

# **UNPLUG YOUR ROBOT**

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**The secret to  
lasting happiness**

**KARIN KISER**

International bestselling author of  
*Lighten Your Load*

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*To my Higher Self*



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## Introduction

Are you fired up in the morning, eager to jump out of bed and embrace the day with enthusiasm? Do you have a regular sense of excitement, satisfaction or joy? Do you feel clear and with purpose or are you wondering right now if those things are even possible?

They are.

Maybe you wake up feeling tired or anxious. Perhaps you get caught up in daily to-dos and obligations and then wonder where the day went. Maybe you've thought a few times, "Is this all there is?" or "Is this really what life is about?"

The answer is no.

Life is about much more—not more stuff and more tasks. No. Life is about more wonder, newness and adventure. More variety, more inspiration—in essence, more *aliveness*.

You can feel enthusiastic and happy on a daily basis. Clarity and balance *are* possible. Not just for some people. For you. You'll need to shake things up a bit though. You'll need to unplug your robot.

What is your robot? I'll give you an example. Have you ever witnessed a couple in a restaurant who seemed completely checked out? They barely look at or speak to each other during the meal. They appear to be going through the motions. Perhaps they were at the same restaurant last week, ordering the same thing from the same waitress.

For most of us, much of our day is run on autopilot. We park the car in front of our house only to realize we have no memory of the drive home. We do things like brushing our teeth or putting on a shirt the same way every time. The same arm goes in first, the same shoelace gets tied first, virtually 100% of the time. We perform these activities unconsciously, all the while our conscious mind chatters at us nonstop.

When our autopilot is on and that robotic mind is running the show, it is impossible to be present in the moment. Instead, we repeatedly rehash the past or react to external events. Our mind urges us to obsessively plan for the future. When the autopilot is on, we're not fully alive. We're cut off from the greater, bigger part of ourselves who is naturally happy, healthy, energetic and peaceful and who lives in harmony with ourself, with others and with nature.

You can add more awareness, synchronicity and exuberance to your life by unplugging your robot. Unfortunately, unplugging the robot—or change of any kind—can be a bit scary. We are comfortable in our routines and habits, even if they are ultimately unsatisfying.

The good news is, change doesn't have to be stressful or scary. In fact, it can be exciting, exhilarating, enlightening and downright fun. In *Unplug Your Robot*, I share my system for creating the life you were meant to live, not the one your parents, your college degree or society thinks you should be living.

People often think unplugging means taking a break from their jobs, obligations and routines and going on vacation. They change the scenery, go to the beach or to the mountains to chill out. Yes, vacations are great. But for most of us, this downtime consists of only a few weeks per year. What about all the other days in between? How are you living those?

This book is about those days. It's about taking that vacation-like sense of relaxation, flow and renewal into your regular life. It's about unplugging your robot and experiencing more freedom, right now.

It's not always the outer circumstances that need to change. It's often how you relate to the external world that could use an upgrade. There is a way to add optimism, joy, wonder and purpose to whatever circumstances you find yourself in. I've done it in my own life and so have my clients. You can too.

In *Unplug Your Robot*, you'll get the roadmap to feel more empowered and excited. It's a guide for living your life to the maximum. You'll



discover how to unplug from unconscious routine and live each moment with energy, enthusiasm and clarity.

Sure, you could continue to do the same things in the same way, day in and day out. It's predictable, it's safe and it's comfortable. But it's only half living. Life is not about habits and routines. It's not about waking up at the same time, eating the same breakfast and going to the same job for decades. Life is not about sameness.

Living fully is about creativity, wonder, connection, adventure and utilizing all of your senses. Life is about experiencing more aliveness, however that is defined for you. For some, that might mean selling your business or moving across the country. But it doesn't have to be that dramatic. There's a reason why the subtitle of this book is called *The Secret to Lasting Happiness*. Taking a vacation, doing a digital detox and going on a retreat are all ways to boost your happiness but the effects are usually temporary. The strategies included here offer immediate ways to unplug your robot and feel more alive wherever you are.

In *Unplug Your Robot*, you'll learn how to rediscover your true nature, access more vitality and start living more fully. You'll feel excited and enthusiastic not just about your life, but about your day-to-day as well.

In my previous two books in the Dare to Be Aware™ series, *Lighten Your Load* and *Free and Clear*, I suggested reading through the book once before taking action. Not here. In *Unplug Your Robot*, when you get to an action step, set the book aside and put the strategy into practice right then. Why wait until the end of the book when you can be happy now?

Let's begin.



**Part One**  
**YOU'RE PLUGGED IN**



## CHAPTER ONE

# What is the Robot?

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So, what is this robot anyway?

The robot is the part of us that goes through the motions, that does the same things in the same order without consciously thinking about it. The robot is also what we absorb from society, the mainstream, the proverbial “they say...”. Have you ever wondered who exactly *they* is? It’s our collective conditioning, norms we’ve consciously or unconsciously accepted as true. We get this conditioning from our parents, our schools, our friends. It also comes from Hollywood movies, magazines, the nightly news and television.

By the way, there’s a reason it’s called a TV *program*. When we watch a television program, we are the ones being programmed, whether we realize it or not. Our subconscious mind absorbs it all, everything we see, everything we hear. The constant stimulation from the screen puts us in a hypnotic state. You’ve seen it. Try to get the attention of a small child engrossed in a television program and it’s like they’re in a trance. That’s the robot.

The robot includes beliefs and attitudes we pick up from advertising. There are paid-for product placements in films that encourage us to associate them with the popular actors or characters in the film. Commercials are cleverly crafted to get us to compare ourselves to

and compete with others. Mainstream media contribute to turning us into a consumption robot by making us feel inadequate.

The robot is not just the media and entertainment industries, however. Our political, economic, education and health care systems, while perhaps originally designed to provide more individual liberties, have since been co-opted into state dependency machines. We now have big pharma, a state schooling system, a disease management system, industrial agriculture and energy infrastructure that keep us plugged in and dependent. It works. The robot in us engages in mindless, unconscious consumption. It is externally focused, overstimulated and an active seeker of acceptance, approval and praise from others. It leaves us distracted, disconnected and disempowered. And we continue to go along with it.

It wasn't always this way.

Think back to when you were a small child. Do you remember how you used to feel? Every day was a new adventure waiting to be explored. You loved trying new things. You were full of wonder and creativity. You possessed seemingly unlimited energy. You wanted to skip, cause mischief, ask endless questions and explore your surroundings.

You are still that kid, but since then you have likely experienced decades of not feeling so open or welcoming of change. The excitement is still there, however, deep under the layers of frustration, disappointment and daily minutiae you have piled on top. The daily minutiae and disappointment are part of your robot. The robot is not you. The child eager to wake up and experience a new day of adventure is still inside you. *That* is your true nature.

The problem is that as we grow older, we lose that palpable sense of awe, enthusiasm and curiosity. By the time we reach grade school, we have been told "no" hundreds or thousands of times. Perhaps our natural inquisitive, adventurous and expressive nature was not always encouraged by our parents and teachers. So over time, we learned to stop asking so many questions.

Now is the time to start asking questions again.

What is the robot? It's the external influences and programming, including our own self-sabotaging thoughts and beliefs, that want to keep us small, safe and secure. Luckily, we can unplug it. But first, see how much of your life is run by the robot in you. In the next chapter, you'll take a quick self-test to find out.