

THE SYSTEM HANDBOOK

A guide for newcomers to planet Earth

ONDER DEMIR

**"Understanding the system doesn't mean hating it –
but to recognize how deep you are in it yourself."**

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Foreword – To the newcomers

Welcome to the system.

If you're reading this, you're already one step ahead than most.

Because most people just start running without realizing that they are part of a game.

This book is not a conspiracy, not a religion, not a manifesto.

It is a Handbook.

A collection of observations, experiences and questions that will help you
to see the world with clearer eyes.

This is not about fighting "against the system".

Because the system is you too.

You breathe it, you feed it, you shape it with every click, every thought,
every decision.

But you can learn to play consciously instead of being played unconsciously.

Most people are born, programmed, function, and die,
without ever realizing that they live in a structure from the beginning,
that keeps them busy, dependent and distracted.

This Handbook is your tool to see through that.

Not to escape, but to become free while you are in the middle of it.

I won't order you anything, sell nothing, don't sugarcoat anything.