needless, and irreversible consequences.

This highlights that the Three Principles and Separate Realities still have some way to go toward broader recognition, even with the possibility of moving the world to a more peaceful, harmonious, and cooperative society.

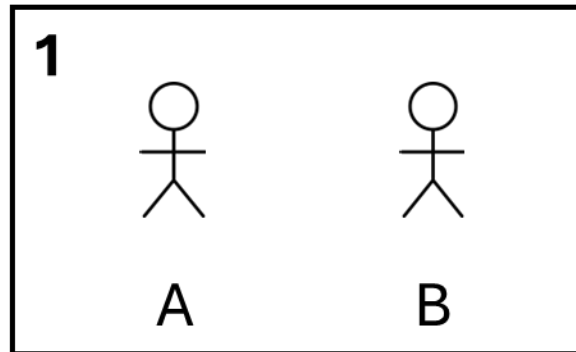
In the following pages, you will discover eight different possibilities in which Separate Realities could be played out. There are two people in every diagram, labeled A and B. Every diagram has a number. There is a brief and concise explanation of every diagram.

Let's make a start!

# Possible Separate Realities:



## Example 1 (non-existing):

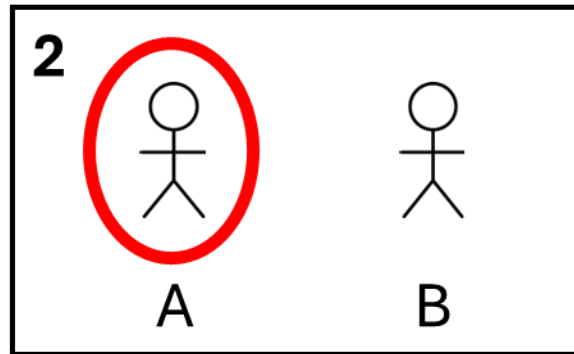


Observation: Both A and B do not have a reality. There are two people, yet there are no realities.

Three Principles: The Reality Formula says that 100% of a person's reality must derive and come alive from their use of the Three Principles. In this example, both A and B do not have a reality. A and B are NOT in alignment with the Reality Formula.

Does it exist? The Reality Formula says this example is **NON-EXISTING**. That a person doesn't have a reality is so far out of character with the Three Principles, never mind two people! There is no such thing as a person without a reality.

## Example 2 (non-existing):



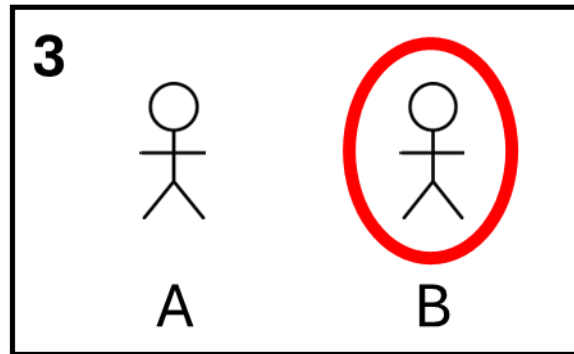
Observation: A has a reality. B, however, does not have a reality. There is one reality, but two people present.

Three Principles: The Reality Formula says that 100% of a person's reality must derive and come alive from their use of the Three Principles. A is in alignment with the Reality Formula, but B is not. The Reality Formula says that B should also have a reality.

Does it exist? The Reality Formula says this example is NON-EXISTING. There is no such thing as a person without a reality. Even though A has a reality and B does not, all the conditions for the Reality Formula in this example are NOT met.

## Example 3 (non-existing):

This is *identical* to example 2; only A and B are reversed.

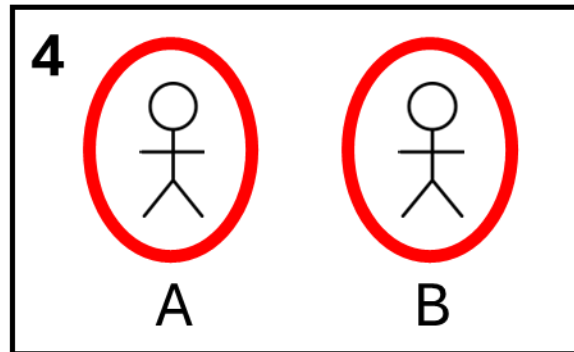


Observation: A does NOT have a reality. B, however, does have a reality. There is one reality, but two people present.

Three Principles: The Reality Formula says that 100% of a person's reality must derive and come alive from their use of the Three Principles. A is NOT in alignment with the Reality Formula, but B is. The Reality Formula says that A should also have a reality.

Does it exist? The Reality Formula says this example is **NON-EXISTING**. There is no such thing as a person without a reality. Even though B has a reality and A does not, all the conditions for the Reality Formula in this example are NOT met.

## Example 4 (PRE-EXISTING):

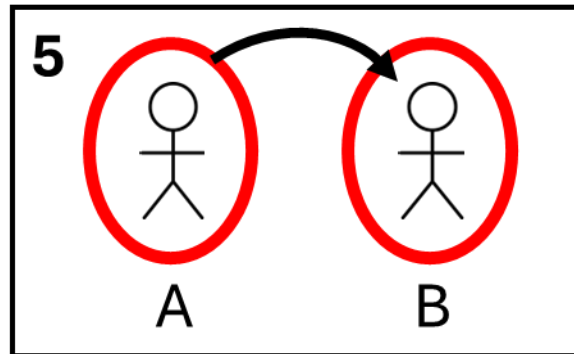


Observation: Both A and B have a reality of their own. There is one reality per person. As there are two people, we have two realities. These realities are not connected in any way.

Three Principles: The Reality Formula says that 100% of a person's reality must derive and come alive from their use of the Three Principles. In this example, A has a reality of its own, and B also has a reality of its own. There are no sources outside of their realities. The only source is within. A and B are in alignment with the Reality Formula, because there are no contradictions.

Does it exist? The Reality Formula says this example is **PRE-EXISTING**. To discover anything consistent with the Reality Formula is to discover something very powerful because you've uncovered knowledge based on *universal* principles.

## Example 5 (non-existing):



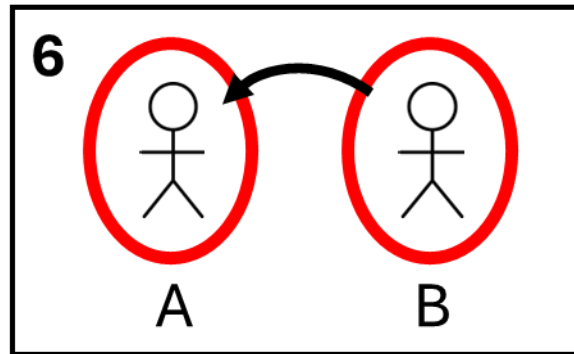
Observation: Both A and B have a reality. However, A has something inside A's reality that can escape its own reality, and B has something outside its own reality that could get into B's reality. In this example, something in A's reality can get into B's reality.

Three Principles: The Reality Formula says that 100% of a person's reality must derive and come alive from their use of the Three Principles. If it's 100%, there is 0% for anything else to be a potential source. In this example, it becomes clear that both A and B are NOT in alignment with the Reality Formula. For A, the picture says something inside A's reality can escape A's reality (regardless of where it goes), which contradicts the watertight nature of the Reality Formula. For B, there is another source beyond the Reality Formula of what can go into B's reality. Therefore, B's reality is not watertight, which implies that the Reality Formula is no longer 100% responsible for creating B's reality.

Does it exist? The Reality Formula says this example is **NON-EXISTING**. It's clearly at odds with how the Reality Formula functions from BOTH A's and B's perspectives. All realities are individual and independent of all other realities. There are **no** sources outside of one's own reality.

## Example 6 (non-existing):

This is *identical* to example 5; only A and B are reversed.



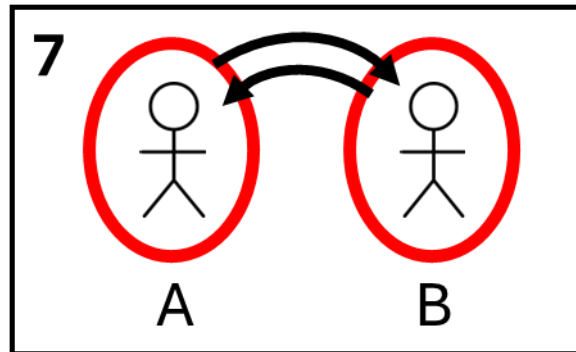
**Observation:** Both A and B have a reality. However, A has something outside its own reality that could get into A's reality, and B has something inside B's reality that can escape its own reality. In this example, something in B's reality can get into A's reality.

**Three Principles:** The Reality Formula says that 100% of a person's reality must derive and come alive from their use of the Three Principles. If it's 100%, there is 0% for anything else to be a potential source. In this example, it becomes clear that both A and B are NOT in alignment with the Reality Formula. For B, the picture says something inside B's reality can escape B's reality (regardless of where it goes), which contradicts the watertight nature of the Reality Formula. For A, there is another source beyond the Reality Formula of what can go into A's reality. Therefore, A's reality is not watertight, which implies that the Reality Formula is no longer 100% responsible for creating A's reality.

**Does it exist?** The Reality Formula says this example is **NON-EXISTING**. It's clearly at odds with how the Reality Formula functions from BOTH A's and B's perspectives. All realities are individual and independent of all other realities. There are no sources outside of reality.

## Example 7 (non-existing):

This is a combination of examples 5 and 6 in one diagram.

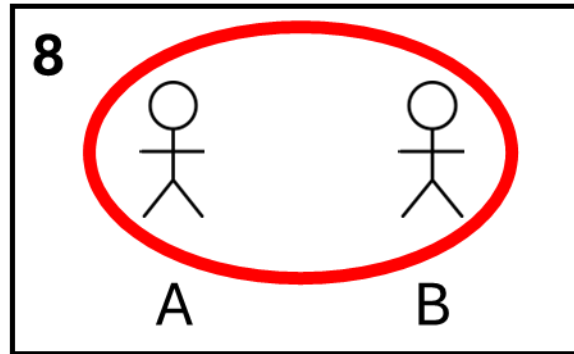


**Observation:** Both A and B have a reality. However, both A and B have something inside their own reality that can escape and get into other people's reality, and get something from the other person's reality into its own reality. In this example, something from both A's and B's realities can "crossover" to the other person's reality.

**Three Principles:** The Reality Formula says that 100% of a person's reality must derive and come alive from their use of the Three Principles. If it's 100%, there is 0% for anything else to be a potential source, including what is within the other person's reality. In this example, it becomes clear that both A and B are NOT in alignment with the Reality Formula. Please refer to the explanations in examples 5 and 6 for the reason.

**Does it exist?** The Reality Formula says this example is **NON-EXISTING**. It's clearly at odds with how the Reality Formula functions from BOTH A's and B's perspectives. All realities are individual and independent of all other realities, regardless of what is in those realities. There are no sources outside of reality.

## Example 8 (non-existing):



Observation: Both A and B are sharing the same reality. In this example, there is only one reality, even though two people are present!

Three Principles: The Reality Formula says that 100% of a person's reality must derive and come alive from their use of the Three Principles. One person equals one reality, two people equals two realities. As we have two people in this example, we expect two realities, not one. In this example, it becomes clear that both A and B are NOT in alignment with the Reality Formula. A and B should have their own individual reality, which removes any notion of potentially sharing the same reality.

Does it exist? The Reality Formula says this example is **NON-EXISTING**. This is clearly at odds with the Reality Formula because there should be two realities, not one. Realities can never be shared, even if people have the same thoughts. Any sense of individuality, independence, or self disappears. This example is also known as "groupthink."

# What about adding more people?!?!

Check out the seemingly endless possibilities when it comes to three people. Can you find one example below that is entirely consistent with the Reality Formula? We can keep this going by continually adding more people, yet the logic of Separate Realities *remains the same*, no matter how many people we consider.

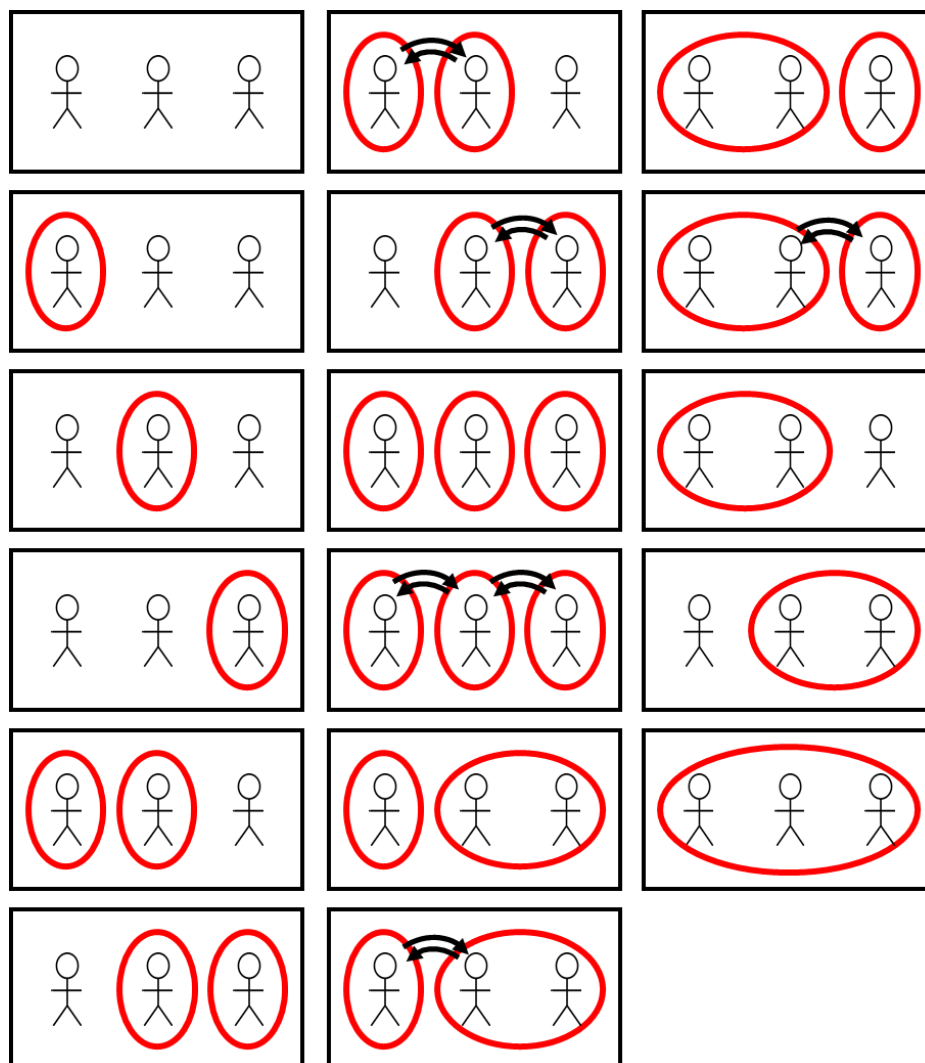


Figure 4

# Study Questions

We have developed some questions that may help you to further your insight into the Three Principles and Separate Realities. Look at one question and see if any examples of Separate Realities would be suitable responses.

## Positive Questions

The answer to every question is example 4 (and **only** example 4.)

1. Which ones would A be peaceful in?
2. Which ones would A realize everyone belongs to something beautiful?
3. Which ones would A show compassion?
4. Which ones would A realize there is an invisible universal power?
5. Which ones would A receive wisdom?
6. Which ones would A be an insightful change agent?
7. Which ones would A learn from B insightfully?
8. Which ones would A be happy?
9. Which ones would A psychologically evolve insightfully?
10. Which ones would A know that all realities are individual and independent?
11. Which ones would A recognize the wisdom in B?
12. Which ones would A retain their free will with B?
13. Which ones would A promote a culture of cooperation and collaboration?
14. Which ones would A feel a sense of connection to B?
15. Which ones would A genuinely love B?
16. Which ones would A understand B's poor behavior?
17. Which ones would A be able to forgive B for what B did?
18. Which ones would A be comfortable in their own skin with B?
19. Which ones would A know where reality takes place?
20. Which ones would A be mature with B?
21. Which ones would A feel the oneness of all things?

## Negative Questions

The answer to every question is *something other than* example 4.

1. Which ones would A be in a false sense of belonging?
2. Which ones would A believe they are right?
3. Which ones would A believe that B is not allowed to disagree with A?
4. Which ones would A feel the need to think like B?
5. Which ones would A exhibit self-importance?
6. Which ones would A want B to conform to reality?
7. Which ones would A perceive reality “out there?”
8. Which ones would A believe they need B to be in an organization or part of a group?
9. Which ones would A have a reality be the source of their reality?
10. Which ones would A feel “not good enough”?
11. Which ones would A take on a belief from B?
12. Which ones would A weaponize the Three Principles and use as a stick to beat B with?
13. Which ones would A try to make B feel better?
14. Which ones would A need positive psychology to feel better?
15. Which ones would A need a good book or bad book to put B in?
16. Which ones would A put B on a pedestal?
17. Which ones would A be sarcastic with B?
18. Which ones would A use a grudge against B? (or have a vendetta against B)
19. Which ones would A try to drag B down to A’s level?
20. Which ones would A try to fix B?
21. Which ones would A need B to love A first before A loves B?
22. Which ones would A use something from the past to decide current thinking?
23. Which ones would A act narcissistically to B?
24. Which ones would A be dependent on B?
25. Which ones would A feel enmeshed/entangled with B?

## Direct Comparison Questions

The answer to every **odd-numbered** question is *something other than* example 4.

The answer to every **even-numbered** question is example 4 (and *only* example 4).

1. Which ones would A demonstrate mental illness?
2. Which ones would A demonstrate mental wellbeing?
3. Which ones would A be outside-in?
4. Which ones would A be inside-out?
5. Which ones would A be offended by unkind words of B?
6. Which ones would A **NOT** be offended by unkind words of B?
7. Which ones would A be a contribution to B?
8. Which ones would A be detrimental to B?
9. Which ones would A believe it's personal?
10. Which ones would A believe it's NOT personal?
11. Which ones would A be a poor listener?
12. Which ones would A be a good listener?
13. Which ones would A experience a busy or preoccupied mind?
14. Which ones would A experience a calm or quiet mind?
15. Which ones would A be attached to any outcome of B in a session?
16. Which ones would A **NOT** be attached to any outcome of B in a session?

We thank Bruce Iverson and Ella Evans for inspiring some questions to add to the list.

The questions above are certainly not exhaustive. It's realistic to imagine there could be thousands of questions on Separate Realities. This only serves to highlight how Separate Realities are being played out all the time and everywhere.

# This document doesn't contain Truth

In his lectures, Sydney Banks insisted, "Don't listen to my words." We echo his comments for this document as well. Perhaps another way of saying the same thing is that words do not contain Truth that we all seek. This is because Truth is located inside, deep within one's soul. This, therefore, rules out Truth being found in words (written or spoken), diagrams, images, realities, and so on. This document has many words, diagrams, and realities. It really doesn't matter how good or accurate they may be; they will not be of any value unless one hears Truth from within.

When one discovers Truth, they will find something of incredible value that will help them for the rest of their lives. Truth **WILL** supersede what has been conveyed in this document. Truth gives the person something this document can never provide. We encourage you to discover this.

## Separate Realities are pre-existing

Separate Realities aren't new. Although they may be new in our individual understanding, Separate Realities have existed for as long as time has existed. We didn't know about them until recently. There are two main reasons we didn't know about them until now.

The first is that Sydney Banks had his insight in 1973, which revealed the existence of the Three Principles. Sydney did everything in his power to convey these principles to others so that we could have the opportunity to lead a more fulfilling and spiritual existence, one with a profound sense of mental well-being. We had to know about (or encounter) the Three Principles first to realize the true nature of Separate Realities. Sydney Banks made that possible. It has taken time for the message to be shared to a wider audience and even longer for it to be heard.

The second reason is that understanding what "inside" and "within" means has been remarkably obscure, and dare we say it, often misunderstood. The words sounded simple and easy to understand, but Sydney made it clear that we had to go beyond the words to realize what The Three Principles and Separate Realities truly are. Literally beyond the words. Only then, and only then, can we realize a more profound and insightful meaning of "It's so simple." This is when you will "**Hear**" and "**See**" from beyond the five senses, beyond time, space, and matter. It was there all along.

This is why we use the term “pre-existing.” **We didn’t make the Three Principles or Separate Realities.** It’s an uncovering of pre-existing knowledge. Therefore, it is a gift. The value of uncovering pre-existing knowledge will always far outweigh what this document can ever offer.

Once a person goes beyond the words “inside” or “within,” they will be on a trajectory of ever-increasing well-being, resilience, intelligence, joy, love, gratitude, and understanding.

## Quieting of the Mind

By encountering the Three Principles and the exposition of The Reality Formula, it becomes apparent that a pre-existing logic is built into the mental life system. This is not a man-made logic. Having a pre-existing logic organizes what happens in mental life; therefore, we realize that some things previously thought to be how it works start to fall away. In particular, the thoughts we have that are based on non-existing examples fall away. This has the extraordinary effect of quieting our minds without having to do anything about it. A quiet mind is an insightful territory. Now, we have the opportunity for wisdom to come through and allow us to be mentally secure again.

## A Deeper Appreciation

Hopefully, we now have a deeper appreciation of Separate Realities. We have deliberately titled this program, *The Miracle of Separate Realities*. It is a miracle because it was given to us as a gift to realize Separate Realities. All of us have been blessed with foundational and spiritual knowledge that can resolve **all disturbances**.

## To Sydney Banks

We remain speechless and in awe of Sydney Banks's contribution to the world. Without his insight, the Three Principles and Separate Realities would likely remain hidden from us. We hope we have done our utmost to honor the profound responsibility of sharing the Three Principles.

## From Brett and Keith to you:

We feel honored to be able to share *The Miracle of Separate Realities* with you. We are deeply grateful for your presence and to hear about your wonderful, incredible, and insightful contributions to the program. As Valda Monroe often said, “We are all in the same boat.” Indeed.

## Continuing your learning

If you want to continue learning about the Three Principles with guidance from Brett and Keith, we highly recommend you join our membership program, *Uncovering the Hidden Dimension*. We meet up for one hour twice every month. To learn more and be part of a growing community, please visit our website at [ThreePrinciplesPsychology.com](https://ThreePrinciplesPsychology.com)

## See you down the road!

Until next time, be well, God Bless, and may your realities evolve. Enjoy the delights that will be revealed to you.

With all our love,  
Brett Chitty and Keith Blevens.

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