

## Phase 2: The Break-up

Congratulations and Welcome to Phase 2: The Break-up!

Here we will build upon the foundation you laid during the previous four weeks. What may have seemed as an easy experience over a weekend without a cell phone, moving forward and incorporating this new lifestyle in to your daily life will have its own share of challenges to overcome.

Ideally, you will want to have read over and completed this document at least a week before implementing it.

### Your daily routine

It's important that you map out your daily routine in order to identify where you are 'cell phone dependent'. Our aim is that you can transition as easily as possible through prudent preparation.

1. Break your day up into four parts : Morning, Afternoon, Evening & Night  
(Review your answers from Phase 1)

For each of these times, what are the major activities that require your cell phone?

2. Now, like in phase 1, create a plan of action allowing each of these actions to be completed without a cell phone (if it is a necessity). On the other hand, if the action was of little value (thus not a necessity) it can be cast aside. If this is the case, it is important you reflect on what was motivating this action. What purpose did it serve?

Know that most (if not all) of our actions are conditioned from childhood, based on what our parents showed us, what our schools taught us and the influence of the collective consciousness at that time. Without out taking the time to identify who and what contributed to whom we are today, we are very unlikely to achieve our goals and reveal our full potential within this lifetime.

To truly discover and reveal who we are, inner work is necessary. A technique created in the 1990's by Pierre Lassalle called "Individualization" is particularly effective to this effect.

In French: <https://www.editions-terre-de-lumiere.com/gc/boutique/livre-et-cartes-le-nouveau-tarot-de-lindividualisation/#tab-description>

Also available in Spanish:

[https://www.amazon.ca/Nuevo-tarot-individualizaci%C3%B3n-Tarot-Individualization/dp/8497779924/ref=sr\\_1\\_67?keywords=pierre+lassalle&qid=1588643501&sr=8-67&swrs=4D4FD09C585864991E673F21CADCC8B5](https://www.amazon.ca/Nuevo-tarot-individualizaci%C3%B3n-Tarot-Individualization/dp/8497779924/ref=sr_1_67?keywords=pierre+lassalle&qid=1588643501&sr=8-67&swrs=4D4FD09C585864991E673F21CADCC8B5)

Not yet translated into English, here is a similar approach:

[https://www.amazon.ca/Tarot-Individuation-Jungian-Correspondences-Alchemy/dp/0892541105/ref=sr\\_1\\_1?keywords=Tarot+and+Individuation%3A+A+Jungian+Study+of+Correspondences+with+Cabala%2C&qid=1588644078&s=books&sr=1-1](https://www.amazon.ca/Tarot-Individuation-Jungian-Correspondences-Alchemy/dp/0892541105/ref=sr_1_1?keywords=Tarot+and+Individuation%3A+A+Jungian+Study+of+Correspondences+with+Cabala%2C&qid=1588644078&s=books&sr=1-1)

3. This part of your journey will require more effort than the previous phase. Be sure to remember your motivations behind your **#LIVECELLFREE – DIGITAL DETOX** journey. They are what will get you through the moments when you start wondering if you have made the right choice or not. This is the critical part of your journey where you need to stay strong. Be sure to check out our tips below.

Living without a cell phone in today's world can seem complicated to say the least. Everything goes so fast and is just a simple click away. We have less and less time to integrate things that we are already on to the next. When will it stop! When will we slow down and take a break!

We are falsely made to believe that if we do not have the latest I-phone 21 then we are backward thinking and shunned for being retarded. Know that this is the very kind of thinking #LIVECELLFREE is fighting against.

Those that would have us believe such lies, are those that operate behind the scenes orchestrating what is referred to as the matrix. The matrix is our current societal system and utilizes propaganda to entice us to want things we do not necessarily need or want, thus manipulated into consuming and hooked into the chase for the so-called "American dream." Or as the anthem says....Land of the free, home of the brave.

This is but an illusion that no one ever achieves. Even those whom achieve such a dream and have all the external components of such a life (money, recognition etc...), they still seek more. This unquenchable thirst leaves one feeling completely empty inside.

For more info on the matrix: [Light in the Matrix by Pierre Lassalle](#)

Cell phone (and tablets) are mini-computers that '\*GAFAM' utilizes for the manipulation of the population. By collecting 'meta-data' (electronic fingerprint) and selling it, humanity is influenced and manipulated all day long via targeted online content. A good movie to understand how this functions is ["The Great Hack"](#)

Phase 2 is more of a manifestation of all the preparation you did in the first phase. We suggest you take the time to review this work, dive deeper into it by sitting and meditating on it. From this inner work, new awareness can and will arise.

New to meditation? Don't know how?

If you understand French, here are some great introductory guided meditation to help you get started:

<https://www.editions-terre-de-lumiere.com/qc/catalogue/audio/meditations/>

If not, here are a few authors to help you get started:

- Sri Aurobindo
- Rudolph Steiner
- Omraam Mikhaël Aïvanhov

\*GAFAM: Google, Amazon, Facebook, Apple, Microsoft

Know that by choosing to **#LIVECELLFREE**, you are choosing LIFE and are taking back your freedom. Taking such a stand requires courage, which is why we consider you a HERO for challenging the system. You, with countless others who #LIVECELLFREE, are saving Humanity against its digitalization.

*Tips and references*

Books - The Invisible Rainbow: A History of Electricity and Life, By Arthur Firstenberg

<https://www.amazon.ca/Invisible-Rainbow-History-Electricity-Life/dp/1645020096>

<https://www.5gspaceappeal.org/> An initiative by Arthur Firstenberg.

Documentary - Mobilize [https://www.amazon.com/Mobilize-Kevin-Kunze/dp/B07MR4D89Q/ref=tmm\\_aiv\\_swatch\\_0?\\_encoding=UTF8&qid=&sr=](https://www.amazon.com/Mobilize-Kevin-Kunze/dp/B07MR4D89Q/ref=tmm_aiv_swatch_0?_encoding=UTF8&qid=&sr=)

Conference by Devra Davis, founder of Environment Health Trust - <https://ehtrust.org/>

Author of Disconnect: The Truth About Cell Phone Radiation

<https://youtu.be/BwyDChf5iCY>

Wishing you great success!

Hope to see you in one of our Monthly Meetings,

Love and Light

Sol-Eric