

# Let's Work Together to Take Down the Matrix using the Power of Love

Humanity is currently under the control of robot overlords who have created a prison for our minds that keeps us stuck in a miserable reality that is destroying us and the planet. It sucks on every level and it's time to do something about it. A beautiful new world is ours for the shaping if we can hold the vision and remember how amazing humans and the Earth really are.

Once we understand how the matrix operates it no longer holds power over us. The matrix rules through division. It is designed to turn us against each other instead of it. It works to keep us too busy and distracted to figure out what's going on because if we realise how incredible and magical humanity and the Earth really are their system of control falls apart. The matrix tricks us into abusing our bodies, minds and souls and thinking that we like it and it's what we really want. It offers us fake addictive substitutes for real comfort and pleasure that leave us chasing our tails and never able to be satisfied. It robs us of our most profound gifts as human beings. It makes us hate ourselves and each other when we're actually awesome and it is the matrix that sucks.

The good news is human beings are way smarter than the robot overlords and we have the power to break free from their nightmarish reality using our special human superpowers of compassion, creativity, collaboration, love, deep feeling and imagination. Let's do this!



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# Five Practical Things You Can Do to Unplug Today

## Turn Off Notifications.

Every buzz or flash is a distraction that shatters your focus on the present moment and sucks you straight into the robot overlords' tentacles. The system wants to pull us out of the real world as much as possible and notifications have conditioned us to instantly respond to every single beckoning of the machine. Turn them off as much as you possibly can and enjoy the sweet serenity. Embrace the freedom to check in at the time and space of your choosing. The digital world isn't going anywhere and everything will be right there waiting whenever you come back to it. Make the technology serve you not the other way around

## Relax and Reconnect to Your Breath.

A key part of how the matrix functions is by keeping our bodies overstimulated and in emergency mode preventing us from thinking properly or connecting to our inner wisdom. Once we settle down, take some deep breaths and have a bit of a think about things the dastardly tricks of the matrix become easier to escape. Find a practice that works for you such as yoga, qi gong, meditation or swimming that gives you a chance to just breathe and be. Breathing mindfully is powerful medicine which enables you to switch yourself out of panic mode and have space to think and heal. You become better able to listen to the wisdom of your body and connect to the truth of what you *really* feel and want rather than what the matrix is trying to jam down your throat.

## Embrace and Relish in Nourishing Pleasures.

The matrix has us all addicted to toxic substitutes for real pleasure that feel nice for a moment but harm us physically, spiritually and emotionally. Fight back by seeking out and relishing in all the true pleasures of the world that make you feel good in mind, body and soul. Eat fresh fruit from a tree. Feel the sunshine and salt water on your skin. Snuggle into someone you love and feel the warm wave of bliss wash through you. The real world is so much more delicious and delightful than any matrix illusion could ever be, go wild exploring what really makes you feel good while also bringing lasting satisfaction and enhancing your well-being.



## Harness the Power of the Habit Loop.

Swap out the toxic for the tasty and marvel at the wonders of harnessing the power of your brain. You don't have to do this using willpower. You can use joy and pleasure as your secret weapon in getting the robot tentacles out. The human brain loves routine and is constantly looking to put things on auto-pilot. Once you've created a habit loop it happens automatically and you don't have to think about it anymore, you just do it. Identify things you are doing that are actually harmful robot tentacles and think of something funner and more nourishing to substitute it with instead. Then create a habit loop as follows

*Trigger - Habit - Reward*

For example

*Break Time - Smoke a Cigarette in the Smoker's Area - Pleasure, Fresh Air and Chance to Relax*

*Break Time - Drink a Delicious Tea and Sit in the Park - Pleasure, Fresh Air and Chance to Relax*

The best thing about creating habits is the reward component is essential to making it stick so you can go wild with whatever things most bring you joy and pleasure which is fun. Use the peculiarities of the human brain for your benefit rather than the matrix's. Enjoy the thrill of rewiring yourself to a life of joy and abundance.

## Treat Screens Like the Plague.

They are dangerous and want to infect you, be careful!!! Set hard limits of how much of your precious life you are willing to spend under the power of a screen. Quarantine is essential to stop them taking over your life and brain. All the different screens keep us hooked by keeping us constantly engaged and entertained. They provide no natural end point to the experience and are instead intended to keep you latched on indefinitely. They are one of the most dangerous attention sucking mind controlling robot tentacles ever invented. They are also an extremely helpful tool for sharing information, staying connected with each other and discovering cool things. The key is to figure out what functions you actually want to use it for and in what ways. How much is useful and how much is a life suck? What things bring real value to your day and what is bringing you down and stopping you from actually living your life? Allow yourself to be the commander of your life not the screens. You use the technology don't let it use you. Take advantage of the different apps and functions available to impose control over the tentacles so you can make use of the benefits without the life sucking poison.