

A background image of two female dancers in a bright studio. The dancer on the left is wearing a pink leotard and a black skirt, with her right leg lifted and arms extended. The dancer on the right is wearing a white leotard and a black skirt, with her left leg lifted and arms extended. Both are smiling and looking towards the camera.

VIDEO LESSON 1

TODAY'S FOCUS UNTIL VIDEO LESSON 2

DE FOCUS VAN VANDAAG TOT VIDEOLES 2

HAVE YOUR FLOWCHART READY!

HOUD JE FLOWCHART KLAAR!

Quantum Multiverse®



QUANTUM INTEGRATION PROTOCOL (QIP)©

PHOENIX RISING CHALLENGE by Drs. Joy & Roy Martina

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Multiverse

STEP 1. State the Problem (P), write it down or State the Limiting Belief (P) you want to change and write down what Empowering Belief you want to have instead.
STEP 2. If there is an emotion give it a number 0-10 (0 all is well, 10 is most intense you can imagine).
STEP 3. Set your intention to transform (P) into Power.
STEP 4. Follow TAP-sequence.
STEP 5. Repeat Protocol with (P) -> from STEP 2 until all is cleared (Emotion is 0)

Switch FIRE Karate Chop	(P) I want to be the creator of my life's experience and be the best version of me with grace, ease and love! (P) I always want to be the creator of my life's experience and be the best version of me with grace, ease and love! (P) I always want to effortlessly release all limiting beliefs, resistance and any sabotage that holds me back to be the creator of my life's experience!
Upper lip FIRE	(P) I will be effortlessly over this (P), now, completely, permanently and forever!
Switch FIRE Karate Chop	(P) I want to be even better than before & create my life's experience with grace, ease and joy! (P) I always want to be even better than before & create my life's experience with grace, ease and joy! (P) I always want to be even better at effortlessly releasing & transforming all limiting beliefs, resistance and all sabotage that holds me back to be the creator of my life's experience!
Chin FIRE	(P) I am over this now, and I believe 100% that I am the creator of my life's experience! (P) I am completely and forever over this (P) and more in my power of creating my life's experience! (P) I am completely releasing this (P) forever, with grace, ease and joy! (P) I am completely releasing all resistance, limiting beliefs, sabotage & all that no longer serves me to create my life's experience with grace, ease and joy!
Middle Finger FIRE	(P) I have always been over this (P) & more connected to my power of creating my life's experience! (P) I have always been completely over this (P) & more connected to my power of creating my life's experience! (P) I have always been great at transforming all my (P's), all my resistance, all my sabotage & all that no longer supports me to create my own life's experience with grace, ease and joy!



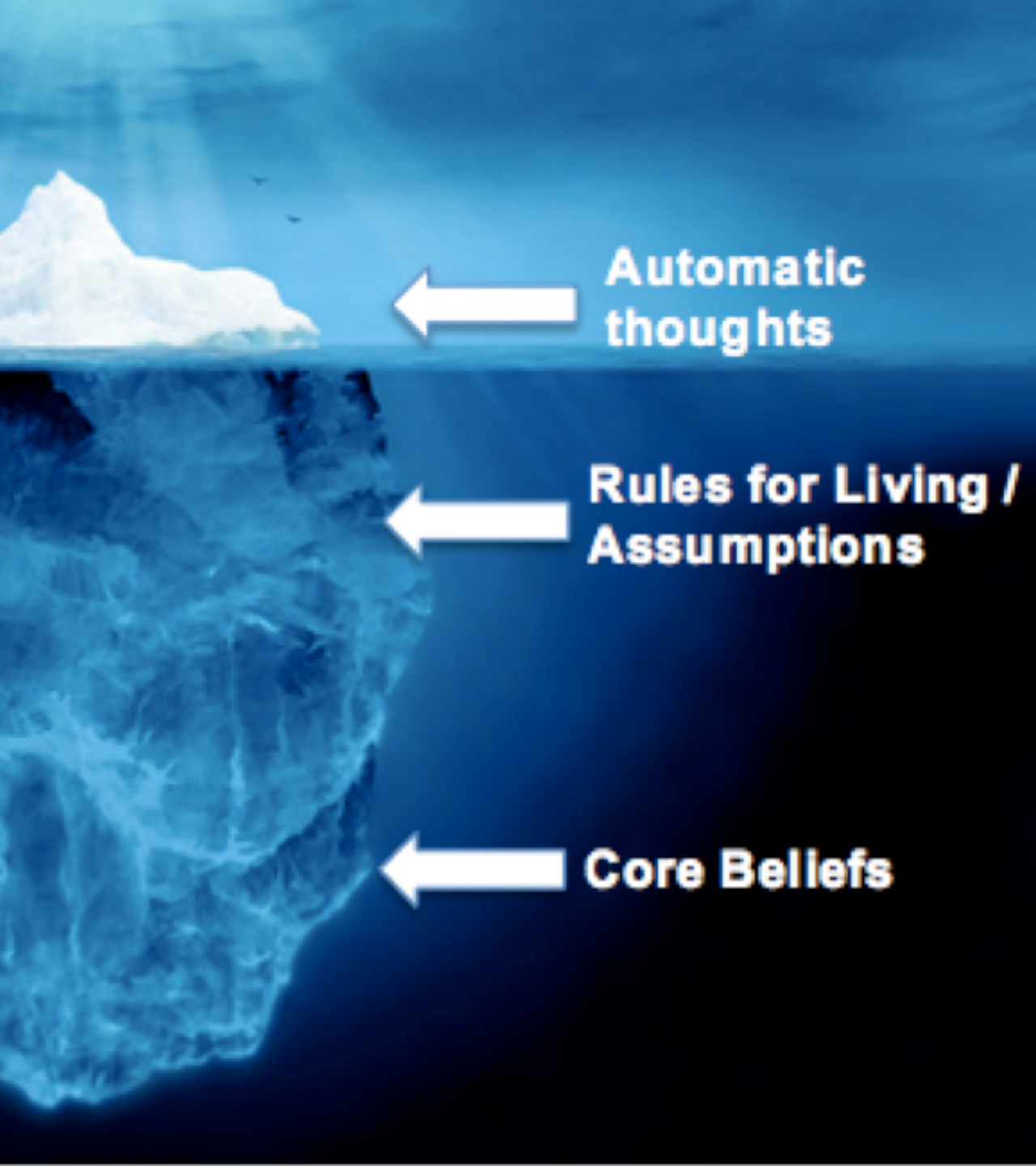
SHORT (KORTE) INTRODUCTION

90% of our behavior is controlled
by our subconscious mind.

*With Acupoints tapping we
bypass the critical mind and
enter into the emotional reality
of the subconscious mind.*

90% van ons gedrag wordt
gecontroleerd door ons
onderbewustzijn.

*Met Acu-punten tikken omzeilen
we de kritische geest en gaan we
de emotionele realiteit van het
onderbewustzijn binnen.*



**Automatic
thoughts**

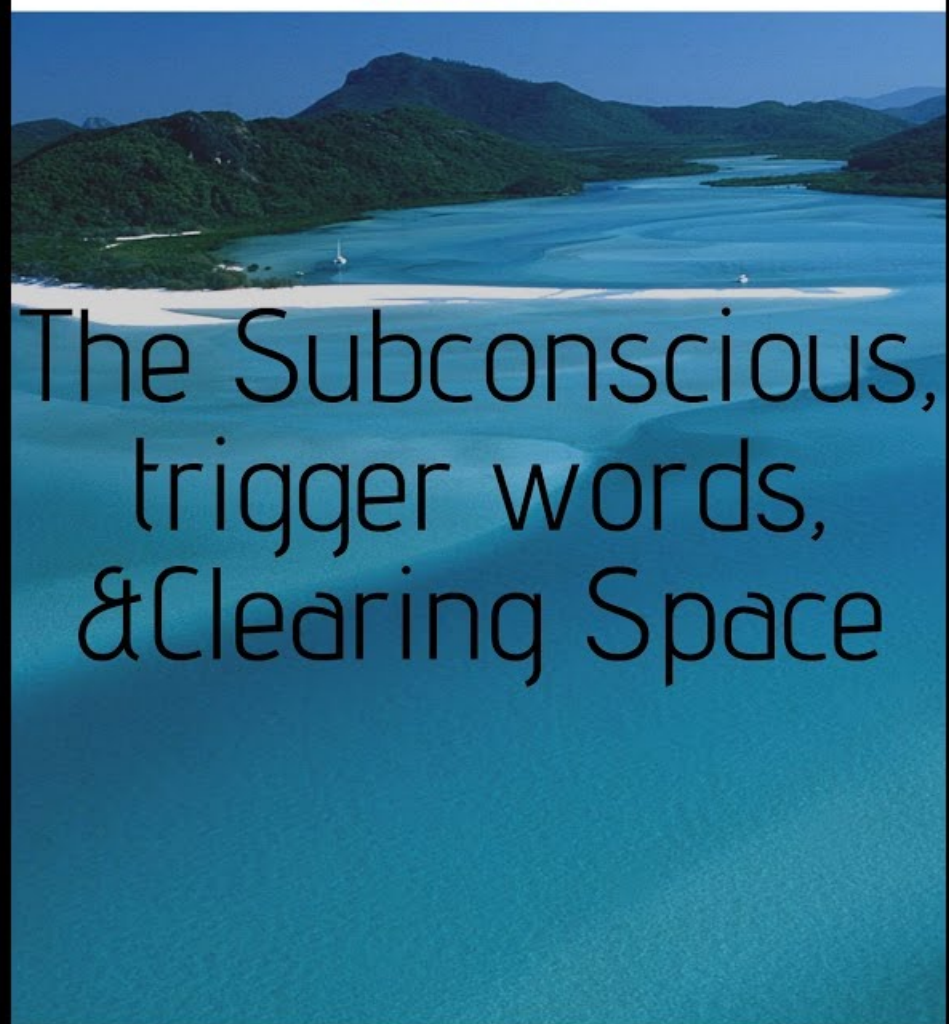
**Rules for Living /
Assumptions**

Core Beliefs

EVERY DAY WE FOCUS ON
A DIFFERENT SENTENCE &
WE TRIGGER THE
SABOTAGE MECHANISMS
IN THE S.C.M.

Elke dag richten we ons op
een andere zin & we
activeren de sabotage
mechanismen in het
onderbewustzijn.

SUBSCRIBE



The Subconscious,
trigger words,
& Clearing Space

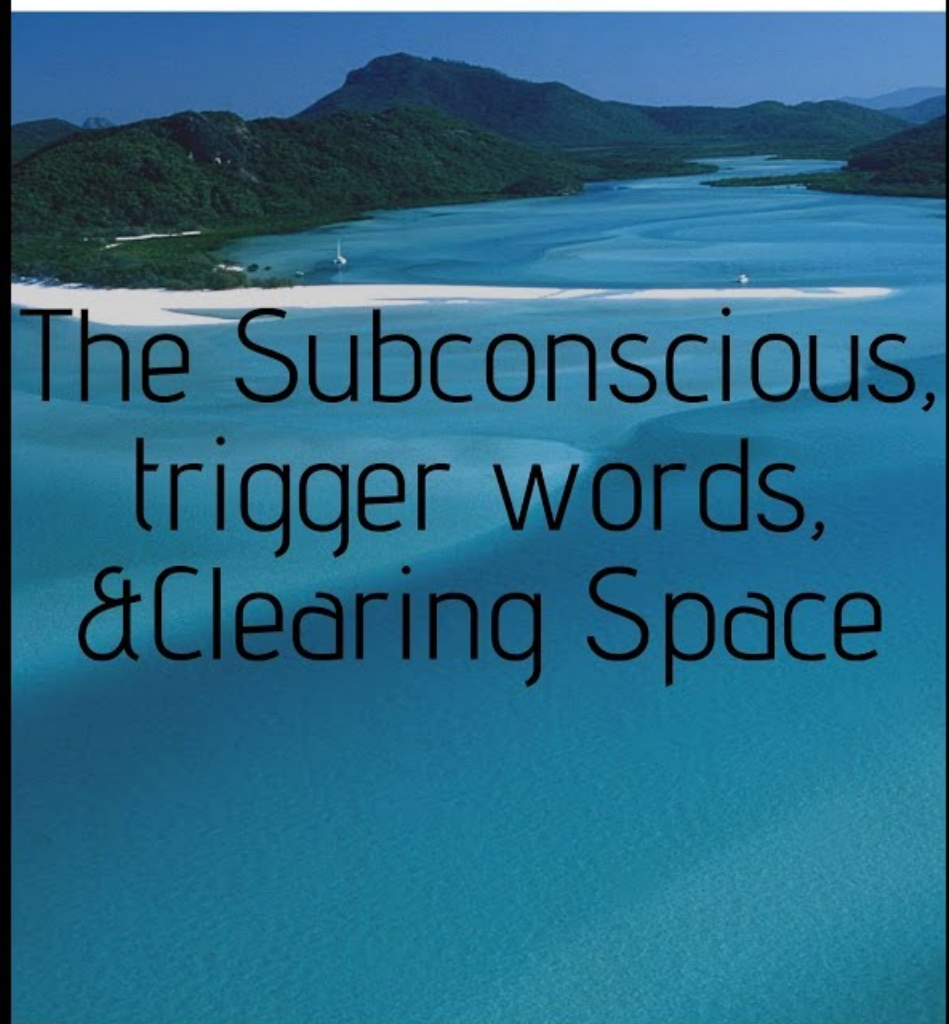
TAP THE BELL!

OUR 1ST TRIGGER SENTENCE (ZIN)

I WANT TO BE THE BEST
PERSON I CAN BE AND
COMMIT TO THIS PROGRAM
100% AND DO WHATEVER IT
TAKES!

IK WIL DE BESTE PERSOON
WORDEN DIE IK KAN ZIJN EN
MAAK DIT PROGRAMMA 100%
MIJN COMMITMENT EN IK DOE
ALLES WAT NODIG IS!

SUBSCRIBE



The Subconscious,
trigger words,
& Clearing Space

TAP THE BELL!

**REPEAT
HERHAAL 2X**

**I WANT TO BE THE BEST
PERSON I CAN BE AND
COMMIT TO THIS PROGRAM
100% AND DO WHATEVER IT
TAKES!**

**IK WIL DE BESTE PERSOON
WORDEN DIE IK KAN ZIJN EN
MAAK DIT PROGRAMMA 100%
MIJN COMMITMENT EN IK DOE
ALLES WAT NODIG IS!**

QIP STEP1: PROBLE(E)M



I AM SAYING IT BUT PARTS OF ME ARE NOT 100% CONGRUENT
IF I HAVE WHAT IT TAKES TO STAY COMMITTED ALL YEAR
FOCUSED ON GROWING AND BECOMING THE BEST PERSON I
CAN BE, I KNOW I WILL SLIP UP AND MAYBE GIVE UP!

IK ZEG HET, MAAR DELEN VAN MIJ ZIJN NIET 100% CONGRUENT
OF IK HEB WAT NODIG IS OM HET HELE JAAR DOOR
COMMITTED TE BLIJVEN & GEFOCUST TE BLIJVEN OP HET
WORDEN VAN DE BESTE PERSOON DIE IK KAN ZIJN, IK WEET
DAT IK AF EN TOE FAAL EN MISSCHIEN ZELFS OPGEVEN!

NOW LET'S
START
WITH THE
QIP.

*LATEN WE
BEGINNEN
MET DE QIP.*



LET'S GET
STARTED



• WE •

• GAAN •

BEGINNEN

STEP 2 ETC.



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A close-up photograph of a person's face, focusing on their closed eyes. The person has light skin and well-defined, arched eyebrows. Their eyelashes are dark and appear to be coated with mascara. The text "CLOSE YOUR EYES" is written in a purple, serif font, and "SLUIT JE OGEN" is written in a yellow, serif font, both centered over the eyes.

CLOSE YOUR EYES
SLUIT JE OGEN

OPEN JE OGEN
OPEN YOUR EYES



**OPTIMALLY
REPEAT THE QIP
THREE MORE
TIMES-
OPTIMAAL DE
QIP DRIE KEER
HERHALEN**



REPEAT

FOCUS: YOUR 1ST AGREEMENT
JOUW EERSTE OVEREENKOMST

HEALING AUTHENTIC COMMUNICATION
HELENDE AUTHENTIEKE COMMUNICATIE

**PRACTICE ON EVERYONE, FIND & CONFIRM
THEIR GREATNESS & YOUR GRATITUDE &
LOVE. HAVE DISCUSSIONS IN A KIND AND
LOVING WAY.**

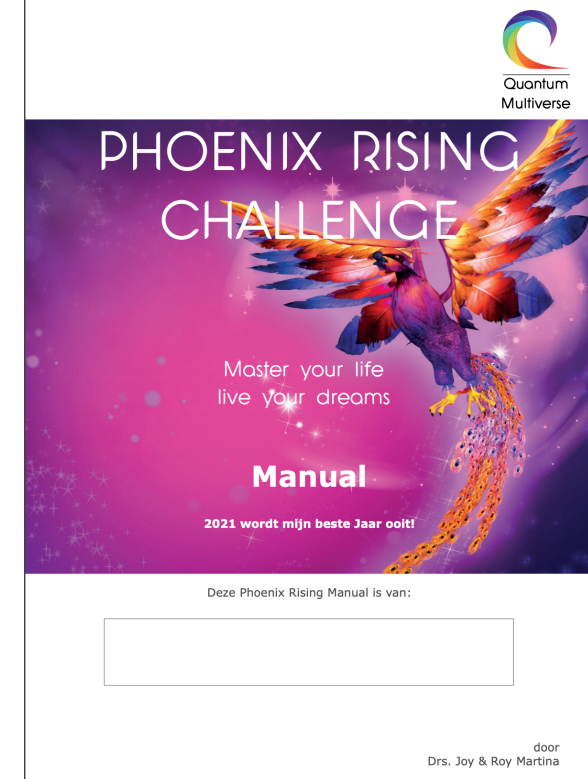
**OEFEN OP IEDEREEN, VIND & BEVESTIG HUN
GROOTSHEID & JOUW DANKBAARHEID &
LIEFDE. DISCUSSIEER IN EEN VRIENDELIJKE
EN LIEFDEVOLLE MANIER.**



START TO FILL IN YOUR MANUAL

BEGIN MET HET INVULLEN VAN UW
HANDLEIDING.

TOMORROW WE WILL GO DEEPER.
MORGEN GAAN WE DIEPER.



MORGEN BEGIN JE MET AM MEDITATIE
TOMORROW YOU START WITH AM-AUDIO

BEST IS TO LISTEN IN BED, PREPARING
FOR THE DAY.

SET YOUR ALARM HALF HOUR EARLIER
& IMMEDIATELY START TO LISTEN!

HET BESTE IS OM TE LUISTEREN IN BED,
DE VOORBEREIDING VOOR DE DAG. STEL
JE WEKKER EEN HALF UUR EERDER &
BEGIN METEEN TE LUISTEREN!



TAP YOUR ACU-
POINTS WITH
CURRENT
PROBLEM-
REPEAT TILL
VIDEOLESSON 2

TIK OP UW
ACU-PUNTEN
MET HET
HUIDIGE
PROBLEEM-
HERHAAL TOT
VIDEOLES 2-



LISTEN
OPTIMALLY
3X TO SHORT
MEDITATION.

LUISTER
OPTIMAAL 3X
NAAR KORTE
MEDITATIE.



FOR THE
NIGHT YOU
HAVE 2
OPTIONS
VOOR DE
NACHT HEB
JE 2 OPTIES



1.. FALL ASLEEP WITH PM-AUDIO

1.. IN SLAAP VALLEN MET PM-AUDIO

2.. FIRST PM AUDIO THEN SLEEP AUDIO.

2.. EERSTE PM AUDIO DAN SLAAP AUDIO.

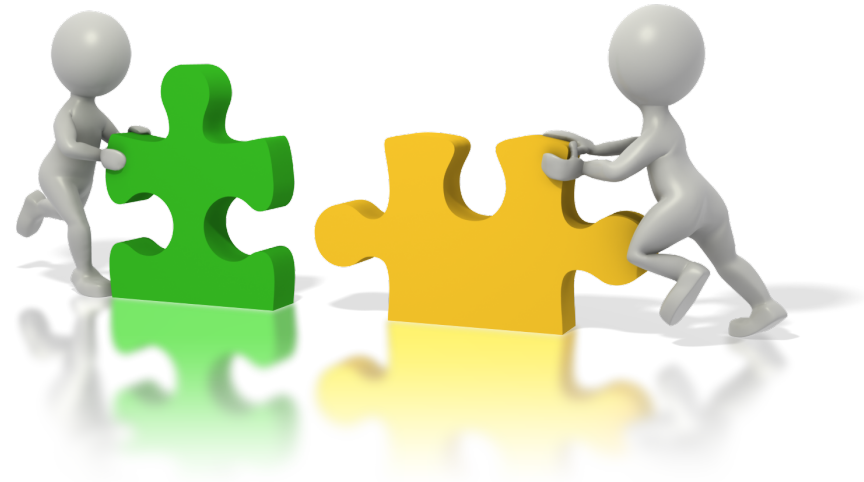
SHARE YOUR
EXCITEMENT
&
COMMITMENT
IN THE
GROUP.



DEEL JE ENTHOUSIASME &
COMMITMENT IN DE GROEP.

ZOEK NAAR EEN BUDDY.
FIND A BUDDY.

YOU & YOUR
BUDDY WILL
MOTIVATE EACH
OTHER AND
KEEP EACH
OTHER
ACCOUNTABLE.



JIJ EN JE MAATJE MOTIVEREN ELKAAR EN
HOUDEN ELKAAR VERANTWOORDELIJK.

HOW YOU CONNECT I LEAVE UP TO YOU.
HOE JE JE VERBINDT LAAT IK AAN JULLIE
OVER.

WATCH THE
VIDEO'S.
BEKIJK DE
VIDEO'S.



- 1.. INTRO VIDEO
- 2.. QUANTUM BASICS
- 3.. AGREEMENT 1

TAKE YOUR
TIME, NO
HURRY

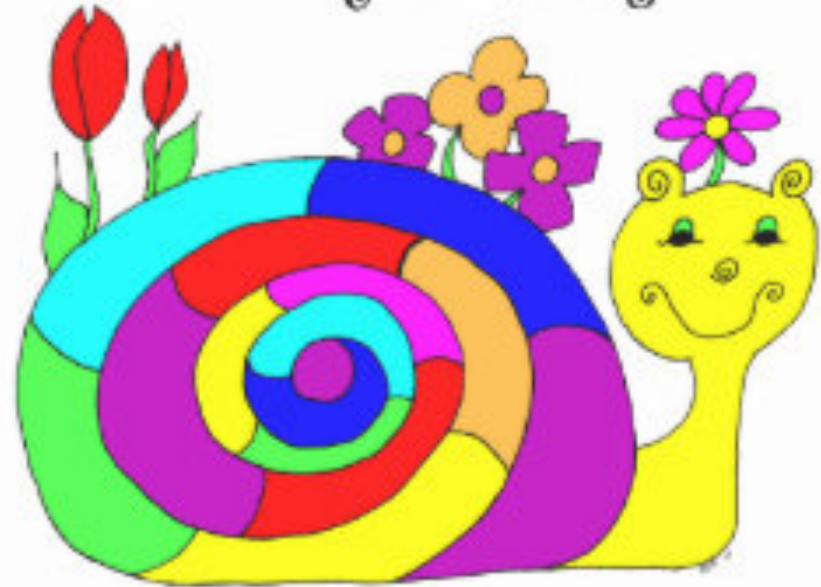
*NEEM DE TIJD,
GEEN HAAST*



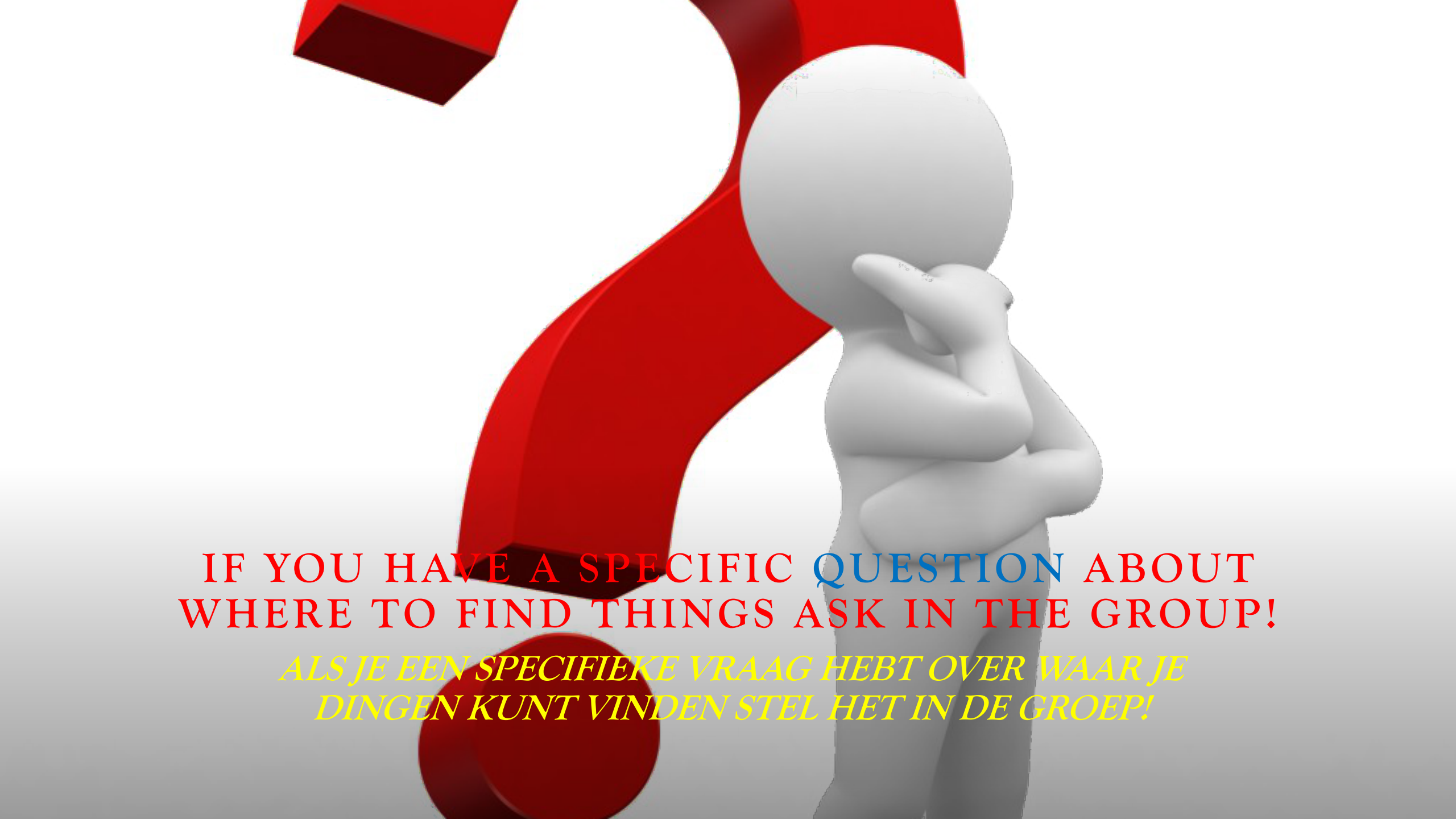
IN A FEW
DAYS YOU
WILL HAVE
YOUR
RHYTHM

OVER EEN
PAAR DAGEN
HEB JE JE
RITME

No Hurry



No Worry

A 3D white figure is shown in a thinking pose, with its hand resting on its chin. It is positioned next to a large, thick red question mark. The background is a light gray gradient.

IF YOU HAVE A SPECIFIC QUESTION ABOUT
WHERE TO FIND THINGS ASK IN THE GROUP!

*ALS JE EEN SPECIFIEKE VRAAG HEBT OVER WAAR JE
DINGEN KUNT VINDEN STEL HET IN DE GROEP!*



SEE YOU TOMORROW
TOT MORGEN