

A Quick Guide to Reality

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Disclaimer

This is of course just for entertainment only 😊 If you feel unstable, please be self responsible and reach out to someone you feel guided to. (and of course has all the exams, degrees, papers, government stamps and golden frames... because we all know, only they hold the real truth 😊)

The origin of Reality

What we call “reality” (matter) is a projection of consciousness onto a grid of perception. In simpler words: the world appears solid and separate, but it’s actually made of energy—and it only “feels real” because of how we’re wired to perceive it.

Real-Life Applications

The wall feels solid—but it’s 99.9999% empty space. At the atomic level, everything is mostly space, but your hand doesn’t go through a wall because of energetic resistance, not substance.

What you see

Your eyes take in light and flip it into electrical signals. Your brain then creates an image inside your head. You’re not seeing the world directly—you’re seeing a mental rendering.

Colours don’t exist outside your brain

What we call “red” is just a certain wavelength. Without an observer with eyes and a brain, there’s no red—just vibration.

Sound is just air vibrating

There’s no actual “sound” in the air—only waves. You need ears and a brain to translate those vibrations into the experience of music or speech.

Time feels real—but it’s relative

Clocks measure something we made up. In physics, time depends on velocity and point of observation - it is relative. Your sense of time is a psychological construct.

Why are you here? What is existence? What is the purpose of (your) life? These are questions that I keep asking myself since I’m small. This chapter is there to inspire you for a deeper innerstanding about your own being.

If you need proof for your mind:

Experiments Demonstrating the Illusory Nature of Reality:

- Schrödinger's Cat (Thought Experiment)
- The Double-Slit Experiment
- The Observer Effect (Quantum Measurement Problem)
- The Delayed Choice Quantum Eraser
- The Placebo Effect

Matter is vibration, held together by awareness. Also physics agrees: at the quantum level, particles behave as probabilities, not fixed forms. The so-called "external world" is a layered illusion, experienced through sensory and mental filters.

And yes—that includes astrology.

Astrology is a map of the illusion.

But a map of the illusion can guide you to truth very well. As everything else in this illusion can guide you to truth. (= oneness)

The Soul: The Observer Behind the Game of Separation

The soul is a fragment of non-dual consciousness operating through this temporary form. It incarnates not to "collect data," but to remember its unity through separation/contrast. The soul chooses its timing, its conditions, and even its obstacles. Not to be trapped by it, but to express light through it.

The birth chart, the sky, and all patterns are simply entry codes that shape the illusion the soul agrees to play in.

Every soul brings with it a unique resonance, a set of talents, sensitivities, visions.

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Yes. Your dreams and desires are there to be expressed.
It will be your deepest fulfilling and also the deepest fulfilling for the world.

For some, these gifts/dreams are more easily accessible. For most of us, they lie dormant, hidden beneath layers of distortion, pain, or resistance.

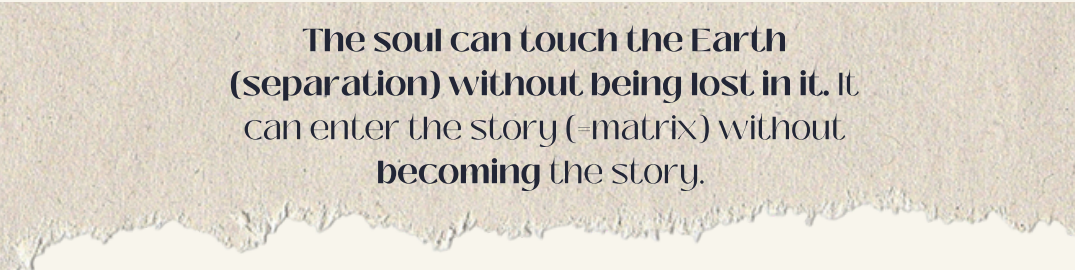
These brave souls choose to walk through destruction, loss and deep fragmentation — not as punishment, but because their mission demands it. Their wound becomes the compass. The fall becomes the spark that lights up the inner fire for the gift.

Yep. This IS a ride indeed. I feel you.

Systems like astrology, human design, or any symbolic map (for easy write and read I will always use the word “Astrology” while you know, that I mean all of the systems) offer a shortcut to become aware of the distortion, to recognise the patterns of destruction. Showing clearly what the soul is longing for so you can make choices aligned with your deeper well-being.

Why does separation exist in the first place?

What I know is this:



**The soul can touch the Earth
(separation) without being lost in it. It
can enter the story (=matrix) without
becoming the story.**

Your first experiences in life (even as a soul) shaped the believes you have about this world (yourself, others, money, EVERYTHING).

Your essence NEVER changes. No matter what you believe.

Every attempt to change your believes in the light of “I have to change something” is just reaffirming the loop and will keep you stuck.

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All you need to change your life is your awareness.

Because you never were the story nor will it lead to anything identifying yourself with it. You experience a story. You can leave a story and enter another one.

A story we want to leave often is one of a consumer.

Deep down you want to create.

Old (current) story → consuming media, foods, drinks, people, sex, ...

There is a certain set of thoughts, feelings and actions connected to this story leading to the same results.

(New) story → creating out of the pleasure of creation

This story is connected to expanding the present moment.

The question is: HOW?

When it comes to creation, I want to make you familiar with three very basic principles:

I - Neutrality (most important in my opinion)

I stay in a place of neutrality (mostly, I do my best) to all that life (the matrix) offers to me (including astrology). I know that all of the drama of this realm is not ultimately true (or better said: not true at all)

For example:

- Figuring out the correct system/meaning/etc. for astrology
- Who is right/wrong What is true/untrue Defining my
- ultimate mission What is the perfect diet/workout/morning
- routine for me Attaching certain outcomes to certain
- placements etc.
-

Underneath all the concepts, there is just being. And from THIS state we let everything else evolve. So since we are in this time space reality. What to do with this time and space?

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2 - Creation matters

Even if this is all an illusion —

What you create inside the illusion matters.

The way you play the dream changes how you experience it.

Yes, life might throw pain and chaos your way.

Yes, it may push you into unwanted states.

But those pushes are reminders that none of what is trying to tell you what and how you are, is true.

Even if your resistance might be strong, you chose (at least partially) to enter this human experience.

You came here to remember unity through separation.

All the drama of this realm is just there to remind you.

Since you're here... why not create something amazing?

Why not make the most beautiful, mind-blowing, soul-aligned life possible?

Let's use the tools. Let's shape reality. Let's remember the game — and play it well.

Astrology is one of those tools.

And yes... it's a story.

But it's a story I like

and I think this realm is all about choosing stories we like.

Lova ya.

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3 - Presence and partial guidance

Miracles happen when I expand my state of presence.

The more I just am, the more I'm naturally drawn to wholeness and creation from within.

In essence you don't need systems. Your soul already knows.

The more you trust yourself, (and don't give a f about what the matrix is trying to make you believe) the more is revealed.**

But to be honest: the moment we start to become more aware of what we are, why we are here, what we actually want to do, the matrix starts to send us people, situations and experiences that try to keep you where you are in thought, speech and action.

The more you can leave these lies and stories, the more you will expand your state of being and automatically think, say and do more in the direction that is aligned with your wholeness.

If you want to dive into a lecture from me on these topics, feel free to check out my [YouTube Channel](#)

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If you're seeking guidance and support,
feel free to check out my website:

www.outofmatrix.me

I offer unique highly individual report that weaves together insights from Vedic Astrology, Kabbalah, Human Design, Gene Keys, Destiny Matrix, and Asteroids. If some of the names are not familiar for you, no worries. You don't have to know any of it to make it work for you and benefit massively.

My work is all about helping you reconnect with the spark within-the creative force that's always been there, waiting to be used consciously. You're already shaping your reality, maybe still without realizing it.

Let's start creating consciously from a place of alignment and purpose.

Enjoy the ride, my dear.

