

SOUL SOUP COMMUNITY: MATRIX THEME

PIPE CLEANER QUESTIONS

RED: Give me raw reality every time. I don't care if it's more difficult, I want to know it's real.

BLUE: As long as I get to choose my own reality in the Matrix, I can stay there. What truly matters is not physical, anyway.

DINNER QUESTIONS

Suggestions: Place the questions in a bowl or goblet in the middle of the table for people to choose from OR put one under each napkin. Remember to read the Rules of Engagement before addressing the questions.

Option 1 (best for groups of 6 or fewer): Allow for follow-up questions, making sure to call the other person up into their best selves.

Option 2 (better for groups of 6 or more): Allow only ONE follow-up question after each person shares.

Morpheus: The Matrix is the world that has been pulled over your eyes to blind you from the truth.

What truth about yourself have you known but been avoiding?

Morpheus: What is real? How do you define real?

Is the physical, spiritual, emotional, or psychological world most present and real for you now? How do you prioritize what is important in your reality?

Morpheus: 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.

What door(s) have you been scared or hesitant to walk through? Why?

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Morpheus: What you know you can't explain, but you feel it. You've felt it your entire life, that there's something wrong with the world. You don't know what it is, but it's there, like a splinter in your mind, driving you mad.

What "splinter" have you been ignoring? What would be the best case scenario if you addressed it?

Morpheus: If real is what you can feel, smell, taste and see, then real is simply electrical signals interpreted by your brain."

What are you struggling with right now about the reality have you created (good and bad) through intentional and unintentional thoughts and emotions?

Morpheus: There is a difference between knowing the path and walking the path."

What path do you know you need to walk right now?

Neo: I thought it wasn't real.

Morpheus: Your mind makes it real.

What reality have you created that you would like to change?

Cypher: I know what you're thinking, 'cause right now I'm thinking the same thing. Actually, I've been thinking it ever since I got here: Why oh why didn't I take the BLUE pill?

What regret(s) influence the way you engage with the present? How might these regrets limit your current potential?

Neo: What are you trying to tell me? That I can dodge bullets?

Morpheus: No, Neo. I'm trying to tell you that when you're ready, you won't have to.

What is a current obstacle that, if you "upgraded" your perspective would not be a problem? What is holding you back from that new perspective?

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“People fear that being trapped inside a box, they will miss out on all the wonders of the world. As long as Neo is stuck inside the matrix, and Truman is stuck inside the TV studio, they will never visit Fiji, or Paris, or Machu Picchu. But in truth, everything you will ever experience in life is within your own body and your own mind. Breaking out of the matrix or travelling to Fiji won’t make any difference. It’s not that somewhere in your mind there is an iron chest with a big red warning sign ‘Open only in Fiji!’ and when you finally travel to the South Pacific you get to open the chest, and out come all kinds of special emotions and feelings that you can have only in Fiji. And if you never visit Fiji in your life, then you missed these special feelings for ever. No. Whatever you can feel in Fiji, you can feel anywhere in the world; even inside the matrix.”

— Yuval Noah Harari, *21 Lessons for the 21st Century*

How important is the physical experience versus the exploration of the emotional and psychological landscape for you? Why?

Spoon boy: Do not try to bend the spoon. That’s impossible. Instead...only try to realize the truth.

Neo: What truth?

Spoon boy: There is no spoon.

Neo: There is no spoon?

Spoon boy: Then you’ll see, that it is not the spoon that bends; it is only yourself.

What do you know you need to change in order to change your interaction with the world or others?

Morpheus: The Matrix is everywhere. It is all around us. Even now, in this very room. You can see it when you look out your window or when you turn on your television. You can feel it when you go to work...when you go to church...when you pay your taxes. It is the world that has been pulled over your eyes to blind you from the truth.

Neo: What truth?

Morpheus: That you are a slave, Neo. Like everyone else you were born into bondage. Into a prison that you cannot taste or see or touch. A prison for your mind.

What prison do you need to break out of?
