

FREE RANGE HUMANS

EXPOSING THE MATRIX CONTROL SYSTEM
AND AWAKENING YOUR TRUE SELF

MATTHEW STEPHEN

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To my family and friends, thank you for your love, support, and patience while I completed this book; I couldn't have finished it without you. Thank you to the amazing renegade truth seekers whose research and insights played a major role in the creation of this book and the direction it took. Thank you to my soul family who are scattered all across the planet right now. Some of you have already awakened and have remembered who you are and your mission here, whilst some of you are still waking up. I acknowledge the courageous and amazing work you are doing, wherever you are, and I hope this book is valuable to your mission. Finally, thank you to my beautiful wife Stephanie for always being there for me and for your endless support and patience in helping me to get this book finished. Particularly for constantly challenging me to make my writing more concise and compelling. I could not have done this without you.

FOREWORD

Be careful. We're surrounded by them. Individually they can be dealt with, but in herds they can be very dangerous. Don't make any sudden movements or speak too loudly. Keep your head down and shuffle along in whatever direction they're going. By blending in, they won't attack you.

Some call them zombies. I prefer a friendlier sounding term: *normal people*.

What does it *mean* to be normal? If we go by what society rewards and punishes, being normal means: don't question reality, don't think for yourself, obey authority, believe what the news tells you, trust the government, and ridicule those who question the official narrative. Like the walking dead, there's something creepy and unnatural about this programmed, mindless, hypnotized mode of existence. And yet, simply because it's so popular, it's come to define what "normal" is.

Are you a normal person? Not if you're reading this book. At some point in your life you must have started wondering, questioning, *suspecting*. You were compelled by a sense of *wanting to know*. While normal people prefer simply not knowing and staying asleep, you were curious and brave enough to start looking for answers. And that brings you to this book.

The available information out there is a vast and tricky minefield to navigate. Some books say little despite so many words. Some just rationalize pet theories that miss the mark. Some are sneaky sales pitches for expensive products or cult-like agendas. It takes a lot of time, energy, and discernment to cut through all that verbiage and get a clear perspective of what's going on. Fortunately, Matt has done exactly that.

This book will save you time and get you up to speed on the most critical challenges we face and how to tackle them. I say this sincerely as a veteran researcher myself. My process of awakening began early in life via a childhood haunted by paranormal phenomena. I was not a normal kid, but then

my reality wasn't normal either. Since I was intensely curious by nature, the conflict between wanting to understand it all and being confronted with the unexplainable set me on a lifelong quest to figure it out. For the next three decades I read hundreds of books, networked with thousands of people, and gained years of experiential data to help connect the dots.

Along the way I met other researchers who were probing the deepest mysteries of our time. Like climbers of a mountain all converging upon the same peak, no matter where each started, we were all independently converging upon the same higher understanding of reality. Matt belongs to the few who didn't simply stop at the first convenient belief system he encountered. There are many ideological traps out there that offer permanent rest for the weary in the form of pat answers. It takes a good deal of self-honesty and intuition to go past them and keep ascending that mountain. And the higher you go, the broader your perspective.

Free Range Humans is colossal in its scope and hits the mark straight on. It's designed to help you attain freedom and happiness in the face of systematic oppression and control. See, mankind today is like a prisoner hypnotized into thinking he's free. To actually be free, he must first see the prison for what it is. Only then can instructions on breaking out make any sense. That's why a good portion of this work is dedicated to unraveling the illusion, exposing the forces who run this control system, and helping you recognize the covert manipulations present in your own life.

The author does this not to be alarmist, but to be *empowering*. By understanding the scope of the problem, the solutions make so much more sense. The key is recognizing that the forces seeking to keep us spiritually asleep and programmed aren't just the political, corporate, and religious powers of this world. Rather, it extends beyond the physical into the metaphysical domain. So the solutions must likewise include metaphysical considerations to have any chance of success.

The final part of *Free Range Humans* is therefore devoted to what we can do individually and as a society to transcend this Matrix-like control system and establish a more prosperous and positive future. It's not about marching in the streets, starting some new religion, or infiltrating government; these are external attempts at change that hack the branches instead of striking the roots. Without giving too much away, it's about discovering the hidden spiritual power within us and pivoting everything else upon that fulcrum.

This is not a normal book for normal people. It's a tool of awakening, a catalyst for empowerment. It's for brave, open minded, curious seekers who have begun suspecting that our world is *not* as it seems.

Thomas Minderle, author of montalk.net
Boca Raton, Florida

HERE WE ARE, A DISTANT STAR, STUCK IN A GALAXY SO VERY FAR.

LIKE A TANGLED VINE, CUT FROM THE DIVINE, WE
CAN ONLY RETURN IF OUR HEARTS ALIGN.

LIKE A CANCEROUS CELL, OUR EGOS SWELL, ONLY
TIME WILL TELL IF WE CAN RESCUE OURSELVES.

OUT OF THE HEAD, AND INTO THE HEART, IS THE ONLY
THING THAT WILL TEAR THIS SYSTEM APART.

COURAGE TO FIGHT WITH ALL OUR MIGHT, BEFORE
DARKNESS DESCENDS, AN ETERNAL NIGHT.

TABLE OF CONTENTS

INTRODUCTION..... 1

SECTION 1: THE AWAKENING **6**

CHAPTER 1: THE MATRIX CONTROL SYSTEM CULT.....8

CHAPTER 2: AWAKENING TO THE ILLUSION 14

CHAPTER 3: SPIRIT, BODY, AND EGO PERSONALITY.....22

CHAPTER 4: CULT INDOCTRINATION AND NEGATIVE PROGRAMMING

CHAPTER 5: THE SHADOW

CHAPTER 6: SPIRITUAL EMBODIMENT

CHAPTER 7: THREE KEY STAGES OF SPIRITUAL AWAKENING

SECTION 2: THE MATRIX CONTROL SYSTEM

CHAPTER 8: THE HIDDEN CABAL

CHAPTER 9: THE PSYCHOPATHIC NATURE OF THE CABAL

CHAPTER 10: THE OCCULT FORCES BEHIND THE CABAL

CHAPTER 11: HUMANITY'S MYSTERIOUS ORIGINS

CHAPTER 12: THE NATURE OF REALITY AND HUMAN FARMING

CHAPTER 13: OCCULT ENTITIES-PARASITES OF THE MIND

CHAPTER 14: THE NEW WORLD ORDER

CHAPTER 15: THE NWO END GAME: SOCIAL CREDITING SYSTEM,
5G, AND TRANSHUMANISM

CHAPTER 16: CLIMATE CHANGE AND DEPOPULATION

CHAPTER 17: SUMMARY

SECTION 3: TRANSCENDING THE MATRIX CONTROL SYSTEM

CHAPTER 18: SOLUTIONS

CHAPTER 19: STEPS TO FREEDOM

CHAPTER 20: CONCLUSION

END NOTES

INTRODUCTION

There is something very wrong with the world; you have sensed this for a long time. Why are we so divided? Why is there so much war, violence, and hate? Why aren't people accepting and nice to each other? Why are we afraid to tell each other how we really feel?

These questions have lingered in your mind since you were a kid. You wish you could communicate them to people and explore them more deeply, but no one else around you seems to think in the same way. Every time you try to go deeper with people, they just shut down. What is wrong with them? Everyone is walking around like zombies, living their lives and moving about as if all of this madness is normal. This world you have found yourself in is... strange.

Not knowing what else to do, you attempt to join them and try to mould yourself to the "normal" values of your society. What are these values? Well, to get to work following the life plan, of course! You know, that plan that we all must follow? Go to school, go to university, build a career, make money, pay your bills and taxes, buy a house, get married, have a family, get a dog, pay off your loan, go on vacations, and plan for retirement. These are the things that create happiness and are what life is all about, right? So, you pursue them just like everyone else, but... the happiness never comes. Every time you reach a milestone of your life plan, you still feel... empty and anxious. Sure, you may feel good for a while, but it doesn't last. That inner peace and fulfilment that you feel is possible, that you feel you deserve, just never comes. So, you keep striving and striving, grinding and grinding, believing that a greater effort and focus will finally bring you lasting peace and happiness, but it doesn't. Even worse, not only does the peace and happiness never come, but the price you pay for your relentless striving is great. You develop chronic stress, anxiety, deteriorating health, broken relationships, addictions, neurotic habits, control issues, and then there is that... thing. That

presence that is always there, a lingering darkness that surrounds you like a fog. It makes you afraid to be alone, afraid to reveal your true thoughts and feelings to the world, afraid to be rejected, and afraid that you aren't loveable. This is the inner reality for many people around the world.

The path commonly taken from here is that we keep striving and pushing ourselves to the point where we self-destruct. This may manifest physically in the form of an illness or disease, emotionally in the form of an anxiety attack and burnout, or psychologically in the form of a depression or mental breakdown. Or, possibly all of the above. We may also find ourselves sabotaging everything we have achieved in our lives.

This self-destruction and the suffering it creates catapults people down different paths. For some it will trigger them into a pit of despair, hopelessness, and victimhood from which they may never recover. Often these people will choose to numb themselves and disassociate completely, checking out of their body and of life through the various addictive habits that are available. For others, it will instead trigger them to awaken. To snap out of their hypnotised mechanical slumber, like a sleepwalker suddenly regaining consciousness, which allows their true self to begin to emerge.

This awakening causes us to eventually reject the "normal" cookie-cutter plan of life laid out for us from birth by society, and to instead pursue what the true self came here to achieve. In this regard, no one path is the same, and there is no "right or wrong", just choices, consequences, and lessons, all of which contribute to our personal awakening and spiritual evolution. This is why expecting that the same life plan will work for everyone is insanity. The challenge is that the true self is hidden under layer upon layer of societal and cultural programming, conditioning, and traumas; therefore, discovering and reconnecting with it requires peeling away everything that blocks our access to it. To achieve this demands courage, determination, sincerity, and knowledge of the various forces, both physical and non-physical that seek to keep us programmed, hypnotised, and enslaved. We are not without help, though, for we are guided by our intuition, which is our direct connection to the true self. As well, if we are open to receiving them and carry ourselves with sincerity, many helpful synchronicities will be placed on our path. This can manifest as the right teacher, event, or piece of knowledge appearing in the perfect place at the perfect time. If we are receptive to their messages, each synchronicity will open up a new layer of understanding and awareness, both of ourselves and of the world.

Higher awareness, however, also brings forth new challenges and responsibilities, for as we awaken and spiritually evolve, we begin attracting the attention and attacks of the Negative Hostile Forces (NHF's). NHF's are comprised of higher density predatory beings, occult (hidden) parasitic entities, and their psychopathic human puppets. The primary goal of the NHF's is to keep us in a hypnotised mechanical slumber with the rest of the herd, so that we can be more easily controlled and utilised to serve their agenda. In order to achieve this, they have engineered what researchers call the Matrix Control System (MCS).

The MCS is designed not only to control humanity and keep us imprisoned on our own planet, but also to allow the NHF's to farm us for our most precious substance—our life force energy. I mean this quite literally, for the reason that the NHF's are so interested in us is because we are a valuable source of food to them. We are like the “free range” animals that we farm, who in truth are not really free, but whom we allow to roam “free” in their paddocks because it benefits us to do so. If we intended for them to be truly free, then we would remove the fences that keep them confined, but we do not permit this for they serve a purpose. They are our source of food, just as we are a source of food for the NHF's. For this reason, we allow them to roam within a specially assigned space, give them food to eat, water to drink, and friends to socialise with, so that they maintain their health and produce a high-quality product when it is time for them to be harvested.

Just as an animal within its fenced-off captivity believes itself to be free and therefore senses no danger, so too do we humans believe we are free, but this freedom is just as illusory. We are given the *perception of freedom* only because it serves a purpose to our masters. Our allotted “paddocks” are certainly bigger than the ones we provide for the animals that we farm; these paddocks are what we call countries. Don't believe me that we live in a giant captivity? Try leaving your “country” without permission from your masters. Try doing nearly anything, in fact, without permission from your masters. Because the illusion of our freedom must be upheld, the NHF's begrudgingly allow us to roam around within our paddocks, or possibly to visit another paddock from time to time. However, this is only allowed within the parameters of their strict rules, regulations, and intense Big Brother surveillance, which they cleverly convince us exist for “our own safety”. In truth, just as there are free-range animals, so too are we *free-range humans*.

Awakening to the horror of our situation can be extremely confronting, but it is something we must face or else we will never obtain our freedom. A true awakening demands that all of our false illusions must come crumbling down, and all darkness must be revealed, no matter how shocking or disturbing it is. That is the purpose of this book, to support you on your journey of awakening by helping to dissolve any remaining illusions.

The key to awakening is knowledge, and that is why for the MCS, deception and suppression of knowledge is the name of the game. The knowledge found in this book is exactly what the MCS and its architects do not want you to obtain, for it holds the keys to helping you transition from a free-range human, to a truly free and awakened being.

Many books of this nature speak with strange sounding esoteric lingo or in abstract terms that allude to the truth, but often in an ambiguous and difficult to decipher language. This book attempts to do the opposite, and instead communicates in clear, direct, and concise terms.

However, just because the information within is clear and concise does not mean it will be easy to digest. Quite the opposite, in fact, as the topics it tackles are confronting and directly opposing to the perceptions and beliefs programmed into us by the MCS. Despite this, I am confident that if you take this journey with me, you will find this book immensely liberating and empowering.

The question you need to ask yourself is if you are truly ready to take this journey? For, if you do not wish to have your familiar and comfortable perceptions of the world deeply challenged, and possibly even shattered into pieces, then I would suggest thinking twice before reading on. As there are many people who say they want to awaken, but as spiritual teacher Adyashanti explains, “...most people who say they want awakening don't actually ‘want to awaken’. They want their version of awakening. What they actually want is to be really happy in their dream state.”

CONTENT AND FLOW

This book is broken up into three sections. It is written in such a way as to expose you gradually to the information it contains, so that the information can be better digested and absorbed.

Section 1: I describe the awakening that is occurring around the planet, including what we are awakening from, and the various stages of awakening.

Section 2: I describe the Matrix Control System, a system set up by higher negative predatory beings who seek to keep humanity imprisoned, using their human puppets to push forward their agenda of a New World Order. I will also outline this New World Order and its endgame agenda in detail.

Section 3: Using the knowledge obtained in the first two sections, I then describe how we can transcend the Matrix Control System prison on both a personal and collective level.

Please buckle in, for I am going to take you on an interesting ride, and hope you enjoy the journey.

SECTION I

THE AWAKENING

THE MATRIX CONTROL SYSTEM CULT

1: HOW CULTS ENSNARE US

“The victim of mind-manipulation does not know that he is a victim. To him the walls of his prison are invisible, and he believes himself to be free. That he is not free is apparent only to other people. His servitude is strictly objective.”

~Aldous Huxley, *Brave New World*

A difficult issue to contend with when presenting people with the alternative and potentially controversial information found within this book is the cognitive dissonance that can arise. This is an uncomfortable mental state that occurs when we are confronted with information that directly challenges and conflicts with our currently held perceptions and beliefs. Cognitive dissonance commonly triggers reactions such as shock, disbelief, fear, and anger, and causes us to reflexively reject what we have been presented without any consideration or further research. People are also often resistant to this sort of information, because they consider themselves to be intellectual and aware beings. Therefore, to be told that they have been deceived their entire lives and are living in a control system without them being aware of it is an affront to everything they have been taught to believe. For it directly challenges their deeply ingrained belief that they are ‘free beings’, as well as challenging their sense of pride that accompanies this belief.

To understand how we can all be so easily ensnared and deceived by the Matrix Control System (MCS), regardless of having an advanced intellect, requires us to understand that the MCS is a powerful cult.

The OED defines a cult as “*A system of religious veneration and devotion directed towards a particular figure or object.*”¹ However, to understand this definition better, it is helpful to understand the definitions of ‘religious’, ‘religion’, and ‘veneration’.

Religious: “*Relating to or believing in a religion.*”

Religion: “*The belief in and worship of a superhuman controlling power, especially a personal God or gods.*”

Veneration: “*Great respect; reverence.*”

With these extra definitions in mind, we could more plainly and simply define a cult as “*A system of great respect, reverence, belief, and worship directed toward a superhuman controlling power.*”

We can now begin to realise that we have all been indoctrinated into a cult from birth.

We have been programmed to revere, believe in, and be blindly obedient to the “superhuman controlling powers” that we know as government and monarchy.

Many cults have appeared throughout human history, giving us ample evidence and data to study how they work and why they have such a strong influence over the human mind, even the minds of the supposedly smartest and wisest of humans.² What we have learned is that cults lure people in by preying on their vulnerabilities and wounds. They understand these weak points within their victims, and they exploit them by offering what appear to be alluring solutions and remedies for their suffering. “*Worship us, worship our “God”, be utterly devoted to us in every way, and we will save you and heal you of all your pains*”, the cult will say, either openly or subliminally to its target. Many people uncritically accept and believe what is being promised

1 <https://en.oxforddictionaries.com/definition/cult>

2 A documentary found on Netflix titled *Wild Wild Country* provides a fascinating first-hand glimpse into the world of a cult and the influence it has over its members minds. There is also a highly informative presentation that can be found on YouTube by typing *Cults of Death & Power—Truth Warrior*

to them by the cult because when we are wounded, we are vulnerable to external suggestions, especially if those suggestions have been presented with conviction and authority. On top of this, a cult makes its members feel special and like they belong, and this gives them a sense of acceptance and purpose, things that they have been longing for their entire lives. A cult also commonly triggers a saviour complex in its victim, fuelling them with a distorted but burning passion to go out into the world and recruit as many other members into the cult as possible. This person genuinely believes that they are helping others “see the light”. Thus, using each cult member as its instrument and puppet, the cult grows its sphere of strength and influence victim by victim. A cult member at this stage of the process cannot be reasoned with, for their cult programming and highly inflated self-importance blinds them from being able to see their position clearly and objectively. As a result, what is obvious to others becomes invisible to the victim.

Once a cult has lured its vulnerable target in, it then capitalises by relentlessly indoctrinating them into the values and beliefs of the cult. This is achieved by pummeling their minds with endless propaganda, which they will deceive them into believing is enlightened esoteric and sacred knowledge. A typical part of this propaganda within most cults is to convince their members to anticipate the arrival of a “saviour” or a “God”, or to believe that one of the leaders within the cult is the saviour himself. Most cults also nearly always declare that the end of the world and destruction of humanity is imminent, except of course for those who are the most obedient to the cult and its saviour, for they will instead be “saved”.

The cult then ensures that this programming is not reversed by any outsiders who are yet to be brainwashed by warning each member against *“those who will try to deviate them from their path and corrupt their beliefs”*. The cult will tell them that these people haven’t yet “seen the light” and therefore can’t be trusted. This then makes the victim highly suspicious of and even aggressive toward anyone from the outside who attempts to challenge their cult programming. This in turn makes it very difficult for others to help them see the situation they are in, which of course is by design.

The programming effect on the human mind by a cult is a very interesting phenomenon. It is as if the cult places firewalls in the minds of its victims, causing them to reject any outside information that conflicts with their programmed beliefs. This is similar in concept to how countries like China place firewalls on their nation’s Internet, blocking citizens from being

able to view certain websites. Once these firewalls have been implanted, they are very difficult to remove.

On top of this, often the victim becomes emotionally dependent on his or her new masters, and this creates a distorted but very deep bond that is extremely difficult and painful to break. This is particularly the case if the victim has been previously traumatised and therefore has a low self-esteem. This distorted bond is a form of Stockholm Syndrome, a phenomenon whereby a victim becomes so accustomed to and dependent on their captivity that they do not wish to leave, and even begin to worship and defend their captors.

Another key characteristic of a cult is that it inevitably becomes possessive and paranoid about controlling every element of its members' lives. This is not always perceptible at first, for the cult does not want to scare them away by being too overbearing too soon. But once it has lured them in, it will gradually increase the level of commitment that it demands from each member. It will begin monitoring and tracking them obsessively, demanding to know everything they are doing and thinking, every single moment of the day. It will begin enforcing strict rules and will seek to censor and punish anyone who is disobedient. It will force each member to wear a special uniform, to recite certain prayers or mantras, to eat certain foods, to talk in a certain way, to adopt a certain sexual preference, and even to stop seeing close family and friends. These are just a few of the endless things that a cult wants to control. As a result of all these factors, a cult dehumanises its members and turns them into unthinking mechanical robots, utterly obedient to anything the cult demands of them.

2: THE GLOBAL CULT

It is only by studying and understanding how cults work that we begin to realise and come to terms with the reality that we have all been ensnared by a giant global cult.

However, the MCS cult, or what I will often refer to as simply the Cult, is one of the most dangerous and powerful cults that has ever existed. For it does not even give us a choice as to whether we want to be a part of it or not, as it traps us from birth and programs us before we have even had the opportunity to think for ourselves. By the time we can think for

ourselves, we have already been so well indoctrinated into the Cult that we never even think to question our life within it, or seek to escape from it. Of course, many of us do sense that something is very wrong with the world, but the Cult is designed to make us feel like we are the crazy and weird ones for thinking that way. We are like animals born on a farm, who, despite sensing deep within that something is wrong with their environment, cannot comprehend their captivity simply because they have never known anything else.

Just like how animals on a farm are conditioned to perceive their human masters as being all powerful, we are also conditioned to believe that the Cult's institutions of government and monarchy have a God-like status that endows them with immense power over human life. Such as the power to impose endless rules and regulations onto every part of our lives, to leech away our hard work through ever-increasing taxes, and to punish and lock us in a cage if we do not obey. This conditioning runs so deep that even the thought of disobeying government, or any associated "authority", brings up fear and anxiety in most people. We are taught that government is there to ensure "peace and order" in society, and that society would fall into an uncontrollable state of anarchy and violence without it, but this is just another one of the web of lies embedded into our Cult programming. The truth is that government is just a tool for the Cult to do to us what every other cult in history has done, which is to monitor, track, censor, and control every single thing we are doing every single second of the day. This is so that the true architects of the Cult, those that operate from within the shadows of the MCS, can prey on and exploit the human race solely for their benefit.

This information, however, cannot be grasped or understood through the lens of our Cult programming, as we must first peel back the layers of lies and deceptions one by one. This can be a painful and messy process as the Cult traumatises us from birth, making us feel unsafe and insecure, and creating deep wounds that it can then exploit throughout our lives. In fact, it has turned indoctrinating and exploiting the human race into a fine art. Just like every other cult in history, the Cult we are in is also trying to convince us that the end of the world is imminent. It is also trying to convince us that we can all be "saved" by merging our biological body's with artificial intelligence and robotics through what they call "transhumanism".

3: BREAKING THE SPELL

Once the Cult's spell begins to lift, all illusions that previously distorted our perception of reality start to shatter, and we begin to see the world *very* differently. What was once "normal" suddenly begins to appear very alien and foreign. We begin to realise that the world is absolutely nothing like it seems, and that everything within the Cult is based upon a lie. This will seem like an extreme and exaggerated statement to those still influenced by the Cult's spell, but once the spell breaks, and its programming is removed, this truth becomes very apparent.

To make things even more challenging, there are many smaller cults within the Cult that can also trap us. Whether these be based on religious, political, cultural, corporate, or even dietary ideologies, it does not matter. If we have found ourselves within *any* group that demands that we worship and blindly follow its beliefs and commandments without questioning its authority, we are in a cult.

How then do we break free from the Cult?

History has demonstrated that if the members of a cult are sufficiently indoctrinated, they will blindly follow its commandments without question, even if those commandments are clearly irrational, dangerous, and deadly. As well, in these circumstances, no outside help will be effective in awakening them to their situation, at least until the victim is subjected to a series of experiences powerful enough to shock them into a state of disillusionment. This disillusionment then frees the victim temporarily from their spell, and they begin to see their situation clearly for the first time.

Generally, the only thing powerful enough to trigger a state of disillusionment like this is when the cult leader or leaders become so intoxicated by their power that they begin consistently abusing it. Thus, they begin to slowly reveal their true predatory nature and subsequently heap a great deal of suffering upon the cult members. Due to the fact that their true nature is so contrary to the "virtuous and holy saviour" images they originally portrayed themselves with, the victim will receive a major shock. It is this shock that will hopefully jolt and awaken them out of their blind and submissive state of hypnosis.

What this means is that in order for people around the world to break free from the spell of the global Cult, each person must experience a level of suffering powerful enough to trigger within them a similar state of shock

and disillusionment. This is already occurring on a massive scale, as millions of people around the world are already becoming disillusioned with their world leaders and governments, who—intoxicated with power—are beginning to reveal their true predatory natures more and more. However, many are still under the spell of the Cult, and whilst they remain this way, we find ourselves in a very dangerous position. This is because cults of the past have shown us time and time again that when blind faith and obedience is given to predatory leaders and their systems of control, the end result is never good.

AWAKENING TO THE ILLUSION

1: SPIRITUAL AWAKENING

To effectively free ourselves from the Cult requires not just awakening from our state of mechanical hypnosis, but also requires a *spiritual awakening*. This is because it is only through gaining the higher awareness of our true self, or what I will often refer to as *Spirit*, can we effectively perceive the world from a more objective state of awareness. This then allows us to see beyond our deeply embedded Cult programming.

A crucial part of experiencing a spiritual awakening is first coming to terms with the reality that we are much more than just flesh and bones. We are instead eternal spiritual beings having a temporary and fleeting human experience, inhabiting an intelligent biological technology that we call the human body. The human body performs a function similar to a receiver and transmitter antenna, whereby it receives the energies and awareness of Spirit, and then transmits these energies into Third Density Earth life. On top of this, the body also receives the energetic information of Third Density Earth life through its senses, and decodes this into what we can touch, hear, feel, smell, and taste. This information is then transmitted to Spirit, allowing it to experience what we call “physical reality” in a way that it could never experience without the body. How this occurs more specifically, as well as a deeper look into the nature of our reality, is something we will explore in Chapter 12.

Unfortunately, for most people, their Spirit remains asleep and suppressed beneath all of their Cult programming, and they instead only experience the world through the extremely limited and mechanical human

ego. Our mission and challenge therefore is to re-awaken Spirit, which allows the ego to become spiritualised and to be placed in service to Spirit, which then allows Spirit to pursue the mission it came here to fulfil.

Despite inhabiting a unique body that gives us a sense of independence and identity, our Spirit emanates from and is always connected to a single unified field of intelligent energy. This field is what is commonly referred to as “God”, the “Creator”, the “Divine”, the “Great Spirit”, “Brahman”, “Allah”, “Krishna” or in quantum physics as the “Quantum field”. There has been much religious distortion and dogma around these terms over the millennia, which has turned many people away from spirituality. This too was a strategic ploy by the Cult, whereby it hijacked human spirituality and converted it into a system of dogmatic control (organised religion) designed to vector people away from true and authentic spiritual connection. Many people have been negatively affected by this and subsequently have lost faith in a higher power, but we should not let this manipulation take away from the reality of who and what we truly are.

2: THE INTERCONNECTED WEB OF LIFE

Whilst inhabiting the human body and being subjected to its limited range of sensory perceptions, we adopt the illusion that we have left this unified field of pure energy, which I will often refer to as “Great Spirit”, and that we now live in a world of separation. This, however, couldn’t be further from the truth, as everything within the Universe is unified. This is why it is called the *uni*-verse, meaning “one-tune” or “one-rhythm”, indicating that the Universe is a dance of energies all playing to the same tune and rhythm, unified and conducted by the Great Spirit. This unification of all things is evident even in our physical world, despite things certainly appearing to be divided to the naked eye. For example, we see a tree and a bird and we believe them to be independent from each other, and yet we find that they are unified by the same atmospheric field of oxygen, nitrogen, and carbon dioxide on which they both depend. Therefore, no line of division could be accurately drawn between them as the atmosphere literally lives merged within their cells and DNA.

This means that to create a boundary around them, you would have to include the entire Earth’s atmosphere within it. Similarly, if we were to include Earth’s atmosphere within our boundary around the tree and

the bird, then we must also include the Sun. For the Earth's atmosphere cannot exist without the radiation of the Sun, and no distinct divide could ever be found between the two. If we were to include the Sun within our boundary, then we must also include the entire solar system which the Sun's radiation reaches. We must then also include the entire galaxy and Universe. No divisions can ever be found in the Universe as it is a singular organism, and everything is interrelated in some form or another. The Cult has deliberately kept this understanding from us, because when we think that we are living in a world of separation, we feel lonely, insecure, powerless, and afraid. On the other hand, when we realise that not only are we eternal, but we are always connected with each other and with the entire Universe, then we realise how pointless it is to be afraid. Without this fear, the Cult loses its power over us.

3: THE PARADOXICAL WORLD OF QUANTUM PHYSICS

On top of everything being interrelated, nothing in our reality is solid, either. Even the most solid seeming objects such as rocks and trees are made up of atoms; these atoms are made up of particles that exist in a state of pure vibrating (nonphysical) energy. Even more amazing is that they also consist of 99.999% empty space!³ This means that the apparent solidity of the things we see in the world, including ourselves, is nothing more than an illusion. The appearance of solidity is created within our brain, similar to a very realistic virtual reality simulation. This also points to the fact that the world is not even "out there" as it seems, but rather only exists within our brains and minds as we decode it through the body. Before we decode it, it exists as energy. Again, this is something the Cult does not want us to understand, for when we realise the illusory nature of the physical world, and that we are only here for just a fleeting experience to learn and grow, we realise the illusory nature of death. When we lose our fear of death, the Cult again loses a major source of power over us.

In the 1999 blockbuster movie *The Matrix*, Morpheus refers to the illusory nature of the world when he says to Neo, "*What is real? How do you*

3 <https://www.collective-evolution.com/2014/09/27/this-is-the-world-of-quantum-physics-nothing-is-solid-and-everything-is-energy/>

define 'real'? If you're talking about what you can feel, what you can smell, taste and see, then 'real' is simply electrical signals interpreted by your brain."

In his 2019 book titled *Quantum Revelation*, author Paul Levy also explains that, "Physics tells us that matter is composed of more than 99.9999999 percent empty space. In Eddington's words, 'Matter is mostly ghostly empty space.' How do we wrap our mind around this? The new physics has discovered that matter is a pulsation of energy temporarily emerging out of a deeper substratum of boundless, unmanifest potential that creates the illusion of solid objects in three-dimensional space. This illusion is fabricated within our brain and nervous system in such a way that a physical world appears to be really there outside of us, when in fact its real basis is a neurologically generated standing wave holographic pattern that is witnessed by consciousness in such a way as to trick us into seeing it as a solid, external world of physical objects. Our physical world can be likened to clouds in the sky. Seen from the ground, clouds look like substantial objects, but if we 'enter' the clouds while flying in an airplane, we discover that there is no hard-and-fast boundary around them. They simply dissolve into a fine mist. Quantum physics reveals that the same is true for our world, which appears substantial, and yet at bottom is just an endless series of unpredictable fluctuations whose ultimate existence is transitory and insubstantial."

Quantum physics has also revealed through famous experiments like the double slit experiment that human consciousness and physical matter cannot be separated, and that the act of human observation alone changes the way matter behaves. In the double slit experiment, which has now been repeated numerous times with the same results, photon particles changed their behaviour when they were being observed. It's as if they were conscious and understood they were being watched and didn't want to be caught out acting in weird ways. They acted as pure energy patterns when not being observed, but acted like particles when they were observed. This points to the fact that the physical world (which is comprised of photons) only acts physical when we observe it, and when we are not observing it simply exists as energy. Levy explains that, "So not only does the photon know whether both slits are open or not, it also knows whether or not we are watching it, and adjusts its behavior accordingly. It is as if the photon knows beforehand that we are lying in wait ready to observe it and, as a result of this, chooses to maintain its particle persona. Appearing self-conscious, the photon doesn't seem to want to be seen in its quantum weirdness, as if not wanting to be caught in the act of going both ways at once. If the detector at the slit is

turned off, we then have no knowledge of the route the photon has taken, its secret is safe, and it resumes its mysterious wavelike behavior and the interference pattern comes back. The photon not only knows which slit is open or closed, but seemingly possesses information about the whole experimental setup, including the observer, which in principle suggests that it knows the quantum state of the entire universe.

“This suggests that the quantum world is truly sentient, as well as holistic; each of its parts are in touch with the whole. There is no clearer example of the interaction of the observer with the observed than the double-slit experiment. Consciousness interfered in the experiment in such a way so as to have a direct effect at the quantum level. It is important to understand that Wheeler’s idea of a participatory universe was not based on wild theoretical speculation, but on the most rigorously tested scientific experiments imaginable. Quantum theory is so counterintuitive that he could never have dreamt it—even in his wildest dreams—without the constant guidance provided by experiments. The double slit experiment was the very first experiment in which consciousness literally entered the physics lab in a way that was both impossible to ignore and demanding to be accounted for; there were countless other types of more elaborate experiments to follow. The double slit experiment helped to reveal the dual, seemingly schizophrenic nature of the quantum world. It was the experiment that first showed that how light manifested—as a wave or a particle—depended upon how it was observed. This is the prototypical experiment that revealed how consciousness not only was an inextricable part of the universe, but actually affected the very universe of which it was aware through the act of awareness itself. ‘Consciousness,’ as Bohr reminds us, ‘is inseparably connected with life.’”

To put this all in the simplest language, what this means is that our human awareness alone—the act of simply observing—changes the way reality reacts. This suggests that we are co-participating in the creation of the reality we see each day, which means we are co-participating in the creation of the Universe. This means that we are much more powerful than we have ever been led to believe.

One difficult thing to come to terms with is the evidence that things do appear to exist when we are not observing. For example, we can leave a forest unobserved for years and come back and it has clearly grown and changed in physical ways despite not having an observer there to decode it. Levy addresses this conundrum: *“The question naturally arises—what constitutes an observer? This is one of the central and most burning philosophical questions in*

quantum physics. In addition to humans, what about a cat, a mouse, a cockroach, an amoeba, or a piece of mica? How does their observation differ from human observership? Are there observers that help shape the universe that do not have physical bodies? The spiritual traditions of the world are replete with accounts of just such kinds of observers, after all. If so, is there a cooperative collaboration between these disembodied observers and the more fully embodied ones in which all the parties involved are cocreating how reality unfolds? Where does consciousness first enter in the elaborate hierarchy of terrestrial life? Where does the capacity to collapse a wave function derive from? Does it come from the presence of consciousness or from some other condition? It's as if observership and its ability to translate unmanifest possibilities into definite actualities is a pervasive feature which is widely distributed throughout the web of life. In any one observation, the entire universe is in some way implicated and participating. From this perspective all life-forms are dreaming together, collectively collapsing the universal wave function of this universe to manifest the way it is moment by moment."

In an essay published in the scientific journal *Nature*, Professor Richard C. Henry also addresses this issue: "*The 1925 discovery of quantum mechanics solved the problem of the Universe's nature. Bright physicists were again led to believe the unbelievable—this time, that the Universe is mental. According to Sir James Jeans: 'the stream of knowledge is heading towards a non-mechanical reality; the Universe begins to look more like a great thought than like a great machine. Mind no longer appears to be an accidental intruder into the realm of matter... we ought to rather hail it as the creator and governor of the realm of matter.'*"⁴

The architects of the Cult understand who and how powerful we are, and they are desperately afraid of us realising this power. Their primary goals are to keep us spiritually asleep, in a state of perpetual fear and stress, ignorant of the nature of this reality, and believing that we live in a meaningless mechanical Universe where everything is divided. The Cult maintains these states amongst the masses by engulfing us in a culture of ignorance and disinformation, largely helped by the institutions of mainstream science, media, and education. The basic message we receive regarding who we are is that we are just random bunches of cells clumped together by chance, and that our consciousness is just a random lucky side effect of the complex human brain. This means that once our physical body dies, so too does our consciousness end, forever. This disempowering way of understanding who

4 <http://henry.pha.jhu.edu/The.mental.universe.pdf>

we are leads many people to feel hopeless, meaningless, powerless, and vulnerable, which is exactly what the Cult wants.

There is evidence everywhere of our nonphysical and spiritual nature as human beings, but this of course is not the sort of “proof” that will satisfy those indoctrinated into the Cult. Most have been too deeply conditioned to believe that unless something can be seen and touched, then it can’t be proven. When one studies the science of quantum physics, however, it becomes apparent that this incredible field of study is helping us to bridge the gap between science and spirituality.

4: OUR SPIRITUAL ORIGINS

On top of the science of quantum physics, humanity has also had many other channels of information reaching us from the higher densities, providing compelling evidence that we are eternal spiritual beings at our essence. There have been numerous examples of enlightened spiritual avatar masters who have incarnated on Earth throughout our ancient and recent history to share their spiritual wisdom. Providing us with clear road maps as to how we can once again reclaim our connection to the world of Spirit.

There have also been numerous accounts of what are called NDE’s (near death experiences) whereby people have been pronounced clinically dead and then brought back to life. During the period of being dead, they experienced their Spirit crossing a threshold into other realms of pure energy. They recognised these realms as their true spiritual home and were able to come back to report on what they saw. Another similar example is scientist Jill Bolte Taylor who did not die but had a stroke which changed the way her brain decoded reality. This gave her an incredible experience of being attuned to a nonphysical energetic world that she recognized as the true spiritual home of our existence. She shares her story on a now famous Ted talk titled “My stroke of Insight”.

Many people have claimed to experience the higher spiritual densities of consciousness through the use of psychedelic plant medicines such as Ayahuasca, Psilocybin mushrooms, Peyote, San Pedro cactus, and other psychedelic drugs such as LSD, DMT, ketamine, marijuana, and MDMA. Of course, these experiences are argued by some to be simply the result of chemical changes in the brain. Yet the overlapping specific details of people’s experiences from all around the world when under the influence of

these psychedelics are too remarkably similar to just brush aside without further contemplation and investigation. Many see and experience the exact same things on psychedelics, pointing to the possibility that these chemicals unlock gateways to higher densities. It is also no accident that all of the drugs that expand spiritual awareness are the ones that are condemned and have been made strictly illegal in nearly every country around the world by the Cult. Whereas drugs that limit spiritual awareness (such as alcohol and pharmaceuticals) are not only made legal but are largely encouraged and normalised. This makes sense, for the goal of the Cult is spiritual suppression at all costs, and therefore they must take away all tools that could provide us with helpful spiritual insights. This is not to say that psychedelic drugs are necessary to expand spiritual awareness; they are simply tools that can be used if the seeker is so drawn to them. It has been shown by many cultures around the world that we can establish a more permanent and less artificial connection with the spiritual densities through drug-free techniques such as meditation, dancing, rhythmic breathing, chanting, prayer, and shadow work.

There are also many psychic healers and clairvoyants who are born with more sensitive psychic centres and abilities. As a result, they can see and perceive the spiritual realms and observe their inhabitants such as angelic or demonic entities with much greater clarity than the average person.

As well, just about every continent on the planet contains indigenous cultures that have held strong beliefs about the spiritual realms for many thousands of years. One such ancient indigenous tribe from the Malaysian jungle named the Sng'Oi, who were documented in the book *Original Wisdom*, believes that this physical world is a shadow world and when we go to sleep at night, we enter the true world via our dreams. Viewing this belief through the indoctrinated mind of the Cult, it can easily be laughed off as primitive nonsense and myth. However, as one spiritually awakens, it becomes clear that many so called “primitive” indigenous cultures have encoded great truths about the Universe within their myths, stories, art, and architecture.

SPIRIT, BODY, AND EGO PERSONALITY

Essentially, man is made up of three core components, that being *Spirit*, *body*, and *ego personality*. There is also a soul component, which I view as the interface between Spirit and body. To keep things simple, and because there are conflicting ideas on the differences between the Spirit and the soul, I will focus on the three core components just mentioned. The highest functioning of these is of course Spirit, which is the eternal and immortal part of ourselves. It remains beyond the death of the physical body and also exists in a realm of complete oneness; beyond the dualities we experience here on Earth. The next component, the body, is what anchors our higher density Spirit into our current lower Third Density earthly realm, allowing Spirit to temporarily experience life as a human. The body comes equipped with its own instinctive intelligence, which is highly attuned to ensuring survival within the harsh and volatile Earth conditions. This intelligence focuses largely on self-preservation, regeneration, and procreation, ensuring that primal requirements such as food, water, sex, rest, avoidance of injury and predators, touch, and comfort are adequately obtained. The body communicates these needs to us through sensations, drives, impulses, and emotions. It can also communicate messages from Spirit to the ego through what we call intuition.

The third component, the ego personality, is an illusory creation of the mind that arises from one's beliefs, ideas, experiences, education, and conditioning. This includes one's name, nationality, religious beliefs, titles (such as doctor, lawyer, sportsmen, parent, etc.), likes and dislikes, habits, and so on. It is illusory because nothing within the ego personality actually exists in tangible form, it is instead comprised of labels that we have given ourselves and then identified with as being real. Despite being illusory, the ego

personality is still an important component of our being as it brings individuality to each person and allows for uniqueness of expression as Spirit and body move around in Third Density. However, the ego personality can become dangerous and destructive when it is severed from the voice of Spirit, and when we falsely identify with it as being the true self.

1: IN SERVICE TO SPIRIT

Under ideal circumstances, there is complete harmony between these three core components of man. As the body and ego personality surrender their will to the will of Spirit, both honouring and trusting its supreme wisdom and higher guidance. In this scenario, both of these components function as tools for Spirit to utilise in order to express its will on Earth. As a result, they both become spiritualised and undergo a profound transformation.

For most, however, this is far from the case. As a result of the spiritually oppressive conditions created by the Cult, most people are severed from the voice of Spirit, and are solely identified with the body and the ego personality. Therefore, without the governing will of Spirit, the body intelligence and ego personality are forced to take control and make the executive decisions as each person moves around in their lives. In this very common scenario, Spirit only has the power to passively observe the activities of life from the background.

The main problem with this situation is that the body's intelligence is not an ideal master as it is focused solely on primal matters, with the main one being survival. If our lives become dictated by survival only, then we operate within the law of the jungle, which is the mentality of "eat or be eaten". The law of the jungle is where most people operate, and whilst strict man-made laws have attempted to minimise the violence and destruction caused by those operating under this law, man still preys upon man on every level imaginable. On top of this, the primal drives of the body that drive executive decisions can become hijacked and distorted through things such as chemically laden substances, overstimulation, and trauma. For example, if a child is raised on chemically altered and sugar-laden processed foods, then their body will develop a perverted and unnatural craving for these types of food in the future. Another example is someone who watches an excessive amount of porn, which distorts their natural and healthy impulses to have sex into extreme fetishes. Or, if a person has experienced a trauma,

or a series of traumas that remain unhealed, then these can cause the body to become incredibly tense and in a state of stress (fight/flight) even when it is in a safe environment. In these circumstances, the body's instinctive commands begin leading one into a state of poor health, addictions, and irrational fear/paranoia, and thus cannot be fully trusted.

The ego personality is an even less ideal master, for without the higher guidance of Spirit, it is simply a by-product of its environmental conditioning and education. It will live a life and operate exactly in the way it was programmed to, and yet it will never admit to its ignorance for it is also engulfed with self-pride and arrogance. It believes that its intellect makes it a "superior" being. The ego personality is also heavily influenced by the primal drives of the body, particularly the drives of self-preservation, and seeking sex and sensory pleasure. This causes the ego personality to also operate within the law of the jungle, and to lie, cheat, manipulate, and exploit its fellow man in order to advance its own agendas. It also causes it to seek artificial pleasures such as drugs, stimulants, and indulging in excessive consumption of food. There is nothing necessarily wrong with operating within the law of the jungle, as this is the nature of third density life on Earth, and is the nature of the human body that Spirit inhabits. The law of the jungle simply means that we must do whatever is necessary in order to survive and advance ahead of all other lifeforms. For animals living in the wild, this is the natural way of living, and is the highest level of development they are capable of. We humans, however, have the potential alone to operate within the laws of the higher spiritual realms instead. This completely transforms the basis on which our life is oriented, and typically means our life becomes about service to others, and service to Spirit, rather than service to self. Living within the laws of higher spiritual realms can only be achieved by awakening Spirit, and allowing the body and ego personality to submit to its higher guidance.

2: THE REAL "I"

What occurs as a result of the body and ego personality taking control over one's being is that there is no continuous "I", and therefore the "I's" that we identify with are false, inconsistent, and contradictory to each other. One day we say, "*I want this,*" "*I will do that,*" and "*I feel like this,*" but then the next day we say the same things and yet express very different wants and

desires. We believe that these differing wants and desires all represent the same “I” just changing its mind. In reality, they represent many different independent “I’s”, which is why they are often so illogical and contradictory. If these independent “I’s” were to have any chance of working together in harmony toward the same goals, then they need a higher governing intelligence to bind them together. Without this governing intelligence they all pull one in various directions, and the inevitable result is conflict and chaos. In his trilogy series titled *Gnosis*, Boris Mouravieff likens this scenario as similar to allowing every citizen one hour each to completely control the country in which they live, making all authoritative decisions. One could imagine that the results would be grand chaos, conflict, fear, and confusion, just as it is in the lives of many humans. The human being contains only one supreme governing “I” that can bring unity and harmony to all of the other “I’s”, and that is the “I” of the eternal Spirit.

When/if one’s Spirit awakens and begins to take control over the various “I’s”, it first has the grand job in front of it of healing the damage caused by these conflicting “I’s” being allowed to run rampant for so many years. This is along with healing the traumas and negative programming installed by the Cult. The only way this healing can occur is through providing total and complete love, patience, and nurturing toward ourselves, just like we would provide for a wounded animal. Unfortunately, many instead treat themselves with disdain, criticism, and self-judgment, as well as placing major pressures on themselves to keep ploughing forward at a frenetic pace without ever slowing down.

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