

MATRIX MANEUVER

10-60 second practice to “see the code” of your thinking and find freedom from habitual thoughts

HOW TO:

- 1 **Pause and notice** when you're caught in a self-limiting thought pattern
- 2 **Recognize** that your thoughts are mental constructs, not fixed reality
- 3 **Reshape your reality** by consciously choosing which thoughts serve you and which to release, knowing you are the author of your experience

Like Neo seeing beyond the illusion of the Matrix, this practice helps you recognize that many of your perceived “flaws” and limitations exist only in your mental programming. With practice, you can examine your thoughts with curiosity, choose which to accept, and which to let drop to the ground.

Take a moment to ask: "What am I accepting as 'reality' that might just be a mental construct?" or "What becomes possible if I'm not bound by this belief?"

