COSMIC HEADSET

USER MANUAL



QUICK START GUIDE

FREE PREVIEW · HOW TO SWITCH DREAMS

REALM TECH SUPPORT

REALM TECH SUPPORT

BEFORE YOU BEGIN

This is not a book about fixing your life.
It is a book about noticing the headset
that has been playing your life.

01 A two-minute check to see if your headset is glitching

02 The two dreams that run on the same planet

03 Why the nightmare grows — and how to stop feeding it

04 Three one-minute tests you can run today

05 How to make the happy dream your number-one job

MODEL · HUMAN · NO MANUAL INCLUDED

SECTION 01 · FIRST CALL

Welcome to Tech Support

Hi there. Thanks for calling Realm Tech Support.

We know why you're here. Something about your life feels a little off. Maybe a lot off. You can't always say what it is. But you can feel it.

Here is the good news. Nothing is wrong with you. The problem is with your headset.

> *You are wearing a headset right now. It's the one that shows you this whole world. It came with no user manual. That's why so many people have trouble with theirs.*

This is a quick start guide. It won't fix everything. But it will show you what's going on, and what's possible.

Let's begin.

GET THE FULL USER MANUAL

SECTION 01 · DIAGNOSTICS

Quick Check: Is Your Headset Glitching?

Check any that sound like you.

- [ ] My mind plays the same worries over and over.
- [ ] I feel rushed, even on my days off.
- [ ] Small things can ruin my whole day.
- [ ] I keep waiting for life to finally get good.
- [ ] I feel tired, even after I sleep.
- [ ] The news makes me scared or angry.
- [ ] I fight with the same people about the same things.
- [ ] I'm hard on myself. Really hard.

Did you check even one box? Then you're in the right place.

Most people check five or more. That's not a you problem. That's a headset problem.

GET THE FULL USER MANUAL

SECTION 02 · OPERATING MODES

Two Dreams, One Planet

Here is something most people never find out. Every headset can play two very different dreams.

THE NIGHTMARE

Life feels hard, scary, and heavy. You are always fighting something.

THE HAPPY DREAM

Life feels light, safe, and fun. Things tend to work out.

Here's the strange part. Both dreams play on the same planet. Same streets. Same weather. Same kinds of jobs, bills, and families. The world outside doesn't change. What changes is how your headset plays it.

Two people can live on the same street and live in two different dreams. You may know someone like this. They have hard days too. But somehow, hard things don't knock them down the same way.

They aren't just lucky. Their headset is set up in a different way. And yours can be too.

SECTION 02 · SIDE BY SIDE

Same Planet. Different Playback.

IN THE NIGHTMARE	IN THE HAPPY DREAM
You wake up worried.	You wake up calm.
Problems stick around for weeks.	Problems pass through fast.
People seem out to get you.	People seem kinder.
There's never enough.	There's plenty, and more on the way.
Bad news feels like the whole story.	You see the good that's there too.
You push hard and get nowhere.	Things flow with less effort.
You feel alone.	You feel looked after.
Mistakes feel like the end.	Mistakes feel like lessons.



SECTION 02 · PLAYBACK

You are already wearing it.

The world outside doesn't change. What changes is how your headset plays it.

SECTION 03 · CURRENT DEFAULT

The Nightmare: Where Most People Live

Let's be honest about the dream most people are stuck in. It looks like this:

- **WORRY ON REPEAT.**
  The same fears play again and again, like a song stuck in your head.
- **ALWAYS IN A RUSH.**
  Too much to do. Never enough time.
- **NEVER ENOUGH.**
  Not enough money, love, rest, or time. Always chasing the next thing.
- **SCARY SCREENS.**
  News and feeds full of fights, wars, and bad things happening.
- **OLD HURTS THAT WON'T HEAL.**
  Things from years ago still sting today.
- **FEELING SMALL.**
  Like you're one tiny person in a big, cold world.
- **BEING YOUR OWN BULLY.**
  A voice inside that says you're not good enough.

SECTION 03 · HOW IT LOOPS

The Nightmare Grows

This is the tricky part. The nightmare doesn't just sit there. It grows. Here's how:

1. One worry leads to another worry.
2. Worry makes you tense and grumpy.
3. Being grumpy starts fights.
4. Fights give you more to worry about.
5. And around it goes.

It spreads from person to person, too. Scared people make choices that scare other people. Angry people make other people angry. That's how a whole world can end up in a bad dream at the same time.

It's not your fault. Nobody taught you how the headset works. But once you see how the nightmare grows, you can stop feeding it.

SECTION 04 · THE OTHER MODE

The Happy Dream: Right Here, Right Now

Now for the other dream. Some people are already living it, right here on this same planet.

They still have jobs. They still pay bills. They still get sick sometimes, and they still get stuck in traffic. But their days feel very different.

A Day in the Happy Dream

- You wake up feeling mostly okay, for no big reason.
- A problem shows up. You deal with it. Then it's over.
- You laugh more, even at yourself.
- The right person calls at the right time.
- You notice good things all day long.
- People are easier to be around.
- You feel like life is on your side.
- You sleep better.

The happy dream isn't about having a perfect life. It's about the ride feeling totally different.

SECTION 04 · SAME ROAD

Two People, One Traffic Jam

Picture two people stuck in the same traffic jam.

PERSON ONE

Grips the wheel. Their heart pounds. They yell at the cars. They get to work angry and snap at a friend. Now they have a new problem.

PERSON TWO

Turns up the music. They take a slow breath. They get to work a little late, but calm. The day goes fine.

Same road. Same traffic. Two different dreams.

The happy dream isn't about having a perfect life. It's about the ride feeling totally different.



SECTION 04 · THE OTHER DOOR

Same street. Different dream.

You don't need a new planet. You need a shift in how you see.

SECTION 05 · UNANSWERED

Big Questions Nobody Can Answer

Here's where it gets interesting. There are some big questions about this life that nobody can answer for sure. Not scientists. Not teachers. Not anyone.

Read these slowly:

01 *Where were you before you were born?*

02 *Why can't you remember being born?*

03 *Why can't you remember learning to walk or talk?*

04 *Where does your next thought come from? (Try to catch it before it shows up. You can't!)*

05 *At night, who makes the people in your dreams?*

06 *Why do people remember things wrong, but feel so sure they're right?*

07 *What is the "you" looking out of your eyes right now?*

08 *What happens after this life ends?*

Most people push these questions away. They seem too big. Too weird. Too hard.

SECTION 05 · WHY IT HURTS

Why These Questions Matter

These questions have a lot to do with why people hurt.

When we can't answer them, we fill in the blanks with guesses. And many of our guesses are scary ones:

> *I'm just one small person, alone in a big, cold world.*

> *Something bad is coming.*

> *My past was awful, and that's just who I am.*

> *When this life ends, it's all over.*

We believe these guesses so much that they feel like facts. Then we live inside them. That's a big part of how the nightmare gets built.

What if the scary guesses are wrong? What if the real answers are much kinder than we think?

SECTION 06 · HIDDEN IN PLAIN SIGHT

Clues Hidden in Plain Sight

We can't answer those big questions for sure. But we can look for clues. And the clues are pretty amazing.

01 **YOU WERE KEPT SAFE WHEN YOU ARRIVED.**

Being born is very hard on a baby's body. But you don't remember any of it. Not one second. It's like something kept you safe on the way in.

02 **YOU BUILD WHOLE WORLDS EVERY NIGHT.**

In your dreams, you make the streets, the sky, and every person you meet. You do it without even trying. That's a huge power, and most people never think about it.

03 **YOUR MEMORY ISN'T A VIDEO CAMERA.**

Memory changes things without telling you. So some of the sad stories you tell about your past might not be the whole truth.

04 **THOUGHTS POP UP ON THEIR OWN.**

You don't pick your next thought. It just shows up. So pushing harder isn't always the answer. There may be a better way to steer.

05 **WAKING UP FROM A NIGHTMARE FEELS AMAZING.**

Remember the relief of waking from a bad dream? “Phew! It wasn't real. I'm okay.” Part of you was okay the whole time.

SECTION 06 · THE PICTURE

Put the Clues Together

A new picture starts to show:

1. You may be much bigger than you think.
2. You may be much safer than you feel.
3. Your life may be much easier to change than you were told.

Each clue opens a door. The full user manual walks you through every one.

GET THE FULL USER MANUAL



SECTION 06 · THE SHOW

Who is watching?

What is the "you" looking out of your eyes right now?

SECTION 07 · HOW YOU SWITCH

One Small Shift Changes Everything

So how do you switch dreams? You don't need to move. You don't need a new job, a new house, or new people. You need a shift in how you see.

Have you ever had a dream where you suddenly knew, “Wait. I'm dreaming”? When that happens:

- The dream keeps going.
- But the fear goes away.
- You can turn and face the monster.
- Sometimes you can even fly!

Nothing in the dream changed. Only you changed. You started to see it in a new way. That's the kind of shift we mean. And when it happens in real life, problems change in two ways.

01

SOME PROBLEMS FEEL TOTALLY DIFFERENT

A problem can feel like a huge storm that covers everything. Or it can feel like one cloud passing across a giant sky. Same cloud. But now you know you're the sky.

02

SOME PROBLEMS NEVER SHOW UP

Lots of big problems are made by the nightmare itself. When the nightmare fades, these problems fade too.

SECTION 07 · WHAT FADES

Problems the Nightmare Makes

When the nightmare fades, these problems fade too:

1. Fights started by worry or a bad mood.
2. Money choices made in a panic.
3. Saying things you wish you hadn't said.
4. Stress that wears down your body and your sleep.
5. Staying stuck because you're too scared to try.

You can't stop every problem. But you can skip a lot of the ones the nightmare makes.

SECTION 08 · BETTER THAN OKAY

Better Than You Expect

Most people expect life to be “okay, I guess.” A little good. A little bad. Mostly tired.

But life can get much better than that. Better than most people even think to hope for.

What Can Open Up

- Calm that stays with you, even on busy days.
- Good things that seem to find you.
- Answers that show up right when you need them.
- A body that feels lighter and less tight.
- People who feel safe and kind to be around.
- Fun that doesn't cost a thing.
- A quiet feeling that you're being looked after.
- A deep feeling of home that's hard to put into words.

The best part? Good things grow too. Every happy moment makes the next one easier.

SECTION 08 · SUNRISE, NOT SWITCH

How the Change Happens

It doesn't happen all at once. It's more like a sunrise than a light switch.

01 LATER

At first, you notice you were stuck in the nightmare, but only later.

02 DURING

Then you start to notice while it's happening.

03 BEFORE

Then you catch it before it starts.

04 NORMAL

One day, the happy dream is just normal for you.

Signs Your Headset Is Starting to Work

- Bad moods leave faster.
- You laugh more.
- Old worries start to feel boring.
- Little good surprises pop up more often.
- You need to win arguments less.

SECTION 09 · RUN THESE TODAY

Quick Tests You Can Run Today

Want a small taste right now? Try these three quick tests. Each one takes about a minute.

TEST 01

THE RELIEF TEST

1. Think of the worst bad dream you ever had.
2. Now remember waking up from it.
3. Feel that “phew, I'm okay” feeling.
4. Ask yourself, “What if part of me is always okay?”

TEST 02

THE QUESTION TEST

1. Ask yourself a big question, like “What was I before I was born?”
2. Don't answer it. Just ask it, slowly.
3. Let it go and move on with your day.
4. Watch for what pops up later: a thought, a feeling, or even a dream.

TEST 03

THE GOOD STUFF TEST

1. Look around you.
2. Name three good things that are already here. Be exact, like “this warm cup” or “that text from my friend.”
3. Notice how you feel after.

SECTION 09 · AFTER THE TESTS

These Are Tiny Tastes

Your mind keeps working on questions in the background. It's the same thing that gets a song stuck in your head.

These three tests are not the whole meal. They are a way to feel the headset move, even a little.

These are tiny tastes. The full user manual has the whole meal.

If even one of them makes you feel a little lighter, that's your headset saying, “Let's keep going.”

GET THE FULL USER MANUAL

SECTION 10 · DO THIS FIRST

Make This Your #1 Job, Right Now

We saved the most important part for last.

Finding your way to the happy dream should be the top thing on your list. Not someday. Right now. Here's why:

THE NIGHTMARE KEEPS GROWING.
Every day it runs, it gets a little stronger.

THE HAPPY DREAM GROWS TOO.
The sooner you start, the more good things build up.

EVERYTHING ELSE GETS EASIER.
Work, money, love, and health all go better when your headset works.

YOU SKIP A LOT OF BIG PROBLEMS.
Many of the worst problems come from the nightmare. Leave it, and you leave them behind.

YOU GET TO ENJOY YOUR LIFE.
Not one day. Now.

YOU HELP OTHERS TOO.
One calm person makes a whole room calmer. Your happy dream spreads.

SECTION 10 · DON'T WAIT

Fix the Thing That Plays Your Whole Life

Think of it like this. If the warning light came on in your car, you wouldn't wait years to fix it. Your headset plays your whole life. It's worth fixing first.

Ready for the Full User Manual?

Realm Tech Support is the complete manual for your headset. It takes you, step by step, from the nightmare into the happy dream.

- It's easy to follow, like a real user manual.
- It gives you tools for the hard moments.
- It shows you how to tell it's working.
- It goes as deep as you want to go.

GET THE FULL USER MANUAL

P.S. You don't have to believe any of this yet. Just try the three quick tests. If even one of them makes you feel a little lighter, that's your headset saying, "Let's keep going."

FINE PRINT

A Note From Tech Support

This guide is for learning and fun. It shares one way of looking at life for you to try out. It is not medical, mental health, money, or legal advice, and it does not promise any certain results.

If you are going through a hard time, please talk to a doctor, a counselor, or someone you trust. In an emergency, call your local emergency number.

DOCUMENT
Cosmic Headset · Quick Start Guide
Realm Tech Support
Free preview edition

REALM TECH SUPPORT

NOTHING IS WRONG WITH YOU.

THE PROBLEM IS THE HEADSET.

Same planet. Different dream.