

Powerful Spiritual Guide on Healing and Spiritual Journey

Doing away with negative energies and creating a peaceful humanity

the
**MATRIX
TEACHINGS**

Free yourself from the invisible prison.

Survive ego death.

Birth your dreams.

Mary Plaza

Pittsburg, May 24, 2019 (IssueWire.com) - Mary C. Plaza's [*The Matrix Teachings: Free Yourself from the Invisible Prison, Survive Ego Death, Birth Your Dreams*](#) is a book that centers on freeing oneself from negative energies and working towards healing. Ultimately, this book aspires to guide people on how to "create peaceful humanity in harmony with Mother Earth."

In this book, Mary first tackles the four core wounds: perfectionism, unworthiness, shame, and fear of death. "Each wound has an opposite vibration that is a core truth," says Mary. She aims to end violence through spiritual healing and directing your energy towards achieving one's dream. She also discusses soul energy and surviving ego death. Furthermore, she discusses pioneers and divine servants. Mary also deals with ego matrix which is centered on survival. *The Matrix Teachings: Free Yourself from the Invisible Prison, Survive Ego Death, Birth Your Dreams* fosters awareness, promotes healing, fulfilling your dreams to ensure peace.

The book is a treasure trove of teachings that will help create a peaceful and harmonious existence. Help yourself to this valuable resource.

Mary's book is exhibited at the BookExpo + BookCon 2019 held at the Jacob Javits Center, New York City, May 29 to 31 and June 1 and 2, 2019 at the Authors Press Booth # 1667. You may meet her personally June 1st, 10 a.m. to 1 p.m. where she is signing copies, with free giveaways. Like and follow Mary and get the latest updates on her and the other Authors Press authors on Facebook, Instagram, and Twitter.

Visit www.maryplaza.com to read more about the author and her books.

[**The Matrix Teachings: Free Yourself from the Invisible Prison, Survive Ego Death, Birth Your Dreams**](#)

Written by Mary C. Plaza

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