



# RE-MIND ME

## THE MANUAL

*On how to dissolve the matrix,  
or how to reach enlightenment,  
or how to just live a better life*

OLE DAMMEGÅRD

Int. Raja Yoga Teacher

# THE MANUAL

*to the game*

*'RE-MIND ME / My Life'*

Here is a simple guide that might help you unlock some of the most profound and deep secrets of your life. It is especially well suited for children, teenagers, adults, old timers and seekers of all ages.

It is a great tool to see if you are aware of what is going on in your life. What is real, and what isn't? How do you deal with so called good and bad? It might also help you make your life as easeful, peaceful and useful as possible.

Based on what might be universal truths, this game-manual gives you very valuable inside information that can change your life for the better - if you choose to listen.

**Do you want to try out the game -  
or are you already playing it?**

(With foreword by Nalanie Chellaram)

OLE DAMMEGÅRD

**THE MANUAL**  
*to the game*  
**'RE-MIND ME'**  
*also known as*  
**'My life'**

*ON HOW TO DISSOLVE THE MATRIX,  
OR EXPERIENCE ENLIGHTENMENT,  
OR JUST LIVE A BETTER LIFE*

*With eternal gratitude to  
the Light of my Life  
and my daily Inspiration*

Kim "Kamala"

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The intent of the author is only to offer information of general nature to help you in your quest for emotional and spiritual well-being. In the event you use any of the information in this book for yourself, which is absolute right, the author and the publisher assume no responsibility for your actions.

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FOREWORD  
by  
*NALANIE CHELLARAM*

Many of us are plagued with emotions such as fear, guilt, worry, greed, jealousy etc, that make us feel very uncomfortable. It is vital that we confront these issues logically and deal with them. If we don't, they will constantly take control of our lives.

We are given the intelligence to decipher our thoughts and emotions. But how many of us actually take the time or make the effort to do so? Thoughts make up a person and thoughts have amazing powers. With the practice of Yoga one

is taught to discipline and harness the thought waves. Our minds are like computers and we need to be strong enough to input positive data to sublimate and destroy viruses.

Through knowledge and meditation, one can grow to understand one's emotions and generate them positively so that an easeful, peaceful and useful life can be lived. Life is short so we need to use our time efficiently and happily.

Understanding that we all come from the same source dilutes the selfish ego and takes us to a new paradigm of compassion, love and service. When that happens an inner glow enters our being making our outer world into a heaven. As we think, so we become, so it is.

Ole Dammegård has put this dynamic manual together to illustrate how life can be lived to its fullest. There is no judgement, no plan, just a road map to guide us to exist in this world with the highest spiritual understanding.

His aim is to provide this wonderful knowledge to serve others who find the traditional



approach too difficult to understand. Ole has gone through the spectrum of life's obstacles and sufferings and has emerged not only unscarred or bitter, but full of love and gratitude.

May this booklet serve many on their path to Self-realization. May many be inspired to live a spiritual life in this earthly body and fill the world with peace and joy.

Om Shanti... Om Shanti... Om Shanti...

*Nalanie Chellaram*

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# THE MANUAL

Welcome to the game 'My Life', also popularly known and referred to as 'Re-Mind me' or 'Dissolving the Matrix'. In this short manual we will outline the basic rules of this universal game. We will also give some indications and useful tips on what to do and what not to do.

## NO RIGHT OR WRONG

In this game created in a virtual reality nothing is right or wrong, all events are just based on cause and effect.

The designer of the game is not interested in passing judgement on how it is being played. He is only interested in upholding the balance of 'life'. And even though the game may look and feel very real, it is all just an illusion.

The player is neither his Body nor his Mind but the immortal self playing a wonderful game with itself.

To create adventure and excitement, duality has been added as well as a special team of Black Angels (a software installed to keep the player in the dark). These Black Angels are sometimes referred to as the 'bad guys'.

## FIND THE WAY BACK HOME

The main task for the player is to solve and pass as many tests as possible, while trying to find his way home (returning to his origin).

This can be accomplished in a myriad of ways (truth is one, paths are many) by choosing whatever combination of levels the player

finds most entertaining.

Many obstacles will be put in the way to develop and fine-tune the player's skills and test his perseverance and courage. The progress and development of the game therefore depend on the player's willingness to understand and become the master of his mind.

A multitude of other online players will come and go on the main stage which is projected on the player's digital 3D screen (the world as we know it). The dynamic interaction with these players will create whatever situation the player would like to learn from.

The level of difficulty will be based on the player's earlier games and accomplishments (karma), on a scale from 1-10: 1 = An ant, 10 = A highly evolved human being.

Please keep in mind: The player will always be totally safe, taken care of and guaranteed to 'win' the game in the form of enlightenment; it is just a matter of when and how. The main challenge is to uncover that it is all just a divine

joke, a trick of light where nothing is real.

And if you shouldn't succeed the first time, don't worry - be happy. There are plenty of opportunities to play the game (reincarnation).

Only one thing is required: you have to practise for a long time, without a break and with all your heart.

And so the big game begins ;-).

## BODY AND MIND

The Body (the computer) and Mind (the communication system) are the vehicles through which the player can 'physically' experience this illusion of reality.

The body has been equipped with 2 types of memory, the RAM (the subconscious controlling bodily functions, etc) and the processor (the brain) for calculating and solving tasks and equations.

## AN ILLUSION

The mind will give the player the false experience of time, form and space. And his 'body' is merely a residual-self image, the mental projection of his digital self.

This means that the 'physical' world the player sees as outside himself only exists in his mind. Actually, he is not seeing at all, instead his eyes are being used as projectors sending his manifested thoughts into so called 'reality'.

In the same way, his body is not really breathing, it is being breathed. Just like he is not actually thinking.

This is mainly being done by the motherboard, which controls most basic functions and also generates a steady stream of some 60 000 thoughts per day.

So what appears to be 'real' is electrical signals interpreted by the player's brain, into a neural-interactive simulation or a computer-generated dream world.

The player's responsibility is to choose which thoughts to amplify and give power, thus creating his future.

All impressions of sight, smell, sound, touch and taste are equally false, just being waveforms decoded into virtual reality through the graphic card and the sound card, etc.

## CREATE A PERSONAL CHARACTER

Before starting a new game (being born), the player needs a computer (the body) to be able to play. The next step is to go online on the Internet (the matrix).

He is then asked to create an account (his identity). Once logged in, the player can start to create his own personal character, with which he will be playing the game.

Here he is offered a wide range of character types, such as, for example:

Drama queen, victim, bully, rebel, hero, lead-



er, follower, warrior, addict, etc. He can also choose from a selection of pre-made memory banks to add to the spectrum and adversity of duality.

More advanced players who easily get bored have got the possibility to choose among additional plug-ins (traumas).

The variety of character types and situations are essentially made to create an exiting feature called problems (challenges to be solved, thus adding achievements such as better understanding, empathy and added skills).

## BACKGROUND THEMES

The player is then allowed to select background themes, like century and part of the world, war or peace, length of lifetime as well as additional online characters like family, close friends, acquaintances, foes and enemies.

The player can even choose gender, general appearance, hair colour, body type, skin col-

our, birth date, sexual preference and religious faith. In addition the player can choose his:

- Level of intelligence, on a scale 1-10  
(1 = Brain dead, 10 = Genius)
- Level of wisdom, on a scale 1-10  
(1 = Ruthless serial killer, 10 = Saint)

## CHAOS FACTOR

Once all the major selections have been made, the final combination is put through an advanced mathematical process called the Chaos factor.

When this is done, the player will be equipped with a totally unique personal character consisting of an amazing blend of individual features.

## THE EGO

To make the game last as long as possible, it is essential to keep vital information hidden

from the player.

The game designer has accomplished this by installing special software (the ego) causing the player to forget his true self thus starting to believe in separation and abandonment.

This is done in combination with shutting down nine tenths of the brain's capacity, more specifically the parts that are connected with the divine.

From now on, the ego will do everything to trick the player into thinking that he actually IS the body/mind.

## EMOTIONS – THE INDICATORS

Emotions are then added as subtle indicators, helping the player to stay on the 'right path'.

Feelings of anger, guilt, hatred, frustration, irritation and despair are clear indicators that the player is going the wrong way, whereas

feelings of love, compassion, forgiveness and empathy show him that the correct way is being followed.

Another good indicator of how to play the game in the most beneficial way is to follow the basic rule:

- Selfish actions are painful
- Selfless actions are painless

## SILENT VOICE

All along a 'Silent Voice' in the player's mind will offer wise advice on how to play wisely. Most new players make the mistake of ignoring this subtle voice, which most often results in hard lessons to learn.

Another thing to watch out for is a cleverly designed plug-in called shyness, which will disguise itself as something very good and adorable, but is actually a product of the ego, installed to slow down the player.

## BRAIN WASHING

One of the first levels is called growing up. Here the player has to go through a process called School education, where the player's processors are being filled up with seemingly important but mostly useless information.

This is supplied to cause distraction and confusion thus aiming at tricking the player to forget his true self (brain washing).

## COMFORT ZONE

The player is finally programmed to believe that he is all alone, mortal and separated from the other players and the Source.

Without this belief (something repeated but often not true), the game could not continue so, most of the time, the player is being bombarded with false information.

This is done through media and other players like parents passing on traditions and their

own fears, in this way trying to keep the player as inactive as possible.

An additional plug-in is then installed creating the so-called comfort zone, adding to the false importance of not challenging anything new.

## ATTACKED BY THE OPPOSITE

Should the player decide to ignore this and decide to try out new levels, he will immediately be challenged from all directions, the reason for this being a strong attempt to force him back into the comfort zone.

The weapons used against him will often take the shape of the exact opposite of what the player is trying to achieve.

In addition, some players will have to pass the hormonal and challenging process of replicating (having children); and for the female players the somewhat feared time of men-on-pause (menopause), a mirrored process of being a teenager.

## BEING BOMBARDED – A GOOD SIGN

In other words, if for instance the player would like to change body type, let us say from fat to fit, the player will now be bombarded with negative thoughts and impressions about why 'this is impossible' to accomplish.

Most players will succumb to this pressure, but more advanced players might be able to see this as a great sign indicating that he is on the right path and close to accomplishing his goal.

So if he corrects his mind, everything else will most likely start falling into place.

## THIS TOO SHALL PASS

In turbulent and seemingly difficult situations it is therefore recommended that the player focus on peace while repeating the words "This too shall pass, this too shall pass".

By doing so, the player will be reminded that nothing last forever and that he will always be

safe.

Soon he will have passed the invisible borders of the comfort zone and is then allowed to continue on his way. That is, of course, until he decides to face new challenges.

## ONLY TWO OPTIONS

When confronted with any type of situation or problem, there are basically only two options to choose from: Love or fear. The two cannot co-exist. All other feelings are just variations.

- Fear will stop the flow and the progress
- Love will solve any type of problem and get the player back in the flow

There are endless variations of handling the often difficult interaction with other players. To make the game flow as easily as possible, here are some general guidelines and attitudes to cultivate:



- Friendliness towards the happy
- Compassion for the unhappy
- Delight in the virtuous
- Disregard towards the wicked

## DELETE PATTERNS

Once a major problem has been solved, the player is allowed to continue for a certain amount of time, before being confronted by the problem once more (often in a less dense form).

A pop-up will then appear on the player's screen, saying: "Are you sure you want to delete this behaviour / situation?" The player can now click 'Ok' or 'Cancel.'

- Clicking Ok will delete this type of situation, once and for all.
- Clicking Cancel will make the situation reappear in new forms and shapes, until the player is content and decides to let it go.

Please note: Some tasks might take time to solve and demand a lot of courage and strength since there is always the option of:

- Striving upstream by struggling very, very hard (the ego's way)
- or
- Relaxing and flowing downstream (going with the divine will and effortlessly follow the river towards the source)

## CREATE CONSCIOUSLY

Another major task is figure out how to create consciously. This is being hidden and only shown to devoted searchers of the truth. But in this basic manual we have decided to give new players a few hints:

To create anything new, just send out a rocket of desire, and then add a high emotion to access the same vibration as the goal to be manifested. Repeated thoughts create form, but the Feeling is the real key to be able to manifest successfully.

This is, however, easier said than done, since a dose of amnesia is being pumped in every time a player seems to have understood the plot of the game.

And to make it even more fun, the game has built-in 'distractors' like doubt, fear and limiting beliefs, which will attack at random to test the player's determination and perseverance.

## FOCUS AND IT WILL GROW

One of the hidden truths of the game is that whatever the player focuses on will grow in size and intensity. Change the focus and 'life' will change.

That is to say, change the way he looks at things and the things he looks at will change. In that way he will attract that which he is.

Another secret is "Give and you shall be given, seek and you shall find". So if the player wants laughter in his game - the secret is to laugh, if he needs help - go out and help some-

one else, if he wants love – give love.

Give, give, give without any expectations - the magic formula for success at all levels.

## RECOMMENDATIONS

Should the player get bored and prefer to speed up the evolution of the game, it is recommended that he makes a search for so-called hackers (spiritual teachers) who will share and give access to a lot of cracked code and other shortcuts (revelations).

Another good suggestion is to stick to accept, adjust and accommodate to whatever situation the player is confronted with, in combination with the following styles of playing:

- Non-violence
- Truthfulness
- Non-stealing
- Moderation
- Non-greed
- Do good - be good.

Yet another good idea and point collector is to do as many perfect actions as possible: That means an action that hurts no-one, but gives some benefit to someone, the player himself included.

## SICK LOGIC

Along the different levels, the player will be confronted by many indications of a sick logic affecting this illusionary 'world'.

In the words of writer Michael Ellner: "Everything is backwards, everything is upside down. Doctors destroy health, lawyers destroy justice, universities destroy knowledge, governments destroy freedom, the major media destroy information and religions destroy spirituality".

These signs of a twisted mentality ruling behind the scenes and guarded by the Black Angels are added purposely to help the player 'wake up'.

## CHILL

Every 24 hours, the player needs to put his computer on standby (sleep) to avoid overheating the processors and, at the same time, 'defragment' the hard discs (dreaming).

If the player faces tiredness or exhaustion (for the body) it is recommended to amplify the intake of air (life force) or simply go out and help other players.

By giving a helping hand without expecting anything in return, the player automatically regains strength and inner power.

Once recharged, the computer needs to be rebooted (wake up) in order to be ready for another round (yet another day). The restarting of the PC can be done verbally (good morning) or by physical movement (stretching the body).

## MOVING BACKWARDS

Should the player choose to neglect the rec-

ommendations, here are some signs to look out for (since they are sure indicators that the player is 'moving backwards'):

- Dis-ease
- Dullness
- Doubt
- Carelessness
- Laziness
- Sensuality
- False perception
- Failure to reach firm ground
- Slipping from ground gained

These indicators will be activated one-by-one in a long series if not stopped by the player.

The sooner he becomes aware of what is going on, the better.

Since most players aim at evolving, it is advisable to 'hang with the right crowd', meaning choosing fellow players among the ones more advanced than himself.

## KEEP THE MEAT SUIT HEALTHY

To keep the computer (the body) in good condition, it is advisable to keep it clean and to avoid too many toxins, since this will clog up the system.

Instead, it is recommended to serve the body good fuel in the form of fresh vegetables, fruits and clean water.

## DIS-EASE - YOUR FRIEND

It is also important to become aware of the mental state and the way of thinking, since looped fearful/hateful thought patterns may cause serious malfunctions in both mind and body.

It may even cause game over (death).

So called dis-ease can also be caused by viruses or bugs leaking in through the fire wall (the body shell) sometimes causing serious damage to the player's system.



To avoid this, a special anti-virus program has been installed by default (the immune system), ensuring that the body's natural state is being supported by a wonderful self-healing process.

There are many different ways of handling dis-ease. The clever player will be advised to carefully choose his way of looking upon 'bad health', since it is often a very powerful indicator of when he is moving in the wrong direction, off the track and back into fear.

## AVOID KILLING

In this game everything is possible, even though it is not always recommended. One of the main things to avoid is killing other players (murder). This includes all types of living creatures, not only human beings.

Breaking this basic rule will cause difficulties in future games (bad karma).

In the same way, the more good deeds the

player adds, old karma is dissolved and future games are made easier and smoother.

As mentioned before, the main ingredients in the game of life are based on cause and effect, a wonderful setting when used in combination with the random generator called free will.

Greatness courts failure and impatience robs the player of the pleasure of living into the answers. So don't worry, something wonderful is about to happen. Just keep the faith.

## DEATH

Should the player decide to quit, this is possible, but will terminate the Personal Character once and for all (death).

If the player decides to go ahead, his body and mind will appear dead and lifeless to the other players, even though the player himself (the spirit) is 100% fine and just returns to the Source - until he decides to join the game again.

However, he now has to choose a new Personal Character. During this time-out period he can only contact other players through mediums or dreams, visions, and meditation.

## ONLINE SUPPORT

The online support is available 24/7 and can be contacted through prayer, strong repeated thoughts or meditation.

The answers will mostly come in subtle form, meaning that the player needs to be very aware of hints and inner nudges – and then act on them.

## TECHNICAL SUPPORT

The player also has access to a highly skilled technical support team (angels), which will happily assist whenever needed.

Only one rule applies: the angels are not allowed to interfere without being called.

## NEVER LEFT THE SOURCE

One of the major aims of this game is to discover that the player actually doesn't need anything. He is, and always has been, totally free, immortal and connected to the Source.

Remember, everything changes and everything remains the same. Everything changes but everything returns, so don't be sad, be glad.

Signs of such higher understanding take the shape of hearing celestial music or visually decoding the matrix, thus making it possible to accomplish anything at all.

Once the code is cracked things like walking on water, going through walls, travel freely in space, turn water into wine and resurrect from the 'dead' is a piece of cake.

## ALL IS ONE

And then, at the final level of understand-

ing, the player will become aware that the Intelligence that created the game is actually the same intelligence with which he is thinking.

And that all the rest of the players are just other aspects of the same source.

Through the understanding that all is one, enlightenment follows and a wonderful feeling of total bliss is achieved. And then...

**GAME OVER !!!**

or is it...?