

# Being the One, Makes You the One

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Ok, it's time for a weird confession. I think about The Matrix... a lot! Specifically, the first movie. If you can look past the skintight leather suits and the Kung-Fu, there is a lot of philosophy for life to unpack. There are several recurring themes in the movie that bear mentioning:

- **Choice and the hero's journey (red pill or blue pill):** Choosing dangerous, uncomfortable growth and reality over comfortable lies and mediocre security.
- **Potential and belief:** Through training, Neo realizes that many of his limitations are self-imposed.
- **Love and life:** Trinity's love literally brings Neo back from the dead. Love and strong, meaningful connections can give you life.
- **The nature of the Matrix:** Control, stability, and the function of the system, along with the choice to bring that down in favor of personal freedom and the responsibility one takes for one's own life.
- **The Oracle:** The interplay of fate, destiny, and self-determination. Knowing the future, imagining the future, and creating the future through your own actions.
- **There is no spoon:** How perception and reality are interconnected, forming your own reality by managing your thoughts, beliefs, and perceptions.

This article focuses on just one concept: "Being the One." Throughout the movie, people are telling Neo that he is "The One," that he is special, and that he has the power to free humanity. They say he has the ability to reshape the Matrix (reality) however he wants. He is told he is destined to be a powerful leader. (It gets a little mystical with prophecy, The Oracle, and faith being placed in him.)

Here's the catch; Neo doesn't believe that he is the One.

He doesn't believe it because he has experienced failure, limitations, and setbacks. He is being honest with himself and others. It's not until he is faced with the seemingly impossible challenge of saving Morpheus from the agents that everything clicks for him. He forgets about trying to be the One and his perceived special status. He just tells the crew, "I know what I have to do."

He doesn't enter the Matrix and loudly proclaim himself to be "The One." He just goes in there and starts doing his best. He starts behaving like "The One." He does things that "The One" would do. Through

those actions, it all unfolds and he becomes "The One" while saving Morpheus.

*"There is a difference between knowing the path and walking the path."*

- **Morpheus**

That is exactly how it works in real life. This is what philosophy has to teach us.

You don't become tough, resilient, strong, wise, courageous, a wonderful spouse, a dynamic leader, a great humanitarian, or a good person by merely believing it to be true or trying to convince others that it's true. You have to do the things that those people do.

Through action, you become what you want to be.

If you want to be "The One," do the things that "The One" does. Want to be a dynamic leader? Go out and do dynamic leader stuff. Want to be a wonderful spouse? Start doing the things that add up to being that person. The same goes for any aspiration: do the things that define that title. You earn the title and become the person worthy to carry it in the process.

*"Every habit and capability is confirmed and grows in its corresponding actions, walking by walking, and running by running therefore, if you want to do something, make a habit of it."*

- **Epictetus**

Take Action! Be "The One" that you aspire to be.

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**Amor Fati,**

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