

## Getting Real

Making a personal commitment to understanding reality the way it really is. Getting real is to give up your illusions about what you want to be real - or what other people want you to believe is real. Getting real is the process of personal growth in your commitment to reality in the practice of realism. It is to move in a direction away from illusion and distortion into a state of clarity and self discipline. Getting real involves reprogramming one's mind to accept reality as it really is and to move away from mythology and delusion.