

Judy's Story – Natural Reality

The concept of a natural reality was very hard for me to grasp. It states that regardless of how I understand things, things are as they are. Since I have never seen the world through any eyes but my own, it never occurred to me how much of what I saw as "the facts" were just my interpretation. It also never occurred to me that the food I ate could have such a profound effect on my perception of reality.

Once I understood what Suppers was, I decided to use the program to help my marriage. Once I accepted that there was a natural reality out there, I thought that getting in touch with it would help me stop being so mean to my husband.

I can't pinpoint when it started, but at some point early in our marriage my husband became wrong. I was Miss Right and he was Mr. Wrong. It was like our job descriptions. I could find fault in anything he did, how he washed the dishes, how he put on the toilet paper roll, how he made scrambled eggs, how he played with the children and especially how he drove.

I went to Suppers for other reasons. I had no idea that the work I did because I was pre-diabetic would help me uncover the natural reality of my marriage too. As I stripped away the layers of food and drink that were putting weight on me, messing up my blood sugar, making me feel crummy, and robbing my energy, I woke up. Suddenly our job descriptions changed to "I am less irritable. He's just who he is."

When I looked out on this person after cleaning up my diet, I was looking out from a different body. Different eyes watched him play with the children in perfectly nice ways that were simply different from my ways. I watched him scramble the eggs and asked in a simple, non-provoking way if he would not put capers in mine next time. Some how I figured out he has better spacial awareness than I and his driving reflected that gift.

He is still wrong about how he washes the dishes, piling the clean plates into a sink of greasy pots and pans. Now I just leave the kitchen. What was I thinking; the man is doing the dishes.