

# THE “METAVERSE” DECEIT

## What Can We Do To Deal With It?



Personal Sovereignty Series - Article #4 - Val Jon Farris, 1.26.2023

*“When our technology advances more rapidly than our consciousness, we become enslaved by what can only be described as ‘artificial ignorance’ and ‘digital arrogance.’ Curing ourselves of this self-inflicted virus requires a higher level of consciousness than we used to create it in the first place.” – Val Jon Farris*

In this fourth article in the series, (<https://travelerswithin.com/metaverse-deceit/>) we explore some **viable solutions** for minimizing our loss of privacy and avoiding the exploitations of those who are orchestrating the *Metaverse*. “Personal Sovereignty” as I have come to understand it, is about possessing the freedom to make our own choices and protecting the liberties needed to carry them out.

Some of the choices I’m going to suggest will be easy while others will be more challenging. The more challenging ones, (and those that will make the biggest difference) will require a reassessment of priorities and lifestyles. Regardless, we are late in the game with addressing them, and many of us have become dependent upon the very system that is exploiting us. (If you are unaware of just how far down the “rabbit hole” we’ve come, you might want to review my first three articles.)

The institutional systems and entities we are dealing with have been planning and implementing their “new world order” agenda for a very long time, long before the formulation of our Constitution, declared human rights and espoused freedoms. Seizing control of every possible venue of human influence, (e.g., religious, social, economic, financial, political, educational, legal, and now, technological) they have left few options for those of us who want to regain our lost liberties and freedoms.

Because of the all-encompassing expanse of control already in place, the choices we make and actions we take must be applied in every area of our personal and professional lives. I’ll begin with those solutions that are least challenging and can be immediately implemented in this article, and then address the more challenging ones that must be dealt with over time and in stages in my next one.

The **first group of easy solutions** pertains to our choices of how we engage with the technology we rely upon, and the new “meta-tech” we will soon be mandated to depend on. The **second group of more challenging solutions** will address how we choose to deal with the following four vital “personal sovereignty” lifestyle areas of *Our Physical, Emotional, and Spiritual Well-Being - Our Financial Liquidity and Economic Solvency - Our Mobility and Communication Capabilities – And Our Degree of Collaboration To Pioneer Change*. Let’s examine the first group now . . .

### **Our Interactivity With Technology:**

The internet and its myriad of access devices, platforms, and applications are *two-way* communication mediums. This means they both receive and send data - data about what we are personally interested in, and our personal data which others are interested in. *You must assume that all the technology you use for accessing and interacting with the internet is gathering data about you and sending it to those in control.*

Given this reality, it is incumbent upon us to be discerning (and careful) about the technology we use and the degree of personal data we give away as we engage with it. Below I list some of the key devices to take into account, as well as offer ways to limit the personal data they gather, but be clear that every one of them has clandestine (and institutionally mandated) listening devices, location tracking, and basic (or advanced) image/ID recognition technology built into them:

### **Smart Phones – Android Bixby, Apple Siri, Alexa, and All Others:**

Here is an article that will help you deactivate some, (but not all) of the installed/embedded eavesdropping and tracking technology built into your cell phone. When doing internet searches do NOT use the virtual assistants as your voice and preferences get tracked and stored as archived audio files on mainframe computers. (You can play back all the searches you have done over the years. It's creepy!) Read the article carefully and follow the steps outlined: (<https://us.norton.com/blog/how-to/is-my-phone-listening-to-me>)

### **Smart Speakers – Amazon Echo, Google Nest, Apple Home Pod:**

I recommend not using any of the new audio technology equipment listed above. If you insist, research the options in the user manual of your specific device, as well as become familiar with these general ways to reduce smart speaker eavesdropping capabilities:

(<https://www.aarp.org/about-aarp/voice/raise-your-voice/enable-privacy-settings-on-a-smart-speaker.html>)

### **Computers and Laptops – Webcams, Microphones, and Search Data:**

For webcams and mics, unplug them or deactivate them when not in use as they can be accessed clandestinely even if the indicator lights are "off." And do Windows and Mac computers and laptops track our interactions? Absolutely. They claim their monitoring tech is for improving their applications but don't believe it. Their monitoring is done through ad tracking, location tracking, telemetry, timeline options, connect and update sharing, diagnostic and feedback options, account information, and background apps. Read these articles to learn what they gather and how you can limit what they collect:

(<https://surfshark.com/blog/is-your-webcam-hacked>)

(<https://medium.com/geekculture/how-to-stop-windows-10-from-spying-on-you-b071134a11f6>)

As for browser-based search data, there is no way to avoid being monitored and tracked. Even "Incognito Mode" *does not* protect your privacy in the ways you might assume. While it does restrict anyone else using your device to see your search history, the wider worldwide web has total access to what websites you visit and what sources you repeatedly rely upon over time. Having the incognito option for users actually assists "authorities" and other controlling agencies in optimizing the filtering of nefarious or suspicious data that they are most interested in monitoring and tracking. (While you won't see your Google feed displaying sexually explicit ads, you can bet any such activity is being stored and analyzed. Here is a really good article that outlines just how much personal data protection this secret search mode offers you:

(<https://www.mcafee.com/learn/what-is-incognito-mode-and-how-safe-is-it/>)

### **Social Media Platforms – Facebook, Instagram, Twitter, and All Others:**

There is no way to protect your privacy if you choose to use Facebook or any other social media platform. The degree of personal data you reveal, however, can be reduced by not using FB to sign into other apps. (There are also "Privacy Options" in the FB settings area you can select, but be clear they in no way protect your privacy.) Also, whenever you log into other apps using your Facebook account, you give that app or website

access to all or most of your personal data collected by FB. The amount of information shared between apps depends on the permissions you've granted, but it can be a lot.

Here is an article you can read that will elevate your awareness about how much data you are giving away and some suggestions on how to reduce it. Key takeaways include reading the user agreements and privacy terms, (which almost none of us do!),

(<https://dataprivacymanager.net/how-to-protect-your-privacy-on-social-media/>)

(<https://www.makeuseof.com/log-in-with-facebook-pros-cons/>)

#### **Other Key Privacy And Protection Actions:**

Purchase malware and/or a cleaner app for your computer and cell phone and run it often. Do not download "AI" software or participate in online "Quizzes," "IQ Games," or "Brain-Teasers" as these apps are developed by our oppressors for the sole purpose of compromising our privacy, gathering advertising data and psychological information about us – sensitive data that gets added to the profiles they are building on us.

The solutions I've outlined in this article will help reduce the degree of exploitation being committed against you. Take your time to investigate each of the, and follow through with the suggestions I've made. The reality is, however, that if you truly want to regain your personal sovereignty you are going to need to make some very tough choices about your lifestyle. I'll outline what those choices are in the next "Solutions" article and do all I can do to have them be as palatable and doable as possible. Keep in mind though that I left the USA eight years ago and have totally redefined what my life is about and how I go about living it. ~



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