

THE REALITY MIRROR CHECKLIST

/Decoding the "Backpack Incident"/
How I paid a \$15 "Tuition Fee" to learn that
Scarcity was running my show—and how you can
decode your own reality.

THE CASE STUDY: The Returned Package

I just learned something. It was about the backpack. I wasn't exactly 100% that I wanted to let it go. When it was already on the way, well, I felt okay about it, but there was a **"little bit of a splinter in my heart,"** if you will.

The bag was in perfect condition. It was worth much more than what I sent it for. And I was like, "Huh, I'm not that happy about this."

And guess what?

The package got damaged, so it couldn't be delivered. The delivery company fixed up the box, and the bag is coming back to me.

I made this happen.

I didn't let it go fully. I found the receipt, and it was worth more than double; two and a half times of what this girl wanted to pay for it. But she didn't pay a penny because she wanted to pay when the package arrives to her. And I had to pay for the delivery in advance, which nobody will give back to me.

But what I learned here is: **I made a choice.**

I wanted to be nice. And I shouldn't have let go of the backpack. And now it's coming back home. It was reflected back from the reality that obviously this is something that belongs here. I didn't let it go. And it's coming right back.

All I did, is take a \$15 financial loss, because I couldn't be more clear within myself about whether I wanted to go ahead with the sell or no.

It was coming from a **fear mentality**. It's not only that I wanted to be nice... It just felt "off," like I shouldn't be doing this. And yet I went ahead.

I sent the backpack out of fear, because I wanted to sell it. I thought, "It's fine if nobody buys it," but I wanted to make money and space in the wardrobe. And it was out of fear, because what I initially must have believed—and I know it's true—was that **I was afraid that there would not be another buyer anytime soon.**

So I just gave it to this girl. That's what's up. I was afraid that there wouldn't be another chance for anybody to buy this backpack.

And that's why this whole ordeal happened. Reality reflects back that this is what I need to still work on: that I don't believe that I'm taking care of. I don't believe that everything is fully and completely, and most abundantly working out for me.

I still have a lot of beliefs like, *"This is not gonna work out for me,"* or *"There will not be another chance."*

These are all limits to my dream life not coming in. None of this should exist.

THE DECODE: How Reality Works

I didn't just lose \$15 on a shipping fee. I paid \$15 to see my own Operating System clearly.

Here is the **Frequency Architecture** of what happened. You can use this same structure to analyze the "bad luck" in your own life.

PHASE 1: THE SIGNAL (The "Splinter")

- **The External Event:** I received an offer for the backpack.
- **The Internal Feeling:** I felt a "splinter in my heart." It felt off.
- **The Override:** I ignored the feeling because of Logic ("I should be nice," "I want the space") and Fear ("What if no one else buys it?").
- **The Law:** Hesitation is a complete sentence. If the energy isn't 100% "Go," the reality will reflect a "Stop."

PHASE 2: THE REFLECTION (The Mirror)

- **The Event:** The package was damaged and returned.
- **The Meaning:** Physical reality is just a mirror. Because I hadn't energetically released the bag (I was holding on), reality literally could not take it away from me. The "damaged box" wasn't an accident; it was a physical printout of my resistance.

PHASE 3: THE ROOT CODE (The Belief)

- **The Surface Reason:** "I'm just being kind."
- **The Actual Belief:** SCARCITY.
- **The Truth:** I was afraid there would not be another opportunity. I didn't trust my own abundance.

YOUR TURN: The Reality Audit

Do you have a "Returned Package" in your life right now? (A deal that fell through, a date that canceled, a project that got stuck?)

Use this checklist to find the belief that caused it.

1. THE EVENT

What went "wrong" in your physical reality?

2. THE SIGNAL (Rewind the tape)

Before you took action, did you feel a "Splinter"? Did you feel 100% clear, or was there a hesitation you ignored?

3. THE OVERRIDE

What logical excuse did you use to ignore that feeling? (e.g., "I should be nice," "I need the money," "I don't want to be rude.")

4. THE ROOT BELIEF

If you were brutally honest, what were you AFRAID would happen if you didn't force it? (This is your limiting belief).

THE NEW RULE:

If it is not a "Hell Yes," it is a "No."

Stop paying the shipping fee for things that aren't meant for you.