

THE RED PILL

Steve Pavlina uses the metaphor of the film "The Matrix" and suggests that "reality" has 2 aspects:

1. Objective reality – the "objective" lens/ the "outer world" / things as we see them.
2. Subjective reality – the lens of "inner reality" / consciousness / the "hero's journey"

Taking the red pill is used as the metaphor for the beginner's experience of subjective reality:

- Have you ever had an experience that is hard to explain from the objective reality perspective, and it's made you feel there's something else going on here... maybe some other way of communicating with this reality and forming some kind of deeper connection with this reality?
- *"When you change the way you look at things, the things you look at change."*
- Whilst experiencing lucid dreaming you know it's a dream and that you can control your experience.
- What if objective reality is the same as lucid dreaming... what if we knew that it was just a dream?
- Maybe we are more than the dream... maybe we can control more?
- What if we are more than just a biological construct?
- What if we are consciousness and there is the possibility that we can have a conversation with the dream of objective reality?

The true nature of reality is unprovable both in terms of objective reality and subjective reality. **We will never know the truth - so if you can accept this, then approach it in an experimental frame of mind:**

- Change the way you relate to reality and see yourself as intimately connected with the whole simulation and how things appear.
 - Pursue a relationship with subjective reality.
 - Understand that you are safe - there is something that is watching your back.
 - When you experience of synchronicities - see these in terms of "the simulation knocking on your door".
 - Talk to your reality as if you are living in a dream world and as if the dream is listening see if it is possible to change the experience
 - Ask: *"Show me how this works?"*
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CHALLENGES

- Feeling alone and disconnected from everyone else. This is specially happens if you don't have a peer group or support group who are also on this path.
 - Relationships can seem a bit less real - it's as if everyone is part of the dream.
 - Feeling ungrounded/ insecure / unsafe and you have the feeling that you have lost something but you can't turn back.
 - A sense of oscillating between both lenses so you're moving forwards backwards and forwards between the objective reality and subjective reality.
 - Experiencing a lower tolerance for the inauthentic...
 - Anxiety and fear can arise - a sense of existential uncertainty - the feeling that the old reality is broken.
 - Trust issues - worries and concerns about objective reality - difficulty trusting what is real and what is not real.
 - Whilst eventually all this blends together it does take time a long time, and Pavlina says that when he went through all this: *"I thought I broke my reality"*.
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SOLUTIONS

1. The Truth Based Approach

This is all about curiosity - challenging and experimenting with the experience of broken reality. A new desire arises within you try to find out how things work.

2. The Love Based Approach

This is where you focus on building a new relationship with subjective reality.

Things get a lot more intimate with this approach. You are looking at building an intimate relationship with subjective reality. It is as though you engage with the dream or simulation on a different level. With this approach, feelings become more important.

This is all about purpose, meaning, adventure and playfulness. Ask yourself: *"If I was starting afresh knowing that this is a dream world - then how would I approach it?"*

3. The Power Based Approach

This is where you start probing your limits this is a place of experimentation and seeing how reality response

This is about testing what's possible and without attachment to the outcomes.

Face your fear and ask: *"If this is a dream world then why should I be afraid?"*

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KEYS TO PUTTING THIS ALL THIS INTO PRACTICE

1. Relate to reality as though you have a relationship with it. Treat it as a loving energy you can relate to.
2. Express appreciation and gratitude for things as they happen
3. Practice seeing difficult experiences as well intentioned - and designed to help you grow - designed to wake you up to your own Hero's Journey.
4. Seek to understand it better - look at all the ways it connects with you and speaks to you through people and events synchronicities all sorts of things
5. Pay attention to all the invitations - "*follow the breadcrumbs!*"
6. **Trust is the key factor**

The more you trust subjective reality the more it seems like that reality takes a step towards you and begins to reward that trust.

Assume that reality is 100% on your side and wants to create a trusting caring supportive relationship with you.

Note:

- Subjective reality has a wicked sense of humour
 - It will throw challenges at you as part of your Hero's Journey
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