



A Holistic Lifestyle

Why bother?

What are the benefits?

There isn't one specific set way or doctrine when it comes to a holistic lifestyle. It is up to you what sort of life you wish to live?

### **You Enter Holistic Life Freely by Your Own Choice**

People come into a holistic way of thinking naturally from their own life experiences, they choose freely to live in that way. So there are ideals and habits and traits that people adopt based on their own preferences.

So a Holistic Lifestyle is not a trend or is it a fashion, it's a personal lifestyle choice based on a realignment of your personal life values. Usually from people choosing to move away from restrictive or harmful personal situations.

### **Applications**

Some of the ethos, ideals, aims and principles, and some of the practices and mindsets that a holistic lifestyle adopts.

- **Self Governing**

That's the cool thing about being in a holistic mindset and living in that lifestyle, you have no one telling you what you can and cannot do, no leader to lead you, no government to enslave you or lie to you, to brainwash and control you and your perception of yourself, or control how you perceive others as enemy or heroes, and your perception of reality.

- **No Tribes No Camps**

If there are no leaders then there is no personality politics, so you don't form parties or warring tribes. You don't fall into the "we are best, you are not with us, so you are the enemy" type of psychology or mentality.

- **Own Decision to change**

If you can't change your situation, then change yourself instead and your situation will change. To make the decision for yourself but from learning about the issue then facing them with the correct approach and removing them.

This is the only way that works to improve an individual's life, you help them transform into a different mindset and that helps them to improve and transform their lives.

To expect a well-established external situation to change will keep you waiting forever and nothing will get resolved.

- **Anarchy**

No Leaders, everyone equal, no authority over you. It does not mean chaos or violence or danger to life.

- **Trust**

Funding trustworthy sincere people that have a track record of being honest and authentic.

- **Mutual Consent**

Decisions made by another person equally agreeing, so that there is no bias where one party benefits from another's deficit.

- **Unity**

Focusing on what our similarities are and uniting against harmful systems. So that you find people who are aligned with your way of thinking and share a common intention.

- **Self Governing**

No authority is higher than you. Making your own informed decisions on reliable information sources.

- **Assisting others**

To assist yourself, the more you support others, the more people want to support you. You also gain friendships and bonds along the process.

- **Mutual Support Networks**

Making new relationships and friendships based on shared values with people who are supportive and nontoxic.

- **Consistency**

Keeping up the changes you make to improve your situation and adopting them into your daily life. Making a daily habit to introduce, then adapt to the new changes that you decide to apply.

## **Challenges & Obstacles**

- **State Hypnotism**

A hypnotised person doesn't know they are, so it's best to assume you have been in some ways and to then look at where and how? Otherwise you will still just be trying to reinforce and justify a false collective reality that hypnotised you and enslaved you.

- **The Self**

Getting past yourself is one of the hardest challenges you can face. What does that mean? It means taking a cold hard look at your life and situation, but also how you are dealing with it psychologically. Being able to look at yourself from more of an observer perspective and less entangled in the emotions of the experience.

So taking stock of yourself and how you are approaching a situation mentally, whether it's working well for you or not? how it can improve? what's not needed anymore? what is now needed for you instead? type stuff.

So if you have any issues you look at how you are responding to them first and if that's causing suffering then helping people change themselves instead to remove that suffering.

No one is perfect and anyone who says they are is not perfect. We are all work in progress, and life is one big learning journey. We are all perfectly imperfect.

- **Depression and Suicide, Self Delete**

There is a war going on for ownership of your consciousness and your beliefs. In this modern age there are many competing agendas all seeking to harvest your beliefs and energies and money. Lots of people fall into contracts or false beliefs only to find they are not as originally advertised. Many people are just fighting to survive on a daily level; they haven't time to think of making a more positive change and resign themselves to just giving in and giving up. They go into depression thinking that they cannot change

anything and they lose self-worth and go into self-loathing. They then take themselves out because their society has not valued them or provided them with a reason for living and their perception is of lack and scarcity. This is the self-delete program that the Matrix wants you to adopt as part of the depopulation agenda.

Are you going to let that matrix slavery mindset self-delete program into you?

- **Lack of Knowledge & Awareness**

Mostly people in the Matrix are hypnotised. They perceive the world in a very dualistic way and become offended or angry or violent to anyone who challenges their limited perception of reality and “the rules”. Anyone doing that is perceived as violent, dangerous, subversive, or crazy in their minds. This is because they have a programmed constructed perception of reality and the rules they think govern their reality. They are not able to step outside of that reality because that reality they are within is all they have ever known. They are not yet prepared to face uncomfortable truths that their reality is a false construct they have believed in and they have been lied to.

It's as simple as that!

How do you know to ask about something that you don't know about?

- **Self Denial**

Not able to accept you have been lied to.

Not able to accept you have believed in the wrong thing or made the wrong decisions as your ego is preventing you being humble and learning new things. About the world but also about yourself more importantly. So overcoming yourself and being able to accept you have made decisions that then turned out to not be of benefit. Being able to identify these and then being mentally resilient enough to change your approach and adapt and adopt new patterns of thinking and behaviours.

I can tell you that I was, and you have been, and we all have been hypnotised, conditioned and indoctrinated by governments, media and hidden agendas to condition us into compliance as nice happy slaves, thinking we are free. But that's hypnotism and brainwashing for you.

Of course I'm not here to challenge you, it's not my job. Your ego is doing a good job of preventing you from seeing how you were hypnotised by convincing you that you were not, and not me. So believe me or don't, it doesn't matter to me.

- **Self Aware**

Becoming self-aware is the best thing to happen to a person, it means that you are aware of your present moment more and the decisions making, thoughts, feelings and behaviours you respond with in real-time. You are aware of yourself in the present now.

- **Matrix Mind Time Trap**

Most people in the Matrix are stuck in the past or stuck worrying about the future. Never thinking about the present. This is because their minds have been conditioned to believe that the present moment is always a fleeting thing. So their minds are disabled from taking action in the present. This is how 3D matrix time traps the mind and prevents them from being present with themselves in the now.

### **Results of Holistic Lifestyle**

#### **From Victim to Creator**

A positive psychology of the self.

Working on yourself to look at yourself and improve yourself is one of the strongest things anyone can ever do.

The work you do on yourself within to get your own house in order; is the greatest gift you can give to others. If you are no longer in conflict with yourself then that is not reflected in how you treat others and continue interpersonal conflicts. If you are at inner peace and contentment with yourself then nothing externally can get to you or influence how you behave and respond. External forces no longer enslave you or control your mind. You are free, sovereign and divine and now a creator being. Creating your own life and reality in real-time with purpose and meaning.

Being aware consciously of the choices you make and upgrading your life experiences into a maintained positive state of wellbeing. Living the fully actuated life you create for yourself and co-create with others.

#### **From Lack to Abundance**

Is just a perception and mindset shift, looking at life from more angles to see it more fully in the round to give you greater awareness of the abundance around you at all times.

#### **Goodbye Old**

Old self

Old beliefs

Toxic Relationships

Old outdated Thinking

Suffering

Self-sabotage

Old Priorities

Waiting for a saviour

Lack and victim mindset

## **Hello New!**

New Mindset

New friends & relationships

New opportunities

New priorities

New approach

Inner resilience

Self-empowerment

Taking control of your life

Taking action on decisions

Creating your own reality

Divine Creator Mindset and much more.

## **A Free Active Choice**

Really it's a free active choice you consciously have to make to come into a holistic mindset and that is usually from experiencing the matrix corruption, toxicity and being caused to suffer from those once cherished and falsely and naively held beliefs being broken. Often noble beliefs too, in justice, peace, love and kindness etc, so it's good to have those core values and a heart that still feels in a seemingly cold and selfish world. So having a heart that still works and feels love, a mind that can still think for itself and having the presence of mind to be able to adapt who you are, is something that most people are losing and forgetting within them, along with common sense.

So the people who still have those original gifts they were born with, that haven't been programmed or poisoned or psychologically manipulated out of them, are the ones who are generally attracted to the holistic lifestyle and adopt the holistic mindset.

Sometimes it takes them years to remember, then awaken out of their hypnotism in mature adulthood awakening to it and then make the changes. They just wish to live in a world with more kindness and love and respect, one with good relationships and peace of mind.

