

ZENYA Ordinary Magic Reset

QUICK COURSE GUIDE

Purpose: Build a low-bandwidth reset that matches the signal you are actually noticing and can survive an ordinary messy day.

Complete the program

1	Watch the complete Ordinary Magic Reset presentation.
2	Use the Participant Workbook to clear noise and sort body, mind, inner-life, and real-life signals.
3	Choose the ZENYA doorway that fits instead of trying to do everything.
4	Build your Ordinary Magic Reset recipe and shrink it through the bad-day test.
5	Add a ritual, sensory, spiritual, creative, or no-ritual layer only if it fits you.
6	Finish with the next honest thing you are returning to.

What counts as complete: Watch the presentation, use the workbook where helpful, participate in the core practices, and choose a real-life next step. Private reflection counts. Pass is a complete answer.

Keep Brewing: Save the workbook and any activity tools that are useful to you. Return to the Learning Library resources when you want a refresher.

THE NOISE DUMP

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Get the noise out of your head before deciding what deserves your energy.

WHAT FOLLOWED ME INTO THIS RESET?

WHAT IS ACTUALLY ASKING FOR MY ATTENTION?

WHAT CAN WAIT WITHOUT BECOMING A MORAL FAILURE?

LOUD • IMPORTANT • MINE • NOT NOW

MY SIGNAL SORT

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BODY SIGNAL

What is my body telling me?

ENERGY SIGNAL

What capacity do I actually have?

EMOTIONAL SIGNAL

What feeling needs acknowledgment?

PRACTICAL SIGNAL

What ordinary thing actually needs doing?

NOISE

What is loud but not important?

LOUD ≠ IMPORTANT.

CHOOSE A ZENYA DOORWAY

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THE DOORWAY THAT FITS THIS SIGNAL

ONE TINY ACTION

MY SMALLEST VERSION THAT STILL CHANGES THE QUALITY OF THE MOMENT

PASS CONDITION

ZEN / ARRIVE • ENERGY • NUTRITION / NATURE • YOURSELF FIRST • AFFIRMATIONS / WORDS

If the reset still feels like another obligation, it is too big.

OPTIONAL RITUAL LAYER

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Meaning belongs to you. No ritual layer is also completely ZENYA.

THE LAYER, IF ANY, THAT FEELS LIKE ME

WHAT DOES IT MEAN TO ME?

No outside interpretation required.

SENSORY / SECULAR • SPIRITUAL / RELIGIOUS • MYSTICAL / SYMBOLIC • CREATIVE • NO RITUAL LAYER

Tea • shower • candle • music • texture • light • scent • nature • prayer • sacred text • meditation • tarot • crystals • astrology • moon phase • drawing • writing • dance • or just do the useful thing.

RETURN TO REAL LIFE

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RESET ≠ ESCAPE. I do not need to fix the whole day.

THE NEXT HONEST THING I AM RETURNING TO IS...

ONE THING I AM NOT CARRYING BACK WITH ME

MY SIGNAL

MY ZENYA DOORWAY

MY TINY ACTION

MY ANCHOR

MY RE-ENTRY LINE