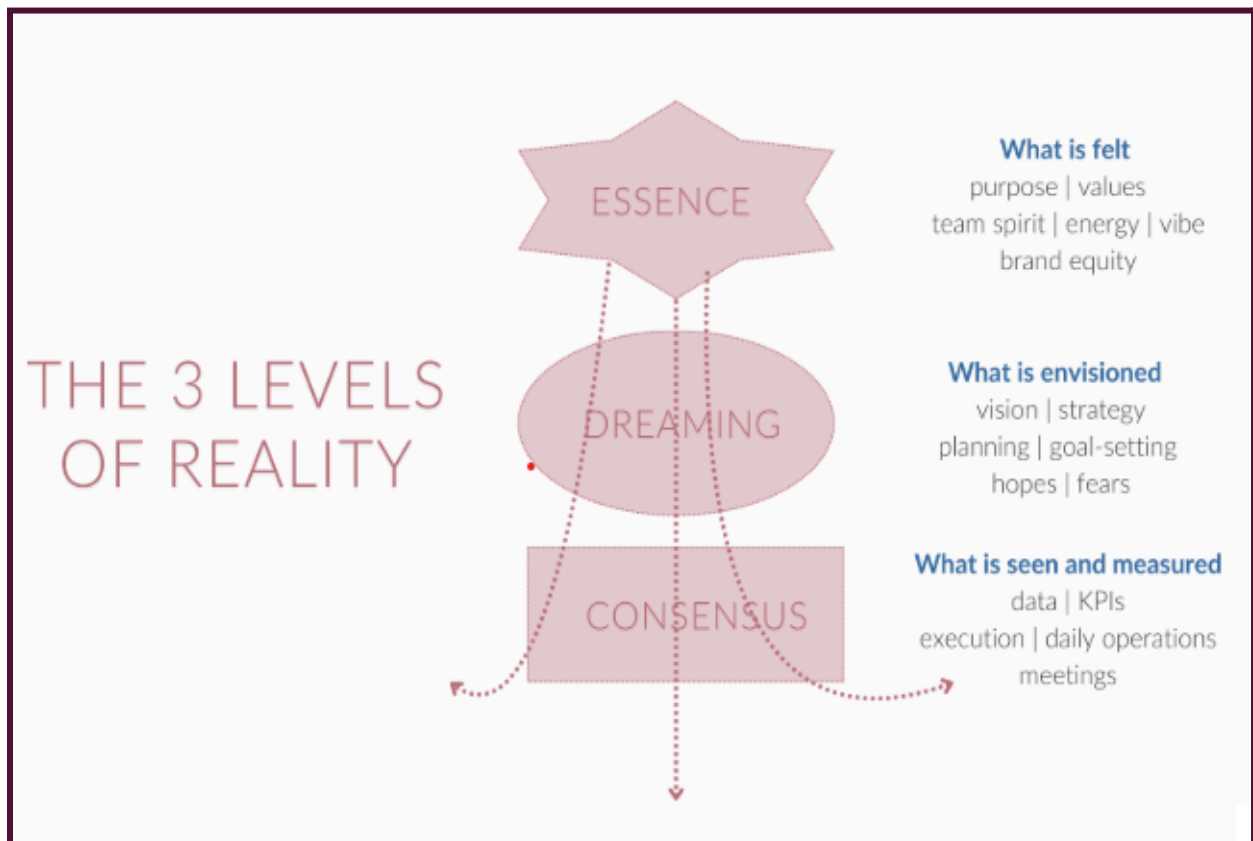


Levels of Reality

By Arnold Mindell

Arnold Mindell's framework of "three levels of reality" in Process Work includes **Essence** (the deepest level of experience), **Dreaming** (the realm of dreams and deeper feelings), and **Consensus Reality** (the agreed-upon, everyday world).

Here is an example of the three levels from an Organizational Foundations perspective:



Taking a more detailed explanation of each level:

Essence:

This is the deepest, most fundamental level, representing a sense of oneness and the potential for all experiences to arise. It's the "background intelligence" or "gut instinct" before anything

manifests as a specific feeling or idea. These are our feelings and emotions, before we can even put words into them. It is the spark, and the level that is so often overlooked or rushed.

Dreaming:

This level encompasses the symbolic or non-material world, where emotions, metaphors, and images dominate, often connected with our dream experiences and deeper psyche. It's where things are emerging and not yet agreed upon. Here, we are able to put words and language to the previous essence level.

Consensus Reality:

This is the agreed-upon "normal" shared by society, governed by physical laws, social norms, and common perceptions. It's the level of everyday reality, the facts and figures of people, issues, environment, history, etc. This is the action-tangible parts.

Amy and Arnold Mindell's work is based on the science and art of following processes as they appear in individuals, relationships, groups, organizations, governments, and nature. Much of my work and training has been heavily influenced by Amy and Arny Mindell. I invite you to learn more about their work and models [Here](#).