

How to Escape the System the Fun Way

Activity Book



Brought to you by the Re-Generation
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So you've discovered what we thought was just reality is actually a prison for our minds that is killing us and our planet and you're ready to break free from the shackles. Congratulations! The most important step is to realise what's going on and commit to doing whatever it takes to get out of the nightmare and create a better reality for yourself and the world.

Healing the world starts with healing ourselves.

It takes persistence and focus to wash the toxic programming from your brain. The System is vicious and won't let you go easily.

The good news is you will keep feeling better and better as you go because it was sucking away all your health, hope and happiness.

Joy and pleasure are your GPS home to freedom.
The coming activities will help you identify the System and replace its evil tentacles with the joy it is to be alive and human.

Welcome to the Re-Generation. It is so good to have you here.
Let's take back our lives and planet the fun way!



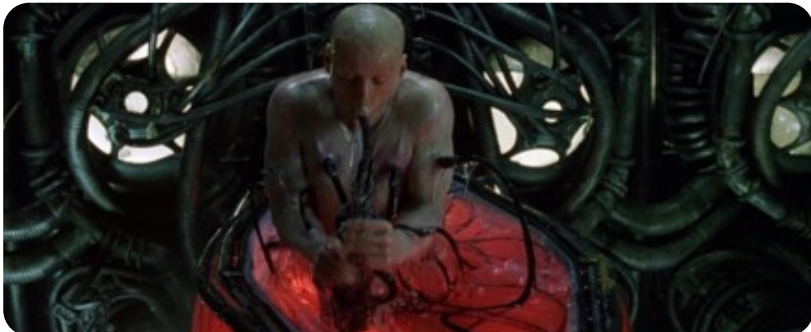
What is the System?

The System is a way of thinking that disconnects us from all that makes us human and treats us like we're cold hard unfeeling machines. It turns us against ourselves, each other and the Earth. It shapes our governments, economies, media and culture. It is perpetuated by people who think like robot overlords so they can steal all our energy. It makes everyone miserable even those seemingly benefiting. It has its tentacles lodged so deeply into our beings manipulating how we feel, think and behave we don't even realise we've been brainwashed.

The System is that voice in your head that says you're shit, people are shit, the planet is doomed so don't even bother, give up on yourself, give up on your dreams, life has no deeper purpose beyond work and shop, work and shop until we die and everything beautiful getting destroyed is just the cost of doing business - DON'T BELIEVE IT!!!!

How Does it Work?

- It makes us hate ourselves
- It makes us hate each other
- It makes us torture ourselves trying to fit into boxes and makes us feel ugly and dumb when we're actually all beautiful and smart
- It keeps us in a constant state of stress, exhaustion and overwhelm so we can't think clearly and have no energy to try escape
- It tells us this is just the way things are and there is no other way
- It makes us feel so miserable we have to numb ourselves just to get through the day
- It then sells us false addictive substitutes for what we're really craving
- It robs us of all the special gifts that make us human such as our capacities for creativity, compassion and deep imagination
- It destroys our minds, bodies, souls and planet and tells us this is normal and okay
- All of this combined makes it easy for it to steal our life force energy and control us



Identify the Robot Tentacles

Messing With You

The evil tentacles of the System have lodged themselves deep into our beings constantly manipulating us into destroying ourselves and the planet and thinking that we like it. The first step to freedom is spotting them so you can get them out.

So how do you know if something's a robot tentacle?

- It makes you hungrier and always want more
- It hurts body, mind or soul and robs you of your vitality and humanity
- It leaves you depleted over time
- It turns you against yourself, other people or the Earth
- It makes you feel empty or anxious in some way
- It comes with unpleasant side effects
- It sucks up your time and attention so you don't the things you really want done

Make an inventory of any robot tentacles you can identify that are currently lodged in your being.

The System vs the Truth

The good news is the System is easy to detect because of how shitty it makes you feel physically, emotionally and spiritually. Truth on the other hand feels expansive and good on every level. Practice paying attention to how things make you feel to tell the difference. Think about how it feels when you're stuck on social media and make some notes. Then think about how it feels when you're out on the dancefloor listening to the best music with your favourite people on a glorious day and make some notes.

How does the System feel in my body and being?

How does the truth feel in my body and being?

How to Reprogram Your Brain

Our habits are what make up our days. Our brain is always looking to save energy by auto-piloting stuff. The bad news is this makes our brains easily programmable by the System to get us stuck in a rut of doing the same self-sabotaging behaviours. The good news is our brains are easily programmable so we have the power to shift our patterns and addictions using this simple formula to get your brain automatically creating your best life for you instead.

The Habit Loop = Trigger > Behaviour > Reward

Trigger = what sets you off: the time of day, person, place. emotional state

Behaviour = the actual habit

Reward = the positive feeling you get from executing the behaviour

It's called a habit loop because every time you experience a reward after forming a habit it strengthens the relationship between the trigger and behaviour. You can interrupt and change any of the three parts of this cycle.

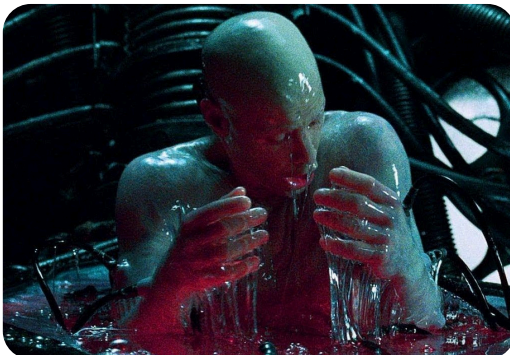
For example

Lunch break > smoke a cigarette > feeling of peace and relaxation
could be switched to

Lunch break > sit in the park > feeling of peace and relaxation

The reward step is **essential**, that's what triggers your brain to automate it. For the new habit to stick it must be sufficiently pleasureable. So your homework is to find things that feel deliciously satisfying to you and do them.

Consciously choosing your habits is the greatest change you will ever make. You either design your life or it will get designed for you.



The moment you realise what you thought were your own choices are actually the evil tentacles of the System manipulating you and stealing your life force energy!

Google Oonagh Duncan Healthy Habits or go to this link to get more detailed instructions from the queen I learned this essential info from.
<https://www.fitfeelsgood.com/3-essential-steps-to-create-a-healthy-habit/>

Current Habit Loops

| Habit | Trigger | Reward |
|-------|---------|--------|
| | | |
| | | |
| | | |
| | | |

New Habit Loops

| Habit | Trigger | Reward |
|-------|---------|--------|
| | | |
| | | |
| | | |
| | | |

Gratitude List

The System thrives by making us feel dissatisfied by what we have. This blinds to all the blessings that surround us and makes us miserable. Gratitude flips us into the frequency of being happy to be alive and is a powerful portal to freedom. Write down all the things you are grateful for and marinate in the feelings that arise as you reflect on them.

[illegible]

"Everything that costs money has a just as enjoyable cheap or free alternative"

These words of wisdom come from 'the Art of Frugal Hedonism' by Annie Raser-Rowland and Adam Grubb, the essential textbook to escaping the System the fun way. The System tricks us into thinking we have to spend lots of money to have a good time which then forces us to spend all our time slaving away working. And while you can always make more money, you can never get those precious hours of your life back. They are the most valuable resource you have, don't give them away cheaply. Flex your imagination and have a brainstorm of free and cheap ways to have fun, then indulge in them. Such as laying on a blanket in the park looking at clouds, calling someone you love, getting the tram to the beach, getting some beautiful ingredients, lighting the candles and making a delightful restaurant style dinner experience at home...

Love Yourself

One of the System's key methods of control is making us feel terrible about ourselves. We are made to waste all our time and energy tearing ourselves to shreds so we don't realise our magnificence and power. Don't play that game! Be loving and kind to yourself like the fate of the world depends on it, because it does.

List 3 things you like about yourself

List 3 things you're proud of you've accomplished

Say I am beautiful, I am loved, I am worthy. Look into your own eyes and see the human staring back. Give yourself a big hug and promise to talk to your self the way you would someone you love.

*Don't worry if this was a challenging exercise!
It takes practice, keep doing it.*



Love Others

The System thrives by turning us against each other and convincing us people are evil jerks who can't be trusted. Not true. We've all been born into a broken system that brings out the worst in us and hurts us all, even those apparently benefiting. We are all carrying generations of built up pain. Remembering our common humanity, that this is a person just like me, and responding with unconditional kindness is our only way forward out of the System.

List three people you're grateful for and why

Think of a person you're holding hard feelings towards and recite the following statements to yourself...

Just like me, this person was once an innocent child.

Just like me, this person has basic goodness.

Just like me, this person wants to be happy.

Just like me, this person has been hurt and disappointed many times.

Just like me, this person suffers.

Just like me, this person needs love.

May this person be free of suffering.

May this person awaken to the fundamental goodness within them.

May this person no longer cause suffering.

May this person be happy and at ease.

May we all be free of suffering.

May we all be happy and at ease.



Life is a Miracle

The System feeds us the lie that our beautiful living planet is nothing but resources to be consumed. This is a devastating falsehood on both a practical and a spiritual level. Firstly, because if the Earth dies, we die. We need air to breathe, water to drink and food to eat and all of that is being constantly created by the web of life with which we share our world. It is madness to destroy what keeps us alive.

But secondly this devaluing of nature disconnects us from feeling the great mysterious magical miracle it is to be alive on this endlessly beautiful planet Earth and our lives are stunted as a result.

Reflect on this...

Every atom of oxygen in your lungs, calcium in your bones and iron in your blood was fused by hot nuclear fusion in the belly of a star. These stars then exploded spreading these elements far across the galaxy, until over billions of years they spun together to form the Earth.

These atoms play in one great dance of creation, destruction and rebirth that continues to this day. Moving from form to form, from soil to sky to bird to blood. The spark of life that beats through every one of your cells is the same force that makes the flowers bloom and the waters flow. You are ancient living breathing stardust of infinite creative potential.

Life on Earth is a collaboration. Breathe in and look at a plant and know it is nourishing each breath you take. Breathe out and know your exhale feeds the world that is green.

The Earth has faced cataclysm after cataclysm that nearly wiped out the delicate dance of life for good. Smashed with asteroids and entire continents covered with lava. And still after each disaster life has found a way to go on. New forms emerge and the cycles are repaired. The players change, the dance goes on.

You are what you eat. The plants and animals you consume get broken down to become your hair, your skin, your blood, your bones. Every bite connects you to the rest of life, to the air, the water and soil.

The soil hidden beneath your feet is a teeming wonderland. There are more living organisms in a teaspoon of healthy soil than there are people on this planet. 95% of your body is made directly from the soil. Its health is your health.

You are the creativity and intelligence of nature expressing itself. Don't underestimate the Earth. Don't underestimate yourself.

What Makes Your Heart Sing?

This is the question that leads to your highest joy and purpose and the path to your ultimate fulfillment. What are the threads of your life, the recurring themes and passions? What would you do for work if money was no object? Often people say they don't know, but they do. The System just never give us a change to tune in. It is the things that have sparked joy throughout your existence from childhood to today. Reflect on this question and let it light up your life and shape your actions.



*One raindrop raises the sea.
Every action and every thought shifts the energy.
We are all responsible for what world we see.*

It's time to come together as people of this planet to heal ourselves and the world that gives us life. Firstly because if we don't most life on Earth will go extinct including us, but secondly it feels so much better than what we're doing anyway so we've got everything to gain from choosing a different course.

We are the Re-Generation. The generation to stop the hurting and start the healing. It starts with us, right where we are right now.



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Positive Vibe Shift Challenge

Tick off these items and see how they shift your energy

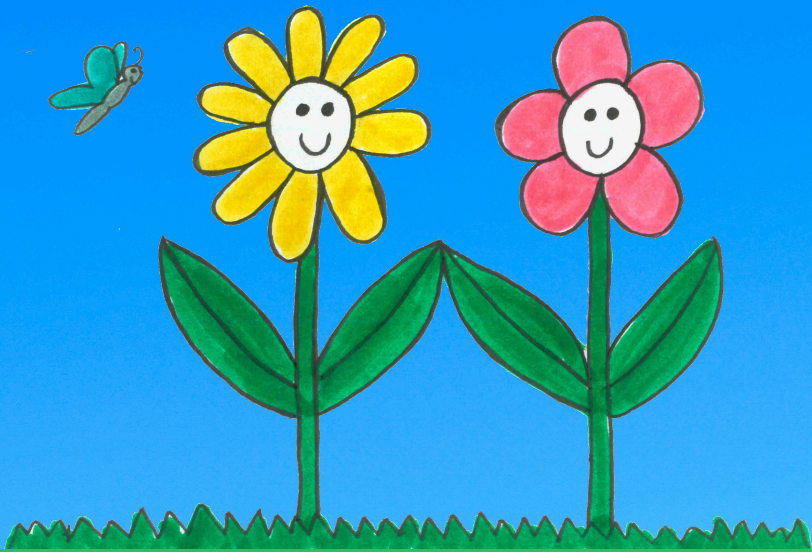
| | |
|--|--|
| | Sincerely compliment someone |
| | Give money to something you care about |
| | Sit with your back against a tree and feel the roots beneath |
| | Buy something made with love and a story you feel good about |
| | Give thanks to the Earth for giving you life |
| | Pick up some rubbish |
| | Admire someone's uniqueness and beauty |
| | Notice the sky: the colours, the clouds, the light |
| | Call someone to tell them you love and appreciate them |
| | Say one thing that's great about you |
| | Give thanks before eating your meal |

Feel good for making a more beautiful world!



Join the Re-Generation

It tastes better!!!



Get more tools for escaping the System
and living your best life in the process at

www.theregen.love

Say hello at hello@theregen.love

