

LEARN HOW TO UNPLUG FROM THE MATRIX

by Tony J. Wilden



INTRODUCTION

Have you heard of the Matrix? It is a film starring Keanu Reeves about the constructed illusion, and how people are being manipulated and controlled by evil people who lack integrity, and empathy.

After reading this, **YOU** will have access to the tools required to **Unplug Yourself from the Matrix**.

This book is in 3 parts: The Problem, The Reaction and The Solution. I will briefly outline the problem and reaction, so that you can focus more on the solution...

That is where **Your Power** can be found!

I have intentionally kept this book short, and not included any filler to inflate the price, so that **YOU** can quickly get to the most important aspect... Take **Massive Action** on the Solution!

*“ The Matrix is the world that has been
pulled over your eyes to blind you from the truth ”*

Morpheus – The Matrix

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CHAPTER TITLES

The Problem

The Reaction

The Solution...

Health & Well-Being

Protection Frequencies

Common Law

Self Defence

Urban Survival

Spiritual Paths

Further Reading

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PART ONE: THE PROBLEM

There IS a massive conspiracy playing out on planet Earth. Billions of people are being manipulated and enslaved by the rich 1%. These billionaires have an agenda to control society... governments, armed forces, police, judges, banks, corporations, media, pharmaceutical industry, medical, etc.

These elite people have no empathy or compassion and do not care about YOU. They see themselves as superior beings and look down on people as just things to be used.

Who Are They?

There are 13 illuminati bloodlines that interbreed to avoid diluting their power, including... Rockefeller, Rothschild, Hanover, Windsor, etc. Many of them are paedophiles involved in child trafficking and organ harvesting for profit. They also perform ritual sacrifice and drink the blood.

They keep their control and power because anyone who seriously attempts to stop them is either... recruited, bribed, blackmailed, threatened, ridiculed, commit suicide, or are killed.

An extreme viewpoint? I highly recommend that you do some research to confirm this as fact!

“ *Choice is an illusion created between those with power and those without* ”

Merovingian – The Matrix

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What Is Their Aim?

They intend to reduce the world population down to less than a billion people. And take total control of their thoughts, feelings, and behaviour. The elite 1% want to use people as slaves!

How Will They Achieve This?

Through lies and manipulation, they create massive problems in society, and encourage people to experience negative emotions like fear, anger, and greed. They then fan the flames to make everything far more serious which leads to irritability, conflict, aggression, and violence.

This is done in town, cities, and even countries... who then go to war with each other. These evil elite dictators go on to supply the weapons to both sides and encourage escalation. The result is that they make a lot of money out of conflict, people are killed, and the population goes down.

What Is the Current Problem?

The Coronavirus Hoax

A fake pandemic with false statistics to create fear and panic, shut down society, and bankrupt small and medium sized businesses. Social distancing to reduce human contact, and masks to reduce oxygen intake. All designed to weaken the masses mentally, emotionally, and physically.

Your Immune System Is Under Attack!

The true statistics show that this coronavirus has a similar effect to influenza - so why the shutdown?

It is the agenda being played out. No longer secret, but right in front of us!

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PART TWO: THE REACTION

Okay, so I have briefly outlined the problem in part one. I encourage you to research this issue more... if you feel the need to do so. But please do not spend too much time on negative aspects.

We will now move on to part two, and discuss how the elite 1% encourage you to react...

As planned, the fear and panic of avoiding the 'fake virus', people are targeting each other with anger and aggression. The question arises "What can I do to find out if I have the virus?"

Virus Test

Worthless tests that have been proven to return 93% false positives. Only 0.05% have died, and these are nearly all people with serious health issues.

The propaganda creates fear, and people have been programmed to believe it. This is mass hypnosis on a worldwide scale with thousands of people queuing up to be tested... as planned!

“ As long as the Matrix exists, the human race will never be free ”

Morpheus – The Matrix

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Test and Trace

The next rollout is the test and trace app that people have been told to download to their phones to see if anyone near them has the virus. If they have, then the app tells you to self-isolate and many are doing just that. The app has cost millions and is worthless... totally unproven to work.

Vaccinations

With fear and panic spreading throughout the world population, the question arises...

“Something Must Be Done”

Funny you should say that... the leaders are here to help! Introducing the new... magic vaccine. Apparently, this amazing coronavirus vaccine will be ready to roll out after less than a year of scientific work. Plus, it will be 90+% effective and safe... even though it has NOT been tested.

At best, it will drastically weaken your immune system. At worst, it will finish you off. Once you have accepted the vaccine with unknown material in your body, then the next phase will begin...

Rollout of 5G

You will be told 5G will increase internet by 10 times - that's great news... “Where Can I Sign Up?”

Hold on a moment! These frequencies are at 60hz - a range that will gradually damage every cell of your body and mind. What are the side effects of 5G? Surprise - the same as coronavirus! The pandemic shutdown moves into phases 3, 4, and 5 until population control become permanent.

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Job Done... What is Next?

Remove cash from society and go digital. Then chips implanted in the body... for your benefit of course! Then a movement from handheld devices, to implanted. For example, phone attached to eyes or projected screen onto your forearm... you get the idea!

We must thank Bill Gates, George Soros, Amazon, Google, Facebook, Rothschilds, Rockefellers, etc. for all their help in turning people into part human - part machine... an android slave!

You are reading this because...

YOU Are Awake!

You will never accept this as your future. You want to protect the future for generations to come. What will we say to our children, and grandchildren when they ask - what were you doing when they took over the world?

Your answer will be...

Unplugging from the Matrix!

“ *I’m trying to free your mind, Neo.*

But I can only show you the door.

You’re the one that has to walk through it ”

Morpheus – The Matrix

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PART THREE: THE SOLUTION

Okay, I have briefly outlined the problem and the reaction. It is now time to focus on the most important part of this book - The Solution...

this is where it **Gets Exciting** for YOU.

Why?

Because, so far, we have discussed the problem and reaction which are both about negative energy.

We will soon look closely at positive energy, and what **YOU CAN DO** to unplug from the matrix.

*“ You must be the change
you wish to see in the world ”*

Mahatma Gandhi

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Key Action Steps

Before we discuss what to do, lets cover what you should stop doing right away. And that is to remove many of the negative control and manipulation tactics used by the elite 1% against you.

Stop completely or greatly limit the following...

- 1 - watching and listening to the news on tv and radio.
- 2 - reading newspapers online or offline.
- 3 - interacting on social media sites.
- 4 - negative thoughts.
- 5 - negative feelings.
- 6 - drink and food containing sugar, aspartame, sucralose, etc.
- 7 - use of technology... computer, tablet, smartphone, wifi, etc.

There are other negative issues to avoid. Your instinct tells you what is beneficial or harmful.

“ *Whatever we plant in our subconscious mind and nourish
with repetition and emotion will one day become a reality* ”

Earl Nightingale

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HEALTH & WELL-BEING

So far you have worked on removing mental and emotional negativity from your consciousness. Now its time to include simple things, that you can do to build up your positive energy.

It is so important, particularly now, to ensure that **your immune system is strong** and is powerful enough to protect you from a variety of negative vibrations that are bombarding you.

When it comes to health, there are several key action steps that you should include in your daily routine, to add power to your immune system. They can be summed up as...

“ You Are What You...

Breathe, Drink, Eat, Think, Feel, and Do ”

Tony J. Wilden

breathe deeply, drink pure water, eat organic food, think positive thoughts, let go of negative feelings, take massive action towards your goals,

These subjects are so vast, that I do not have the space to include them in this short book. I have written, in depth, on these subjects. **Check out my unique [Optimum Health Secrets.](#)**

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What Can YOU Take to Boost Your Immune System?

Vitamin C - acts as a powerful antioxidant and a cofactor for enzymatic processes.

Vitamin D - research shows high-dose vitamin D supplementation lowers the risk of respiratory illnesses and lung infections in the elderly by 40%. You can boost your immune system with regular sensibly controlled sun exposure and taking vitamin D3 supplements.

Quercetin – offers great promise as a potential supplement in the clinical treatment of SARS. Resveratrol is another antioxidant that could be very useful.

Garlic - contains compounds that have anti-inflammatory/antibacterial properties.

Ginger - contains potassium, copper, manganese, magnesium, phosphorus, iron, niacin, and vitamin C. It also contains bioactive components that have antioxidant and anti-inflammatory effects.

Organic Pure Turmeric - a popular natural remedy for the common cold and flu. The curcumin in turmeric is known for its anti-inflammatory and antioxidant properties.

These are just a few superfood suggestions to **build up your immune system**, there are many more. A balanced healthy fresh organic food diet is recommended!

Want More Info? Visit...

<https://www.aikido-health.com/health-secrets.html>

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FREQUENCIES

What is PEMF Therapy?

PEMF stands for Pulsed Electro-magnetic Field. Devices that use PEMF technology emit electromagnetic waves to stimulate and encourage your body's natural recovery process.

The waves created by PEMF devices occur in short bursts and are very low frequency, like the electromagnetic waves found in nature. In fact, most waves involved in PEMF treatments have a lower frequency than you would be exposed to during a thunderstorm.

How Does PEMF Therapy Relieve Pain?

Your whole body, including skin, bones, and organs, is composed of cells. The membranes of healthy cells have positive and negative magnetic charges. These charges are required to exchange ions carrying the chemical elements your body needs to function, like calcium and potassium.

Over time your cells deteriorate or get injured, and they lose their magnetic charge, and the ability to exchange ions. Symptoms like inflammation, fatigue, and pain are caused by these damaged cells.

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PEMF technology targets the affected area and restores the cells healthy electromagnetic charges. It has been used by NASA to help avoid bone loss and muscle atrophy in astronauts.

Can the Benefits of PEMF Therapy be Multiplied?

Of course!

By using a device that emits a variety of frequencies found in nature, and a unique Tesla coil to amplify the effects. Effects are increased by passing these frequencies through precious stones.

The same device can also be used to transmit the unique frequencies discovered by Royal Raymond Rife. Dr Rife found 1,000's of individual frequencies for almost every ailment known to man. He found that certain frequencies destroyed negative cells without harming positive cells in the body.

Dangers of 5G

When 5G frequencies are turned on there are going to be many sick people. Unfortunately, these frequencies are at a level that the human body cells cannot cope with. The damage and harm will greatly outweigh any benefits, but the rollout will happen... in the name of control and profit!

Can YOU Protect Yourself?

It is almost impossible to avoid frequencies bombarding you. But you can change these frequencies to more positive vibrations by transmitting your own beneficial frequencies.

“ *The art of healing comes from nature, not from the physician.*

Therefore the physician must start from nature, with an open mind ”

Paracelsus

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There are 5 main ways of doing this...

1 - Tune to Earth frequency (a) walk barefoot (b) use an earthing mat during sleep.

2 - invest in a good frequency transmitting device.

3 - wear products that have been permanently programmed.

4 - regularly visit a therapist that can give you frequency treatments.

5 - the best semi-precious stone to protect your auric energy is tourmaline.

These all give you an opportunity to stop or minimise the bad effects of 5G, Wi-Fi, etc.

Want more Info? Visit...

<https://www.aikido-health.com/sound-healing-treatments.html>

*“ The food you eat can be either the safest and
most powerful form of medicine or the slowest form of poison ”*

Ann Wigmore

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COMMON LAW

In the UK. common Law, which is sometimes called case law goes back a thousand years. After the Norman Conquest of 1066, local law was replaced with a law for the whole of England. Before then, there was no national legal system, just a mass of rules passed on by word of mouth.

Common Law is based on the natural principles provided by past court decisions. Unlike legislation, which is based on Acts of Parliament. So, in essence, Common Law is...

...that part of the law of England formulated, developed, and administered by the old Common Law Courts, based originally on the common customs of the country, and unwritten. It is opposed to statute law, as laid down in acts of parliament, maritime law, and the civil law of Rome.

Currently, the only existing record for you is a legal fiction which the state has attached to you. The State takes ownership of you when your parents register your birth. Also, you confirm that you accept their 'Statute Laws' when you use their licences as identity...

Birth Certificate, Driving Licence, and Passport are the most used.

The Laws of Parliament are based on the Maritime Law of the sea. This means that everything is defined by contracts. If YOU refuse to consent to a contract with governments, courts, civil servants, police officers, etc. they have no authority over you.

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By recording your birth with the Common Law Court, you now have an option, you can remain under the statutory system and rules or stand under the authority and jurisdiction of the Common Law Court. You can also take ownership of your legal fiction, and many other aspects of freedom.

It is all explained in detail, how you can use the common law of the land to refuse consent to making contracts with so-called 'authority'.

Common Law Courts tell you exactly what to say and do to protect yourself, including...

- 1 - identity card.
- 2 - birth certificate.
- 3 - withdraw consent card.
- 4 - claim your fictitious name.
- 5 - right of lawful rebellion.
- 6 - and so much more.

It is all explained at the Common Law Court...

<https://www.commonlawcourt.com>

“ We must never cease to proclaim in fearless tones the great principles of freedom and the rights of man which are the joint inheritance of the English-speaking world and which through Magna Carta, the Bill of Rights, the Habeas Corpus, trial by jury, and the English common law find their most famous expression in the American Declaration of Independence ”

Winston Churchill

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ESSENTIAL SELF DEFENCE

It can be dangerous on the streets these days. With government lockdowns, a 'pandemic', and the economic downturn, there are irritable, angry, aggressive people looking for reasons to have a go.

Have you experienced rudeness, lack of respect, unreasonable behaviour, verbal confrontations, or fights? **If you assume it will not happen to YOU** - then you may become the next victim.

It may be a verbal attack but could also be a full-on assault that can permanently change your life... or worse. An aggressive attack can have a powerful psychological effect on you, making you scared, fearful of going out, and lacking in confidence, etc.

We do not want to scare people, violence is still rare, but...

It Is Happening Daily!

*“ There’s only one basic principle of self-defense-
you must apply the most effective weapon,
as soon as possible, to the most vulnerable target ”*

Bruce Lee

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What Should You Do?

Either ignore the problem and hope that nothing happens or prepare yourself. You do not need to become paranoid or spend years learning a martial art.

All you need is to learn several key moves that will work for you. Once you have these tools trained well, just practice them now and then to brush up on your skills.

You do not need to become obsessed with fighting or protecting yourself, just aware of your environment and prepared for action... if necessary.

This is where I can help YOU

Learn how to put fear and shock into a violent aggressor to freeze them on the spot or overload their system and knock them out cold... the instant karma will fill them with regret.

Take control by acting first every time to shut down an attacker's ability to hurt you. Stop an attacker from reaching you, giving you total control of any conflict situation.

Drive your body weight through the target to have a devastating effect on a violent aggressor. Plus, dozens of principles to multiply your effectiveness, and increase your power to drop any attacker!

Key Action Steps to Speed up your learning curve... and fast-track your skills.

Imagine the shock on the face of your attacker when they experience your response. The law says use minimum force to protect yourself from harm until the threat is removed!

For Self Defence Secrets Visit...

<https://www.aikido-health.com/self-defence-secrets.html>

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URBAN WARRIOR

Common law is on your side, to protect you from the unreasonable behaviour of the authorities. Essential self-defence principles and moves will help you and your family deal with aggressive and violent people... it is now time to look at Urban Survival.

Becoming an Urban Warrior

This will greatly improve your chances of surviving the coming chaos.... it's not if, but when. Life as we know it has changed and will never return to 'Normal'. The controls will increase at a faster and faster rate, and YOU need to be ready!

Let us discuss some of the elements require to be an urban warrior...

“ Survival can be summed up in three words, never give up.

That's the heart of it really. Just keep trying ”

Bear Grylls

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Imagine a scenario...

A pandemic, many people off work, businesses struggling to carry out their work. More and more people get ill, food manufacturing and distribution is massively affected. People begin to panic buy and hoard supplies and the shops begin to run out of stock. Which gets worse and worse.

What Are YOU Going to Do?

Well, now you are an urban warrior, you can see this scenario playing out. As insurance, just in case, you will increase your food and other supplies, so that a backstock of supplies is building up.

Do It!

If you have stock for several weeks/months, then you won't have to go out and fight for the remaining supplies. If the scenario does not happen, you rotate your stock and use it all anyway.

“ In the animal kingdom, one of the keys to survival is to outwit your enemies.
And when you're surrounded by carnivores, one of the best strategies
is to fade into the background and disappear ”

Neil deGrasse Tyson

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What Do You need to Survive?

Shelter

Home, car, tent, sleeping bags, blankets, warm clothes, etc.

Water

Bottled, water filters, boiled, chlorine tablets to purify, etc.

Fire

Lighter, waterproof matches, flint striker, etc.

Food

food cans, pasta, rice, porridge, sugar, oat bars, tea/coffee, UHT milk, etc.

Extras

Phone, radio, first aid kit, torch, batteries, candles, multitool, knife, saw, duct tape, gloves, medicines, masks, sanitiser, playing cards, books, bartering items: money, cigarettes, gold, silver, etc.

Hardening Your Home

It is essential to protect your home, so make sure your doors, windows, gates, fencing, etc. are all secure with locks. Signs that deter: 'CCTV installed' 'security alarm fitted' 'beware large dog'.

There are many other aspects of Urban Survival. This is just to give you a flavour of what may happen. Of course, we all hope it does not, but it is better to be ready... just in case!

The main point of this chapter, is to encourage you to imagine several possible scenarios, and exactly what you can do to prepare for each one...

“ If You Fail to Prepare... You Prepare to Fail ”

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SPIRITUAL ENLIGHTENMENT

Do you believe you have one life and that is it?

Or that you will be born again?

If reincarnation is true, and millions of people believe it is, then you will be reborn again and again.

If the elite agenda plays out to the intended conclusion, YOU will be reborn into a life of slavery, where you will be part human and part machine.

Being completely mentally, emotionally, and physically controlled means that you will NOT be able to achieve spiritual enlightenment.

The only real way to avoid this is to achieve spiritual liberation in this lifetime!

How?

What spiritual path are you drawn to? There you will find answers!

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Instead of your spiritual studies and practice being just a small part of your life, you must make it **THE most important...** time is of the essence!

Remove useless things from your life, and focus your consciousness, in every moment, on what it takes to experience happiness, peace, and love.

Suggested Action Steps

- 1 - meditation, contemplation, and prayer
- 2 - 100's of positive affirmations repeated daily
- 3 - deep breathing and relaxation
- 4 - chanting holy words and master's names
- 5 - recommended terms: Hu (hue), A (aah), O (om) chant

Mentally, emotionally, and physically step back from the attempted negative control and throw yourself into your spiritual practice.

Spiritual training, like any other, requires focused time to develop skill. You can build spiritual stamina quickly if you devote plenty of time to it.

How much time is there before we are all fully controlled by the elite?

Without concerted effort to resist by the masses, we may have a few months, or a couple of years. So how much time are YOU going to devote to your spiritual practice?

Act now to save yourself, your family, and the future you!

Want More Spiritual Info? Visit...

<https://www.aikido-health.com/spiritual-paths.html>

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FURTHER READING

David Icke

<https://davidicke.com>

Common Law Court

<https://www.commonlawcourt.com>

Health Secrets

<https://www.aikido-health.com/health-secrets.html>

Frequency Protection

<https://www.aikido-health.com/sound-healing-treatments.html>

Self Defence Secrets

<https://www.aikido-health.com/self-defence-secrets.html>

Please pass this ebook on... **copy and share** the following
link with your family, friends, and acquaintances...

<https://www.aikido-health.com/unplug-from-the-matrix.html>

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DISCLAIMER

In this book our intention is to supply you with unique information and resources to help you take total responsibility for your own health and well-being. It is not intended to diagnose, prevent, treat, or cure any illness or dis-ease. Knowledge is Power, and... Action is the Key to Your Success!

“ *Natural forces within us are the true healers of disease* ”

Hippocrates

We hope you enjoyed and got real benefit from this book.

We welcome your comments... <https://www.aikido-health.com/feedback.html>