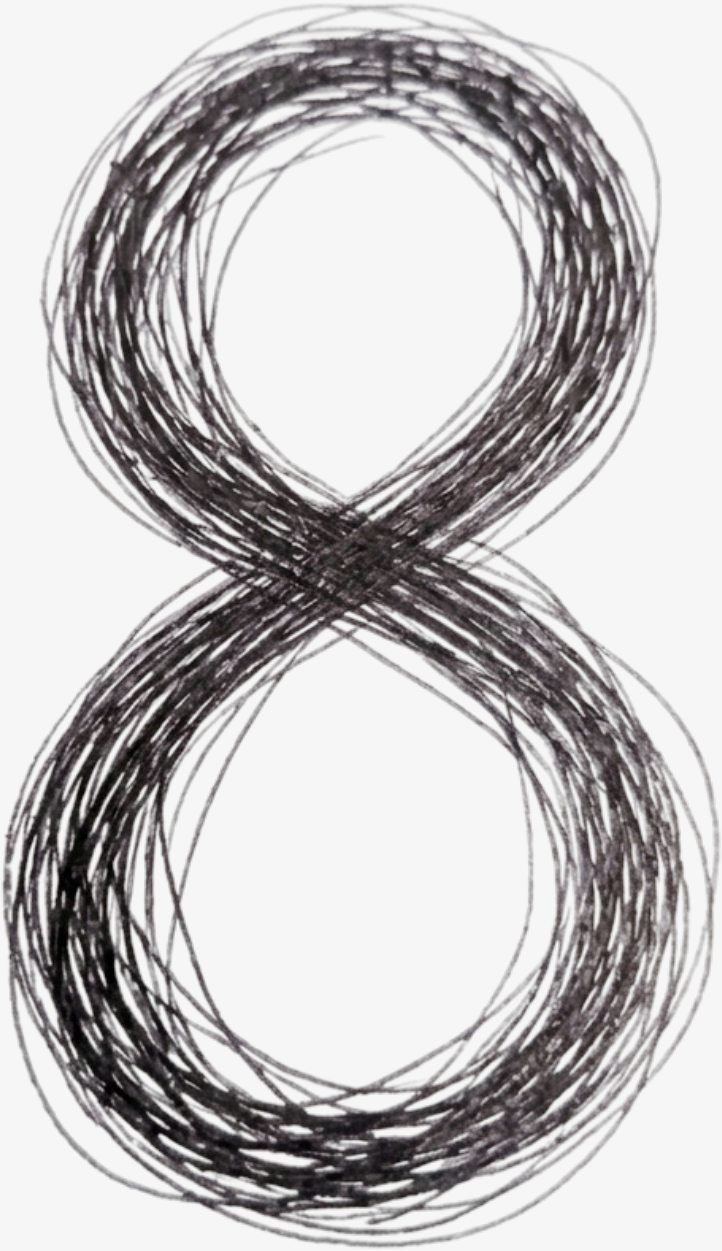
POP 8


create
your
own
reality
POP 8

BELIEVE	KNOW	INTEND
ATTRACT		VISUALISE
I AM	FOCUS	IMAGINE
SELECT	DECIDE	TRUST
ALIGN		ASSUME
BE	CALM	FEEL
EXPECT	NOW	RECEIVE
DIRECT		VIBRATE
ENERGY	CREATE	LUCID
MANIFEST		
CONSCIOUS		SUBCONSCIOUS
STATE	DO	APPRECIATE
ABSOLUTE	CLARITY	IDENTITY
CERTAINTY	CONFIDENCE	FINISH



POP8

POP 8 System Manual

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This manual is an active operating system.
Manufactured in the United Kingdom.

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"I am **not** what happened to me, I am what I **choose** to **become**."

Carl Jung

LOG IN

The Operating System of Reality

What if life is a big system we need to operate, one that requires regular updates, clean ups, and the removal of apps, folders, and files that no longer serve us and only slow us down? The same can be said for our lives: letting go of outdated ideas and beliefs, and changing behaviours that no longer reflect who we know ourselves to be. We can upgrade our lives to match our dreams, passions, and desires. Think of past experiences as data you can use to move forward, or, if all is well, as confirmation to keep doing what you're doing. We are not here to live like stones; we are here to discover that we can **change** our operating system and shine.

I recently ran a system scan to clean up my laptop because it had been running slowly. It felt like it was taking forever, the percentage display crept up so slowly, but I didn't shut it down or give up, because I knew it needed time to complete the scan. Life is similar: when we transform old habits and develop new patterns, it takes time for change to show up in **our reality.** We shouldn't give up or dismiss our progress just because it seems to be taking forever; keep going until, one day, it's simply finished and done. Many people start something and quit because they don't feel it's working. Don't give up too soon, give it a chance, because it could lead to the outcome you're looking for.

