

**Escaping the Matrix:
8 Steps Beyond Stress and Anger Management
For Attaining Inner Peace**

Edwin Harkness Spina

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Introduction

“Escaping the Matrix” is a metaphor for the mystic path to enlightenment.

As a long-term mystic, I’ve had the good fortune to have studied with mystic masters, advanced souls and cutting-edge energy healers. In my studies, I’ve learned that the goal of *all* mystics is direct communion with God or the Ultimate Reality.

The beliefs and practices of mystics enable you to detach from the limitations of the world and see things in a broader context. When you are able to detach from the limiting beliefs and erroneous thoughts that pervade our world, you will see the world in a new light and “escape the Matrix.”

The 8 lessons contained in *Escaping the Matrix* are the distillation of many of the teachings and practices that I’ve incorporated into my life and my consciousness. They are simple to understand and require no previous training or beliefs.

You do not have to be a mystic to take advantage of these principles – you just have to be inspired to improve your life.

You can download a free [*Escaping the Matrix Audiobook*](http://www.EnergyCenterClearing.com) by visiting:
<http://www.EnergyCenterClearing.com>

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Relieving Stress

Stress is your reaction to outside stimuli pushing your mind, body or spirit out of balance. Adapting to new stimuli is how you increase your capabilities and develop new skills, i.e., the basis of growth. But, if the stimuli is too great or arrives so quickly that you are unable to adapt, then the resulting stress can lead to physical, emotional or mental problems.

Stress can be triggered by many factors, including: physical, emotional or mental abuse; life changing events such as a new job, moving, pregnancy or divorce; work or school-related deadlines; high stress occupations; and uncomfortable social situations

Exposure to stress affects us in stages:

In the first stage, when we experience stress, our bodies automatically react with the characteristic “fight or flight” response, also known as an adrenaline rush. In life threatening situations this is helpful, as adrenaline causes our bodies to increase our pulse, blood pressure and rate of breathing, better preparing us to do battle or to escape. When the outside stimuli disappear, often with a good night’s sleep, we return to normal.

Continued exposure to stress, without a break, results **in the second stage**. In today’s modern society, everyday stress from traffic jams, work, or just plain living, triggers this same reaction. We end up in a constant state of stress. We deplete our reserves, especially our adrenal glands, and lessen our ability to handle additional stress. Even our ability to sleep can be affected.

The final stage results from the accumulation of stress over time and leads to exhaustion. Unable to return our body, mind and spirit to its normal state of balance due to overwhelming stress, we suffer physical, emotional and mental breakdowns. Warning signs are: weight gain or loss, ulcers, indigestion, insomnia, depression, anxiety, fear, anger, inability to concentrate, moodiness, and other problems. It can be argued that all disease is a consequence of stress.

Aside from the practical steps of caring for yourself through eating and drinking sensibly, regular exercise, not taking drugs (whether legal or not), slowing down and cutting back on stressful activities, there is a more fundamental solution to coping with stress.

From the mystic perspective, and increasingly, the view of leading-edge physicists, everything is energy. You distinguish one thing from another by its rate of vibration. Physical matter vibrates at a lower frequency than emotions, which in turn are lower than thoughts. As majestic spiritual beings living a human existence, we have multiple bodies of increasingly higher vibration – our physical, emotion, mental and spiritual bodies.

Within each energy band, there are higher and lower vibrations. While stress can manifest physically, the underlying energies that cause stress are not physical. These dense, low-vibration,

non-physical energies can lead to anxiety, fear or anger. **Unless you release the underlying energies, your health and, ultimately, your life will suffer.**

Whether or not you are able to cut back on stressful activities, your most fundamental step to eliminating stress is regular, direct contact with your innermost self. Communing daily offers you the opportunity to release stress.

Sleep is also beneficial, but when stress accumulates faster than it can be released, it's not enough. Even worse, chronic stress can adversely affect your sleep patterns rendering them ineffective in combating stress. Communing with your innermost self is your ideal course of action, which is best achieved through meditation. Regular contact with your innermost self will not only eliminate accumulated stress, but prepare you for future stress before it arises.

In our next lesson, we will discuss the most debilitating emotion that humans must overcome: Fear.

Overcoming Fear

Probably the most debilitating emotion that humans must confront is that of fear. Fear confuses. Fear paralyzes. Fear prevents you from thinking clearly, accessing your spiritual gifts and being who you truly are.

Fear is the anticipation of future pain. It's been said that 90% of humans are motivated to avoid pain, while only 10% seek pleasure. It's no surprise that we suffer from fear. We've been trained to fear from an early age. Don't play in traffic - fear of getting run over. Don't talk to strangers - fear of being abducted. Don't misbehave or Mommy won't love you - fear of abandonment.

As we grow older, we learn new fears: Fear of not being loved. Fear of being rejected. Fear of not having enough. Fear of being unworthy or inadequate. Fear of making a mistake. Fear of being restricted. Fear of getting fired. Fear of being annihilated by nuclear-armed terrorists.

Every day, we are bombarded with new fear-based messages by advertisers, politicians and the media. It's easy to understand why:

Fearful people are easy to control.

Fear is one of humanity's most primitive emotions, triggering the adrenaline rush associated with the fight or flight response to danger. In life-threatening situations, this is helpful, better preparing you to do battle or to escape. But in non-lethal situations, fear clouds judgment and encourages you to REACT - rather than carefully consider alternatives - thus ensuring a less than optimal response to your problem.

Even worse, attachment to fear inhibits your ability to tap into your innermost self. Connecting with your inner master requires you to be balanced and your brain hemispheres be in synch. Fear causes your brain to automatically return to its dominant side - logical or emotional - again, ensuring unbalanced input into solving your problem.

Fear is a low vibration, dense emotion. Clinging to this negative, energy-draining emotion guarantees you will be unable to transcend to higher states of consciousness, characterized by higher vibration emotions such as love, joy, peace and happiness. You can't take your baggage to the higher worlds, so eliminating fear is critical.

All people, even warriors, have some degree of fear. What separates warriors from timid souls is not their inability to recognize danger. What makes some people warriors is their willingness to act in the face of fear. By repeated experience, warriors come to know that fear dissolves with conscious action.

Action has another benefit. It focuses you in the Now. By definition, fear is the anticipation of future pain, that is, FUTURE - not in the Now. Acting keeps you focused in the Now, which is how you reach higher states of consciousness - where time is malleable and fear does not exist.

As a 17-year old youth driving our family car with my new driver's license, I remember being threatened by a crazed driver on a deserted highway. It happened so quickly, I had no time to become fearful. Everything began moving in slow motion, giving me time to observe the situation. I had a bigger car, more horsepower and, if need be, I could run him off the road. I accelerated and left him behind. Only years later did I realize that by acting in the Now, time had stretched to assist me.

Look at your life and observe where you are stuck. Likely the cause is fear, in some form or another.

Ask yourself: What is the worst thing that can happen to you if you act and confront your fears? Will you look foolish? Will your self image suffer? Will you be rejected?

Recognize that all of these fears are ego-based. Your true self is not affected by any of these consequences.

In addition to dissolving fear and placing you in the Now, consciously choosing a course of action will take the focus off of you and your ego, and places it on the task at hand.

So what to do?

Begin simply by taking small steps. If you have a social anxiety disorder, you don't start to conquer your fear by signing up to address the UN. You begin by attending a meeting of people that share your interests. You don't even have to speak; just be there. If you immerse yourself in a subject that you love, you will lose yourself, you will have fun, and you will be in the Now, as you act or interact with others.

Remember, also, that failing to act will compound your problem. To protect your ego, you may come up with justifications for why you didn't do anything. You may convince yourself it was prudent, smart, unimportant, wouldn't matter, etc. Soon, you have convinced yourself that you did the "right" thing. This makes it harder to act in the future. Recognize that it is your ego that is busy justifying your inaction, not your true self. It is a self-reinforcing, bad habit you are developing.

You can nip this habit in the bud by bringing conscious awareness to your problem and then acting.

People that act in accord with their true self are not constrained by fear. They are not driven by their egos, and consequently are free to do what they like. These people are charismatic. They act from their innermost self. They are unconcerned with how others perceive them. They are not controlled by others. They are their own person, free to love and be loved.

The choice is yours. Love or Fear. Clarity or Confusion. Higher consciousness or stagnation.

Eliminate fear by taking conscious action and being your true self.

Eliminating Anger

After fear, anger is probably the next most debilitating emotion that humans must confront. Unlike fear, anger is a complex emotion. And unlike fear, which usually paralyzes, anger can spur you to take action, though not necessarily in a beneficial way. Reacting to anger-provoking events will usually make things worse.

If you analyze why you or anyone else ever gets angry, it's almost always because expectations did not match reality.

Here's a simple example: You order butter pecan ice cream from a Baskin Robbins store and they tell you they don't have any. You're angry. Why? Because you expected to get butter pecan ice cream from an ice cream store with 31 flavors, but the reality was they didn't have any.

Now, if you had ordered ice cream from a Starbucks and they told you they didn't have any, you wouldn't be so angry. Why? You still didn't get your ice cream, but since coffee shops don't generally serve ice cream, you wouldn't have expected to get any.

Not getting what you want by itself does not make you angry - only when your expectations are not met do you get angry.

Expectation is a quality of the mind. We have built up our expectations based upon our past experiences and how we've interpreted them. We then project these expectations into the future.

Consequently, anger is a quality of the mind. As such, "folk remedies" such as jumping, running or punching a bag or pillow will be largely ineffective. Following these suggestions will make you tired, but you'll still be angry. And yelling at people whenever you feel angry is also counterproductive. (Not to mention, increasing the likelihood of receiving a beating from people who don't appreciate getting yelled at.)

The pop psychology "let it out" anger reactions are also mostly unproductive. This is because as a mental quality, you cannot use lower vibrational, physical energy to diffuse your anger. As Einstein said, "No problem can be solved at the same level of consciousness that created it."

This means you can't use physical means, or even a mental means, to solve a mental problem.

You need to invoke a higher level of consciousness.

You need a spiritual approach.

What to do?

Immediately accept the reality of the situation and become fully present.

Only when you are present can you consciously decide if it's best to take action now or continue to accept the reality. Do not resist the reality. Your only two healthy choices are to act or to accept.

Complaining is nonacceptance, which will perpetuate your anger. It turns you into a victim, which the Law of Attraction tells us will bring you even more of the stuff you're complaining about.

Suppressing your anger is also nonacceptance. You still have your anger; you just buried it. It will still attract more anger, and, most likely, it will resurface when you least expect it.

You must act or accept.

Anger has no benefit, other than to tell you that you are acting unconsciously, that is, REACTING, based on habit or past experience. Getting angry is a habit that we all have experienced. If you catch yourself, you have taken a step towards higher consciousness.

Here's a more specific example: You're attending your annual performance review. You did a great job for your company and expect a pay raise. You present all your accomplishments to your boss, pointing out the value you added to your company, and you request a raise. Your boss says "no."

What should you do?

Remember, act or accept. Anger has no place in this equation. You've already acted to give yourself the best chance for a raise. Further action, at this time, is not likely to change things. Given this, you must accept the situation completely and totally, without judgment or anger.

Assume that everything is exactly as it's supposed to be. You were not supposed to get a raise. The universe conspired to get you exactly what you and your higher self requested. This could be the stimulus to get you to take enlightened action in another direction. You will want to meditate and figure out what that is. Then you can choose to act consciously to create the preferred reality that matches what you want.

This may involve updating your resume and networking with industry contacts for a new job. Or it may involve working on plans for your own business. In either case, taking conscious action will uplift you. You will be amazed at the amount of abuse you can tolerate, when you know that the situation is only temporary because you are taking action to create the reality that you want. You don't even have to tell anyone else; all you need to know is that you are taking enlightened action. Your spirit will soar.

The fundamental principle at work here is that you are not your mind. Since expectations are creations of the mind, they are not needed. Your true self is beyond the mind.

In a longer term course of action, you will want to dis-identify from or eliminate the thoughts and emotions lodged in your energy bodies that are framing your expectations. In many cases,

these thoughts, feelings and beliefs are not even yours! They were instilled in you by your parents, teachers, religious leaders, peers, co-workers, bosses, the media, etc. You accepted them and they are framing your experience of reality today.

When you recognize this is what's happening, you will more easily release them. One of the best ways to do this is while meditating; by being fully present with the single-minded intention to clear them from your being. We will discuss this more fully in the next lesson.

Dis-Identifying from Your Emotions

As our last lesson explained, anger arises when expectations do not match reality. Saying “I am angry,” is one of the most disempowering phrases you can ever utter. Not only does saying it deny the reality of the situation, more dangerously, using the word “AM” equates an emotion with who you are. This is a surefire path to suffering.

The ego is responsible for misleading you into identifying yourself with your body, emotions and thoughts. You may **have** a body, **feel** emotions and **think** thoughts, but none of these are who you are. You are a magnificent spiritual being. Identifying with anything other than your true spiritual nature will eventually lead to suffering.

In his latest book, *A New Earth*, Eckhart Tolle defines the “pain-body” as “the energy field of old but very-much-alive emotion that lives in almost every human being.” It contains both individual and collective elements. In other words, this is your emotional body, which contains all the accumulated emotions and feelings that you have become attached to. For all of us that are not yet self-realized, this emotional body becomes a pain-body that is activated by various stimuli.

Identification with your pain-body can totally blind you to your true self. In some cases when your pain-body is activated, your personality can change overnight as you forget who you are and become your pain. The Law of Attraction tells us this is a self-reinforcing cycle. Pain attracts more pain and when the conscious mind is contributing, your pain-body grows even faster.

If you suffered from a bad experience in the past, whenever a similar experience arises, your pain-body automatically recalls the memory. Instantly, it reminds you of this by secreting the same chemicals that produced the initial feeling, just like a tuning fork that begins to vibrate when a nearby tuning fork plays the same note.

Worse, you get addicted to these chemicals, even when they’re not good for you, which reinvigorates your pain-body.

Your goal is to break your identification with your pain-body, and identify with your true self. There are two practices that can help you to accomplish this.

Presence

The first is to bring present awareness to the situation. This is in keeping with the mystic directive, “know thyself.” When you are aware that you are being triggered, rather than simply reacting, you can remain detached, and separate your emotions from your true self.

Tolle believes you will eventually become so sick and tired of being stimulated by your own and other's pain-bodies that you will, in desperation, seek to dis-identify with them. This can happen in an instant, since all that's needed is to shine present awareness on the situation.

This is what happened to him, and explains the revelations that others undergo, when they "snap" from overwhelming suffering and spontaneously gain Presence. The downside of relying on overwhelming suffering is that it can take a while to get "fed up," and "snapping" does not always produce a positive result.

Purification

The second approach is the path of purification, that is, eliminating the negative energies that are lodged in your emotional body. This also requires present awareness, but can be dramatically facilitated by an external source of high-vibrational energy.

Physics tells us that higher frequency energy is more powerful than lower-frequency energy. When you infuse higher vibrational energy into a lower vibrational form, the lower energies must leave or be transformed.

By eliminating the lower density, negative energies, you will not be stimulated by another's pain-body. Your tolerance will grow exponentially, as you will no longer unconsciously resonate with others' emotional pains. You will remain compassionate but detached.

Of course, without changing your thoughts or, at least, becoming aware of the thoughts that precipitated the painful emotions, clearing out your pain-body will be only a temporary solution. But when your emotional body is cleared, you will be less likely to identify with it. Unhealthy feelings will become the exception, rather than the rule. You will come to identify with your true self vs. your emotions.

When your emotional body is clear, the Law of Attraction will work in your favor. People who were previously attracted to the emotional pains in your energy body will no longer be attracted. Purification eliminates the toxins that attract "toxic people." When this pain is replaced by love and higher vibrational energies, you will attract higher minded, spiritual people and will actually repel angry or fearful people.

As Jesus said, "For he that hath, to him shall be given: and he that hath not, from him shall be taken even that which he hath." This is the Law of Attraction in biblical terms. You must decide what you want to attract. Presence and purification lead to identification with your true self; unconscious thoughts lead to pain and suffering.

To eliminate lower-vibrational, negative energies that lead to stress, anger, pain and suffering, and infuse yourself with higher-vibrational energies that help you connect to your true self, visit [*Energy Center Clearing*](#).

[Taking Back Your Power](#)

Lately, I've been watching episodes from the 1970s TV show, *Kung Fu*, on DVD. It starred David Carradine as Kwai Chang Caine, a half-Chinese, half-American Shaolin priest who wanders the post-civil war American West looking for his long-lost brother.

Caine is a martial arts master who resorts to using his fighting skills only when someone's safety is at stake. *Kung Fu* introduced many Westerners to some of the basic tenets of Eastern thought. Like fine art and true wisdom, many of the teachings espoused in the show are timeless and universal in nature.

One of my favorite episodes, *El Brujo*, concerned an evil witch who was terrorizing a small town. The townspeople so feared this man that they willingly gave away their power - performing whatever actions he demanded - hoping to please him. At one point, the townspeople were resigned to letting an infant die because the evil man had cursed the baby.

When Caine arrives, he cures the infant using herbs. Later, the witch curses one of the town's leaders, condemning the man to death in 24 hours. As before, the leader tries to give away his power - this time, pleading for Caine to rescue him. Caine simply replies, "Why do you believe him?"

The leader's shock matches the shock I sometimes see on people's faces when I ask them the same question, after they report "news" they've seen on TV. The number of people who willingly accept the thoughts and edicts of others, without question, is astounding, but understandable. In our society, we have been trained since birth to delegate our thinking and give away our power to outside "experts."

When you spill hot coffee on yourself, you are advised to hire an attorney to argue that you were not warned the coffee was hot. When you watch a political debate, experts come on later to "explain to you" what you just heard and what it means, as though you were incapable of forming your own opinion. You are taught to blindly allow doctors to pump drugs into your body, and to ignore the wisdom contained within your own self.

While soliciting outside advice can be helpful, blindly accepting another's thoughts, without discernment, violates your responsibility to yourself as a majestic spiritual being living on earth.

In the *Kung Fu* episode, a flashback to Caine's early training at the Shaolin monastery in China echoes this simple truth. His blind teacher, Master Po, explains, "The undiscerning mind is like the root of a tree - it absorbs equally all that it touches - even the poison that would kill it."

Caine chooses not to accept the poison. When the witch curses Caine, nothing happens, for the simple reason that Caine "does not believe him." The witch's hold over the town immediately vanishes.

So it is today. You need not blindly accept whatever fate or expectation your parents, siblings, teachers, political leaders, media commentators, friends or co-workers have dictated for you. You not only have the right, but the responsibility, to decide, for yourself, what you think.

To do so, you must become aware of your thoughts. You may well discover that the majority of thoughts that you think every day are not even your own. You may further discover that many of these thoughts are disempowering, intended to induce fear or otherwise direct your behavior.

You did not incarnate on earth to “play it safe” or be a robot that simply “follows the rules, hoping to fit in.” You were created in the image of God. This means you were born to create. Your life’s mission is to tap into your inner self and express the wisdom from within - not to blindly accept the viewpoint or doctrine of some expert, guru or societal program as the default setting.

Understand that as a creator, every thought you think is creating your world. Will it be a prison ... or will it be a heavenly garden? Wouldn’t you rather be the architect of a beautiful paradise worthy of such creative power?

To create “Heaven on Earth,” you must regularly tap into your divine nature by whatever name you choose to call it: master within, higher self, inner light, etc. When you tap into your inner self on a daily basis, you begin to assume and deepen your majestic spiritual nature.

There is no other mission on earth as critical as learning to tap into your inner self for guidance and expressing your inner light. As numerous spiritual traditions assert, “The highest and best source of wisdom comes from within.” Learning to ask for, listen to and accept this guidance is essential to developing spiritually.

When you have tapped into your inner self, you then can use your mind to interpret the “voice” of your inner master, and take inspired action to create or express yourself - whether you are writing, painting, singing, working, playing or simply thinking.

Now, be forewarned: there are those who may tell you that relying on your “mind” is dangerous - that doing so is egotistical. Some “schools” of thought actually argue humans think too much and, to balance this tendency, they should rely more on emotion and instinct. This “theory” misses the point entirely. The issue is not whether you, or anyone else, thinks too much, but rather **WHAT VOICE DO YOU LISTEN TO** – the voice of your ego or that of your higher self?

Experience, intuition and certain other clues will help you to recognize the voice of your inner self and avoid the pitfalls of the ego. (We will cover this subject in more depth in our next lesson.)

Until then, it’s time to think your own thoughts and take back your power!

[Listening to Your Inner Master](#)

In our last lesson, we discussed your spiritual responsibility to take back your power – to think your own thoughts and avoid blindly accepting the edicts and opinions of others. The ability to think is a God-given gift that humans enjoy. By tapping into your inner master and interpreting the intuitions that you receive, you are using this gift for its highest purpose. The tricky part is distinguishing the voice of your inner master (or higher self) from the voice of your ego.

In our society, we have been conditioned to accept our ego as our true self. *Revolver*, a recent film directed by Guy Ritchie and starring Jason Statham, makes this point precisely. It's a bit hard to understand, until you realize that the "enemy" referred to in the movie is the ego.

Initially, *Revolver* appears to be a gangster's tale of revenge. Jake Green is guided by two "wise" loan sharks who offer to teach him how to win the *ultimate* game. They offer cryptic clues like, "The greatest enemy will hide in the last place you will ever look." Jake assumes that it's an external enemy who is attempting to subdue him.

It's the same for most of us. We look outside ourselves at our potential "enemies," vowing to overcome them. In reality, everything that we perceive in the world is just the outer reflection of our inner thoughts. *The ultimate battle lies within.*

Our ego is designed to protect us from harm. As more attention is directed towards it, it grows. It is not necessarily an enemy, as *Revolver* portrays it, but can better be likened to an unruly child who wants what it wants, when it wants.

Just like an unruly child, the ego must be guided by a wiser being, that is, your inner master or higher self. A necessary step on the spiritual path is the surrender of the ego – that is, listening to the voice of your inner master, not your ego.

In *Revolver*, Jake is told, "You've heard that voice for so long, you believe it to be you," and "the greatest con that he ever pulled was making you believe that he is you." He begins to realize the battle is within him.

At the film's climax, the camera cuts between "true Jake" and "ego Jake." Finally, Jake tells his ego, "You don't control me. I control you." He has won the ultimate game.

So it is in real life. When you can distinguish between the voice of the ego and that of your inner master/higher self, and then act based on the wisdom you receive from your inner master, you are well on your way to winning the ultimate game.

A long-term mystic once said, "Don't let your mind act as the attorney for your ego." When you are busy "convincing yourself" that you are right, you're using your mind as an attorney. It might be logical, but it's not your highest source of wisdom.

So, how to tell the difference?

The voice of the ego is characterized by being: self-centered, self-aggrandizing, fear-based, angry, anxious, rationalizing, complaining, and reactive.

Conversely, the voice of your higher self is characterized by being: humble, loving, compassionate, peaceful, harmonious, trusting, tolerant, merciful, forgiving, grateful and proactive.

Every moment of every day, you make a choice to listen to either your ego or your higher self.

The more you identify with your higher self, the greater your spiritual power - the faster things manifest - the more synchronicities you experience. Ultimately, you merge with your higher self and become Self-realized.

On earth, the “game” is rigged to give your ego the edge. It takes clarity, desire and dedication to change this default setting, to listen to your higher self.

The best time to perceive the finer, more subtle voice of your higher self is during meditation, when your external senses are shut down. I would never consider making an important decision without meditating, or as one wise guru stated, “go to the market without first going to the bank.”

With practice, your inner voice will become louder. You will “feel” or “intuit” that certain actions are best, rather than having to solely rely on your intellect, which, ultimately, can’t know all there is to know to make a truly “perfect” decision.

You will know that you’ve had a breakthrough when you contemplate a situation that seems totally contradictory, but then it suddenly makes sense. The flash of enlightenment that reconciles two seemingly opposite viewpoints is joyful. Zen masters give their students koans, or riddles, to encourage these experiences.

Another sign that you are listening to your inner self, is when the answer you receive makes sense on more than one level. Real truth reveals itself in many ways.

The ***Exercise to Release Limiting Beliefs*** is an extremely effective way to connect with and receive guidance from your higher self. Many readers have written to say that this short 16-minute meditation is their favorite. It is contained in the ***Energy Center Clearing*** package, and is even more effective after you have cleared and energized yourself with ***[Energy Center Clearing](#)***.

Whatever your preferred spiritual approach, practice listening to your own inner master to manifest your true self.

Being Yourself

How many times have you felt anxious when you were required to face a stressful situation, such as interviewing for a new job, speaking in public, or going on a date with a prospective new love interest?

And how many times, when you asked your closest friends or mentors for advice, did they try to allay your fears by telling you, “Don’t worry - just be yourself.”

Probably, your friends meant:

=> You’re a good candidate for this position and are fully qualified for the job;

=> You have lots of valuable information to share that your audience will appreciate; or

=> You are a fun-loving person who your date will enjoy.

And your friends may be completely correct.

But even deeper, the simple advice, “Just be yourself,” contains a nugget of profound wisdom that goes far beyond attracting money, fame or love. “Being yourself” is your one and only mission on earth.

As we discussed in our lesson, ***Taking Back Your Power***, you were created in the image of God. This means you were born to create. Your life’s mission is to tap into your inner self and express the wisdom that lies within - that is, Be Yourself.

This is not easy. In today’s world, you are continually conditioned to define yourself by a number of external, superficial characteristics, such as your: name, age, gender, race, nationality, occupation, religious affiliation, marital status, familial relationship, political party, economic status, educational degree, or other such label.

And if everyday language is not already limiting enough, there’s a whole list of acronyms to further define you: SWF - Single, White, Female or DINKS - Dual Income, No Kids.

All such names or acronyms are inherently limiting. You are a majestic spiritual being experiencing life on earth with a body, heart and mind.

So how do you “Be yourself”?

One self-realized sage, Nisargadatta Maharaj, taught that the best way to learn to be yourself is to first recognize what you are not. His teachings are simple, devoid of religious jargon or dogma.

He believed that in order to help anyone, in order to change the world, you must first know who you are. Many of his discussions would begin with “Do you know who you are?”

People would fumble around trying to answer the question, not quite knowing how to answer.

What he taught is that you are beyond your body, beyond your heart, beyond your mind, beyond even consciousness; you are the witness that sees yourself seeing, that perceives yourself perceiving.

You are the apex of the “I” ... which leads in to who you *truly* are – the Oneness that mystics seek.

Clearly, you are not any of the superficial things we mentioned earlier:

=> You are not your body. After all, who is directing your body?

=> You are not your emotions. For who is feeling these emotions?

=> You are not your mind. For who is thinking these thoughts?

Nisargadatta taught that all attempts to limit or define yourself lead to conflict. Definitions based on your own memories are needlessly repetitive and limiting. When you know who you are, you can transcend your limitations, including your past, and be a true Creator. Self-realization is primarily the knowledge of this conditioning, i.e., the mystic’s goal “to know thyself.”

In the mystic world, all is One. There is nothing outside of the One. There is only the One thing.

Now, you know that you exist. And you cannot ever *not* exist.

So, knowing that there is only the One thing and that you do exist, there is only one logical conclusion:

The One thing is *us*, that which exists as us ... the knower, the thinker, the perceiver ... is the divine aspect in all of us.

When we keep contemplating, “Who am I?” we go all the way back to the beginning, to the essence, to the innermost self. Then we realize that we are all the One.

When you tap into that innermost self, there is no stress. There is nothing that is needed. When you act, directed by your inner voice, you are aligned with your highest purpose and you will automatically do what is best in any circumstance.

This may involve “chopping wood and carrying water,” as the Zen proverb advises. Or cutting out extraneous activities that do not provide spiritual nourishment. The seemingly tumultuous times that we are entering will encourage more people to go within and seek out their true purpose in life.

So, as the flawed institutions crumble around you, as more horror stories appear daily on the “news,” remember, everything is unfolding according to a divine plan. Everything is exactly as it should be. You are a magnificent spiritual being. Listen to your inner voice and “be yourself.”

Escaping the Matrix

The Matrix was one of the most popular and thought-provoking movies of all time. Viewers all over the world were captivated by the film's primary message: People get into deep trouble when they mistake what they *perceive* for *reality*.

What most viewers do not realize is that prior to the release of this groundbreaking film, western intelligence agencies were already using the term "the Matrix" to describe today's world. This was in contrast to their work with remote viewers, who would "escape the matrix" to gather intelligence. Art truly does imitate life.

In the movie, the Matrix is an elaborate Artificial Intelligence computer simulation that's so captivating that people mistake it for reality. People perceive they are walking about and interacting with others, but their physical bodies are actually submerged in fluid-filled pods, "plugged into" the Matrix, while their vital life force is harnessed to power the Matrix.

After Neo (Keanu Reeves) learns the truth, with the help of Morpheus's (Lawrence Fishburne) training, he is able to overcome his misconception that the Matrix is reality. Neo rebels against the machines that create his false reality and, eventually, he escapes the limitations of the Matrix. To others, he has developed superhuman abilities, but, "in reality," he has merely recognized the truth.

"Escaping the Matrix" is a metaphor for the mystic path to enlightenment.

The Matrix can be defined as the world that we perceive, which includes the physical world, as well as higher planes of emotions and thoughts, which also affect us.

Within the Matrix, are countless fear-based thoughts and emotions that condition us to accept limitations. We are taught that we have little power, and what little power we do have, we are advised to delegate to authority figures and experts. Swimming in a sea of negative thoughts, we are prompted to use our creative ability to imagine even more negative thoughts. Without introspection, the Matrix gets darker and more dense.

Anyone who blindly accepts these prevalent, negative thoughts will have his or her life path dictated by the Matrix.

But those who recognize that it is our collective thoughts and beliefs that power the Matrix will recognize the way out.

When we incarnate on earth, we temporarily forget the higher truth of who we are. Our life mission is to remember, to connect with our innermost self, so that we may transcend the Matrix.

The reality we perceive with our senses is not the true reality, but merely a small portion of reality, masquerading as the whole. But, unlike the “alternate reality” that Neo must extricate himself from, in our “reality,” there is no need to rebel. Rather, our goal should be to transcend. We want to “be in this world, but not of it.”

The outer world is a reflection of our inner thoughts and beliefs, whether individual or collective, which have been conditioned by our experience in the Matrix. Consequently, the Matrix is a learning environment, where we get feedback on how our thoughts manifest. Thankfully, our negative thoughts do not (typically) manifest instantaneously. Otherwise, we would risk the spontaneous destruction of our world by thinking negative thoughts.

Clearing yourself of negative energies through daily meditation can provide a direct link to the “ultimate reality,” i.e., the pure consciousness residing within each of us. As your negative beliefs are purified through regular contact with the “light” of your divine nature, unhealthy emotions, such as fear and anger, will naturally begin to diminish, and you’ll be free to transcend to higher states of consciousness. You will “download” more of your own true self, while simultaneously and automatically attracting others of similar vibration.

Your world will become more synchronistic. You will repel angry, fearful people, and those who stick around will become calmer and more centered. You will radiate love. By simply **being** in higher consciousness, you will have a greater effect on the world than the most gifted orators and political leaders.

The higher your consciousness and energy are vibrating, the faster your thoughts will manifest. When you align with your innermost self, you are aligned more closely with the Source of all creation. At the apex of your individual consciousness, you are connected with The One. You then have at your disposal the entire universe to help you manifest the highest good for all.

In actuality, we are single points of awareness in the Oneness that is Reality. What we interpret as the physical world is the projection of this awareness, which is taking place in the Mind of God. We are, as Shakespeare pointed out, merely “actors” in a divine play.

When we wake up to this knowledge, the play does not stop. We are free to act or interact, in bliss and peace, unattached to the Matrix. We have within us the power to create “heaven on earth.”

In the past several lessons, I have described various methods you can use to release fear, eliminate anger, dis-identify with your emotions, take back your power, listen to your inner master, and be yourself. The goal of all of these exercises is the same: to help you escape the Matrix.

To prepare for your escape, please visit: [*Energy Center Clearing*](#).

Energy Center Clearing

If you would like to relieve stress, calm your mind, increase your energy, and discover how a combination of ancient mystic secrets and modern energy tools, from both East and West, can help you to:

- => Connect to your innermost self, more deeply than you might have thought possible ...
- => Experience a blissful state of lightness and peace – known to mystics as “Peace Profound” ...
- => Replenish your energy, while balancing, centering and aligning yourself ...
- => Achieve greater clarity and focus ... and
- => Obtain guidance, direction and answers from your own inner master ...

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Dorothy Dunn, Deerfield Beach, FL

“I felt fear and hate leaving my heart, sort of like being reborn.” —Pastor David Boger, Ft.
Worth, TX

“I felt more clairvoyance, clairaudience and clairsentience.” —David Tourin, Bio-Energetic
Healer & Reiki Master

“I'm getting sleep now that I haven't had for years.” —Jim Ashby, Commercial Pilot, Hong
Kong

Visit: EnergyCenterClearing.com/ECC.html

Mystic Secrets Revealed

If you enjoyed *Escaping the Matrix*, you will also appreciate [*Mystic Secrets Revealed*](#).

Mystic Secrets Revealed offers timeless mystic principles to aid in your spiritual growth and attain a life of peace and joy. It's written in 53 concise, bite-sized chapters, many of which are illustrated with colorful, personal examples making them easy to grasp and compelling to read.

Like *The Seven Spiritual Laws of Success*, *The Secret* and *The Four Agreements*, *Mystic Secrets Revealed* demonstrates the practical application of spiritual principles to real life.

In [*Mystic Secrets Revealed*](#) you will discover:

- => 3 simple steps to follow to manifest your ideal life...
- => How to use Mental Alchemy to transmute your thoughts to produce immediate, beneficial results...
- => 2 profound, yet easy-to-practice techniques you can use to overcome your limiting beliefs...
- => Where the desire for enlightenment begins...
- => An ancient mystic practice to create your own personal sanctum to receive divine inspiration and enhance your creativity...
- => The highest and best source of direction for your future...
- => The true nature of fear, anger and stress from a mystic perspective and what you can do to overcome them...
- => What it means to “be yourself”...
- => A little-known practice to synchronize the two hemispheres of your brain, enabling you to transcend the mind and attain higher levels of consciousness...
- => How to distinguish the voice of your ego from that of your inner master...
- => How to “take back your power” and “escape the matrix”...
- => Universal dietary guidelines to enhance your ability to attune with God...
- => 7 powerful words to free you from energy-sapping mental discord...

- => A simple principle to help you avoid a negative outcome from a positive situation...
- => How to use synchronicities as a guide to living a life of ease and grace...
- => The best way to predict the future...
- => How to avoid blocks to innovation...
- => How to avoid “spiritual arrogance”...
- => Why travel is such a valuable tool on the path to enlightenment...
- => A mystic technique to add “another dimension” to your appreciation of art...
- => How to apply the “science of intention”...
- => Using relationships (and even heartbreak) as a tool to “knowing thyself” and deepening your connection to God...
- => Discovering what men and women both want...
- => A mystic practice to turn your lovemaking into a divine experience...
- => What an “evolving” bicycle can teach us about life on earth...
- => A valuable lesson inspired by the world’s greatest bike race, The Tour de France...
- => What an unsavory car mechanic can teach about following your intuition...
- => How to develop your will and establish positive habits...
- => Why “following your instincts” can be a surefire recipe for disaster and set back your spiritual development...
- => How to delegate mundane tasks, even if you can’t afford a staff of assistants or housekeepers...
- => Recognizing the “soul urge” which is driving us back toward Oneness...
- => Keys to avoid becoming discouraged when you seem to be stagnating or even going backwards in your spiritual growth...
- => How to ensure your efforts to help others are most likely to succeed and one thing you should NEVER offer...
- => How to enhance your experience of the present...

=> The objective of “being in this world, but not of it.”

You can spend the next 20 years searching for answers to life’s most profound questions, or you can get a concise, yet potent guide to help you find answers RIGHT NOW.

To order, please visit:

[*Mystic Secrets Revealed*](#)

Mystic Warrior

The DaVinci Code meets *The X-Files* as selfless mystics use advanced psychic abilities to battle terrorists, mercenaries and the power elite, with the fate of millions hanging in the balance.

Alec Thorn is a thirty-something go-getter looking to make it big. When a key business ally dies suspiciously, his dream is shattered. Sophie, an eccentric florist, mysteriously leads him to a discovery that will change his life forever—the leader of an elite group of mercenaries has a personal vendetta against him and wants him dead.

Ominously, the mercenaries are threatening to auction off a nuclear device to fanatic terrorists bent on world destruction. Aided by Sophie and a rogue bounty hunter, Thorn begins a desperate race against time to develop his “spiritual muscles” and survive in a world he had no idea even existed and where his previous beliefs about time and space no longer make sense.

Thorn’s spiritual transformation reveals an unknown world of selfless mystics working behind the scenes using advanced psychic abilities to battle terrorists and the power elite. This unassuming entrepreneur-turned-mystic-warrior battles against seemingly insurmountable odds with the fate of millions hanging in the balance.

[Mystic Warrior](#) won the 2005 *Independent Publisher Book Award Winner for Visionary Fiction* and a 2008 *Nautilus Silver Book Award Winner for Fiction/Visionary Fiction*. (Deepak Chopra won the *Nautilus Gold* that year.)

For a series of FREE lessons on manifestation, alchemy, overcoming limited beliefs, creativity and more, please visit:

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About The Author

Edwin Harkness Spina is an award-winning author, speaker and mystic. His first book, [*Mystic Warrior*](#), won the *Independent Publisher Book Award for Visionary Fiction* and a *Nautilus Silver Book Award for Fiction*. (Deepak Chopra won the *Nautilus Gold* that year.)

Ed is also a contributing author, along with Zig Ziglar, Brian Tracy, Joe Vitale and others, to the bestseller, *101 Great Ways to Improve Your Life*, the author of [*Mystic Secrets Revealed*](#), [*The Future is Now*](#), and the developer of [*Energy Center Clearing*](#) and [*Total Love Immersion*](#).

Prior to shifting his focus to writing, speaking and teaching, Ed was a venture capitalist, entrepreneur, software designer and business consultant. He earned an MBA from the University of Chicago and a BSE from Tufts University.

For a series of FREE lessons on manifestation, alchemy, overcoming limited beliefs, creativity and more, please visit:

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Escaping the Matrix: 8 Steps Beyond Stress and Anger Management For Attaining Inner Peace

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