

What is Present Reality

Vipin Gupta

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Reviewed by Paige Lovitt for Reader Views (01/21)

In “What is Present Reality,” Dr. Vipin Gupta uses his experience in strategic management combining the concepts of science and divinity, as he explores our present realities’ scientific nature and the limits that it presents.

It is incredible to see ancient wisdom combined with modern science to gain a greater understanding of the concepts involving our present reality. In doing so, the limitations and boundaries that have been set forth by modern science are lifted and we are also reunited with the knowledge given to us by our ancestors. “What is Present Reality,” is divided into eighteen chapters that are further broken down into subchapters. I found this to be helpful because breaking down complex information into more bite-sized pieces made it easier to comprehend. There are also two indexes, one in English and one in Hindi. Numerous charts and helpful graphics also allow the information to be presented in a more user-friendly manner.

When I read Dr. Gupta’s writings, he makes me feel like he has tapped into this incredible source of knowledge and he is surfing along on waves of the energy emanating from it as he is reaching out to help his readers connect to it. There are moments where I feel like I am following along in the flow and am being given access to some extraordinary knowledge which was previous inaccessible. When something comes along and distracts me, I lose the flow and I feel a sense of loss.

“What is Present Reality,” is similar to his first book in this series, “What is Divine Energy,” in that the writings require your full attention so that you can absorb the meanings. I found it helpful to carefully read about the “Threshold Concepts,” that are described in the preface. It helped give me a better understanding of the material that follows. I also referred back to it several times while I was reading. Readers will also benefit if they journal their perceptions of the information being received and explore how it resonates with their beliefs.

The knowledge that I gained from reading this book helped me realize that if my present reality is created by my past realities and influenced by my cultural conditioning, I can help create my future reality by utilizing the information that is being presented now that I am aware of it. Dr. Gupta is helping us wake up so that we open our eyes and see our reality. In doing this we can manage our present reality so that we are able to live our lives in a meaningful manner. This will shape a more positive future for ourselves and the next generations.

“What is Present Reality,” is highly recommended reading for people who want to explore concepts surrounding their reality and utilize the knowledge gained to learned how to lead better lives.