

# "What is the Matrix? Unplugging from Illusion & Unlocking Your Power"

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## Workshop Structure:

### 1. Welcome & Introduction - 5 Minutes

- Introduction to the concept of *The Matrix*
  - Overview: Awakening to illusions and reclaiming our manifestation power.
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### 2. Journaling Prompts - 10

- Questions:
    - Where do I feel stuck in life?
    - What are my complaints about life?
    - Where do I sense societal or family expectations shaping my choices?
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### 3. Movie Screening - 2hrs

- Pause between acts for short reflections and insights.
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### 4. Group Discussion and Talk: The Illusions Blocking Manifestation - 45 Minutes

- Topics:
    - What is *your* "Matrix"? (family, culture, media, fear)
    - What is your "Red Pill" moment? (When have you or can you begin to awaken?)
    - How does doubt or fear keep you inside the Matrix?
    - Breakdown of common illusions (failure, rejection, validation, scarcity)
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# Workshop Take Home Hand Out

## 1. Awareness Questions

- What areas of my life still feel controlled by external expectations (family, society, fear)?
  - What patterns keep repeating that block me from my dreams?
  - Where in my life am I choosing comfort over growth?
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## 2. Belief System Questions

- What is one belief I inherited that no longer serves me?
  - How does this belief limit my ability to manifest my desires?
  - If I were free from this belief, what would I do differently starting today?
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## 3. Inner Power Questions

- What does freedom from my personal "Matrix" look and feel like?
  - When have I already experienced moments of "unplugging" and awakening in the past?
  - What does it mean for *me* to be "The One" in my own life?
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## 4. Manifestation Questions

- What dreams or goals have I put on hold because of fear or conditioning?
- What new beliefs can I install to move forward powerfully?
- What aligned action can I take this week to embody this new belief?

## Recommended Reading List

**The Power of Now** by Eckhart Tolle

**Breaking the Habit of Being Yourself** by Dr. Joe Dispenza

**Outwitting the Devil** by Napoleon Hill

**The Four Agreements** by Don Miguel Ruiz

**Yamas and Niyamas** by Deborah Adele