

>>>  **OUR HEALTH:** Our Influenced Thoughts and Beliefs

Exploring One's Inner 'Floating Matrix'

by Mantra Lotus
Special Report to The ARGUS

Most of us don't believe that our lives are simulations. We think of the term "Matrix" as being science fiction or theatrics. It seems far-reaching to envision that most human beings are trapped in a system of invisible (Mathematical) complex structures and advanced generated wiring created to control our everyday lives and actions from birth. But, we are.



The Floating Matrix (our influenced thoughts and beliefs) governs most of our life and daily habits. It is a self-systematic program that has physically placed us like chess pieces on a checkered path.

We are taught separatist views through religion, race, class, gender, and age (classifications; classism) subconsciously and meticulously programmed and led in place. Our identities and individualism have been replaced with mirrored Artificial Intelligence. Freedom and Free To Choose aren't really free if Millions of people are living the same "Free" choice. We have accepted a herd mentality though we argue against it and deny its truth.

Our individual lives frequently spiral out of control within the same cyclic roller coaster because we have been conditioned to be afraid of the "unfamiliar". The system of patterns that we have watched others do, that we see daily, and act out throughout our lives is more comfortable than the uncertainty of what's on the other side of the Matrix.

We live comfortably within mediocrity because it's meant to be "nurturing" because it is how we have been programmed and accepted it as such. Actually, most of us are

unaware of any difference unless we consciously choose to accept that there is more to experience, even then we teeter in and out of our comfort zones and never drift too far away because we are afraid.

So, how do we navigate within this "Floating Matrix"? How do we change existing belief systems that we have created within the nucleus of our thoughts? How do we change our mindset built from mindless actions birthed from traditions, disciplines, and past ideology to become mindfully independent, and is it possible to fully escape the Matrix?

One sure way of escaping the Matrix is by doing something uncharacteristic and unlike anything, we have ever done before. It's forcing ourselves to try new things; take a new road, travel to the unfamiliar, challenge our fears and push past boundaries. It is to deliberately do the opposite of what we would normally do, especially in a typical "Deja-vu" moment. By mindfully changing the trajectory of our decisions we have consciously created new neurons and new ways of brainwave formations and thought; we have awakened

higher levels of intelligence and developmental patterns. When we aggressively resist old thoughts and past ways of action we welcome wonder and magic into our lives and create intentions of positive exploration and overall personal growth.

Another way to break out of the Matrix is to question our actions by practicing mindfulness. Dissect our life decisions. Review our overall lives and dominate impacts. Ask questions. For example: "What have I done in the past and what do I believe influenced it? "Why do I do this?" "Why do I believe in this?" "Did I learn it from someone or something? Can I change? Do I want to Change? Am I happy? Is there more for me? Is there more that I can do in this life?" Review all options. Pay attention to self-opposing viewpoints and repetitive objections to life change.

Lastly, one of the best practices to help with navigating within the Floating Matrix and eventually escaping this Matrix is Meditation. Meditation grants complete freedom over mind and body by allowing us to be spiritual conduits to our inner

knowing and teaching us how to be aware of universal connectedness. Meditation teaches us how to communicate with ourselves and tap into our desires. We become better listeners, better self-care givers, and more confident in expressing to the universe what we want and need because we now are knowledgeable of who we are.

It is important for us to learn how to mindfully make decisions without overthinking and accept that we are more than capable of deciding for ourselves without any outside influence. Let's find our own voices, separate from any teaching, script, or movie. Let's hold dear to what benefits us and remove stagnant obstacles from our lives. Let's hold dear to aged traditions and cultures that help us to create our own identities without changing our spiritual existence. We are free-flowing Super-Powers! Born to be unique and different and to follow our own divinely destined paths.

Don't be afraid to pop the bubble of your Floating Matrix.

Author Mantra Lotus, Founder of the Loose Woman's Sanctuary (A Global Network of Women Empowering Women) and Host of the Hello Goddesses Podcast is a St. Louis, Missouri native. She is the author of "Brownslip, A Loose Woman's Memoir", which has sold hundreds of copies and has been the topic of newspaper articles, feature magazine articles, and discussion groups. Mantra is also the author of the children's books "Shades of You, 100 Shades of Black", an uplifting color therapy book for Black Children, and "Sarra's Ice Cream" A creative expression of a child with Autism. Her latest releases are a collection of Mindful Meditation Handbooks and visual animations; "4 Ways to Have a Purposeful Life" and "I Believe in Miracles". Mantra Lotus's Books can be purchased at Amazon.com and Barnes and Noble.

To learn more about Mantra Lotus visit www.justmantra.org

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