

JOE BARNES

ESCAPE THE SYSTEM

50 INSIGHTS TO HELP YOU LIVE AN
EXTRAORDINARY LIFE



**Escape the System:
50 Insights to help you Live
an Extraordinary Life**

Joe Barnes

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Note to Reader

I love to connect with my readers so please feel free to contact me on;

Facebook: [Joe Barnes](#)

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And if you have an enquiry about coaching or speaking (or just want to say 'Hi'), then email me on joe@screwthesystemnow.com

Introduction

Reasonable men adapt themselves to the world.

Unreasonable men adapt the world to themselves.

That's why all progress depends on unreasonable men.

- George Bernard Shaw

It may seem odd, but your success in life depends on you being completely unreasonable. In fact, I would go so far to say that it rests on you *not* accepting what your parents, teachers, peers, media and government tell you to do. You may have listened to their voices your entire life. School is important because you *need* to get an education. University is a must because without a degree, your prospects are bleak. A well paid job is life's golden ticket because through this you gain wealth, security and respect. But do they really know the answer?

It's certain that being a 'reasonable man' (or woman) and adapting yourself to the world is the most frequently chosen path. If truth was determined by numbers alone then 'The System's' reality would represent the one true way in life. However, if there's one lesson that history's greats have taught us, it's that to excel and live a truly distinguished life, you can't follow the crowd.

This is what it means to be an 'unreasonable man'. 'The System's' defects, that so many people begrudgingly accept, are simply not tolerated. Why should you give almost all of your adult life to a job you don't believe in? Why should you suppress your conscience in order to fit in? And why should you accept a slow and steady decline as your essence is crushed under the weight of an endless list of expectations? 'The unreasonable man' absolutely refuses to let this become their life. But is such defiance really that unreasonable?

If left to our own devices, without any form of conditioning, we might all strive to express and fulfil every last ounce of our potential. Nobody wants to go

through life with regrets, believing that they could have been so much more and having to accept second best. However, there is an intangible power that has led us to believe that we have no other choice. This is The System - An invisible net of constraints placed upon our lives in the form of an elaborate belief structure. It tells us what is and isn't possible, what's acceptable and what's not and what we should and shouldn't desire.

Unfortunately, most people end up believing in The System. They may not like it and they may wish their lives could be different but they *accept* that it represents the truth about the way the world works. As a result, the thought that there could be a far greater way of living doesn't even register. How could it? When you believe that The System you live in represents the truth about life then it simply isn't possible that there could be another way.

This eBook shows you that there is. When you learn to reject The System's conditioning, you'll discover that it's actually *you* who determines your reality. Henry Ford once said, '*Whether you think you can, or you think you can't – you are right.*' Much the same could be said about the way you understand your life. Whether you believe the world to be an intimidating place you have to adapt and bend to, or whether you believe that it's there to be shaped to your wishes, you are right.

So what will you choose? Once you understand that you are free to create your own beliefs about yourself and life, there can be no going back. Where you were once limited, your potential will now be limitless. Where you used to see obstacles, there will now be opportunities. All of this is waiting for you once you make this crucial shift in mind-set.

As you travel this path, you will not walk alone. This eBook will be your faithful companion in navigating the uncharted territory that lies outside The System. Whether you read it as an introduction, or summary, to the main work ([*Escape the System: The Ultimate Guide to a Life of Freedom and Greatness*](#)), this

companion guide will present you with the knowledge needed to unplug from The System and live an extraordinary life.

What follows are 50 insights aimed at guiding you through the different stages of escaping The System. They come in the form of short paragraphs, ideal for both referencing in difficult times and as daily reminders of the mind-set you'll need to adopt. They're all taken from the main book (see above) and were selected as bite sized content that will get you thinking about where you are now, where you want to go and how to bridge that gap. For further explanation and lots of inspiring examples from histories greats, the world of cinema and real life clients of mine, you'll have to read the main book. However, I'm confident that these insights will give you enough fuel and direction to begin your journey towards living an extraordinary life.

Be warned, though, if you came here expecting clichéd personal development statements then you're in the wrong place. This is not a change your life in seven days programme or insights regurgitated from the mouths of others. *This is counter conventional thinking.* Much of what you will read goes against the grain of what you have been taught. This is because the lessons you've learned have only equipped you to succeed in The System. If you want more than this, then you need to explore the sources that don't claim to know the truth. This book is one of them. With the direction it reveals, you can create a life you'd never previously imagined possible.

If I could give you one other message, before you explore the insights, it would be study the greats. Their successes leave behind a trail of clues on how to escape The System and live an extraordinary life. The thread running through all of their achievements, irrelevant of their specific fields, is this;

If you want to be truly outstanding, you can't *think* like everybody else.

Look at **Galileo**, raised in a system that taught him to think that the earth was the centre of the universe and rotated around the sun, he dared to think differently and made discoveries that enhanced humanities knowledge.

Look at **Bruce Lee**, living in a system that portrayed people of Chinese origin on TV and film as little more than caricatures, he already viewed himself as a star and went on to show that an Asian actor could be just as popular as any American.

Look at **Che Guevara**, confronting the might of the Cuban governments political and military system while vastly outnumbered, he saw beyond the 'common sense' of numbers alone and realised that the righteousness of a cause can facilitate a popular revolution.

Look upon these people, and many others, as your role models. Their examples demonstrate that there is no adversity too great to overcome. They tell us that if you persist in holding on to your vision, regardless of how daunting the world may appear, ultimately, it will be The System adapting, not you!

Your Starting Point

1. There is an eternal battle that rages throughout most people's lives. At some point we are all faced with the choice of whether to be true to our desires, beliefs and conscience or let our fears and the expectation of what we 'should' be doing determine our decisions.
2. We may not like it, but it's normal that we have to work 50 or 60 hour weeks and get little time to spend with our loved ones. We may despise the fact that we can't attach any greater meaning to our life than making money to survive, but complaining about it only makes us stand out in a system where most people seek to hide.
3. You have to free your mind from a lifetime of conditioning. You have to get your head round the idea that *allowing yourself to believe in the seemingly impossible will give you strength*, rather than set you up for disaster.
4. The System will seek to dissuade you at every opportunity. Until you learn to silence its voice, there will be constant reminders about the dangers of the path you've chosen. Security and comfort are its main rewards and the thought of losing these will scare a lot of people back into the fold.
5. Without a passion or interest to follow, you'll always be chasing a carrot that you'll never get to enjoy. A degree isn't an end point, it's only the beginning. Then you have to find a job. Once you have a job, you then have to gain promotion. Then you have to climb many rungs up the ladder until maybe 20 years down the line you might be in a senior position. Even then, you can't enjoy the moment because you'll be working towards your retirement, putting enough money aside so that you can wait for your death in comfort.

The Awakening

6. What I'm about to tell you is both the antidote to a life devoid of meaning and the route by which you will fulfil all of your potential. It changed my life. My hope is that it will do the same for you.

In order to escape a life of limitation, boredom and unhappiness, a person must commit themselves to the pursuit of personal greatness.

7. You have to commit to what you want, not to what you don't want. This means giving free reign to your desires and dreams. Everything that inspires you, everything that makes you feel alive and everything that you want to experience will propel you towards a future worth living.
8. Undoubtedly, you've heard about the power of positive thinking and the benefits of being an optimist. Here's something they don't tell you though. The relationship between thought and physical reality is *so* strong that you literally create your future through your thinking. Not God, not The System and not the environment you were born into, just your day to day thoughts.
9. This is why I present the quest for greatness as the answer to all of your troubles. It encourages you to 'think big' knowing that this is the only way to develop the belief and motivation needed to transform your life. It realises that *ordinary measures don't result in an extraordinary life*. To truly distinguish yourself you have to do the things that other people are too afraid to do or too embarrassed to try.

The System: What it is and how it holds you back

10. The System is intangible. It has no central location or power to make and enforce laws. Nobody works for The System and it will never directly compel you to do anything. Instead, it is a much more subtle power and rather than direct coercion, it operates through *influence*.
11. *It's the idea that the consensus majority opinion defines what can and can't be done, what is and isn't acceptable and what's cool and what's not.* Therefore, anything outside of these boundaries is feared, ridiculed or avoided, creating an immense pressure to conform.
12. This is the real relevance of The System in your ordinary, daily life. It's the ease with which you can be subtly influenced into *accepting a pre-packaged life with stifling limits on your potential*.
13. The main benefit of living a life free from The System's way of thinking is the opportunity that it creates. Detach yourself from its reality and your consciousness becomes elevated above the ordinary. Instead of tuning into a narrow spectrum of how life can be, you are open to a whole universe of ideas and possibilities.
14. You do not need to quit your job, become a hermit and live in the woods. The error in this way of thinking is to see The System as a *physical construct rather than an invisible net*. What you are seeking to escape is not so much your job (although this could happen with time), paying the rent, mortgage, taxes and uninspiring people, but escape an *attitude* that accepts life as it has been presented.

15. Most people accept what they are told and understand this as reality. Their role then becomes one of adapting themselves to this existence and doing the best they can to 'get by'. The person who escapes The System has a different take. They understand reality as something that should be moulded to their desires. To them, conformity is a sin and they hold onto their dreams without regard for external appearance.

Finding your Path through Life

16. No path to an extraordinary life is ever found by imitating or forcing a direction. Instead, simply follow those abilities and interests that come naturally to you. Fall into it and let your path *emerge*. Even if it means that you initially work for free or earn very little money, walking a path that inspires galvanises you with an energy that will always create success.
17. Whether its romance, guidance on a decision you have to make or a change of career, you must identify the source of your enjoyment and inspiration. It's not The System's path, where considerations of finance, acceptability and security need to remain at the forefront of your mind. Instead, it's a path that's walked with the freedom of a great movie or novel.
18. For you to locate your own spiritual navigation system, you have to connect with something more than a desire to make money or an aspiration for a better life. It's deeper than that. Essentially, it's about reconnecting with the person you are meant to be and living the life you're meant to live

Why your Beliefs determine Everything

19. Your understanding of the world and your role within it has to change. You'll have to realise that The System's notion of the truth is *based largely on perception*. Furthermore, you'll have to open your mind to the idea that there is no fixed universal reality.
20. If you want to live an extraordinary life then you'll have to realise that your beliefs about yourself and life *do not necessarily constitute the truth*. In fact, the most beneficial decision that you could make is to remove all concepts of the truth from your mind. Once you have done this, you are free to explore the world of belief.
21. To understand the nature of belief it's important to realise that it's not your abilities or the world you live in that determines your life. Instead, *it's your beliefs about your abilities and the world you live in that set the boundaries for your experience*.
22. The writer Robert Anton Wilson suggests a dual mental mechanism of the 'thinker' and the 'prover'. He suggests that once the 'thinker' has developed a belief about any aspect of existence, the 'prover' will adjust the input from our senses to validate the belief. The maxim is 'What the thinker thinks, the prover proves.' It is the basis for our self-fulfilling prophecies.
23. It's not as simple as walking around affirming, 'I am a winner, I am a winner' and expecting your life to change. *The beliefs you develop have to be relevant to what you want to achieve*. Ask yourself this question; what will I need

to believe about myself and the world I live in to enable me to live an extraordinary life?

24. A '*belief mentality*' requires an absolute faith in everything you do. This means that with every action you take, every decision you make and every word you speak, you believe you're moving towards a greater life.
25. When you start to feel excited or inspired about your life, you can be sure that your new beliefs are sinking in. Genuine optimism can't be faked and it only comes to those who *expect* great things. Reach this point and the realisation of your dreams won't be far behind.

Soul Power: The Secret to your Happiness and Success

26. Before you can go any further with your journey, another shift in perception must occur. You must reject The System's understanding of reality, which conditions you into believing that the physical realm is the determining factor in the circumstances, outcomes and events of our lives, and instead, embrace the idea that your inner world is driving force behind your reality
27. For your success to be lasting, you must understand that *your reality is a reflection of your inner state*. It's your thoughts, feelings and beliefs that determine your outcomes, not the other way around. Once you have learned this great metaphysical truth, you are truly free. No longer a slave to circumstance, *the power to change your life is within your grasp*.
28. The only difficulty lies in overcoming The System's conditioning as it attempts to convince you of the importance of the physical world. It wants you to believe that the outcomes, events and circumstances of your life are everything. Furthermore, it wants you to see the physical world as a vast, all powerful realm that has control over your life.
29. Long term stress and strain can't help but attract circumstances that match these states. Whether they occur in your body or in relations with other people, it's not always easy to tell, but they *will* be there.
30. As immeasurable as it is, there is a rough science to this process. **Feel good and watch your life get better.**

31. The end goal is to reach the point where you are buzzing. Simply feeling ok, or even feeling good, is not enough. You have to become dynamic; you have to feel the excitement of how your life is going to be.

Letting Go

32. **Stop worrying about what's going to happen to your life, stop being afraid by the risks associated with following your dreams and stop trying to *force* your life to happen.** This is the essence of letting go. By *giving in* to your desire for a life of adventure, meaning and fulfilment, you demonstrate a level of *trust* in your ability to be great.
33. Ironically, the people who fuss and fret and can't stop trying to control every little outcome are the ones who, deep down, don't believe that they can do it. The ones who are calm and relaxed show their faith by letting go.
34. Letting go when you don't have an answer to your problem actually requires a great deal of bravery. It's not weakness but strength. It displays a belief in your ability to achieve your desire because you don't have to *force* the outcome to happen. You *know* it will happen and as a result, you can rest peacefully in this knowledge.
35. By letting go you open a channel to a power that will *show* you the way to true life fulfilment. This must be remembered the next time you feel that you have to force an outcome you desire. There is a much greater power operating within you but to experience the magic, you have to *let* it do its work.
36. This is how you free yourself from the quick sand of your own subconscious mind. Don't struggle with your issues; don't try to reason yourself out of them, don't even entertain them. *Just let go*. Refuse to have anything to do with them. **Shout 'LET GO' at the top of your lungs if it helps.** Get worked up if that's your style. Do whatever you have to but

direct your attention away from the issue. Substitute your fear for *faith*. Tell yourself that whatever it is that's troubling you will ultimately be resolved.

37. One of the many benefits of letting go is the connection it facilitates with the divine. In an instant you can go from stressed, drained and worried about the future, to inspired, elated and living in the moment. No matter how desperate your situation may seem, letting go has the power to cut through all of the negativity.
38. The fear of letting go is simply a misunderstanding. You don't have to maintain control all of the time and worry endlessly to make things happen. There is a greater way of living and this will be revealed when you begin to *trust your abilities*, rather than struggle to keep up with The System's pace.

How to Overcome Adversity

39. You must develop a new understanding of failure. You have to change the meaning of an event The System wants you to believe signifies your inherent weakness, into one that is a stepping stone to success.
40. Although it may want you to understand failure as a reflection of the fact that you're not good enough or too ambitious in your desires, this understanding merely represents The System's belief structure, not the truth. This means that *you have the freedom to choose how you understand failure*. If you don't want it to mean that you haven't got what it takes to succeed, it doesn't have to.
41. Ask yourself this question, 'If there was no possibility of failure, what would you do with your life?' With a 'can't fail' mentality you can now live out the answer. All it takes is the belief that you can mould every outcome to your favour. Even if one door shuts in your face, it will only make you aware of another that is ready to open.
42. To claim that it's impossible to break free from The System is *not* a valid excuse. History has millions of truly great individuals. Many have walked the path before you and many will continue to do so. Some have had the deck so firmly stacked against them that nobody would have blamed them for giving up. Through their actions they shame us for turning away from our dreams and humble us into accepting that no adversity is too great.
43. All the different obstacles that you'll have to face, stacked one on top of the other, can seem far too daunting to overcome. Therefore, you need a new way of processing adversity. Remaining focused on your dream, so that you

bypass the enormity of the obstacles you face, prevents you from becoming overwhelmed by the scale of your challenge.

44. It may seem paradoxical, but doing the very thing that makes you tremble with fear, or leaves you feeling unable to cope, is actually *a means to growth*. It's only by challenging your present reality that you can prove to yourself that a greater life exists.

45. You must face the obstacles that appear to demand more effort and ability than you think you possess because they make you to stretch. Like a muscle forced to grow through the demand of a heavier weight, your spirit, emotional endurance and mental stamina will increase as a result of this test.

46. No adversity, in of itself, has the power to crush your spirit. Instead, it's about the meaning you attach to that particular event. Therefore, if you *believe in the idea* that your adversity is trying to communicate a lesson, or lead you in a new life enriching direction, then it's likely that you'll find one.

Deciding to be Great

47. Don't spend your days wishing that at some point in the future your life will improve. Don't hope that one day you'll live the life of your dreams. Don't picture greatness as some far off, barely attainable goal. Instead, know that it happens *now*. See yourself as complete, realise that you have all the qualities you need to achieve greatness and go out and live your life.
48. You'll have to challenge the accepted way of thinking and accustom your mind to perhaps the most contrarian piece of advice you've read to date - *being great is a decision you make*. It's the beliefs and emotional states you *choose* to have on a moment to moment, day by day basis, that make you great. Very few people are 'swept along' on a tide of greatness.
49. If there's one difference between those who are great, and those who struggle to get by, it's found in the way they *think*. Your mind can't stay at the level of The System. You must detach your beliefs, attitudes and daily thoughts from those of the consensus opinion.
50. It seems ironic, but it's only by detaching yourself from conventional ways of thinking, and being prepared to challenge the assumptions that others take for granted, that you can eventually put yourself in a position where *you* set the agenda.

A Final Thought

'First you have to give up. First you have to know, not fear, that someday you are going to die!'

- Tyler Durden.

In fifty years' time, there's a good chance you won't be here. In one hundred, it's guaranteed. I say this not to scare you, but to make a point.

In a scene from *Fight Club*, in which the above line is taken, Tyler Durden is attempting to enlighten the film's other main character, Jack. He's teaching him about his life philosophy which he calls 'hitting bottom'. This is a state of mind where you let go and no longer care about life's trivialities. In short, you stop worrying about all the pointless stuff that many people seem to spend their lives being desperately concerned about.

That job you hate Doesn't matter anymore.

What other people say or think about you Doesn't matter anymore.

Your material possessions Don't matter anymore.

Your image or how you look Doesn't matter anymore.

The possibility of failure Doesn't matter anymore.

None of this matters because one day, you will no longer be here. However, as Tyler says, don't fear this fact. Don't tremble at your immortality and worry about how you are going to go. Instead, be *aware* of it. In fact, I would go so far as to suggest that you need to be aware of it on a *daily* basis. This is because when you know, and not fear, that someday you are going to die, you gain perspective. Truly, the things in life that don't matter can be left to slide.

Then what are you left with? What *really* matters? If all of the things you've been conditioned into caring about are nothing more than surface level trivia, then what's at the core?

For each person, the answer to this question will be different. Within all of us there is a contribution or expression that needs to be made. Using your instincts, intuitions and feelings as a guide, you have to connect with what you're *really* here to do.

If you need more help, it's worth remembering that you weren't put on this planet to be sat staring at a computer screen for 8 hours plus of your day. Neither are you here to perform endless menial tasks working for somebody else's agenda. Whether you take a role in leading, or are better suited to contributing, you ARE here to be a part of something. What *this* is, you will have to find out, but rest assured, you have a valued contribution to make.

And if the journey gets hard, and you find yourself short on money and criticised for your 'cause', what then? When times get tough (and they will) it's worth remembering one thing. **One day you will die.** One day you will no longer be here and none of your fears will matter. All that will is what you've *done* with your life.

Best wishes for a fulfilled future,

Joe Barnes

Author of *Escape the System* and Creator of *Screw the System* website

Special Offer

As a thank you for signing up to the *Screw the System* website and reading this PDF to its completion, I want to present you with a very special offer. For a limited time only (to find the exact deadline you'll need to follow the link to the website – quick though, you may have already missed it!) - I'm offering the main (near 300 pages from which the insights listed in this PDF are taken) book, [Escape the System: The Ultimate Guide to a Life of Freedom and Greatness](#), for just \$2.99. This is just for you as you'll notice that the price listed on the website is \$6.99. Click the link above or below and it will take you through to a hidden page where you can make your purchase.

3 Reasons why you MUST buy it today!

1. Over 16 Five* reviews on Amazon (including amazon.co.uk and paperback version).
2. Endorsement from best-selling personal development author Tom Butler-Bowdon,

"Most books aim to change your life; *Escape The System* goes further, calling on us to question our very motives and purpose so that we truly have a life. Read it if you don't just want to be 'successful', or 'effective' in society's terms, but genuinely great."

3. Awesome reviews.

"This is a great book for those who don't fit in, free spirits, original thinkers, open minded folks, dreamers, visionaries, superheroes, artists, designers and people who want to make the world a better place." - Dwayne Williams

"Changing our beliefs, getting out of our comfort zone and facing our fear is never an easy thing to do, but the author shows us the way in an inspiring fashion!" - Meurisse

"Joe Barnes is a sensible guy from the U.K. that just happens to be Morpheus. Buy the book, follow the steps, and just do it." - Chad Maples

"I highly recommend reading this if you're suffering in a dead end job and feel depressed with your overall life situation. If you're open minded and dig deep to be flexible, determined and brave, I believe this book could inspire and guide you to follow your deeper desires and free you from the shackles of fear and mediocrity." - Justin Doom

"The book has helped me to clarify the sacrifices that I am willing to make to achieve my own personal greatness. I recommend it to anyone who wants to make positive changes in their lives. It not only offers an understanding of the current dilemmas faced by those who are disillusioned by the system, but a way out of it too." - Johan R Nayar

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