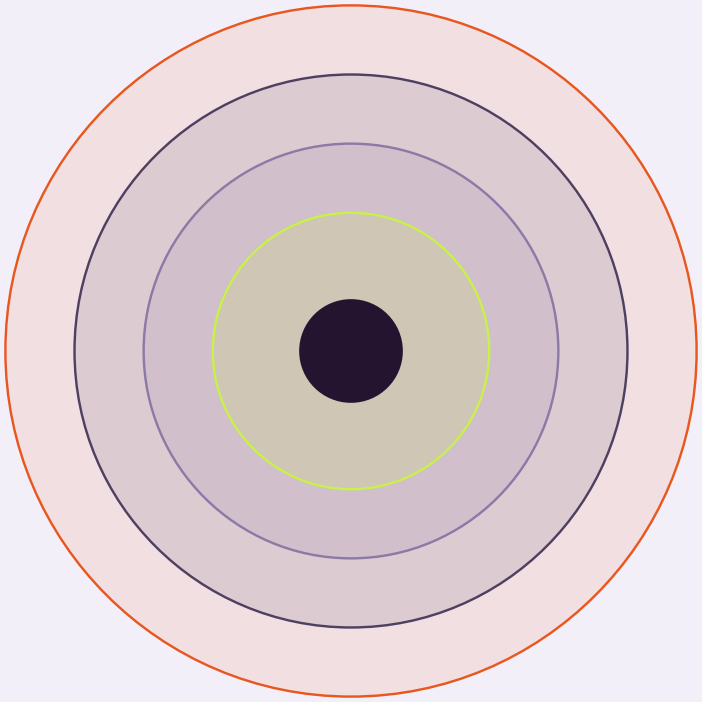


Reality Transurfing (Steps I–V)

A reading of the book by Vadim Zeland (2016)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of Reality Transurfing (Steps I–V), in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

Zeland's five volumes in one — a strange, systematic model in which every version of events already exists in the space of variations, pendulums live off your attention, and importance is the tax that summons the balancing forces.

Below are the 8 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1 HOURLIFE TAKEAWAY

The space of variations already holds every version of the event. You are not building it — you are selecting a life track.

It is the load-bearing image of the whole system, and everything else in the five volumes is a technique for choosing rather than forcing.

2 HOURLIFE TAKEAWAY

Pendulums live on your attention, and they are fed just as well by your outrage as by your devotion.

Zeland's name for any structure that runs on collective energy — a party, a fandom, a feud, a news cycle. Fighting one is still attending it.

3 HOURLIFE TAKEAWAY

Importance is the tax. Whatever you inflate, balancing forces arrive to level.

Excess potential is the book's explanation for why the interview you desperately needed is the one that went badly — the tension itself distorts the field.

4 HOURLIFE TAKEAWAY

Inner intention pushes the world. Outer intention lets the world arrive.

The distinction Transurfing rests on: not the determination to get there, but the calm assumption that it is already the case and is simply approaching.

5 HOURLIFE TAKEAWAY

Actively fighting what you do not want is the most reliable way to keep it in your life.

Attention plus emotion is the whole selection mechanism in this model, and resistance supplies both in industrial quantities.

6 HOURLIFE TAKEAWAY

A slide is a picture you keep replaying. Run the finished one, not the wanting one.

The target slide is deliberately unspectacular — you rehearse the ordinary texture of already having it, because wanting is a picture of not having.

7 HOURLIFE TAKEAWAY

The wave of fortune is a run of favourable tracks. You glide onto it, and you fall off it by complaining.

Zeland's practical read: when things start going right, the fastest way off the run is to narrate the one thing that didn't.

8 HOURLIFE TAKEAWAY

Frailing: give up the intention to obtain, replace it with the intention to give.

Stop asking what you can get from the person in front of you and ask what they need — which, in a system where importance repels, is also the efficient move.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Write the target slide in the present tense
- [ ] Name your three pendulums
- [ ] Take the importance inventory
- [ ] Separate the goal from the door
- [ ] Write the reduced-importance sentence

KEEP UP DAILY

- ◯ Decline the provocation instead of winning it
- ◯ Run the slide for two minutes, without wanting
- ◯ Practise frailing in one conversation a day

30 days · Nov 11 - Dec 10, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 11 - Dec 10, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

- [ ] SETUP 1

Write the target slide in the present tense

Not the moment of winning — an ordinary Tuesday inside the life you want.

What the room smells like, what is on the desk, what you are mildly bored by. Boring detail is what makes it a slide rather than a wish.

MY VERSION

DONE ON

- [ ] SETUP 2

Name your three pendulums

The three things that reliably take your attention and give nothing back — a feed, a rivalry, a running argument.

Write what each one gets from you and what you get back. The asymmetry is the point.

MY VERSION

DONE ON

- [ ] SETUP 3

Take the importance inventory

List what you would be devastated to lose or fail at.

Each entry is an excess potential in Zeland's terms, and each is a place where the balancing forces already have leverage on you.

MY VERSION

DONE ON

- [ ] SETUP 4

Separate the goal from the door

Write the goal — the life you actually want — and then, separately, the door you assumed you had to go through.

Most people are defending a door. Zeland's exercise is to ask whether the goal is even yours or a pendulum's.

MY VERSION

DONE ON

- [ ] SETUP 5

Write the reduced-importance sentence

One line you can say about the goal without tension: "I intend to have it, and I do not need it." Say it until it stops feeling like a lie.

That gap is the excess potential you are trying to drain.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Decline the provocation instead of winning it

When something baits you — a comment, a headline, a colleague — do not argue and do not suppress.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Run the slide for two minutes, without wanting

Same picture, same time each day, in the tone of someone remembering rather than someone hoping.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Practise frailing in one conversation a day

Enter it asking what the other person needs and give that first, with no ledger.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

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December 2026

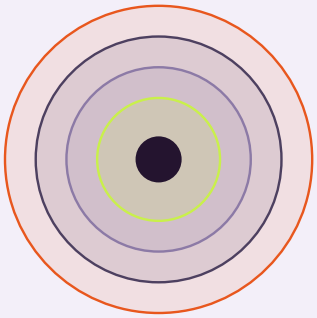
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



The world is a mirror that reflects your relationship to it. When you fight the world it fights you back. When you end the battle the world meets you halfway.

VADIM ZELAND