



# Mat Robinson

## *The Gregarious Hermit*

*“Turning his stress induced spiritual awakening into a powerful tool to bring peace and happiness to others!”*

### Who is Mat?

In 2014, Mat was under so much pressure running his own business, raising a family, struggling to pay his mortgage, losing several close relatives in quick succession, regretting almost every life decision, miserable inside but putting on a brave face for friends and family, paralyzed with inactivity. Insomnia. Tiredness. Depression. And the final straw was having his best friend diagnosed with brain cancer. His ego just couldn't handle the truth of his situation and quite literally blew a fuse. Mat experienced a beautiful “spontaneous spiritual awakening” and subsequent “ego death,” that brought about an incredible transformation.

### Why do we need him?

Right now we are facing an unprecedented mental health crisis, with stress coming from multiple directions and in many forms. With the pandemic, people are experiencing loneliness and isolation, job uncertainty and fear. Put that on top of all the usual forms of stress such as fear of failure, fear of not being loved, wanting to be part of a group. Financial worries, employment worries, education stress, social stress, anxiety. It's all too much. Anti depression medication and suicide rates are through the roof. But it quite simply doesn't have to be.

### How can Mat help?

Mat's personal experience, from his fear of failure to witnessing the death and subsequent rebirth of his own ego, has given him a unique perspective and understanding of how the mind keeps us trapped in drama. How society keeps our mind switched on almost constantly. Everything looks like a problem that needs solving. Mat teaches how to recognize that and watch for it in everyday life. He teaches simple breathing and meditation techniques to promote physical relaxation and stress relief. He also teaches mindfulness to observe the mind and prevent stress building up in the first place. A silent mind is a beautiful thing.

*“Be Happy NOW!!! Not next week or when you get a pay rise, a bigger house, a faster car, partner of your dreams.....be happy now instead!”*

### Speaking Topics

#### **The Big Reveal - Keynote Lecture**

- How the mind evolved to keep us alive.
- How modern society keeps the mind working overtime.
- How everything looks like a problem that needs solving.
- Introduction to the world of meditation, relaxation and stress relief.
- Introduction to mindfulness and how it can silence the mind.

Whilst Mat had a very spiritual experience with his awakening, these subjects are taught in a very practical, non-spiritual and fun way, with experiments and demonstrations to reinforce the concepts. Truly life changing.

**Other Topics** - Mindful Living. Affirmations & Self Healing. Meditation Boot Camp (½ day workshop). Other lectures available upon request (suggestions welcome.)

*“I felt a sense of inner peace after this lecture like never before. It completely changed my life.”*

~ Carly Prendergast

### Contact

Mat currently lives in NJ, U.S.A. but is available for speaking engagements anywhere.

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