

# RESET

FIND YOURSELF AGAIN



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***RESET***

**FIND YOURSELF AGAIN**



everything that is  
was made from nothing

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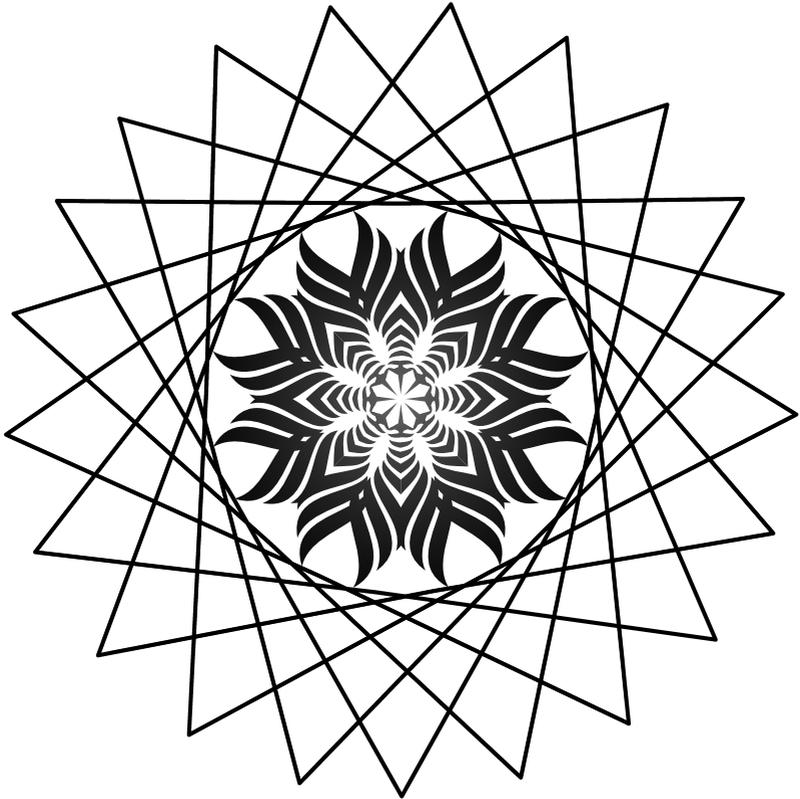
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**SPOON BOY: DO NOT TRY AND BEND THE SPOON. THAT'S IMPOSSIBLE. INSTEAD ONLY TRY TO REALIZE THE TRUTH.**

**NEO: WHAT TRUTH?**

**SPOON BOY: THERE IS NO SPOON.**

**NEO: THERE IS NO SPOON?**

**SPOON BOY: THEN YOU'LL SEE THAT IT IS NOT THE SPOON THAT BENDS, IT IS ONLY YOURSELF.**

**DISCUSSION OF SPOON BOY AND NEO**

**THE MATRIX (1999)**

**PART I**

# **YOUR REALITY**

## **GROUND ZERO**

Everything you think you know about the world comes through your senses. What you don't usually realize is that your senses are very limited. For example we can see only approximately 0.0035 percent of the electromagnetic spectrum. You also sense and memorize only your surroundings. With the extremely limited information you get through your senses - including any communicated information - your mind creates representation of the world. It is kind of ever evolving holograph. It is a virtual reality. In ancient cultures of America it was called the Dream, since they didn't have virtual reality goggles at hand. This reality of yours is indeed just like a dream. All characters in your reality are creations of your mind. You can never enter anybody's mind other than your own. All information you have about any other person is just a living hologram your mind has created to represent somebody.

The character you are playing is just like any other character - the only difference is that you can move it around like the character you control in a video game. All the characters live in your mind whether or not they are present and they also include all fictional characters and anything you believe to exist as well as dead people. Usually this ever going play goes on without you noticing it. When you do not notice the play, these characters of your mind control everything you do.

You are not any of the characters, not even your own. Besides controlling your character, you can only observe. You are the observer. The process of finding yourself again is actually process of unlearning everything. That does not mean that you will lose your memories. It is only a process of realizing that you are not your memories and not anything you project into the future. As said your reality is just a projection of the real world. Your reality is usually distorted by obsolete information and feelings. Your reality is usually so distorted that it has absolutely nothing to do with your real surroundings. In most occasions your reality is next to white noise.

The intention of this book is to help you to restore your natural aware but relaxed state of being. Gradually you will learn to see what is behind the white noise. It is like transforming the black and white cathode ray tube television with fuzzy picture and crackling sound you inherited from your grandparents into the latest model of full HD smart television with brilliant colors and surround sound system. When you are not aware of your surroundings and yourself you also drive mostly on auto-pilot and the time seems to fly. It's like fast forwarding the movie most of

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the time. When you unlearn your old habits, you get huge amounts of extra time. It is in fact an extra life. But don't expect too much. The programs on the television will still be the same. They change only gradually within time. Only your way to watch the world changes. But it will be a huge difference.

# “ALL THE ANSWERS ARE WITHIN YOU”

On many occasions your thinking seems to be stuck and clogged up and you have no idea what do about it. Sometimes you don't understand why you seem to malfunction and have unbearable feelings in many situations that should be easy to cope with.

You have the most efficient supercomputer built in your head. Unfortunately since you were born, it has been filled with now obsolete programs that you don't need anymore and games that waste your time and energy. Modern day stress factors make also your body stiff and sometimes cause chronic pain and other issues.

Reset is a practical program to reboot your mind and reset it to factory setting. The method is based on modern cognitive psychology, psychoanalytic methods of Carl Jung and ancient wisdom from all over the world. There are also very handy inbuilt functions in the hardware, your body, to restore its natural relaxed state. The book also contains instructions how make a bodyReset too.

