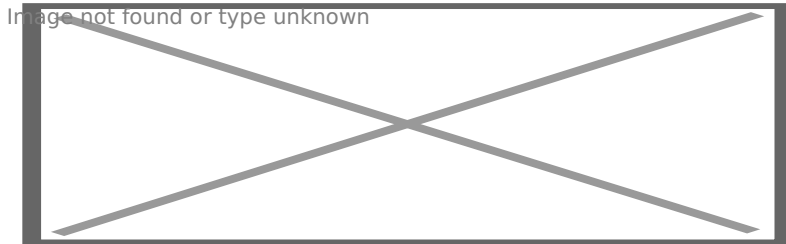


# There is One Reality but it is "Perspective Dependent"

Post by "Don" of June 25, 2026 at 6:57 AM



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It's been a while since I posted anything from Dr. Lisa Feldman Barrett. This short video reinforces that "there is one really" but she provides an interesting perspective on whether we really experience it "objectively." It's a "perspective dependent" experience of one reality.

To me, this gets at "[all sensations are true](#)" in that they have their source in a physical reality but our minds are the filter through which we experience and make sense of that reality. Her "for dogs, red isn't real" is a new perspective. The one comment from a father of a daughter who is "color blind" but only in one eye also sheds new light on how we experience reality.