

# The Disciplines of Realism

In the Church of Reality our religious disciplines are based on contemplation rather than prayer or worship. We tune our minds and exercise our brains so that we might have a better understanding of reality. Contemplation is exercise for the brain and we try to stay mentally fit. If you are new to Realism you can get started by contemplating the {In:Sacred Contemplations}.

The first of the Sacred Contemplations is {In:Contemplating the Name} (Church of Reality). You may be thinking, "This Church of Reality thing is really messed up. They don't believe in real reality at all." But even if you aren't thinking that, suppose you were given the task of starting something that will be called the "Church of Reality". What would you do? What would your Church of Reality have in it?

This is a good place to start. Think about it. Think about it a lot. We might be on the wrong track. Maybe we are missing the point. Maybe you have a better idea. Maybe you thought of something that we haven't thought of yet. Maybe you can do a better job than we did. If you can do a better job of it than us - we'll join your church.

Contemplating the name is an important exercise for the mind. It allows you to personalize the Church of Reality. To make it part of who you are. It prepares your mind for the journey into Realism. It helps you learn how to give up being a {In:Follower} and to become an {In:Explorer}. It teaches you to think for yourself -- to make ideas your own.

After contemplating the name go on to the other sacred contemplations. One can spend one's entire life contemplating these subjects and there are billions of things out there to contemplate. Thinking about reality transforms the mind and enriches the soul. It opens you up to all the possibilities that exist in the real world. Why should someone waste their life filling their mind with fiction and dedicating themselves to characters that don't exist when we are surrounded by all this wonderful reality. The universe is an incredible place and we in the Church of Reality invite you to join us in the {In:Tree of Knowledge} to contemplate with us.