

BY BARBARA SALDANHA PAZ

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TAKE THE RED PILL

What if life is a video game?

BARBARA SALDANHA PAZ

Take the Red Pill

What if life is a video game



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DEDICATION:

*To two of my favorite bookaholic people, that are no longer
physically in the game arena:
my father, Adão Medeiros Paz and Louise Lynn Hay.*

“This is your last chance. After this, there is no turning back. You take the blue pill—the story ends, you wake up in your bed and believe whatever you want to believe. You take the red pill—you stay in Wonderland and I show you how deep the rabbit-hole goes.”

“I’m trying to free your mind, Neo. But I can only show you the door. You’re the one that has to walk through it.”

“Have you ever had a dream, Neo, that you were so sure was real?”

MORPHEUS

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Foreword

“The dream of the planet is the dream of all humans together. We can call it society. We can call it a nation. But the result of the creation of the mind, individual and collective, is a dream”

The Four Agreements: A Practical Guide to Personal Freedom - Don Miguel Ruiz.

As a conscious energy explorer myself I was intrigued as to where Barbara would take us on this journey into our dream worlds and then out again. I also wondered whether this would be a useful book to read. It absolutely is!

Barbara takes the very notion of ‘lockdown’ and/or ‘restriction’ and turns both of those words upside down and inside out. This book shows us that we really can break free from within our minds and take a jump into a different reality. To move from dreams and into our own real life - a process Barbara describes as ‘unplugging in order to plug in to life’.

Using a mixture of humor, quantum physics and easy exercises for us all to do Barbara explains how this is possible and encourages us all to take those leaps. Goosebumps as I was

reading it as it so aligns with my thoughts about viewing the bigger picture.

Thank you Barbara - I loved reading this book!

Alison Smith - stargazer, North Wales coast.

“Take the red pill is so real it’s unreal. This story was beyond inspiring! It was like Diner Dash and Limitless Had a baby! I was literally falling headfirst into the story. Thanks Babs, I am looking forward to the next one”

Tom C. Wilcox - writer, If I was an Atheist

Preface

“Little Alice fell

d

o

w

n

the hOle,

bumped her head

and bruised her soul”

— Lewis Carroll, *Alice in Wonderland*

- () IN CHAOS.
- () FRUSTRATED.
- () IRRITATED.
- () FED UP.
- () DISPIRITED.
- () PISSED OFF.
- () A HYPNOTIZED
SCREEN JUNKIE.
- () A DIGITAL DEAD
WALKER.
- () A TECH ZOMBIE.

If you are:

() As bored as Alice sitting drowsily by a riverbank where her older sister read a book to her...

() In chaos.

() Frustrated.

() Irritated.

() Fed up.

() Dispirited.

() Pissed off.

() A hypnotized screen junkie.

() A digital dead walker.

() A tech zombie.

() You've learned to wash your hands until you grate the skin and they bleed.

() You are in danger of catching fire next to a smoker due to the amount of hand sanitizer you've been using.

() You've marathoned through five series this past month.

() You have the haircut of a sasquatch.

() You have the smile of Jack Nicholson in "The Shining".

() The kids are redecorating the walls with permanent pens.

() Your better half is so stressed that you are afraid Norman Bates with a wig will pay you a visit when you shower.

() Or you haven't already found a mate to lock yourself down with and have lost hope of smiling around behind your facemasks.

...Then this book, written in the lockdown, in a ten—days-challenge to write the worst book possible, is for you.

I have always wondered about what is in the Universe that is invisible to our eyes. I am aware that the topic is controversial

and some sources cited may even seem delusional to unfamiliar readers. I will certainly displease a half-dozen readers. Well, I say: use what serves you. Ignore the rest. I would prefer for each reader to draw their own conclusions. Don't believe in me: make your own experiments and check out how this game works. Feel free to disagree with anything. All I ask of you is to keep an open mind.

Nothing you read here belongs just to me. My imagination is not so fertile. It is also not divine inspiration. I wish. I've learned to steal like an artist with Austin Kleon. "There is nothing new under the sun". I've been through a lot of interesting things during my personal experiences, the changes in my life, in my relationships and, naturally, in the mistakes that were part of my learning process. This is a book written in a ten-days-challenge. Don't expect much.

I have great respect for writers. The pen has shaped the world we live in. It has recorded the discoveries of scientists and inventors. Wars have begun and ended at the tip of a pen. It records the genius of composers and artists, since the caveman. It brings lovers together. I am a bookaholic. In the past, the wastebasket was the writers' best friend. Today, it's the Del key. If you are reading this now, it has survived the Del key. The writer is a forever restless artist. We capture the words that dance freely around us and organize them in a unique choreography of ideas. We tend to want to keep polishing. Instead of brushes and dyes, we use words as tools to polish the work. We wish to write to show, to paint the details in more vivid colors. In this quickly written book you will read a patchwork of information, memories, ideas and personal beliefs. The good thing about a ten—days-challenge is that there comes a time that you must accept that the game is over.

Still, I bring transcendental information for the curious reader. This is not a work of scholarship, of science, that rests on easily accepted testimonies. I would love that it was, but unfortunately... no. *Narrata refero* - I reproduce what has already been said. Sometimes from the perspective of those who have already stripped back the game's veil of illusions and who have preceded us in the great passage back to the Spiritual Homeland, to Mama. Or to Papa, whomever you choose. Fasten your seatbelt. I have no interest in making proselytes or convincing anyone about anything. Some of the sources contained here are from another world. Each reader may decide what to do with the information compiled here.

I know that it is easier for a person to change political parties, football teams, countries, sometimes even spouses, than their habits and attitudes! But information is the principle of change.

By the end of this book you will be enlightened, or you will have the most expensive mug coaster on your table. I don't promise great changes. That is in your hands. But I do promise to try to make you think. And hopefully to make you smile.

Acknowledgement

To Susan de Vriend, who bridged the gap between the wannabe (me) & the mentor, Bradley.

To Bradley Charbonneau who mentored me through the pebbles' path, who left the breadcrumb on the trail to write and publish this book while laughing at myself.

To Niamh Hannaford, Richard Reiter and Alexander Reiter, who corrected Shakespeare's language. To SuJin Song, for the support.

To Teunis Wiering, that created a cozy atmosphere for my creativity to develop wings.

I

TAKE THE RED PILL

What if life was a video game

1

WHAT IS GOING ON?

“Why it’s simply impassible!

Alice: Why, don’t you mean impossible?

*Door: No, I do mean impassible. (chuckles) Nothing’s
impossible!”*

*— Lewis Carroll, Alice’s Adventures in Wonderland /
Through the Looking-Glass*

TAKE THE RED PILL

MY HEAD, WOULD ACTUALLY FLAT OUT LOUD FOR EVERYBODY TO HEAR? WHY ISN'T GREENLAND GREEN? SHOULD I WATCH A TUTORIAL ON HOW TO CUT MY HAIR ON YOUTUBE? SHOULD I UPLOAD MY OWN TUTORIAL HAIRCUT? IF I WAS ARRESTED WITH NO EXPLANATION, WHAT WOULD MY FRIENDS ASSUME I'VE DONE? IF I WALKED INTO AN INSANE ASYLUM BY MISTAKE, HOW WOULD I CONVINCe THEM THAT I AM ACTUALLY SANE AND NOT INTENDING TO BE SANE? WHAT SHOULD I DO WITH MY WASTED TIME? WHAT SHOULD I DO WITH MY EXTRA TIME? WHEN WILL THIS BIZARRE TIME REALLY END? WHAT IS A RATIONAL ANIMAL? WHAT IS A THINKING ORGANISM? FROM WHERE DOES THE "THINKING" AND "RATIONAL" PART OF THIS FLESH COME FROM? WHO GIVES THE FLESH THE ABILITY TO MAKE ART, TO WRITE POETRY, TO LOVE? WHAT SHOULD BE THE GOAL OF HUMANITY? WHY IS ALL THIS HAPPENING? WHY ARE WE LIVING IN SUCH CRAZY TIMES? WHY SO MANY CHALLENGES AT ONCE INVOLVING THE WHOLE PLANET? WHEN WILL THIS BIZARRE TIME REALLY END? WHAT IS A RATIONAL ANIMAL? WHAT IS A THINKING ORGANISM? FROM WHERE DOES THE "THINKING" AND "RATIONAL" PART OF THIS FLESH COME FROM? WHO GIVES THE FLESH THE ABILITY TO MAKE ART, WRITE POETRY, LOVE? WHAT SHOULD BE THE GOAL OF HUMANITY? WHY IS ALL THIS HAPPENING? WHEN WILL I HAVE MY LIFE BACK? SHOULD I START MEDITATING? SHOULD I ADOPT A DOG? A CAT? A KOALA OR GIRAF? WHAT IF MY DOG THINKS THAT HE'S GOT TO WALK ME? WHAT IF BATHING SUITS WERE FORMAL WEAR, AND FORMAL WEAR WERE BATHING SUITS? SHOULD I INVEST TIME AND EFFORT IN A DATING SITE OR IN A PLASTIC DEVICE THAT VIBRATES WITH BATTERIES? WHAT IF WE HAD TO EAT IN PRIVATE AND PEE & POOP IN THE MALL POOP COURT? HOW LONG CAN I LOCK MYSELF IN THE TOILET TO HAVE PRIVACY WITHOUT AROUSING SUSPICION? DID I WASH MY HANDS ENOUGH TODAY? WHAT BOOK SHOULD I READ NOW? SOMETHING TO PUT ME OUT OF MY MURONS IN A COMA OR SOMETHING TO LEARN? WHY ARE WE LIVING IN SUCH CRAZY TIMES? WHY SO MANY CHALLENGES AT ONCE INVOLVING THE WHOLE PLANET? WHEN WILL THIS BIZARRE TIME REALLY END? WHAT IS A RATIONAL ANIMAL? WHAT IS A THINKING ORGANISM? FROM WHERE DOES THE "THINKING" AND "RATIONAL" PART OF THIS FLESH COME FROM? WHO GIVES THE FLESH THE ABILITY TO MAKE ART, WRITE POETRY, LOVE? WHAT SHOULD BE THE GOAL OF HUMANITY? WHY IS ALL THIS HAPPENING? WHEN WILL I HAVE MY LIFE BACK? SHOULD I START MEDITATING? SHOULD I ADOPT A DOG? A CAT? A KOALA OR GIRAF? WHAT IF MY DOG THINKS THAT HE'S GOT TO WALK ME? WHAT IF BATHING SUITS WERE FORMAL WEAR, AND FORMAL WEAR WERE BATHING SUITS? SHOULD I INVEST TIME AND EFFORT IN A DATING SITE OR IN A PLASTIC DEVICE THAT VIBRATES WITH BATTERIES? WHAT IF WE HAD TO EAT IN PRIVATE AND PEE & POOP IN THE MALL POOP COURT? HOW LONG CAN I LOCK MYSELF IN THE TOILET TO HAVE PRIVACY WITHOUT AROUSING SUSPICION? DID I WASH MY HANDS ENOUGH TODAY? V

Yes, 2020 was a bizarre year:
Brexit.
Mexit.

The pandemic that shook the world.

Toilet paper became the new currency of the realm through massive panic buying.

World on lockdown.

Wearing masks became the norm.

Schrödinger's Kim: Kim Jong Un was both dead and alive at the same time.

The American Pentagon released 3 UFO videos.

Weird year. The list can go on and on and it won't add sunshine to your day.

I bet you can add a lot more items to this list of the things that were or maybe are not possible at the moment you read this:

- disco
 - pub
 - sauna
 - restaurants
 - school
 - work at the office
 - swimming pool
 - beach
 - club
 - many friends at once
 - camping
 - pyjama party
 - baby shower
 - bachelor's party

- divorce party
- any party
- stay out late
- a normal social life
- find a soulmate
- gym
- theater, concerts, movies
- foot / basket/voley etc ball
- festivals

But since...

"Imagination is the only weapon in the war against reality." — Lewis Carroll

I bet you can also add some more big life questions you've been asking yourself in your extra free time:

- When will I have my life back?
- Should I start meditating?
- Should I adopt a dog?
- A cat?
- A koala or giraffe?
- What if my dog thinks that he's got to walk me?
- What if bathing suits were formal wear, and formal wear were bathing suits?
- Should I invest time and effort in a dating site or in a plastic device that vibrates with batteries?
- What if we had to eat in private and pee & poop in the Mall Poop Court?
- How long can I lock myself in the toilet to have privacy

without arousing suspicion?

- Did I wash my hands enough today?
- What book should I read now? Something to put my neurons in a coma or something to learn?
- Should I write my memoir?
- How replaceable am I at work?
- At home?
- Is there a parallel universe to where all the lost socks and tupperware lids go?
- Would the portals of this universe be between the couch cushions and under the car seat?
- If I could time travel, should I skip 2020?
- Can I cry under water?
- Are we all in the hands of fate or do we have 100% free will?
- Are we puppets of the stars?
- Who would play my role in the movie of my life?
- What would be the soundtrack of my life?
- What if the songs stuck in my head, would actually play out loud for everybody to hear?
- Why isn't Greenland green?
- Should I watch a tutorial on how to cut my own hair on YouTube?
- Should I upload my own tutorial haircut?
- If I was arrested with no explanation, what would my friends assume I've done?
- If I was put into an insane asylum by mistake, how would I convince them that I am actually sane and not just pretending to be sane?
- What should I do with my lack of time?
- What should I do with my extra time?
- When will this bizarre time really end?

- What is a rational animal?
- What is a thinking organism?
- Where does the “thinking” and “rational” part of this flesh come from?
- Who gives the flesh the ability to make art, to write poetry, to love?
- What should be the goal of humanity?
- Why is all this happening?

Big questions, no answers.

The reality we've faced in the world in 2020 was not funny. It was one of fear, pain, separation, losses, lockdowns. If you are tired, bored or 10 kilos above your normal, there's light at the end of this book. Or a rainbow at the end of the tunnel, says the authorpreneur Badley Charbonneau. You've survived the chaos of 2020 and now it's time to embrace the opportunity to get something positive out of it. In times of disruption or chaos, the greatest danger we face is the loss of consciousness, rather than any external danger. However, these times also present the greatest opportunity for a wake up call. Let's not focus on what we cannot do, but rather the other way around: what we still can! When we can't turn to the outside, it's time to have a look inside and get to know yourself better, make plans for the next chapter of your lives. Or, even better than plans, set powerful intentions.

LIFE IS A VIDEO GAME

“Alice laughed. ‘There’s no use trying,’ she said. ‘One can’t believe impossible things.’

I daresay you haven’t had much practice,’ said the Queen. ‘When I was your age, I always did it for half-an-hour a day. Why, sometimes I’ve believed as many as six impossible things before breakfast. There goes the shawl again!’

— Lewis Carroll

“Would you tell me, please, which way I ought to go from here?’

‘That depends a good deal on where you want to get to,’ said the Cat.

‘I don’t much care where -’ said Alice.

‘Then it doesn’t matter which way you go,’ said the Cat.

‘- so long as I get SOMEWHERE,’ Alice added as an explanation.

‘Oh, you’re sure to do that,’ said the Cat, ‘if you only

walk long enough.”

— *Lewis Carroll, Alice in Wonderland*

*“In a Wonderland they lie, Dreaming as the days go by,
Dreaming as the summers die:*

*Ever drifting down the stream- Lingerin in the golden
gleam- Life, what is it but a dream?”*

— *Lewis Carroll, Through the Looking Glass*

Row, row, row your boat... gently down the stream...
merrily merrily, merrily, merrily... life is but a dream...
— Popular kid's song

Why are we living in such crazy times?

Why so many challenges at once involving the whole planet?

From Plato's Allegory of the Cave to the Wachowskis' Matrix trilogy, Western culture has explored the authenticity of the fabric of this world that seems sooooo real to us. In the book *The Four Agreements: A Practical Guide to Personal Freedom*, the author Don Miguel Ruiz states that life is a dream of the awake mind within a material framework. Therefore, humans are dreaming all the time. Yes, twenty-four-seven. Yes, even with open eyes. The dream of the planet is the dream of all humans together. We can call it society. We can call it a nation. But the result of the creation of the mind, individual and collective, is a dream. Don Miguel states that reality is a collective dream created by generations before us and those on Earth now. *“The dream of a planet includes all of society's rules, its beliefs, its laws, its religions, its different cultures and ways to be, its governments,*

schools, social events and holidays”.

Do you think you ARE this body, that you are so familiar with?

Aristotle said in the 4th century BC that “Man is a rational animal”.

Pascal said in the 17th century: “Man is a thinking organism”.

Fernando Pessoa has the funniest definition: “Man is a postponed corpse”.

Are you sitting? Well, what we call life and think is really something concrete and accurate, taken for granted and certain, is actually the only game that we don't realize is just that: a game. Flabbergasted? Though to some may seem absurd, a lot of respected minds consider this hypothesis. Even Elon Musk, the founder of Tesla and SpaceX said at the Code Conference in 2016 that he thinks there's a “one in billions” chance we're actually living in virtual or simulation of reality. Here's what he said:

“The strongest argument for us being in a simulation probably is the following. Forty years ago we had pong. Like two rectangles and a dot. That was what games were. Now, forty years later, we have photorealistic, 3D simulations with millions of people playing simultaneously and it's getting better every year. Soon we'll have virtual reality, augmented reality. If you assume any rate of improvement at

all, then the games will become indistinguishable from reality, even if that rate of advancement drops by a thousand from what it is now. Then you just say, okay, let's imagine it's 10,000 years in the future, which is nothing on the evolutionary scale. So given that we're clearly on a trajectory to have games that are indistinguishable from reality, and those games could be played on any set-top box or on a PC or whatever, and there would probably be billions of such computers or set-top boxes, it would seem to follow that the odds that we're in base reality is one in billions. Tell me what's wrong with that argument. Is there a flaw in that argument?"

By the way, I'm old enough to have seen black and white television set in a square box with transistors and have played in this boring prehistoric pong game. I presume you are doing math on your head to try to guess my age. I was born on the year The Beatles released their famous album, Sgt. Pepper's Lonely Hearts Club Band and their Magical Mystery Tour.

Back to the subject, the best video game is not the one that you play, but the one that you live so intensely that you forget that you're inside of it. In my theory, that's exactly how it goes in a life-time.

On Wikipedia: "In video games, a *life* is a play-turn that a player-character has, defined as the period between start and end of play." In my conception, all the things that we all think are reality, are one big Matrix. That's the basic version of the simulation hypothesis: we are "Neo" (Keanu Reeves). Morpheus gives Neo a choice of taking the red pill or the blue pill. And

if he takes the red one, he wakes up to realize that his entire life, his job, the building he lived in, everything, was part of an elaborate video game. He wakes up in a world outside of the game.

We also have the same choice to make and few of us realize it.

Maybe your life has become a bit more challenging lately. Maybe too difficult. 2020 was not a year when we galloped in lilac unicorns over rainbows to clouds made of pink cotton candy. Maybe you've lost dear ones. You've been asking yourself what the heck is going on in the world. Those are my beliefs. If they resonate to you, awesome. If not, use this book as a beautiful mug coaster or please make my day and give it to someone you dislike.

Let's go:

Life is a video Game. The real player (a.k.a. YOU) is an eternal Spirit, the true essence. The Game takes place in the material world. Therefore, a Human Being is a Spirit incarnated in an avatar, the material body. Before you land on the Game, you've got to choose the avatar, made of stardust, or matter, to be able to play during a life. When the avatar is born, the Gamer is squeezed in it and the Game starts.

Sometimes the avatar is white, sometimes black, sometimes brown, sometimes man, sometimes woman, straight, gay, rich, poor, etc. You choose it before beginning, according to the experiences you want to enjoy. Most players are so involved that they think they ARE the avatar. They don't realize that they're in the simulation Game. They choose the blue pill, to keep in the sweet arms of Morpheus. Dreaming twentyfour-seven. Not awake.

There are some fun little metaGames inside of it – like sex, parties, festivals, travelling, schools, jobs. The key to enjoying it is simply managing the resources. The first 10 years or so of life are just tutorial missions, which to some can be boring.

There are also other types of Games in other worlds. Within the Universe there are other inhabited worlds. We call other players “Aliens”. There are different levels as well. Players at different degrees of evolution: some equal, others more or less evolved than earthly Man. The rules are made by an unknown force, the Developer, Mama, for her children to play. You can call the Author by the name you prefer. Mama. Papa. Universal Mind. The Source. Nature. Cosmos. It doesn’t matter how you’ll call it. Or if you believe or not. I am not doubting the existence of God. I am saying you can give any name you wish. It’s still the same o Mighty.

The best way to play is to be in alignment with the Source, with the natural flow of life, with the natural order of things, with the Kingdom of Heaven, the Angelic Crown, the Vortex, with your Inn Zone, call it as you wish. The Developer makes rules that cover both the physical and invisible world. The instructions are not very clear, once you are in the Game. So, some players think they are winning when they have a lot of money. But the real goal is to learn, evolve, enjoy, share unconditional love, learn forgiveness. And real prosperity is to have time and freedom to do what makes your heart sing, to connect with other players in a healthy and loving way, helping them in their Games. The meaning of the Game is to experience infinite possibilities, develop more and more each day, become the best version of yourself. What we call life is a Game of strategy, experimenting, learning, loving.

Spirits are the players, the intelligent beings of creation,

children of Mama, the Developer. They pre-exist and outlive everything. Including the avatar's "death".

The players are given free-will to act, but they must answer for the consequences of their choices. Players are always evolving and growing. The player reincarnates as many times as is necessary for their evolution, in different avatars. There are many multiple physical existences, with many avatars, one after another. They may sometimes become stationary, but they never regress in development. The speed of their intellectual and moral progress depend on the efforts they make to attain perfection in the Game.

For individuals, ideas are modified little by little and to the Game itself, generations are needed to completely erase old habits. Transformation therefore, can only be achieved with time, gradually, in many different lives, many Games and situations. The family is your first team.

In other words, we are eternal spirits who temporarily wear perishable avatars, the body, for 90 or maybe 100 years, to experience, grow, evolve, learn, rescue, unfold. After the duration of the internship at this school called Earth, we will return to Mama's house, the land of the Spirits to reset, wait for another enrollment in another incarnation, another Game, another life.

There are a series of reports that come to us through mediums. These reports are about the continuation of how life after the end of the avatar, the transition, in what we call erraticity, which beings at different degrees of evolution. A criminal who disincarnates is not automatically promoted to the status of a saint. Heavens, no!

In conclusion, everything evolves. Pokémon evolves. Even viruses go through mutations. The Game, itself, also evolves.

TAKE THE RED PILL

Earth is going through a transformation. All players will take this whole Game to the next level. That's why a lot of challenging things are happening on Earth right now.

ABOUT CHANGES AND CHOICES

“I could tell you my adventures—beginning from this morning,” said Alice a little timidly; “but it’s no use going back to yesterday, because I was a different person then.”

*— Lewis Carroll, Alice’s Adventures in Wonderland /
Through the Looking Glass*

“How puzzling all these changes are! I’m never sure what I’m going to be, from one minute to another.” – Lewis Carroll

TAKE THE RED PILL



We are mutant beings. Every new day we change a little bit, even if we don't realize it. Like everything and everyone around us. If you don't think so, look again. You can say that a mountain does not move, it is always immobile and the same. But it is not. The weather, the sun, the rains will slowly change it. Its top may be less pointed, its vegetation will certainly undergo changes. The Greek philosopher Heraclitus, stated that a river is not crossed twice. Of course, the second time, neither the water is the same, nor the banks, nor you. Everything, absolutely everything is in motion in the universe. The Moon spins around the Earth. The Earth around the Sun. Our entire solar system moves towards a point called the Apex.

Humanity is the inventor and heir of its history. Each of us write our own story. You are the protagonist. Moreover, the screenwriter of your story. Furthermore, you are in the scenario in which you placed yourself, with antagonists that you yourself attracted. And it will only leave when you decide to.

Another key to remember is that all the people around you, on who you based a life project to lovingly change everything supposedly wrong with them... (Well, I've made that mistake once. However, I had my stupidity amputated last year. Now I have a strict "no deals with the devil" policy). Do yourself a favor. Forget it. You don't have that right. You are not even able to. Stop being judgmental. Live and let live. The only people who need your guidance are your children. Nobody else. And even them, there comes a time for you to let the kids learn their way while you watch from the outside.

Don't even think about improving your boyfriend, your wife, no one. Accept their idiosyncrasies or leave. Having said

that, the only person you have the obligation to make grow spiritually, to support mistakes and successes, to seek to mature and to make an intimate reform, provide self development, is yourself.

Are you flexible to changes? Or do you think you never change at all? Try to check pictures of you from ten, twenty years ago. Aside from trendy hairstyles copied from rock or movie stars, even your face and body have changed. Not to mention personality. Moods... And how was your life like before smartphones, tablets, e-mail, cloud storage, Internet? How many things have changed in your routine? And your maturity? If you could go back in time, would you make the same decisions you made your whole life? If changes in your Game, in your way of being, in your physical, mental and emotional body are a continuous and inevitable process, try to direct the changes for the better.

TAKE YOUR LIFE TO THE
PREVIOUS LEVEL: GET OUT OF
THE MATRIX

“One of the deep secrets of life is that all that is really worth the doing is what we do for others.” — Lewis Carroll

“IN THE END... We only regret the chances we didn't take, the relationships we were afraid to have and the decisions we waited too long to make.”

— Lewis Carroll

TAKE THE RED PILL



Selfie. Post. Tweet. Share. Like. Click. Swipe. Scroll. Check. Repeat.

Hypnotized screen junkies. Digital dead walkers. Tech zombies. Electronic handcuffs. No eye-contact. Attention span of a goldfish. Weak real life bonds. Epidermis relationships. Poor human interaction. Live cam girls instead of a girlfriend. Those people are not under the spell of a witch or voodoo overlord. They let themselves be controlled by their smartphones, an extension of their arms and hands. Their sucked-brains are addicted to likes, shares, digital appreciation and the “high” given by social recognition. Hamsters trapped on a wheel, spending less and less time devoted to cultivating deeper real-life relationships.

Many individuals use smartphones as their MAIN form of communication. They feel protected and safe behind a screen. Sometimes stouter, hidden, behind anonymity. They pick up the phone shamelessly, when they are supposed to be spending quality time with their loved ones. By using a smartphone as your main form of communication you can negatively impact your relationship with your loved ones. The internet is amazing in bringing together those who are physically far apart. However, while it has brought us closer together, it can also drive us further apart. And sadly, it often does so.

On *The Social Dilemma*, Netflix brings together a group of remarkable brains in charge of making social media what it is today. Ex-executives of big platforms and Harvard and The New York University teachers explain how social media influences our psychology and shapes our mindset, by sharing horror stories. It’s easy to get sucked in. The Social Dilemma explores how the Internet’s most popular platforms work on a basic business model of tracking users’ behaviors, to sell

targeted ads and induce addiction in a vicious cycle. The tool is freaking alive. It knows you. Maybe better than you know yourself. It feeds you with information you think you want and need. On the other hand, in reality it is eliciting action and clicks as a way to fuel advertising. The documentary refers to us humans as lab rats. I've got news for you. Most lab rats don't live neither a long nor a joyful life.

Meanwhile, your real-life relationships may be deteriorating and you are closing your eyes to it. Social distance is a must do in the days we are living. However not in the same house. Your family deserves kindness, coziness, words of appreciation every now and then, simple things like "good morning", "thank you", "I love you", a kiss sometimes, cooking for one another with love, normal things, like not being taken for granted. A good relationship is not about meeting the right person, but doing the right things every single day to the person you decided to share life with.

It's time to plug back into life. If you put your phone down and walk away from it for even a few days, I assure you, you will survive.



You've read so far and you are maybe waiting for clear instruc-

tions of what to do, on how to play the Game, waiting for the cheat codes... It's not too late for a disclaimer. We are living in weird times with overwhelming things happening all around us. We have to deal with a lot at once. Like a circus acrobat, we have several dishes spinning at the same time in the air and we don't want any of them to drop. You wish to have a self care routine of a boss, follow your dreams, be a good mother / father, eat healthy, exercise, loose weight, increase income, a thousand other things... Tough task. On the other hand, with so many people waking up, which is awesome by the way, the world is now full of self-proclaimed gurus promising that if you do as they say, you will take your life and dreams to the next level. Well, I've got news for you. I am not one of them. Nope. Expectation DECLINED. Such a task is no match for my competency. Don't get disappointed, tough. We were born without a written instruction manual. But the same nature that made us, also gave us tools to choose our destinies. The "manual" lies within your own heart. In everybody's heart, no exception. Your higher self already knows what's best for you and what will happen if you choose path A or B. It is up to everyone to be curious, questioning and learn to use the tools you already have at your disposal. To listen to the intuition, the gut feeling, that knows better. To make and stick to better choices. And to every choice there's a price to pay.

This book has no instructions to rescue anybody, to take you to the next level, but some suggestions. If you choose to stop wasting time with distractions outside and look inside yourself, you'll find the answers you've been searching for. Take a step back, get in contact with yourself and your gut feelings, here are all the answers to every challenge that comes. Better than having a hundred books to help find answers is to have the

resources within you to deal with whatever comes.

When on social media, consider to:

- Fact-check before you share sources. Have a critical mind for fake news.
- Don't waste time being a hatter. Follow people with different views than you. Consider you don't own the truth.
- Share something if you will add value to people's lives.
- Rethink if you want to win the prize for the top 100 most popular social media user from the country doing sadly lonely symbiosis with the couch, or the best boyfriend with a fulfilling life.

Besides the above, consider taking your life back to the previous level. Remember how it was exciting before all this technology - which is awesome, but also barricades us behind walls of lack of attention to the real world.

To reconnect with yourself and make a digital detox, consider:

- You don't need to watch the same news over and over again by different presentators.
- Find a passion or hobby outside the tech universe.
- Exercise, walk, ride a bike, make love, stargaze. "When I rest I rust", says the German proverb.
- Be in charge of yourself. Face the dopamine deficit state.
- Find the pleasure-pain balance. You have the choice. Choose a happy real life with flesh and blood people. Paradoxical as it may seem, there is no better time than a time of adversity to awaken spiritually. If you are distracted with building your online reputation for nothing in return, you'll miss the opportunity to wake up from the dreaming.
- Step out from the collective unconsciousness, which at this

time is amplified and reflected back to us by our mainstream and social media. Take your game to a better level. Take the red pill.

If you are in the mood to improve your relationship with real people, I have some loving suggestions to make:

- Take your game back to the point in time where flesh and blood people were more important than likes.

- Take your power back from the cyberlife. You are not a manipulated victim.

- Turn off notifications. Keep the phone on silent. Turn the buzzing, ringing and pinging off so you're not constantly interrupted.

- Check less of your phone. Respect who sits at your side and give them full attention.

- Uninstall time-wasting apps.

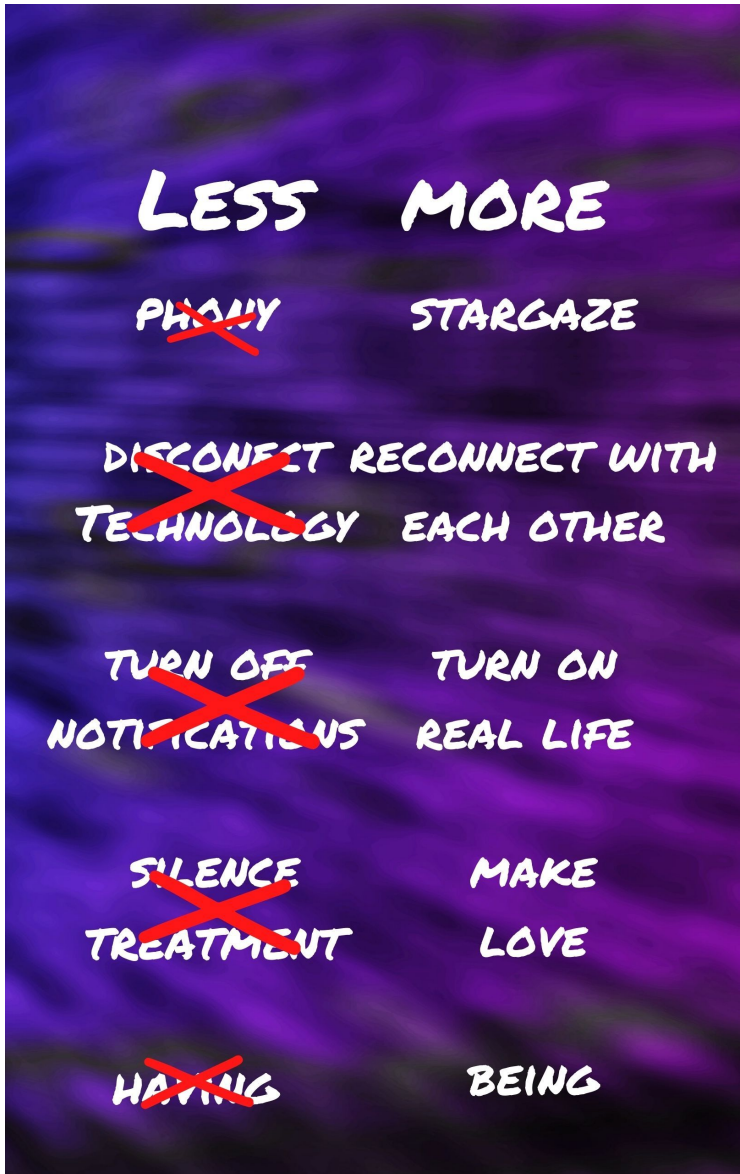
- Unplug for a day, a week, a month, an entire vacation. Give that present to your loved ones.

- "Fast" from electronics – spend some time with no devices.

- Find balance between the phone and real connection with your loved ones.

- Take meals on the table. With talking. Remember what a dialogue is? A spoken conversational exchange between two or more people, with questions, answers, encouragement, laughs, interest in each other's dreams, fears, deep connections. With eye-contact. Without smartphones.

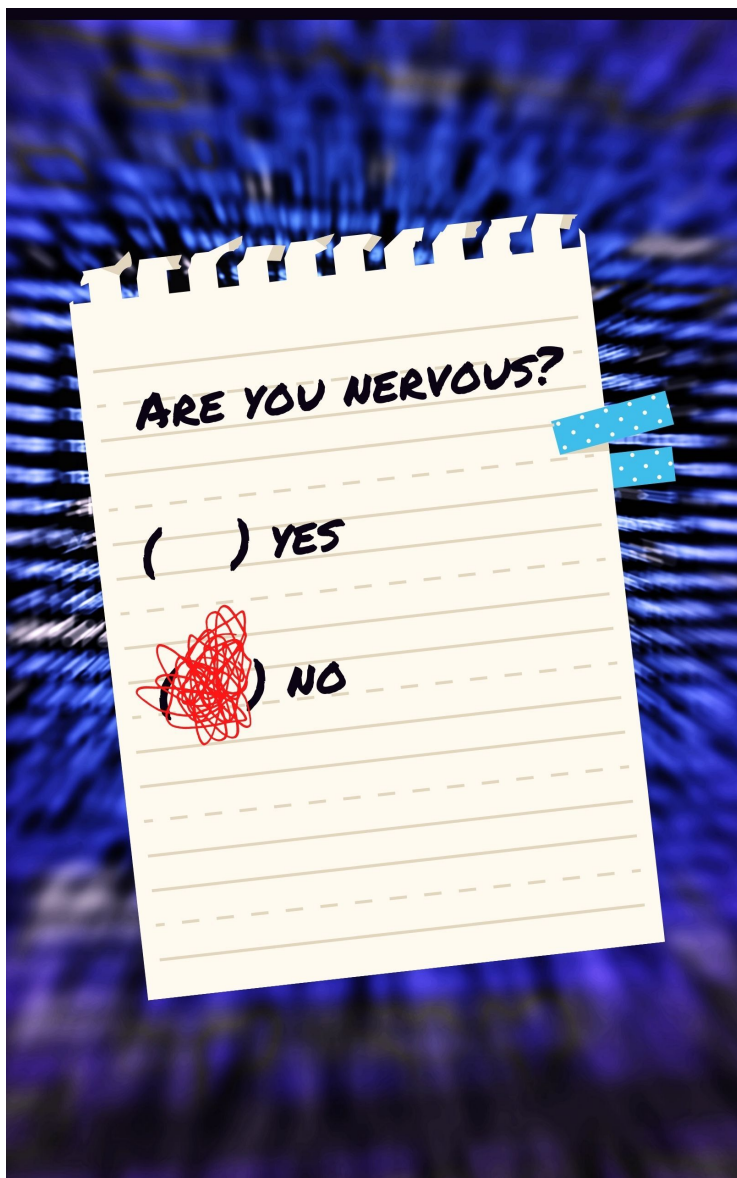
- Make healthy choices. Say good morning. Be interested in your partner and kids' lives. Celebrate often. Be generous, curious, grateful, kind. Be encouraging. Search for the best version of yourself. Stick to your promises. And do that every single day.



CHOOSE THE RED PILL AND QUANTUM JUMP

“I know who I WAS when I got up this morning, but I think I must have been changed several times since then”

— Lewis Carroll, Alice’s Adventures in Wonderland and Through the Looking Glass



A lot of theories tried to take ownership of the red pill concept/ metaphor to push their own agendas. I slice for myself a piece of this cake. Mine is: the red pill triggers the awakening process.

Since the worst is already gone, it's time for a fresh new start. Every day the sun rises and teaches us the lesson of new beginnings. I'm craving for the next level of the game on Earth. Are you as excited as I am? Let's set powerful intentions for the new chapters that are about to unfold before us on the blue planet where we are playing the Game. Say goodbye to the old you and welcome to the new you. Instead of "shit happens", think about SHIFT HAPPENS. Let's agree with Heraclitus and change. But for the better.

Science brings some possibilities about our "Universe". Science believes that we are in a "Universe" that probably has a cylindrical shape, due to the curvature of Space. With our current technology, we are limited to observations within this "Universe". Since it is curved and we are inside the fishbowl, we are unable to see the outside of it. If there is an outside.

Until a few years ago this theory was considered unique. But today there are already more than strong suspicions that it may not be so. Still, if you believe that we are in a "Universe" that has a cylindrical shape due to the curvature of space, that it is ONE of the possible universes. Quantum physics doesn't talk about a UNIVERSE, but MULTIVERSES.

The famous physicist Stephen Hawking's last paper before his death was also about the multiverse. It was published in May 2018, a few months after Hawking's death. He stated: "We are not down to a single, unique universe, but our findings imply a significant reduction of the multiverse to a much smaller range

of possible universes.”

From science fiction to science fact, concepts consider the possibilities of other universes, known as “parallel universes”. If so, all the choices you made in this life played out in alternate realities, therefore, different games and frames.

Imagine all the times in which your life might have turned out differently. Each of these might-have-been realities represents a parallel universe.

Hugh Everett III proposed a fundamental reinterpretation of quantum mechanics in which each time that particles interact, reality bifurcates into a set of parallel streams, each representing another possible outcome.

The popular expression “quantum jump” is used in common English speech to describe a leap that is big, outlandish, almost science fiction. But this term actually covers a wide range of experiences from the rather mundane to the truly extraordinary. To physicists, quantum jumps are tiny and discrete. In a film reel, you will see and know that even though you’re watching a movie, you could stretch out the different frames. From one second of the movie to another frame, a tiny movement you make with your head, for example, seems to be a long, fluid movement. Still, if you were to stretch out the frames, you would see that each frame is a separate parallel reality or is a different frame. It is the same to parallel realities. All that is, is the NOW. You are shifting through different parallel realities every little second. Shifting is a byproduct of what we know as time. It’s so continuous that you can’t even tell that you’ve been doing it. That’s how reality is. It looks like one fluid movement. This connection forms bridges that seem like movement. But it is the sum of different frames, different parallel realities. We have memory and we’ve agreed to this game of life that keeps

us focused on the timeline.

You may ask yourself: “How do I learn quantum leap?” You don’t have to learn how to do it. You do it instantly. It’s a natural byproduct of the way reality works. You’re already shifting, whether you realize it or not.

JUMP IN WITH BOTH FEET & ADD SOME MAGIC

“You know what the issue is with this world? Everyone wants some magical solution to their problem and everyone refuses to believe in magic.”

— Lewis Carroll

“I’m not strange, weird, off, nor crazy, my reality is just different from yours.” – Lewis Carroll

JUMP - to employ a move in certain board games where one game piece is moved from one legal position to another passing over the position of another piece (WikiDiff)

TAKE THE RED PILL



Quantum jumping is the process by which someone projects some desired result or state of being that is different from the existing current situation—and by clearly observing that possibility and supplying sufficient energy, decides to make a leap into that alternate reality. With full awareness, choose the outcome.

A quantum jump or quantum leap can be made through what seems to be a handshake through time and space.

If you want to create a dramatic change and a quantum jump in your reality, look at your current game, frame, timeline. Where are you? Close your eyes and visualize how you'd wish your life to be, the best version of yourself. How would you behave? What would your body language be? What words do you choose there? How would you interact with other people? Where do you live? What would your routine be like? What outfit do you choose to wear?

Try to create snapshots of this other reality, with vivid details. See yourself in scenes. Take actions there, in your imagination. Take your time to give your imagination wings.

Then simply make a choice to BE from now on that version of you. The power is in your hands here and now. Start to see yourself in that ideal self-image. Shape it. Affirm to yourself: this is who I am now. Take off to that destiny. Begin to act as if you were already that version of you. Make it happen by embodying that new you. By observing the new reality and changing your energetic state, this will initiate a shift into that alternate reality. The magic occurs when you tune into the new you, align with it. Set a powerful intention to rise and tune with love, peace, enlightenment and beyond. Shift your energy frequency to match the exact vibration of being already the way you want to.

So go on and move forward. Put time and work to manifest your vision. Surround yourself with focus and creativity. Turn your environment into a breathing, living vision board. Use reverse engineering success. Sit calmly and see your goals manifested. Focus on the prize and also have fun during the process of getting there. Turn your vision into a tangible reality.

Start your day thinking: "What more can I LEARN today to help me get there? What more can I DO today to help me get there? What more do I have to LET GO OF to help me get there?" Silence your mind, connect to your heart. The answers will show in your head when you are relaxed, not connected in social media, with cyber-distractions. The Universe will show it to you.

Your desired reality already exists in a parallel Universe, and you may quantum jump into that game in another dimension NOW. There are many parallel realities and timelines that exist right now. The one which you shift to, depends on YOUR individual vibration. You can voluntarily raise your vibration to match and be on the most optimal game and timeline to you. You can switch the broadcast through your intention, embody and empower the consciousness of the version of your life that's better than extraordinary, another game level, where you feel fully fulfilled, where you radiate love, and where you are who you choose to be. You can tune into that game frequency now, switch channels and align with this parallel reality that you are already your true authentic higher self. You can shift your energy and become an energetic match to be and have whatever you dream of. You can plant the seeds of your full success. Every day, including today, simply take an action to be on the top of your game, to water the seeds of your dreams and of your higher authentic self.

Take the red pill.

Enjoy the game.

Love unconditionally.



About the Author

I wrote *Take the Red Pill* in a ten-days-challenge to enjoy myself and hopefully add some fun to your life as well. It brings a mix of fun and transformational personal growth, with tips I wished were heard by my personal cyberzombies. By sharing my message, my intentions are to entertain and inspire.

I am a green-juice based life-form, born in Brazil and living in The Netherlands. With pretty hair and a lot of dreams in my head. Mom. Writer by day. Sweetheart by night. I enjoy singing in the shower, travelling, scuba diving, riding horses and drinking smoothies – though, not always at the same time. I've been called Pollyanna, sugar coated idealist. I like to think of myself as more optimistic.

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