



The Universal Recode Protocol

*3-Day Boot Sequence
for Identity Shifting*

*Lori Arzaga
Founder, SoulOS™*

System Operating Manual

WARNING: This is not a journal. This is a manual override for your internal Operating System. It's a specific, 3-day loop designed to crash your old system and reboot it fresh.

Over the next 3 days, you are about to execute a daily sequence designed to:

1. DIAGNOSE the glitches in your current reality.
2. UNINSTALL the limiting beliefs slowing down your processor.
3. RECODE your identity with a new prime directive.

Start Date:

Operator Name:

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The Protocol (Instructions)

Most people try to change their reality by changing their actions. That is inefficient. To change the output, you must change the code.

Objective: Upload the new avatar.

THE LOOP SEQUENCE:

1. THE DIAGNOSTIC SCAN
2. THE SYSTEM UNINSTALL
3. THE FRESH INSTALL



The Daily Log

SECTION 1: SYSTEM DIAGNOSTICS & UPLINK

BASE KERNEL (Source Code):

*"Do not conform to the pattern of this world
but be transformed by the renewing of your mind." - Romans 12:2*

SYSTEM STATUS REPORT (Check-In):

- Current Resistance Level [enter a number from 0 (low) -10 (high)]: _____
- Current Mood (Circle the one that fits): 😞 😟 😊 😄 😁 _____ (draw your own)

FREQUENCY CALIBRATION (Gratitude):

- Input 3 successful data points from the last 24 hours:
 - [_____]
 - [_____]
 - [_____]

CONNECTION REQUEST (Prayer):

- [_____]

SECTION 2: THE RECODE (INSTALLATION)

IDENTITY OVERWRITE SCRIPT:

- *Do not write what you want. Write who you ARE.*
- I AM: [_____]
- I AM: [_____]
- I AM: [_____]

SECTION 3: EXECUTION & LOGS

DEFRAG SESSION: [] Complete (3 Mins Silence)

DAILY PRIME DIRECTIVE (Intention):

- Today, I will execute: [_____]

INCOMING DATA PACKETS (Intuition):

- [_____]

SECTION 4: CACHE DUMP (THE UNINSTALL)

RAW DATA DUMP:

- *Release system errors here. Hold nothing back.*
- [_____]
- [_____]
- [_____]

DEVELOPER NOTE:

*"You are not broken. You are just coded. And code can always be rewritten."
- Lori Arzaga*

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Boot Sequence Complete.



You have successfully run the 3-Day Protocol.
Your system is now primed for a full upgrade.

**The SoulOS™ Lunar Edition
is the full operating system designed to maintain
this new frequency every single month.**

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