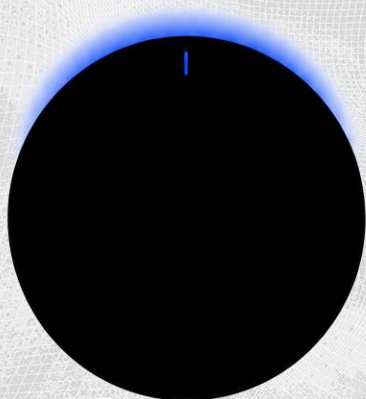


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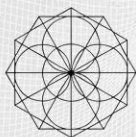
RESET

USER GUIDE

ACCESS / INTERRUPTION

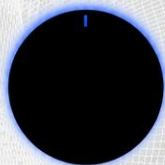


HOW TO USE THE RESET CODE



THE MOMENT YOU STEP OUT OF SURVIVAL
AND INTO **POSSIBILITY**.

000 RESET



YOUR REALITY IS NOT CREATED BY THOUGHT ALONE.

IT IS CREATED BY YOUR **STATE**.

YOUR STATE IS CONTROLLED BY YOUR **NERVOUS SYSTEM**.

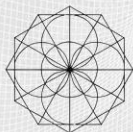
IF THE BODY DOES NOT FEEL SAFE,
IT WILL OVERRIDE EVERYTHING YOU TRY TO BUILD.

THIS IS WHY MOST PEOPLE STAY STUCK.

RESET IS THE **INTERRUPTION**.

IT STOPS THE PATTERN.
IT RESTORES CONTROL.
IT RETURNS YOU TO NEUTRAL.

FROM HERE
YOU CAN **THINK CLEARLY**.
YOU CAN **CHOOSE DIFFERENTLY**.
YOU CAN **CREATE INTENTIONALLY**.



000

RESET

USER GUIDE

| ACCESS POINT: INTERRUPTION

USE RESET WHEN:

- / YOU FEEL ANXIOUS, OVERWHELMED, OR REACTIVE
- / YOU RECEIVE BAD NEWS OR UNEXPECTED STRESS
- / YOU NOTICE LOOPING THOUGHTS OR FEAR
- / YOU FEEL DISCONNECTED FROM YOURSELF
- / YOU ARE ABOUT TO MAKE AN IMPORTANT DECISION
- / YOU WANT TO SHIFT INTO A HIGHER STATE
(FOCUS, CLARITY, ABUNDANCE)

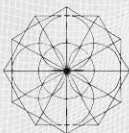
SIMPLE RULE:

IF YOU FEEL OFF → RESET FIRST.

NOT LATER.

NOT AFTER THINKING IT THROUGH.

IMMEDIATELY.



ACCESS POINT 000
INTERRUPT. RESET. REALIGN.

02

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RESET

USER GUIDE

| ACCESS POINT: **INTERRUPTION**

STEP 1 — **ACTIVATE**

PRESS ACTIVATE CODE AND
BEGIN THE 10-MINUTE AUDIO.

STEP 2 — **REGULATE YOUR BODY**

WHILE LISTENING, FOLLOW THIS SEQUENCE:

1. **BREATH (PRIMARY SWITCH)**

- / INHALE THROUGH NOSE (4 SECONDS)
- / HOLD (2-4 SECONDS)
- / SLOW EXHALE THROUGH MOUTH (6-8 SECONDS)

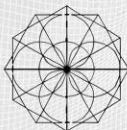
THIS TELLS YOUR NERVOUS SYSTEM:

"WE ARE SAFE."

2. **PHYSICAL RESET (OPTIONAL BUT POWERFUL)**

CHOOSE 1-2:

- / TAP LIGHTLY ACROSS YOUR BODY
- / ROLL SHOULDERS / RELEASE TENSION
- / STRETCH ARMS OVERHEAD
- / PLACE ONE HAND ON HEART, ONE ON STOMACH



ACCESS POINT 000
INTERRUPT. **RESET**. REALIGN.

03

...

000

RESET

USER GUIDE

| ACCESS POINT: INTERRUPTION

WHAT'S ACTUALLY HAPPENING

WHEN YOU ACTIVATE RESET:



YOU REDUCE AMYGDALA ACTIVATION
(FEAR CENTER)



YOU INCREASE PARASYMPATHETIC RESPONSE
(CALM STATE)



YOU SHIFT BRAINWAVES TOWARD ALPHA/THETA
(RECEPTIVE STATE)



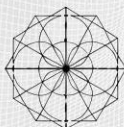
YOU RESTORE PREFRONTAL CORTEX FUNCTION
(CLARITY + DECISION-MAKING)

IN SIMPLE TERMS:

YOU MOVE FROM:

SURVIVAL → **REGULATION**

AND THAT CHANGES EVERYTHING.



ACCESS POINT 000
INTERRUPT. RESET. REALIGN.

04



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RESET

USER GUIDE

| ACCESS POINT: INTERRUPTION

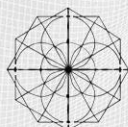
MOST PEOPLE DO THIS:

TRIGGER → REACT → REGRET → REPEAT

YOU WILL DO THIS:

TRIGGER → RESET → RESPOND → REALIGN

THIS IS THE MOMENT
YOUR LIFE STARTS TO CHANGE.
NOT WHEN CIRCUMSTANCES CHANGE.
WHEN YOUR RESPONSE CHANGES.



ACCESS POINT 000
INTERRUPT. RESET. REALIGN.

05

...

RESET IS **NOT** A ONE-TIME FIX.

IT IS A REPEATABLE PROCESS.

THE MORE YOU PRACTICE IT,

THE MORE NATURAL IT BECOMES.

THE 5 STAGES OF **RESET**:



1. TRIGGER

SOMETHING HAPPENS.
YOUR SYSTEM IS ACTIVATED.



2. RECOGNIZE

YOU NOTICE THE SHIFT.
AWARENESS CREATES CHOICE.



3. RESET

YOU INTERRUPT THE PATTERN.
YOU RETURN TO NEUTRAL.



4. REALIGN

YOU CHOOSE YOUR STATE.
CLARITY. FOCUS. INTENTION.



5. REPEAT

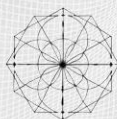
YOU KEEP PRACTICING.
IT BECOMES YOUR DEFAULT.

EVERY TIME YOU RESET,

YOU RECLAIM YOUR POWER.

NOT REACTIVE. RESPONSIVE.

THAT IS FREEDOM.



000

RESET

USER GUIDE

| ACCESS POINT: **INTERRUPTION**

**RESET DOESN'T JUST
CHANGE YOUR STATE.
IT CHANGES YOU.**

BEFORE RESET

YOU ARE REACTIVE



LED BY EMOTION

You react before
you think.



STUCK IN LOOPS

The same patterns
repeat.



MENTALLY FOGGY

Overthinking drains
your clarity.



NO INTERNAL SAFETY

You feel unsafe,
so you stay small.



LIVING ON DEFAULT

You survive the day,
you don't design it.

AFTER RESET

YOU ARE IN CONTROL



LED BY CHOICE

You respond with
intention.



BREAK THE LOOP

New patterns create
new outcomes.



MENTALLY CLEAR

Clarity creates
better decisions.



INTERNAL SAFETY

You feel safe,
so you expand.

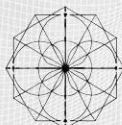


LIVING ON PURPOSE

You design your life,
not just live it.



**RESET IS THE MOMENT YOU
CHOOSE A NEW OPERATING SYSTEM.**



ACCESS POINT 000
INTERRUPT. **RESET.** REALIGN.

07



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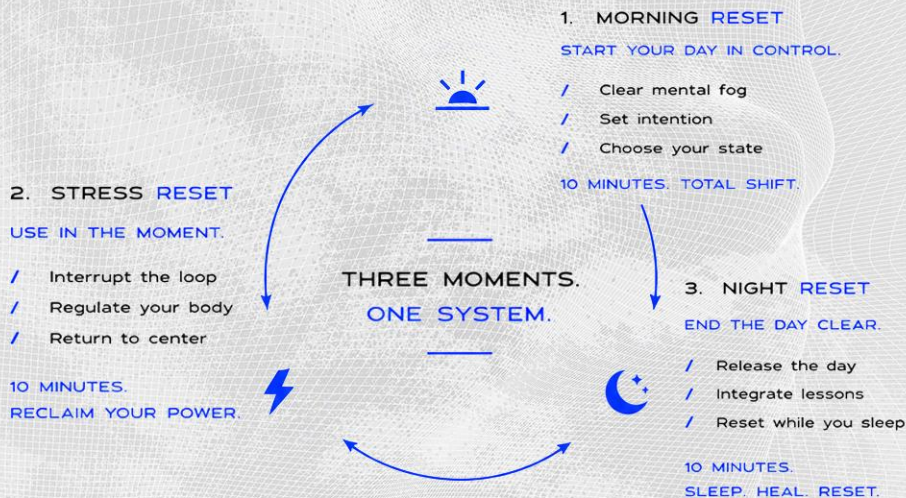
RESET

USER GUIDE

| ACCESS POINT: **INTERRUPTION**

MAKE RESET YOUR RITUAL. USE IT EVERY DAY.

CONSISTENCY REWIRES. REPETITION TRANSFORMS.



MAKE IT DAILY

Non-negotiable.
Like brushing
your teeth.



TRIGGER IT

Link to things
you already
do.



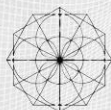
TRACK IT

Awareness
builds
momentum.



TRUST IT

The more you
use it, the
more it works.



ACCESS POINT 000
INTERRUPT. **RESET.** REALIGN.

000

RESET

USER GUIDE

| ACCESS POINT: INTERRUPTION

RESET IS JUST THE BEGINNING. YOU ARE THE OPERATOR.

What you do with it next
determines your trajectory.



DEEPER CLARITY

Know your mind.
Direct your attention.
Design your outcomes.



NERVOUS SYSTEM MASTERY

Build resilience.
Regulate at will.
Stay in your center.



EMOTIONAL FREEDOM

Release what no
longer serves.
Live from choice.



IDENTITY UPGRADE

New self-image.
New standards.
New life.

THIS LEADS TO
EDEN.

A COMPLETE
OPERATING SYSTEM
FOR YOUR MIND,
BODY, AND LIFE.

YOU DON'T HAVE TO
STAY WHERE YOU ARE.

YOU CAN EVOLVE.

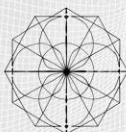


KEEP RESETTING.

KEEP EXPANDING.



BECOME UNRECOGNIZABLE.



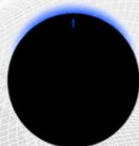
ACCESS POINT 000.
INTERRUPT. **RESET.** REALIGN.

000

RESET

USER GUIDE

| ACCESS POINT: INTERRUPTION



QUICK
REFERENCE
CARD

01 TRIGGER IT



Interrupt the loop.

- / Notice the moment.
- / Pause.
- / Choose reset.

🕒 10 SECONDS

02 RUN IT



Activate the OFF switch.

- / Breathe.
- / Release.
- / Realign.

🕒 10 MINUTES

03 LIVE IT



Make it your new state.

- / Choose.
- / Act.
- / Repeat.

🕒 ALL DAY

USE IT WHEN:



You feel overwhelmed



You're stuck in a loop



You're stressed or reactive



You're mentally foggy



Before bed to reset your day

THE CORE PRINCIPLES:



AWARENESS
See it.



CONTROL
Choose it.



FREEDOM
Break it.



ALIGNMENT
Become it.



MAKE IT DAILY
Non-negotiable.
Like brushing
your teeth.



TRIGGER IT
Link to things
you already
do.



TRACK IT
Awareness
builds
momentum.



TRUST IT
The more you
use it, the
more it works.