

THE “METAVERSE” DECEIT

First Step For Exiting The Matrix



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“The super-elitists in control of our world believe we are incapable of making our own choices. They justify their arrogance and exploitations by assuming they need to think for us. Like puppets on strings, the majority of us have resigned ourselves to this fate. Those of us who have not must radically alter our lifestyles and up-level our consciousness if we are to successfully exit their matrix of enslavement.” – Val Jon Farris

Many people have asked me if there is a way out of the advancing enslavement, and the answer is a resounding “Yes,” but . . . it poses a huge challenge; one that I suspect few may be ready or willing to embrace. The reality is, we are late in taking affirmative action, and many people have become dependent upon the very system that is enslaving them. Are you ready to *exit the matrix*? Let’s find out.

The super-elitist “Big Three” (Blackrock, Vanguard, State Street, and others) 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, political, legal, economic, social, educational, and now, technological) they have left few options for those who seek a way out.

Because of the massive scope of control, our choices and actions must be equally as massive and must be applied in every area of our lives. For this reason, I have developed an *all-encompassing exit strategy* composed of four essential personal sovereignty and lifestyle practices. In this article, I will address the first of the four practices, and then write individual articles for each of the remaining three. The four are:

- 1. Our Physical, Mental, Emotional, and Spiritual Well-Being**
- 2. Our Financial Liquidity and Measure of Personal Sovereignty**
- 3. Our Mobility of Liberties and Communication Capabilities**
- 4. Our Degree of Collaboration and Strength of Community**

1. Our Physical, Mental, Emotional, and Spiritual Well-Being

This first lifestyle practice is about reclaiming dominion over our body, mind, emotions, and connection with Spirit, or whatever we consider to be sacred and greater than ourselves. (“Spirit,” from the Greek root *Spiritus*, means “*breathe of life*,” which has nothing to do with religious dogma and everything to do with the sacred gift of being alive.) Maintaining our overall well-being is essential for safeguarding our freedom. You want to avoid medical institutions and hospitals at all costs as they pose profound detriments to your health.

The best way to think about mastering your **physical well-being** is from the point of view of being a “champion athlete within your own right.” It’s not about attaining some extreme Olympian ideal, it’s about stretching into your best possible physical shape, with certain limitations. For example, I have many physical injuries resulting

from a lifetime of high-risk (and heedless) adventures. My ability to work out is limited as a result. But this does not mean I cannot strive for optimal physical conditioning. Unless you are handicapped or seriously ill, you should consider engaging in aerobic activity three to five times per week. (I'm over 60 and while weight training is not an option for me, I fast-walk a minimum of ten to twelve miles per week.)

Another essential physical sovereignty practice is to reclaim command of what you put into your body. If we truly "are what we eat," then most of us are made up of mounds of sodium, sugar, and toxic preservatives. Stop eating crap and stop justifying to yourself that consuming small doses is somehow acceptable. (Would you nibble on rat poison occasionally and think it was okay?) Also, avoid prepackaged foods and soda pop as they are laced with toxic chemicals and GMOs. Instead, consume fresh organically grown fruits and vegetables and drink freshly prepared juices. And if you insist on eating meat, be clear that nearly all of the animal protein you consume is grown in unsanitary conditions and is laced with hormones, preservatives, and red food coloring to make it appear to be fresh for weeks on end.

And about drug intake . . . relying on prescribed, over-the-counter, or illegal drugs is as far from practicing personal sovereignty as one can get. The physical body and its immune system are naturally powerful forces on their own that rarely require medications or supplements in order to do their job. (Also, just so you know, most of the vitamin and supplement companies are owned by guess who . . . The Big Three.) What are touted as pure organic ingredients are far from it. Think about it, what better way to target those of us who object to the crap being sold to us by the Big Three than for them to poison the supplements we trust and rely on?

As for alcohol, the same approach applies. There is nothing wrong with enjoying occasional alcoholic beverages unless one becomes dependent upon them or needs them to suppress unwanted feelings and experiences. Any "crutch" we rely upon takes away from our natural ability to stand up on our own two feet (or occasional bruised knees) and directly cope with life's challenges.

The same goes for pain meds. I sometimes take them myself because of the intense discomfort in my body, but I know when I'm overusing them and manage my intake closely. If you find yourself justifying why you need pain meds, or find yourself counting how many pills are left in the bottle, it's probably time to abstain. You know the truth, stay true to it and free yourself from Big Pharma (or the Cartel) and their plans to enslave you in drug dependencies.

Relying upon drugs also impacts our **mental and emotional well-being**. If you think the super-elitists only intend to poison your body, think again. Nearly 75% of the population, at all ages, now experience symptoms of declining mental faculties, including diminished concentration, ADHD, OCD, and in older folks, Alzheimer's. These adverse mental conditions are the result of not only a toxic diet, but of a highly orchestrated behavioral modification program instituted by our friends in the media, television, and internet broadcasting businesses.

While at first glance it looks like the increasing number of advertisements being inserted into programs is about pushing consumerism, (a standard 30-minute show contains 18 minutes of content and 12 minutes of commercials) the more sinister goal is to disrupt the viewer's ability to maintain continuity of thought and attention, as well as to desensitize us to the bold violations being committed against the Earth and its occupants. (Watching a major disaster on the news in which people are dying and then immediately being redirected to an erectile dysfunction commercial is about as blatant an example as I can give you.)

The good news is you can reverse any mental damage you may have incurred by practicing mindfulness and "Raja Yoga," the exercise of staying focused "on one thing and continuing to return to it rather than letting your mind wander. (Try placing a single lit candle in front of you and focusing only on it for twenty minutes at a time to get a direct experience of just how much mental continuity you may have lost. Within about two weeks, if you stay with it, you will experience a greater attention span and a substantial reduction of erroneous and mindless mental chatter.)

Also being **emotionally well** is a function of having access to our full spectrum of feelings, from joy to sorrow, to love, fear, loss, pain, and inspiration. Numbing ourselves to what we feel with drugs and alcohol is the wrong direction for staying well and sustaining our personal sovereignty. “Swings” in our emotions, bursts of anger, bouts of sadness, and even deep dives into depression are not unhealthy, they are essential for maintaining optimal emotional movement within our psyches. For example, to recover from a devastating loss, we must be able to grieve deeply. When we cut off feelings of intense sorrow, we block our healthy movement toward healing. Think of it like not allowing the water in a bathtub to fully empty because of repeatedly shoving the stopper back into the drain. (There is nothing worse than stagnant and putrefied water sitting in the tub of our psyche for years on end.)

Every single one of our emotions is important for us to feel and engage with. They each have a specific purpose in terms of keeping us well and fulfilled. Learn how to engage with them and let them lead you to places of resilience and strength rather than to being an invalid who is incapable of feeling the flow of life. Trust me, your sovereign power and sense of fulfillment will exponentially increase as a result.

Spiritual well-being is about deepening our sense of gratitude, peace, and joy in our lives, as well as understanding our humble place within the universe and cosmos. Left to its own devices, our ego is a selfish, spoiled brat that is never satisfied with anything or anyone. It always wants more, no matter how much we give it, and if not subordinated to a power greater than itself, it will dominate our lives and convince us that we are worthless, powerless, and as incapable as the super-elitists who are controlling the world want us to believe about ourselves. Here’s the bottom line about maintaining your spiritual well-being folks . . . *Just say ‘no’ to your fucking ego and ‘yes’ to your sacred self.*

As for suggested Spiritual practices beyond simple mottos and platitudes, engage in activities and experiences that press you beyond your comfort zone. Nature is a perfect venue for that. Go hiking, swimming, bird watching, star gazing, and exploring. But as you engage in these activities reflect on your deeper nature, the sacredness that resides within you, and the power and strength that Life has endowed you with and is counting on you to access and live from and into. In this way, you will constantly return to your greater rather than your lesser self.

Well, there you have it. These first of four lifestyle practices might pose a huge challenge for some of you. Others of you may very well already be engaging in all or many of the personal sovereignty steps. I’d be interested to hear where you are in this process, what you do to sustain the practices, and what support you might be able to offer those who are struggling. Be well my friends and be the best you can possibly be. It’s easy to be weak and dependent. Being strong and sovereign is much harder, but oh so much more fulfilling. ~



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