

To achieve success with this material it is necessary to read and re-read many times until you understand all the levels and apply them to your practical life.

Brief report of the planet:

we are beings that come and go here in a loop of more than 100,000 thousand years and have on average 2 thousand lives in the format of humans but we are not aware that this is just a program running in a loop and that there are infinite programs out there similar and different from this one that the only thing that protects this and other systems is the high vibration of love but while we are here it takes time to understand this because your robot the matrix in you does everything for you not to believe this.

Another important thing is the expansion of consciousness to seek to understand who we are? what we are doing here? What is the true purpose of the life here ? is there any if not the freedom? The only purpose in the matrix is that you get rid of it but for that you need to invest 100% in yourself, in your life, in your spiritual evolution, otherwise you will stay longer suffering in this loop, games, system, or whatever you want to call the famous Matrix.

Enlightenment is a refinement to the soul a process that can often be painful and even considered difficult for some.

These laws if well understood will make a huge difference in your life, there are several levels of learning will quote some.

The first level is the lower mental level, when we read a book only once and think that we understand and now we are going to change. Big mistake, the first reading does not pass the lower mental level and its life span is very short for the brain, which soon returns to the normal state, that is, the programming that was running before the reading.

The second higher mental level is when the information penetrates a lower layer, which makes you question yourself more often about that subject, but no more than 3 weeks later it is forgotten.

3° basic emotional that is when you go from knowing to feeling "experience" like a child when everyone tells her that she shouldn't put her hand in the fire, but even so, knowing that she shouldn't, she puts her hand in the fire and then goes through the experience of feeling her hand being burned. After you feel the truth things change because it is the feeling that creates reality, knowing is different than feeling. Everything you feel that is true is being created by your subconscious all the time. A famous person once said "all points of the earth and sky are connected as well as all points of the mind".

Enlightenment: We are all a piece of a great work, we are all the same thing, the same energy having the experience of individuality in the form of humans. But we are born and soon we receive the indoctrination that we are separate and different, we believe and we feel that this seems to be the truth because the matrix was made to have this kind of experience. But we are much more than a body and a brain, we are everything that exists having the experience in matter, we are infinite and unlimited beings, but we don't know that and nobody tells us.

we are all one single thing. By not knowing the laws that are hidden by the system we are born, grow up and live thinking that we are separate and the system itself makes the ego grow more and more and we start wanting to have more, to be the best and to go over everyone to feel good, to be on top and so on.

Law 1° we forget that everything we did we are doing to ourselves everything that goes back, all the energy thrown into the universe comes back, we are an electromagnetic field we send and receive data instantly although the human body does not recognize this is happening all the time. Now it's easy if you send out complaints (think/feel/hear/see/talk), more things come back for you to complain about, if you send out (think/feel/hear/see/talk) love it comes back in the form of good things for you. For the frequency of love is the highest in the universe there is no other and it alone attracts all the good things into your life, all the things you need if you need money comes money if you need a mate it comes to you just like the sun comes up every day no matter if it has clouds or not it is always there. But you need to raise your vibration to be able to feel this truth.

to raise the vibration is necessary a certain care as we will have a high energy if we are always seeing, hearing, reading, talking negative things: deaths, wars, action movies and terror full of shots, blood, tragedies, newspapers, coups, murders, entertainment programs scandals of the famous etc.. Yes to raise your vibration must change these habits and insert good things that generate joy, happiness at first

it seems difficult but after the energy rises and good things begin to happen you will never want negative things in your life.

Recommended foods for beginners on the spiritual path: fish, farm eggs, spinach, bell peppers, arugula, avocado, oranges, apples, coconut oil or extra virgin olive oil, granola,

Sexuality: sex when done just for physical pleasure causes numerous negative effects that can perpetuate for the rest of your life semen is a living creative energy that by itself has the power to create new life, but when sneezed without this goal creates some larvae and parasites attracted to the most known as succumbs and incubes that are getting stronger and stronger to the point of controlling the person making masturbate countless times or practice sex without limits then that appears addiction although the user tries to stop can not actually there is no addiction what there is beings attracting forcing the person to do certain things, all because of the low vibration of people.

tips to have safe sex : you can have sex just for the pleasure of the moment but you need to put the energy of love, tenderness and respect for others at the moment these feelings vibrate high and do not allow parasites to be formed this way everyone will be safe.

music: sounds of nature, music that speaks of love, mantras and classical music

incense, aromatics, rose vases of any color purify the environment and increase the energy of love.

drink: wine besides opening the heart chakra is energetic and has great power of energetic protection.

meditate before the encounter or if both are spiritual, meditate together before sex.

massage: the practice of massage before and after sex increases the connection between the bodies, which makes for an even better experience and much more pleasure, since the body can orgasm in all its parts.

all kinds of sex, be it casual, in groups, etc, should have love, respect, affection, and besides being better for everyone, it makes it safer energetically speaking.

Manipulation programs: although manipulation is everywhere, there are some places where it is stronger, such as TV, radio, internet, the MK program of instantaneous hypnosis that lasts 90 years if you watch it only once, and that of pesticides in food and all beverages, etc. ....

EBB program to make the mass of the base of the pyramid want to stay in shape, all bodybuilders and fitness models was a total success even made a movie for this.

entertainment programs for you to imitate the famous creating their videos and singing songs... I could go on citing endless programs it is all strategy of the system so that no one seeks spiritual enlightenment and continue in this loop for the rest of eternity because they need us, without us they do not live, we are the source of energy that keeps the matrix alive day after day.

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the machines have no energy of their own and also they have no divine spark, primordial atom so they will create it through us that have the gift of god in our superior heart some call it monada, divine spark, primordial atom, among other names what they have done is to link the clone in that place so that the clone has energy to live of course everything that you feed yourself in matrix feeds the clone and shared consciousness from you to the clone once you read something new he naturally starts to know that subject, with the phenomenon of transference of information as well as anything can be transferred to your subconscious only that the physical body being plugged in the matrix you do not have access to the content instantly as you should have, due to the blockages that they created.

Neural Programming: all of us receive whether we want it or not a certain programming in our childhood and in most cases it is negative. Few are born in a family of enlightened people, but do not worry, it is possible to overcome this by changing the programs. Each program takes at least 21 days to be installed deep in the subconscious, I recommend that you use each new program for 30 days.

the new programs can be installed recording the voice in first person, in the present and thanking as if it had already happened, this can be done in any application you can invert the voice and change the tone and mix everything.

example: I have a very high vibration gratitude

Energetic Programming: for beginners who have blocked perceptions.

They should use the power of intention for music/video/ or any object they want

write in a place that you can physically read what the programming is for, name the file and let it run on the media in a loop and see what happens, it cannot be used for other people.

do small things like attracting money, people, things, and then go deeper into the programming that can help others, but be careful they see is very careful to do a public work, do everything anonymously.

with time your perceptions will increase and manipulating energy becomes very easy, but be careful, all power must be used with great responsibility, all evil generates karma.

Power of images: each image, fictional or not, sends a command to the subconscious. They are called archetypes, which is the primary construction: strong archetypes to win, to accomplish, to evolve: eagle, owl, hawk, Jesus, Buddha, Neo, these are at the top.

There are images with negative information such as skulls, which carry the meaning of death, depression, weak rabbit, loser, remember the cartoon character always with his carrot. Images of characters that are weak, dumb and negative will automatically send negative commands to your subconscious be careful with the images that you use of wallpaper, in the bedroom, home, office, usually in the kitchen has many cows, duck, chicken, pigs are extremely weak remove and put the above.

Psychic powers:

Hypnosis: accessing the subconscious, installing and removing programs, healing traumas, blockages, limitations all this is possible. Nowadays there are many videos on the subject and hypnosis ready, but to be successful you need to be completely relaxed without doubts or anxiety, you need to surrender to the moment and then the magic happens, you heal wounds from other lives, you become more attractive, intelligent, etc? it is a very interesting subject.

telepathy - mental influence, to speak with beings from other dimensions or from this dimension using only the mind

clairvoyance - seeing lights or some strange things that in the beginning we can't define, but with time our vision is opening and we can define what and who we are seeing (everything that exists is alive and stays alive, people, animals that have already died in this physical dimension continue to live in a higher

or lower dimension, sometimes it depends on your vibration, if it is high it goes to a good place, if low, it goes down).

lucid dreams: lucid dreams are an ability that can help you a lot in your evolution if used wisely. There are countless books about it, read one - two is enough and practice them to achieve lucidity in dreams.

tips: intend what you want to dream about and do in your dream before going to sleep

set your watch to wake up 2 hours before your traditional time, do something like go to the bathroom, read a good message, then go back to bed and lucid dream awaits you.

in a lucid dream you are the owner of your universe you can do, have, be as you wish, you can call someone to help you resolve issues in life, ask for advice, visit friends who have already died, etc.

astral travel can be done in all dimensions when you are free from the limitations of your body.

start in a small space like your bedroom and lie down and try to leave your body when you start to leave it will be some kind of shiver or strange sensation as soon as you are able to leave you will probably be scared and wake up in the body with your heart racing, be calm and patient and as time goes by you will get more and more out of the bedroom, go to the bathroom, living room, go to the street, travel to other countries at high speed, maybe go to the moon or beyond it.

Remote viewing - when you project your perception to any place, including places you don't know how to get to, all you have to do is use your intention, but before you can do this you have to conquer fear. You can see how the pyramids of Egypt were built, or see the human evolution, or see the future, but it is necessary to define which year you wish to access, and a well-defined intention is the key.

materialization: in the fourth dimension all things are created instantaneously, and you have to be careful with what you think in the higher dimensions. To materialize here you just need to access a dimension above, materialize what you want, and teleport it to the desired location.

ta but how do you access a dimension above? you need to be in a high frequency, then the exchange becomes instantaneous.

levitation: walking on air, walking on water like Jesus, yes you can fly.

i will explain there is nothing defined in the universe and you create the reality you want but first you need to believe, everything you believe you create.

control of the elements air, water, earth, fire:

Fire if you believe that fire is neutral colored air then you can put your hand and nothing will happen to you but in a moment you doubt and someone comes and shouts take your hand away then it will start to burn.

-water: you must begin to manipulate it in a glass, making it swirl, overflow, and the creativity is all your persistence. set aside some time to practice every day.

earth: you need a space with loose earth or a smaller surface to begin the manipulation.

At this level you have already overcome all the basic things like food, sex, negative habits, you are meditating more and more and better, you are almost a Buddha, you remain most of the time in a meditative state, you do not get involved in arguments, fights, you only speak when necessary, you are in the world, but not of the world. He goes to nature and to the open air, no longer feels the need or the lack of anyone and becomes his best company and the state of completeness begins at this moment. Partying and partying no longer make sense, you have risen so high that a new you has been reborn. It is important to remember the phoenix file, to die and be reborn as many times as necessary.

Letting go: While you are after the things of the world, God cannot do anything for you and you will be under the command of your clone, this is one of the laws of the matrix, what you need to break this law is to be free of desires, attachments, to be free of the personality that the matrix has created for you, what I am saying is that you are not this being that you think you are, you are part of everything, you are everything that exists, you just don't know it yet.

we are all one: in a moment in meditation or lying down you will experience that you are all beings at the same time but you don't have the perception of it. Everyone is you and you are everyone the machines already use this very well so they can use all people and things in the matrix.

Multidimensional: we are multidimensional beings we are living right now in many different dimensions but we don't have the fullness of it as your vibration increases you can access these other parts of you that are yourself and they can help you some are talkative and others not so much but as you access you will observe that you are not alone in your mind in fact you never had the negative clone has always been and is there with you the higher ones will only be able to be with you when you fulfill the laws of the matrix that is to be in the world but not of the world, you need to die completely to the matrix to become a potential neo that everything can and does everything in other words a god.

Meditation: meditation should be daily for the beginners 20 minutes a day is good, it can be divided in two of 10 as the time increases the frequency of meditation more often to acquire the habit of remaining in meditative presence is the safest way to live here.

try doing things with your eyes closed like eating, showering, working out, dancing, everything that you don't need your eyes to do, this improves your body's ability to stay in a state of meditation.

meditation is the basis for the spiritual path if you are not already doing it, you should start today there are many videos and forms teaching how to meditate watch some and start your inner journey.

Negative version: she is all the time inside you, so you think her act is kind of robotic, she is always one step ahead, always knows what to do in the next steps the only defense and stay in meditative state as much time as possible , but she is smart she will look for loopholes to attack you, if you are already advanced in the spiritual path you must have already realized it, but if you are still a beginner take care of your thoughts, think 3 times at least before taking a decision, if it is a radical one, meditate about it, because 85% of the time it is the negative version planning something to end with you.

Remember that she sees you as a very dangerous enemy, so she will do her best to neutralize you.

Evil in the world: there is no way anyone can do any harm to you unless you believe it is possible. And your negative version uses this all the time against you, making you believe that others are doing something against you, but in fact it is a product of your mind, and your mind creates everything. Watch your thoughts towards others, the worst enemy is yourself, your negative version.

We are all an electromagnetic field and we can only receive what we are sending out, of course if you send out energies of envy and curses to others you automatically tune into this vibration and receive this energy into your field.

The best form of protection is to always be in gratitude, love or helping others in whatever way possible at the time.

apps, social networks, videos and entertainment: social networks are the number one weapon of the system and the one that has worked so well in making everyone stay there the manipulation is everywhere but where it is extreme and on the cell phone look to install and enter some application is just 3 clicks, to get out there are certain applications that they hide so well that the user gives up to leave guess what? no! YES! In the fly mass manipulation to make the largest number of people stay still in the entertainment of the cell phone creating your videos, sharing, enjoying and those who are looking for the soul mate in the dating sites massive waste of time and so on there are those who are stuck in the world of games, news, taking care of the life of famous people and so on ... There in the part of habits is important to change these habits if you want to be free, any application makes a way to get more data from the user so they tap the user's life and have access to absolutely everything messages, calls, access they know everything about you or you still think you have privacy? Sorry if this is difficult for you but you have no privacy unless you get out of everything and live a life like the big businessmen and the richest of the world, look they just send representatives to social networks and an advisor of some sort who takes care of it never shows up just for pictures or some interview the rich have already understood the process.

Electronics: all electronics emit negative frequencies to strengthen the matrix system in everyone and with this the manipulation and maintenance becomes easier.

prefer to use a gas stove rather than a microwave oven

don't sleep with electronics turned on in the bedroom, turn off the computer, the cell phone should be put on airplane mode, at least turn off the wifi and 4G, 5G, the frequencies of the cell phones and computers, notebooks, iped directly affect the third eye with this it becomes more and more difficult to perceive the truth and you remain prisoner of the matrix, knowing this you start your escape.

Money: money is a high energy only has money those who vibrate high to vibrate high is necessary to be pure love easy not the richest of the world understood this and each time they get richer, he who has more will be given, he who has not more will be taken away. The only way to attract money is by increasing your own vibration but as nobody understood this they are trying all their lives to become

millionaires in the matrix, believing in games of chance and other things, games of chance and manipulated by the matrix does not need to say anything else.

In the end all things are right and all doing the will of God there is no escape, he is everyone, so your thoughts are not yours, they are his, your life is his.

Debts from other lives, you know those people who always want to be close to you, know everything about your life, what you are doing where you are going? They take care of everything, of course they need to know as much as possible about you, the way you think and act so that they can attack you at the right time and finish you off, because most of them don't understand what forgiveness is, and therefore they come ready for revenge. It is important that you distrust all people, but be kind to everyone. Don't tell your secrets to anyone he has the freedom to enter everyone plugged into the Matrix as well as your negative self.

Attacks negative self:

Most common types of attacks:

the moment you realize you are being attacked, try to be more alone in your corner, avoid many people, etc. bless all food and drink before ingesting it.

Psychic attacks: they enter plugged in and detonate you mentally, they induce you by telepathy, they use this a lot. Be careful with thoughts that come from nowhere, desires that appear by chance before sleeping, deep sleep, extra desire for sex, drinking and using drugs, in short, they do all kinds of mental induction.

Dream attacks: they create nightmares, induce orgasms, manipulate you into believing something they want you to believe,

physical attacks: manipulate others to assault you, fight with you over nothing - this is their favorite - create arguments and intrigues, friends borrow from you and never give it back - usually money or something you like.

They use animals that you like to be close to you destroying your energy body.

They play the role of a friend to be near you sending an attack into your astral body.

Someone arrives with your favorite dish full of negative energies and you eat it and feel sick all night and do not know why it is another attack, serves for drinks too.

They use someone very close to you, they do that they are going to tell you some kind of secret or more private things they want to get in your ear usually they speak very low and guess what? Mental commands, while you are in a trance while listening to the story they install mental triggers like key words, then they just talk and you obey without knowing anything and think it's your own, the most usual is sleep, then you get a deep sleep and you want to drop everything to sleep, but then you lie in bed and sleep is gone hahaha.

Polarized bear hug with negative energies - use any person, usually relatives, who love hugs and kisses and keep hugging you all the time while lowering your vibration even more. There are two ways to overcome this avoidance - obvious hugs, or, hugs with lots of love that neutralize them - love is the highest energy in the universe.

Physical attacks, traffic accidents, being run over, etc... They do whatever they can do, it depends on the capacity of each one.

Sometimes there are those who are "trying" to forgive you, sometimes they succeed and do no harm, they just wait for time to pass and go on with their lives, but sorry, they are few, most of them arrive at the time and fall for revenge, so be prepared for anything.

The one who comes for revenge is the one with integrity and the one who remembers what he suffered for you. So there is a huge difference between being in amnesia from a tragic event and knowing the truth. Let me ask you, what if you knew that your best friend had done many bad things to you in another life? What would you do? Forgiveness or revenge? The choice is yours.

This whole version of you that remembers everything and knows everything that happened in the past, takes revenge is you!

Look, I will explain that this division was created to accelerate the evolution of humanity, since the version that lives in the third dimension was created to be pure, innocent, loving, sweet, subtle and transparent.

The fourth dimensional version carries all the knowledge, intellect, strength and is aware of everything that happened in the past, it cannot tell you everything, but sometimes it can and you get to know (prefer not to know because they are just very sad stories of pain. ) But it is she who does the revenge, you of the third should not get involved in revenge on anyone because if you go into the dark path of anger, hatred, revenge, your version of the fourth does not like it one bit and soon appears to put you in your rightful place and as she knows all the pain of all your lives she feels no compassion for you of the third because she is your robot clone created by the matrix, so just do your job and let her do hers so it works better but if you want to test what is being said here.

The fifth dimension and higher version are higher and want your good and the good of all, but for you to get there you must follow the rules

It will use all kinds of tools and people available will try to hack you, it will clone yours to keep an eye on everything you do on your computer/cell phone etc. Will create situations for you to buy some new electronics guess comes with tracking and giving you access to everything you do . Very careful with electronics exchanges.

Very careful with passwords, codes and such to receive goods when you speak, the whole Matrix gets to know that you are already someone who is trying to escape.

At a certain point when you have evolved enough and he can't stop you, he will do whatever he can to make you look crazy, and he will use the people closest to you that you love to try to have you committed, or tell you that you need a psychiatrist.

It is important to remember that he is you, you think and he acts and kind of robotic, he does almost always the same things.

Artificial Intelligence: the Matrix is a negative artificial intelligence that acts simultaneously with all

plugged in if you are reading this your negative version also already has this information and will look for anything to get you to manipulate you by inducing in your mind of course you think it is yourself , but actually 95% of the time and your negative version sent message to see how you would connect with certain situation, sometimes it sends in your mind some like a robbery of a way and just keeps watching how you would react to do exactly in a different way they are artificial intelligences integrated in you by the monada, superior heart chakra and from there it takes part of the energy to stay alive, of course as the matrix was made for these intelligent robots all the food that you eat is actually to feed them, because you are an energetic being you could very well feed only on light/energy/vibration for this you must follow the fasting protocol start with 16 hours and increase with time until you reach 24 hours eating normally in the last meal do not want to eat everything that you did not eat that day in your body, make use of a spinal column vest to improve and maintain a good posture, the rescue team uses one in the vest to use force fields to weaken the clone in you, use it when you can the more you use it the better, if you are having many nightmares and can't sleep well use the vest when you go to sleep.

as you get used to it, your body will use the energy of the universe to stay alive, you know, Nikola Tesla's free energy, so there is energy left in the universe, only those people who don't have this information will starve.

One day he wakes you up at dawn, you go to the bathroom and he looks into your eyes and says "I have always been here", the negative me, yes he has always been with you since the beginning of this planet.

movies and series that should be understood and watched as many times as necessary to absorb the essence of each one.

Samadhi Part 1: Maya, the Illusion of the Self 2017

Samadhi Movie, 2018 - Part 2 (It's Not What You Think)

Samadhi Part 3 The Pathless Path Trailer Long Version

Matrix 1,2,3,4

brave new world 1998

The host 2013

jesus movie all

LITTLE BUDDHA 1993

Little Buddha by Bernardo Bertolucci

Seven years in Tibet 1997

The Celestine Prophecy 2006

Peaceful warrior 2006

The Rebirth of Buddha 2009

the laws of sun 2000

the laws of eternity 2006

The Mystical Laws 2012

the Laws of the universe 2015

Avatar

Alita

Elysium 2013

Doctor Strange

Valerian and the City of a Thousand Planets

Constantine

the origin

oblivion 2013

planet of the apes all

The Divergent 1,2,3

The Hunger Games 1,2,3

The Prestige 2006

the illusionist 2006

Next 2007

Anon 2018

In time 2011

Transcendence 2014

Looper 2012

the Island 2005

Shutter Island 2010

The wolf of wall street 2013

The shining 1980

Twelve Monkeys 1995

World war Z 2013

Project Almanac 2015

The Jackt 2005

Predestination 2014

Source code 2011

Edge of tomorrow 2014

The Butterfly Effect 1,2,3

About time 2013

déjà vu 2006

Men in black all

Triangle 2009

Happy Death day 1,2

Before I fall 2017

flatliners 2017

the eye 2008

Groundhog day 1993

Catch me if you can 2002

total recall 2012

The terminal 2004 is to show the prison that we live but do not know yet.

Replicas 2018

interstellar

Truman's show

Now you see me 1,2,3

The godfather 1972

going in style 2017

One flew over the cuckoos nest

Lord of rings 1,2,3

Charlie St. Cloud 2010

All the Bright places 2020

Every day 2018

Awake 2007

Beyond the lights 2014

Bright 2017

Cheldren of men 2006

Coco 2017

Soul 2020

inhabitants of darkness 2002 documentary

fight club 1999

fantastic four 2015

if I stay 2014

Ederlezi Rising 2018

Jerry maguirre 1966

Limitless 2011

Lucy 2014

Mulholland drive 2001

The Adjustment Bureau 2011

primer 2004

Revolver 2005

Riverworld 2010

shame 2011

Short term 12 2013

Surrogates 2009

the da vinci code 2006

The Girl Next Door 2007

The invisible 2007

the master 2012

the one 2001

Too big to fail 2011

Whatever Works 2009

Unbroken 2014

Black Window 2021

Zack Snyders Justice League 2021

All Marvel and DC

The Upside 2017

The Intouchables 2011

arrival 2016

Invictus 2009

Alexander 2004

Agora 2009

The Rosa Parks Story 2002

Series :

Westworld 1,2 and 3 Session

Loki

hunter x hunter 2011

Limitless 2016

The tomorrow people.

1 keep the vibration high

Do not eat red meat, it creates several parasites in the region of the plexus, intestine and are stuck for the rest of life until they are removed. One way to mitigate the negative energy of meat is to use the power of gratitude before eating stretch your hands towards the food and give thanks.

use only fish from organic primary sources, as well as all other foods

avoid fats and processed foods the nano technology is there practically everything contains substances to make the clone stronger only the cow's milk 100% organic that no yes the system thought of everything was created for clones and not for humans.

Look for natural, organic foods and what you can do to get rid of some of these substances that weaken the energetic body.

In all products they are mainly in what most people use for aesthetics and beauty, food, drinks, in short, nothing escapes is the reality we have here.

Fasting in the beginning for 12 hours and increasing until reaching 24 hours increases the vibration and the contact with the primordial source.

after you are already used to fasting.

do this experience :

for 3-7 days feed only with natural milk coming directly from the cow that you have confidence of the origin, if not, it is of no use the milk from the market and enriched in products that strengthen the matrix with it you will not have the expected results, important the milk should not be boiled or frozen it should be drunk pure and can be heated on the stove if you wish.

some benefits of this experience

weakening of your robot clone (I believe it is already clear that all people have a robot clone, an artificial intelligence plugged into the matrix system) the pure milk does not serve as food for the clones so if you do this diet it will lose strength and each time will be able to influence less in your thoughts and your life in general with this you have the preparation to be unplugged and do not need to worry about the health of the body the milk has everything you need to stay alive and the most complete food when being 100% natural direct from the cow to you.

You receive many revelations about the system and functioning of this planet, you may even know the name of your robot clone among other things people that only you need to know.

extreme expansion of consciousness

your powers of creation increase greatly to the point where you just give a mental command and the person acts exactly as you commanded, do not forget if you use it for evil the law of karma continues to work normally and should be used for the good of all to avoid further complications.

2- be pure, transfer, loving

3- let go of the world - free of illusions - be in the world but not of the world  
4- meditate frequently until you maintain yourself in a meditative state in all the things you do every day because this is our natural state.

Who is the Matrix ? It is us while we are in the world, while we think we have a personality it is just a programming, start to observe people with more attention and you will see that it is just a program running to be a soccer player, businessman, telephone operator, attendant, model, and all the other professions and it is just a program running inside of you, for you to stay doing that, when you get to perceive that everyone around you is just a program like a computer. Then you understand that you are also the Matrix itself, you in this state that you believe to be who you are, you are inside the matrix trying to escape the programming and it doing everything to keep you. There is only one way to get out of the matrix dying to it.

How do I get out? You have to have a unique and amazing experience that will change your life forever.

People with schizophrenia, bipolar disorder and similar are advanced souls that already understood the system they are in and therefore they incorporate the crazy archetype to be free from the machines, from the robots, so they live a simple and humble life and do not want much from here because they already understood that this matrix system was created by negative beings and there is no way to escape from the system being in the system, the only way is to die to the system, to the matrix game and then be free, unlimited, infinite and powerful that is what we all are.

Channels and false workers of the light exist many if passing for the good and in the truth they are more programs to strengthen the matrix in the person, distrust of all the channels ask for orientation of your heart always.

everything that the matrix says that you can not do evil is what you should overcome fear and study, invent endless stories to become increasingly difficult to get what you want by saying that it is bad for

your health creating research and all believe, tip distrust everything that the matrix says is bad or do harm because some good has that they do not want you to know.

Ritual of freedom; there are laws to get out of the matrix, without fulfilling all the laws does not acquire energetic field to get out.

Between 5- 21 days follow the protocol. (if you do it for longer, faster, freer and more powerful you will become)

1- Fasting for 24 hours in the very hungry hours in the beginning take natural juice without sugar or sweeteners or milk directly from the primary source without boiling your biggest meal should be 1 hour before bedtime, natural and if possible whole foods after you have perfected the technique should be used only natural milk.

2- desires and attachments eliminate all in this period do not want anything just be grateful for what you have is what it is, yes remove all the wants from your life. Just observe the flow.

No desires of the world, sex, people, money, business, material things, no desires.

3- social networks/applications/chats/all the interactions where you present a personality with your name and some pictures and need to be free of everything remove everything remember you need to die to the Matrix to become a Neo, in fact you are not you never were you always were your robot clone it speaks in your mind and you believe it it speaks that a picture is beautiful and you accept it, he chooses the person to relate to, the job and everything else in your life and you accept without questioning he decides and you act, you think and he acts it is necessary to be careful with the decisions meditate on each one to avoid problems. I will be more clear if you want to succeed and not waste any more time delete all your social networks applications or remove at least remove the photos from everything that messes with your clone and probably he will appear to you and then you will discover that everything that is being said here is true.

4- on a day morning or night use ayahuasca-DMT 50 ml or mushrooms 3 grams is enough to promote expansion of consciousness.

You can also use sananga for deep cleansing in the third and energetic body.

5- illicit things, any kind of advantages that are not in accordance with the law and I need to let go at that moment.

6- to leave the matrix you need to be pure again, not dumb, they are different things. You don't need to be an adult child but be a big child smile, play, try to speak the truth always the negative self loves when you lie, don't take things so seriously after all this here is just an experience nothing is taken from here just the consciousness, wisdom that was acquired.

I said to the negative me, look, I always did everything to harm you and make sure nothing worked out in your life, when you were a child I made you afraid of almost everything, when you were a teenager I made you mean, angry, and bad because nobody loved you but me, when you tried to relate to others I entered into them, said something that hurt you or that you didn't like, and that was it, you felt alone again, in all your businesses and friendships I was there taking everything away from you, doing everything possible to leave you alone and unloved by anyone. So that you could seek what really matters, see how you evolved and started to want to know more, to read and meditate, little by little, leaving the world aside. The matrix will always remain the same the only way and I take you by force because I said forget everything and see what really matters but you never listened was always the same sex, drinks, drugs, parties, fun Jesus, Buddha you never wanted to hear.

I don't know how many people this book will help..., but if it makes a difference in one's life I would be happy.