The Matrix – the world projected by the mind

The Matrix Trilogy explores the complex relationship between physical human beings and their perception of reality as controlled by a gigantic computer program. The story begins in the year 2199. Computers with advanced artificial intelligence (AI) have taken control of human life on the planet. These machines draw their power from the bio-chemical activity of thousands of human beings held captive inside capsule-like bubbles that feed them intravenous nutrients from birth to death. By plugging the humans' brains into a computer-simulated world, the machines prevent the humans from knowing the Truth that they are being used as energy fuels. This computer-simulated world is called The Matrix.

All the sleeping human bodies incubated in the capsules are connected to this Matrix-generating computer via an implant in the back of their neck leading to their brains. Since all the brains are connected to one mainframe computer, each person perceives the same simulated world. The central computer feeds a continuous stream of stimuli to the brain causing each individual to perceive a full range of emotions and experiences associated with growing up, working, growing old, and finally dying. The inert humans live their whole life in a state of suspended animation, engaged in the computer-simulated Matrix world as if watching a movie. But, in this case, the simulation is so convincing that they feel they are actually living "real" lives.

The deception is so effective because the Matrix program creates a complete 3-D virtual world — parks, gardens, restaurants, offices, train stations etc. — that people can experience exactly as if they were physically present. Interactions with other individuals are also programmed into this computer-generated reality, so that everyone lives in a fully plausible, common dream world, even though they are, in fact, lined up in row upon row of incubators in a huge storage area. They live their lives in total belief of the world that is generated for them by the computer. The matrix citizens live and die without knowing the reality just like us living in a world projected by our minds.

What is the interpretation of this computer simulation?

Our mind is the soft ware that projects the world. Like every day we switch on the computer and shut down in the night, we plug on to the matrix world in the morning and unplug in the night. When we sleep the whole world that we were aware of in the day time disappears.

Mind is "flow of thoughts". Thoughts control our actions. We are calm or disturbed based on our thoughts. Our mind projects the nature of our world based on the thoughts in the mind. The "mind" is what controls our world, exactly like the Matrix computer controls the humans in the movie. The machines in the Matrix world use human energy as a source of fuel. In our Matrix-like world also, the mind feeds on the energy of the body to play its games. As long as we remain ignorant of this, we stay equally in bondage to our mind and senses as the people in the movie.

Is this truth or fiction? Let's take a look at a scientific perspective. According to the biochemistry of the body, a substantial part of our energy goes into supporting the thinking process. Everything is controlled from the brain, which needs maximum nutrition. The fuel for the brain is glucose. Through the process of digestion and biochemical processing, food is converted to glucose for transmission to the brain via the blood stream. Even if the body is starved of food, stored fats are accessed to maintain the supply of glucose to satisfy the brain, the "king" of the body. The human brain is one of the most energy

hungry organs in the body. Although the brain accounts for less than 2 percent of a person's weight, it consumes 20 percent of the body's energy and 20 percent of the total oxygen consumption, even at rest (Drubach, The Brain Explained). While we are thinking (thoughts), the brain consumes energy at ten times the rate of the other organs in the body. The glucose needed to feed our brain comes from plants, which access the sun's energy, and so Morpheus tells Neo that the machines evolved from plants (Sun) to human bodies as an energy source.

So we could say our thoughts use our body as an energy source. Later in the book, we will see how powerful those thoughts can be: the thousands of Sentinels that attack Zion City in Matrix Revolutions are like thoughts fighting for their own existence within The Matrix against the free humans who want to cut off their energy source. The only way to stop them is for Neo to go to The Source. Once he is there, the thoughts naturally subside and go away, just as they do when the mind turns inside and meditates on the Self.