

2. The conceptual Matrix in our daily lives

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The Matrix is a philosophical concept. In the movie "The Matrix", human beings are controlled by machines and connected to a grid; the life that they lead is all an illusion, it is not the real world.

Although this is not literally the case for us, in some way we also live in a conceptual matrix. We have created our own reality, with our own rules, values, morals, concepts of what is right and what is wrong, what is desirable and what isn't... this is all an illusion because in reality nothing is absolute and everything is relative.

As long as we are distracted by the matrix, we will not find the time or even the desire to explore the spiritual side of life. We tend to keep ourselves busy all the time with so many tasks, as if we were trying to avoid being alone with ourselves, and having to face our inner void, fears and insecurities. Therefore, between work, raising children, social events, sports, and other activities we are constantly occupying our days and our minds, and we rarely stop to reflect on deeper issues such as the meaning of life, the future of mankind, and the mysteries of the universe. We hardly ever make time to contemplate the things that are around us, such as a sky full of stars, or the full moon, or even nature... to appreciate even the simplest things that we take for granted, such as the air that we breathe and the wind that blows on our faces. We are way too busy and too focused on the illusive reality that we live in, the "reality" that we take way too seriously sometimes.

The matrix is the reality that human beings have created, full of distractions and illusions. We give so much value to material possessions, social status, physical appearance, but all of this only matters inside our reality, not in the universe as a whole and owning all those things definitely does not improve our spiritual evolution in any way. Nevertheless, it would be very difficult for human beings to escape the matrix, simply because we are a part of our reality and therefore we cannot ignore it: for example, we need to work in order to survive. A balance should therefore be reached: appreciating the matter in which we live in and be part of the matrix by enjoying the pleasant side of it, while at the same time realising that everything around us in reality is just a game. This helps us to detach from our worldly problems and remember that there is more to our existence on this universe than what our daily lives are about.

Sometimes it is so much easier to simply let our minds be controlled by the matrix, with all its temptations, and no matter how hard we try to escape from this reality, many times it will sweep you back in without even realising it. This is why it is important to make daily commitments to ensure that we do not forget about the spiritual side of us. Every single day we should make it an obligation to meditate, even if it's just for a short time; also, every night before we go to sleep we can read even just a few pages of an interesting book that will give us more information about the path we are taking as well as expand our minds. No matter how busy we think we are with the matrix we can always find even just a few minutes every day to remind us that there is so much more to humans than the physical being. The key is consistency and perseverance.

It is important that all human beings try to understand the universe and the hidden heritage of the human race simply because we are all a part of it. For instance, most people watch the news on television because they want to know what is happening on their planet, and not necessarily because it directly concerns them. Therefore, humans should be just as eager to find out what is going on in the universe they live in and try to find out more about the human race and its origins.

Our time on this earth is limited, and we should not waste time and energy by being preoccupied with our daily worries; instead, when we feel that our "matrix" is distracting us from our spiritual

path, we should step back and see everything around us with a certain detachment so that we can focus on life as a whole, and realize that in the big picture of life, the daily worries that we are so preoccupied with are not actually that important.

Many people search for a spiritual path because they want to be in touch with their inner self and discover their potential as spiritual beings.

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