

## RED PILL OR BLUE PILL

In the movie The Matrix, Morpheus offers Neo two choices either the red pill which will open his eyes to knowledge and the hard realities of life or the blue pill which will keep him living in blissful ignorance.

**What pill would you choose?**

**Red pill** - knowledge and truth are power. Reality can be harsh but it's always better to live with the truth than blindly with the lies. The red pill philosophy states that we need to confront the lies and uphold the truth no matter how ruthless the truth is. This philosophy can be applied to every aspect of your life - personal, relational, professional and global.



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**Blue pill** - some people choose to live in la la land. Romantic novels, fairytales, media and K drama encourage the blue pill thinking. They pass down a narrative to make you believe that you are the victim or the innocent one and the other is the villain. Blue pill thinking encourages you to see things only from your perspective. It blocks rational thinking and multiple perspectives. You believe what you choose to believe.

**Make your choice** - the red pill or the blue.

**Make your day joyful.**

