

# Chapter 1

## The Universe Is Alive

**W**hat if the universe isn't random or inert—but intelligent, like a living organism? It breathes, it flows, and it evolves. Its structure stretches out like a living network—galaxies connected like neurons in a vast brain, or roots tangled deep beneath the forest floor. Have you ever wondered if you're not apart from it all, but woven into it, expressing its rhythm in your own way?

*"You are not in the universe. You are the universe, expressing itself as a human for a little while."*

— Eckhart Tolle

Most of us grew up seeing the universe as an endless expanse of stars, planets, and galaxies drifting without purpose. Science tells us it all began with a Big Bang, and gravity, matter, and chance have driven everything since. But what if that's only part of the story? What if the universe is alive? What if the same intelligence that shapes a tree from a seed or a heart from a single cell is woven through the fabric of the cosmos—and through you?

*I once knew a family where silence ran deeper than words. Something had happened, long ago—something never named out loud. But you could feel it in the way people avoided eye contact at gatherings, the tension when certain names came up. This is how a field holds memory. Not just through facts, but through feeling. Sometimes, what a system won't say is just as loud as what it does. In that family, something unspoken hovered in the room like static—an invisible signal that shaped how each member related, coped, disconnected.*

*We'll return to this family later. Their silence—and its ripple—holds something important about how trauma lives in time. As Dr. Gabor Maté writes, trauma is not what happens to you—it's what happens inside you as a result of what happens to you. It's the disconnection, the internal split, the unresolved echo that stays long after the event. That echo doesn't fade on its own. It needs to be met, named, and felt.*

The same is true of the universe. It, too, has a memory—a field. It holds rhythm, emotion, intelligence—not always in words or matter, but in frequency. In pattern. In vibration. What we call "healing" is often just listening to that field again. Noticing where the music stopped. And returning to the song.

Look closely, and you'll see patterns everywhere: the Cosmic Web of galaxies, branching trees, rivers winding like veins through land, lightning cracks, spiraling shells, lungs spreading their branches. These repeating shapes, called fractals, remind us there is a blueprint weaving life and space alike. And you are part of this pattern.

Every atom in your body—bones, skin, breath—was formed in the heart of ancient stars. Billions of years ago, exploding supernovas scattered the elements that would one day become Earth and all life. As Carl Sagan said, "We are made of star stuff."

So we're not just living on Earth. We *are* Earth, made of the same cosmic material, shaped by the same forces. Have you ever stopped to wonder what it means to carry the rhythm of the universe within you? What might shift if you began to tune into that rhythm, instead of resisting it?

What does this have to do with healing? Maybe everything. If the universe is energy, intelligence, and rhythm—not just matter—then healing isn't mechanical, but musical. What if your body is an instrument waiting to be re-tuned? What if illness is a sign you've fallen out of harmony? What if true healing means finding your way back to the deeper patterns of the cosmos?

At the most fundamental level, your body and the universe speak the same language: frequency. Once we open to this, healing takes on a new meaning—a melody to rediscover.

You are always connected. The cosmic web that links galaxies? A similar kind of web exists inside and around you—sometimes called the biofield or energy body. Quantum physics tells us everything is energy, carrying information, vibrating at different frequencies. Even what feels solid—your hand, a rock, a tree—is really a dance of tiny, vibrating particles.

Ancient healing traditions, like Chinese medicine and Ayurveda, knew this deeply, even without microscopes or satellites. They understood that the body thrives when it's in rhythm—with itself, the Earth, and the cosmos.

Let's begin this journey with a simple shift in perspective: you as a living song, waiting to return to harmony. Before we move on, try this: sit quietly for a moment and notice your breath. Feel the rhythm of your body—your own living song—moving with the universe.

In the chapters ahead, we'll explore time not as a line, but as a woven field of possibilities. You'll see healing is more than physical—it's emotional, energetic, even temporal, meaning it touches the layers of time: past wounds, present patterns, and future possibilities waiting to unfold. Most of all, you'll see the universe isn't "out there." It's here, breathing with you, beating with your heart, waiting for you to listen. If some of this feels strange or overwhelming, that's okay. This is an invitation—not a test. Let's explore together.

## Chapter 2

# Time Is Layered, Not Linear

**S**ometimes, time just doesn't feel real. You're doing the dishes, but part of you is still back at a voice from childhood. Or last week's panic. That sense of being "stuck" is more than a metaphor—it's your nervous system trying to protect you.

When the system shuts down because it's overwhelmed, you can't move forward and you can't go back. Time feels distorted, like you're trapped in a moment that won't let go. Healing from this place begins by stopping "pushing through" and by gently noticing: where is the past still alive in me? What parts of me haven't caught up to the now?

Some stories don't fit neatly into one chapter. They stretch across timelines, like echoes we keep circling back to. Earlier, I shared about a family bound by an unspoken trauma. Let's return to them now—not to fix the past, but to feel how layered time really is.



## YOU CARRY MORE THAN YOUR OWN STORY

*Remember the family I spoke of in Chapter 1—caught in the echo of an unspoken wound? That's my family. Our story may feel familiar. Maybe not in the exact events, but in the pattern: an old trauma had frozen part of the timeline, a rupture that never fully healed, and the silence that grew louder than love.*

*One of the daughters, my cousin, had been harmed by her father—and the wound echoed, not just through her life, but through her siblings, her mother, the broader family's whole field. Some stayed in touch with the mother, who defended her husband, whether from denial, fear, or a need to preserve the structure. Others tried for years to support the daughter, but she remained bitter, angry, and alone—not because she didn't want healing, but because she never felt seen. Not truly. The silence was still louder than the love.*

*When pain doesn't get met, it doesn't just stay in the past. It calcifies. It loops. It shapes perception. My cousin lived decades later as if the betrayal had just happened—because, in her body, it had. Her timeline never updated. She was still waiting for someone to name what was real.*

*Perhaps someone still will. If I meet her again, I won't come with advice. Just coherence. Just presence. The possibility of a new signal. Not to undo what happened, but to offer what her system never got: a place to be felt, fully, without shame or defense. That's where healing begins.*

As Dr. Gabor Maté explains, trauma isn't what happens to us—it's what happens inside us when we're left alone with our pain. This family's story is one thread in a much larger pattern. The nervous system doesn't care about dates on a calendar. It remembers how it felt to not be believed, not be held, not be met—and to be mocked for what it needed most.

You are shaped by more than your own life. You carry echoes—ancestral, cultural, familial. We could call this **the field**: the living atmosphere of your being. It remembers. So when you're overwhelmed "for no reason," or reactive in ways you don't understand, it might not be just "your stuff." It might be an imprint. An old signal asking to be met.

We're told time is like an arrow—straight, single-direction, constant. But your body knows something else. Living systems spiral. They echo. They loop and store and replay. So does healing. You are not only who you are today. You're made of all the moments you've lived, all the feelings you've felt, all the stories you carry—personal, ancestral, imagined. The past and the future both live in you. And healing? It doesn't unfold in tidy, chronological steps. It moves across layers, across timelines, across dimensions.

*I remember a trip I took in 2010 with one of my many cousins. She's one of those quietly remarkable people—adventurous, funny, and deeply kind. Her life motto is basically "live and let live" (with a healthy side of wine and good snacks). She never interferes. Never judges. But she sees everything. At that point in my life, I was living alone, deep into a Siddha yoga tradition, and let's just say... I traveled with props.*

*My suitcase may or may not have contained a small puja setup, a mala, a miniature Ganesh statue and some incense. I set it all up on the bedside table like a mobile temple. We were sharing a hotel room. On her side: a book, a toothbrush, maybe a bottle of dry shampoo. On mine: Ganesh watching us sleep. And she never said a word. No eye-roll, no passive-aggressive comment like "So... are we sleeping in an ashram now?" Just quiet tolerance, as if to say, "You do you, even if your side of the bed looks like a spiritual flea market." That was the last trip we did just the two of us. Not because of the altar—I think. But looking back, I'm both amused and touched by it. I needed those rituals then. They gave me a sense of belonging to something larger. They weren't decoration—they were anchoring. But also? I was a little intense.*

*And now? I don't travel with a mobile temple anymore. Ganesh retired from the road. My rituals have shifted. My beliefs, too. But that moment stays with me—not because I was "right" or "wrong"—but because it shows how we live inside stories we're writing in real-time. That's the thing about time as a field: you don't have to drag your past behind you like spiritual luggage. You can appreciate it, thank it, and evolve. The symbols may change, but they served. People like my cousin? They're the real masters of chill. Not the ones in robes on mountaintops, but the quiet legends who share a hotel room with your Ganesh statue and don't blink twice.*

*So if you're feeling the tug to shift—to let go of a role, a story, a self-image—don't worry about whether it "makes sense." Trust the version of you that's quietly arriving. You're allowed to outgrow who you were—even if she had a shrine in her suitcase.*

## TIME AS A FIELD

What if time isn't a line at all, but a field? Try this image: A wide, alive landscape you're always moving through—and shaping as you move. Like memory pressed into earth. Like songs echoing through canyons.

Science hints at this: in quantum physics, time is fluid. Entangled particles can communicate instantaneously, defying distance and sequence. Neuroscience adds that perception is co-created by memory, emotion, and expectation—not just data from the now. Trauma research shows us that unprocessed experiences don't stay in the past. They live in the nervous system. This moment may trigger something from twenty years ago. That old story may animate today's choices. So healing requires mapping the field, not just the timeline.

## CONSCIOUSNESS HAS A STRUCTURE

This might sound abstract, but stay with me—it's actually incredibly practical.

You can think of your inner world as having three core layers:

- **The Consciousness Network**—the intelligent, living field connecting all things
- **Your Root Node**—your soul's original interface with this field
- **Your Consciousness Operating System (OS)**—the personal architecture running your awareness

If that sounds like a lot, think of it this way: Your OS is the subtle software quietly shaping how you respond, feel, and interpret reality. Your Root Node is where your unique signal first connected to this world—like your energetic IP address. And the Network is the web you're part of—whether you're aware of it or not.

Your system is always processing. The big question is: are you tuning to it... or overriding it?

# THE CONSCIOUSNESS NETWORK: A LIVING WEB

Try to think of the Consciousness Network like the mycelium of the universe—an invisible, intelligent web that connects all life. It's like the digital cloud, but instead of data, it holds frequency. You don't have to log in. You're already connected, just like everyone and anything else.

Muscle testing, meditations, intuitive sensing, collective intention gatherings—these are ways we tune to the field. And when you tune in, you're not "sending" energy out like a signal tower. You're tuning in, like a radio dial finding the station that's already playing. That's coherence: when your system joins the frequency of something larger, and suddenly it all starts to make sense. You have stopped pushing. You're only resonating.

## THE ROOT NODE: WHERE YOUR SOUL PLUGGED IN

Let's talk about something that might sound cosmic, but is actually deeply personal: your **Root Node**. You can think of it as the point where your soul first connected to this life. It's like the original thread that linked your consciousness to your body, your timeline, and this human experience.

This root thread still lives in you. It's the place your system remembers—even when your mind forgets. When people talk about "coming home to themselves," they're often sensing this root connection. It's a kind of energetic GPS, guiding you back to what's real. And when you're fragmented or overwhelmed, this thread might feel faint. But it never disappears. And when you reconnect to it, something settles. The noise quiets. The field clears.

### There's a Pattern Beneath the Pattern

You know those moments when something shifts in you—and it's subtle, but real? Maybe you're about to say "yes" to something, out of habit... but your body tenses. And instead, you pause. You exhale. You say, "Let me get back to you."

Tiny moment. But something changed. It's not just that you made a different choice. It's that your whole system remembered something: You don't have to abandon yourself to belong. It's your inner architecture—the part of you that knows how to be true—starting to lead again.

There's more to you than your thoughts and your story. There's a deeper intelligence running through you—like an inner compass, or a rhythm you were born with. Some traditions call it the soul. Others call it awareness, essence, or original self. In this book I refer to it as your **Root Signal**—the unique thread of consciousness that came into this life to experience, learn, love, and grow. That root is still there. Even if you've forgotten. Even if you feel you've been disconnected.

And when you start to feel it again—through breath, through stillness, through movement, through one honest "no" or one brave "yes"—your system begins to reorganize around it. By remembering.

## A Somatic Practice: Remembering the Root Node

Would you like to try something gentle right now?

### **Practice: Root Node Check-In**

- 1. Get settled.** Sit or lie down. I usually have one hand on my heart, one on my belly. Anything that makes you comfortable. Let the breath come.
- 2. Feel gravity.** Let your weight be held. Let the earth catch you.
- 3. Invite remembering.** Imagine a gentle root extending downward from your belly into the ground. Let it find its depth.
- 4. Sense.** Is there a thread? A flicker? A spot in the body? Let it arise. And if nothing comes, that's perfectly fine. Don't make anything up. Simply stay with sensing. Notice also: does anything in you *not* want to root here? That, too, is wisdom—a signal of what you don't need to carry.
- 5. Close gently.** Thank your system. Write what came up—or just carry it with you.

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→ Full version in Appendix B: Practice Sanctuary (Audio 03)



# **YOUR CONSCIOUSNESS OPERATING SYSTEM (OS)**

There's a deeper rhythm inside you. It's part of your design. You could think of it like your inner software—a kind of natural intelligence that shapes how you perceive, respond, and relate. It's running in the background all the time. Even when you're asleep. Even when you're in survival mode. Even when your conscious mind says, "I don't know what to do..." Your system does.

And yet— isn't it funny how hard it is to trust that? Especially in the modern Western World—in the so-called "evolved" world—we're taught to trust everything but the system within. We trust strategy. Plans. Protocols. We trust analysis, logic, performance. We learn how to optimize, how to produce, how to think our way into solutions. But sensing? Tuning in? Letting the body lead? We don't learn that. Most of us grow up with zero training in how to feel safe inside our own skin. No one teaches us that our nervous system is wise. Or that the gut flutter, the chest tightening, the soft inner yes—are all part of a language. So it makes sense that we don't trust it. We are trained away from it.

## **When the Systems Around You Don't Know How to Listen**

And here's the thing: not only are we not trained to listen inwardly—most of the systems around us aren't either. Medical systems. Educational systems. Mental health systems. They're built to track symptoms, fix problems, follow protocols. But they rarely ask: What does this person's system know? What is their body trying to say? We live in a world that doesn't know how to be in relationship with inner wisdom—because it never learned how.



*Let me tell you about a man I know. He's living with stage 4 prostate cancer. Every week, he goes to the hospital for treatment. He's grateful for the medicine that's keeping him alive. The way science has advanced is remarkable. He honors it. He trusts it.*

*And yet, that's not the whole story. Because every week, he also walks into a system that rarely meets him. He's given mental health support he didn't ask for—conversations that feel hollow, often built around assumptions about how someone should feel with a terminal diagnosis. He sits quietly while people project their fears onto him. And while they're trying to help, it often misses the point: He's not asking for anything. He's not in denial. He's just trying to be met as a full human being.*

*Then there are the meds. Powerful drugs—some of which save his life, yes. But others? Misaligned. Poorly timed. Too much, too soon. With a weakened immune system, what might be a small side effect for someone else becomes a months-long recovery for him.*

*All of it takes a toll. Not just on his body. On his nervous system. And still—he stays calm. He stays in his breath. He does the things that help his system feel safe: moments of stillness, good music, a healthy meal, time with someone who sees him clearly. He signals safety to his body, again and again. But it's hard. It's exhausting. Not because he's doing something wrong—but because the system around him isn't attuned. And that's the deeper issue, isn't it?*

*This man's story reminds me: The Consciousness Operating System is the way we adapt. The way we hold our ground when the world is clumsy or unkind. It's the quiet wisdom running underneath the noise—carrying us through moments that feel too big for words.*

So here's the beautiful part: That natural intelligence you didn't learn to trust? It's still there. It's been running in the background this whole time. Quietly waiting for you to come home. And the more you notice it—the more you pause and feel and breathe with it—the more it begins to speak.

Your system is always processing. Always adjusting. Even when the world doesn't meet you. Even when you have to sit through protocols that make no sense. Even when your nervous system is screaming for coherence in a place that only offers control and/or efficiency.

This is where your inner OS becomes more than just software. Not to make it sound technical—but because it functions like inner software. It's the set of patterns, signals, and responses your system runs on, often without you realizing it. It holds everything you've learned—how to cope, how to connect, how to stay safe. And like any operating system, it can be updated. It's trainable. Gently. Over time. Through awareness and new experiences. It becomes your compass. Your buffer. Your quiet strength.

This is how you relate to the field around you... and more importantly inside you.

## CONSCIOUSNESS ARCHITECTURE

Neville Goddard offered a parallel: the "Holy Father" as the infinite source field (what we're calling the Consciousness Network), and "Jesus" as the individualized consciousness (your OS) that brings divine potential into human form. Not separate, but in constant relationship—just as your soul interacts with the field through your inner interface. You're shaping reality. Call it Source, God, or the Universe—this intelligence is not outside you. You're part of it.

This might sound abstract, but it's incredibly practical. Like your nervous system, your OS can be updated. Trained. Restored. You weren't born to live in permanent survival mode—but many of us adapted to it, out of necessity. And sometimes, the system forgets how to come out of that state—even after the threat has passed.

As Dr. Edith Eger, Holocaust survivor and psychologist, says: *We can't choose what happens to us—but we can choose what we do with it.* That's the OS in action—the inner framework that interprets, adapts, and ultimately shapes our lived reality. Dr. Gabor Maté shows how suppressed emotions embed into our biology—and how healing starts by giving space to what was silenced. Dr. Bruce Lipton's work confirms: our biology responds directly to how we perceive. Shift the signal, and the system recalibrates.

*Let me tell you about a woman, we will call her Marit. Marit was a scientist. She was sharp. Fierce. Intellectually exact. A scientist by training, she prided herself on rational thought and evidence-based everything. She was deeply political, deeply passionate about justice—and deeply disillusioned with the world.*

*She didn't believe in God. "I'm not into fairy tales," she'd say. "The universe is chaos. We survive, we fight, and that's that."*

*She was also often angry—at systems, at people, at how cruel and unfair life could be. Her body held this tightly: a jaw that never softened, sleep that never came easily, and a stomach that clenched at the smallest provocation.*

*What drove her, though, wasn't hate. It was heartbreak. She carried betrayals she never spoke of. Unspoken grief. A deep sense of being misunderstood.*

*One day, in her late 40s, she signed up—almost skeptically—for a bodywork session. "Just curiosity," she said. "No healing miracles, please." But something happened.*

*The practitioner didn't talk much. No fixing. No spiritual language. Just presence. At one point, they placed a hand gently on her upper back and said, "You don't have to hold it all."*

*Marit burst into tears. Not the tidy kind. The guttural, shaking kind that rises from somewhere ancient. For the first time in years, she didn't analyze the moment. She didn't push it away. She just let herself feel. That was her turning point. Not a religious awakening. Not a rejection of science. But an opening to something she had long denied herself: inner space for softness. For not knowing. Space to feel the impact of living in survival mode for so long. And to realize that maybe—just maybe—there was something inside her wiser than her thoughts.*

*She began paying attention to the tiny cues: how her chest tightened when she said "yes" to things she didn't want. How her body softened around certain people. She started walking without earbuds. Sitting in silence for a few minutes each day. Not to "meditate," but to listen. Eventually, she*

*admitted: "I still don't believe in some man in the sky. But I do believe... there's something organizing us. Something that lives in me. And I've ignored it my whole life."*

*What changed? Her relationship to herself. Not her values or her politics. Her inner operating system—what we call the Consciousness OS—began to update. Not because she forced it. But because she stopped overriding it. Her nervous system began to settle. Her choices became less reactive, more intentional. She still fought for justice—but now with less rage, and more clarity. That's healing. It's not always dramatic. It often begins in moments that seem small but it reorganizes everything.*

## **YOU DON'T HAVE TO FIX EVERYTHING TO CHANGE YOUR REALITY**

You don't have to fix your whole life. You just have to tune to something truer. I know, that can sound a little abstract. Especially if you're in a situation that feels too big, too stuck, too complicated to move. Maybe you're in a job that drains you, but you can't leave just yet. Or in a relationship that's layered with history, love, and confusion.

Or maybe you're holding up the whole household, the whole system—caring for others so much there's barely a moment to breathe, let alone rebuild anything. This is for you. Because transformation doesn't always come from flipping the table. It often begins with a smaller shift—like changing how you're sitting at it.

*The story of Elise illustrates this. Elise was a single mom of two, holding down a job she'd long outgrown, caring for an aging parent, and running on empty. There was no time for yoga retreats or year-long healing plans. Her life felt like triage: just keep everyone alive. She didn't come to me to "change her life." She came because she was tired to the bone and didn't know where else to turn. We didn't set big goals. We didn't chase transformation. We helped her body take a breath.*

*In that stillness, she said something she hadn't dared admit to herself: "I miss beauty. I miss music. I don't know who I am anymore." That was the moment. Just one honest truth, spoken out loud.*

*She didn't quit her job the next day. She didn't find more hours in the day. But she started listening to music while she cooked. She lit a candle before bed. She stood barefoot on the balcony each morning, even just for 30 seconds. Tiny things. But her system began to shift. Her nervous system softened. She had more patience. She started saying no where she used to say yes out of guilt. Her field changed. And slowly—her life followed.*

Now, let me bridge that to something I see all the time. I meet a lot of strong minds in my work. Smart, capable people who've survived by staying sharp, staying fast, staying in control. They've built lives on performance and responsibility. And somewhere along the way, they picked up the belief: "I don't have time for small things. I need real solutions."

I understand. Lighting a candle doesn't erase a diagnosis. Standing barefoot won't pay the bills. Music won't rewrite trauma. But here's what we forget: Your nervous system doesn't care how smart you are. It doesn't speak spreadsheets or logic. It speaks rhythm. Signal. Safety.

So when I suggest something simple—a song, a breath, a quiet moment—it's not because I think that's all you need. It's because that's where the doorway is. If your whole system is running on noise, pressure, and urgency, then no matter how good the plan is—it won't land because there's no inner space to hold it. And I'll be honest: That moment when someone says, "I don't have time for that"? That's often the exact moment they need it most. Because what if your overthinking is

actually a stress response? What if your need to get it right is actually survival mode talking? What if doing nothing for 30 seconds feels intolerable... because your system has forgotten how to feel safe? That's wisdom trying to break through the armor.

So you are right, you don't need a new morning routine. You need a new relationship with yourself. One breath of honesty. One moment where you stop performing strength—and let yourself feel your actual capacity. That's where the shift begins because you stopped overriding the truth of your own system. And from there?

## **AN INVITATION TO PAUSE**

Take a moment to be with what's here, gently and without pressure. Healing begins not with doing, but with listening.

What if you allowed yourself to believe—even for a moment—that you're not broken?

What might your body be trying to show you, beneath the noise?

Can you trust that healing unfolds in rhythm, not on a timeline—and that you're not behind?

And if urgency isn't required right now... What part of you might soften, even slightly, in this moment?

Let this be enough. Listening is the beginning. You are already in the process.

## A Somatic Practice: Listening Breath

**Length:** 2–3 minutes

**Setting:** Sitting or lying down; eyes open or closed

**Purpose:** To gently attune to your body's signal and shift from urgency to presence.

Let your body settle.

Notice where you are—the feeling of ground beneath you, the air around you.

Take a slow, in-breath through your nose... and gently sigh it out through your mouth.

Again—a breath in... and a soft release out.

Let your breathing return to its own natural rhythm.

Now, bring awareness to your body.

Without needing to name or change anything...

Simply ask inwardly: *"What's present in me right now?"*

Let your attention move gently—like a hand resting on water.

If a sensation, emotion, or image arises, just notice it.

You don't need to do anything with it.

Let it be a signal.

And if you notice something that feels heavy or no longer yours to hold—let the exhale carry it away.

When you're ready, take one final slow breath.

Feel the exhale as an invitation to soften—even 1% more.

And say quietly to yourself (or out loud, if it helps): *"I don't need to rush. I'm in process. My system is wise."*

→ Full version in Appendix B: Practice Sanctuary (Audio 04)



## CLOSING THOUGHTS

You've just traveled through ideas, stories, and signals that live in both body and cosmos. You've felt into freeze and flow, trauma and time, silence and song. If you're wondering what comes next, here's the truth: nothing needs to happen right now. This isn't about becoming someone new. It's about remembering who you already are—beneath the noise, beyond the timeline, within the field.

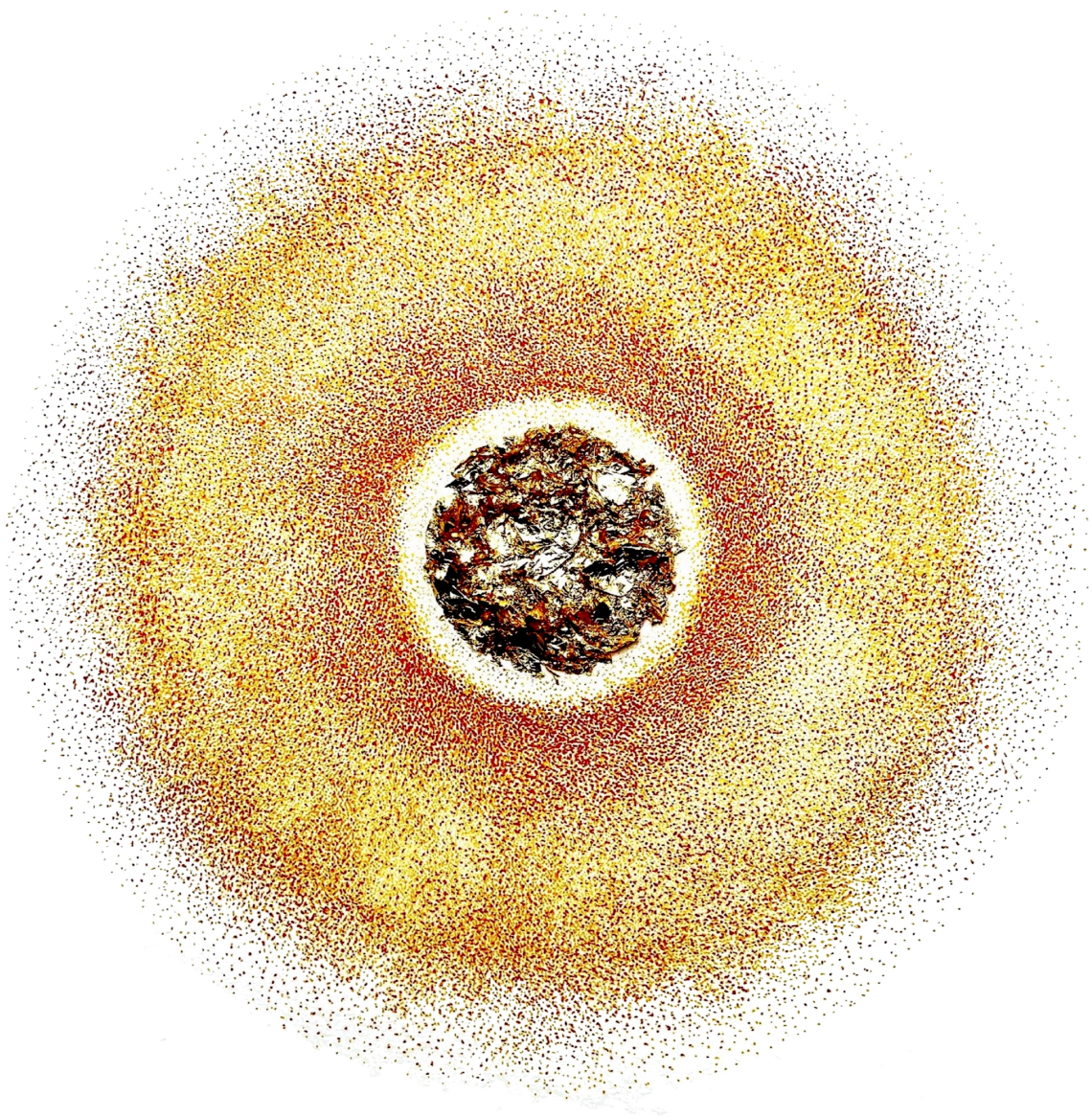
Part I was about safety and signal. About learning to listen before you act, to pause before you push, to feel before you fix. The body doesn't need more instructions. It needs permission to speak.

And maybe, just maybe, that's what you're beginning to give it.





# **Earth—A Time to Pause**



*Not a time for doing, not for making.*

*Just a pause.*

*A moment to let life unfold,*

*without pushing or shaping.*

*The invitation is simple:*

*to stop,*

*to notice,*

*to be.*

*To let the ground hold you*



*This is your page*

## **End of Part I**

*You Are The Operating System* by Dimka Vanderhaeghen

Complete manuscript includes 186 pages across four parts

*Professional formatting v2.0 | QR codes embedded | Ready for print*