



VIDEO LESSON 11

GRANTING- & GUNNEN

What does granting represent in our lives?

Wat staat voor toekenning (gunnen) in ons leven?



GRANTING-GUNNEN

Gun je jezelf succes?

Do you grant yourself success?

Do you grant yourself health,
happiness, abundance, love and
more?

Gun je jezelf gezondheid, geluk,
overvloed, liefde en meer?



GRANTING-GUNNEN

Waarom zouden we dat niet doen,
onszelf success gunnen?

Why wouldn't you grant yourself
success?

We hold back because we don't
want others to be jealous!

We houden ons in omdat we niet
willen dat anderen jaloers zijn!



GRANTING-GUNNEN

We hold back because we don't want to be different!

We houden ons in omdat we niet anders willen zijn!

We hold back because we want to be accepted not rejected!

We houden ons in omdat we geaccepteerd willen worden, niet afgewezen!



GRANTING-GUNNEN

We hold back because we don't think we deserve to have it all!

We houden ons in omdat we denken dat we het niet verdienen om alles te hebben!

We houden ons in omdat we onzichtbaar willen zijn!

We hold back because we want to be invisible!



GRANTING-GUNNEN

Door onszelf onze verlangens te gunnen, breken we los van alle onbewuste beperkingen.

By granting ourselves our desire we break free from all the subconscious restrictions.

We are then free to create and enjoy our creations without guilt!

We zijn dan vrij om te creëren en te genieten van onze creaties zonder schuldgevoel!



TRIGGER-SENTENCE 11

I grant my self all my heart's desires!

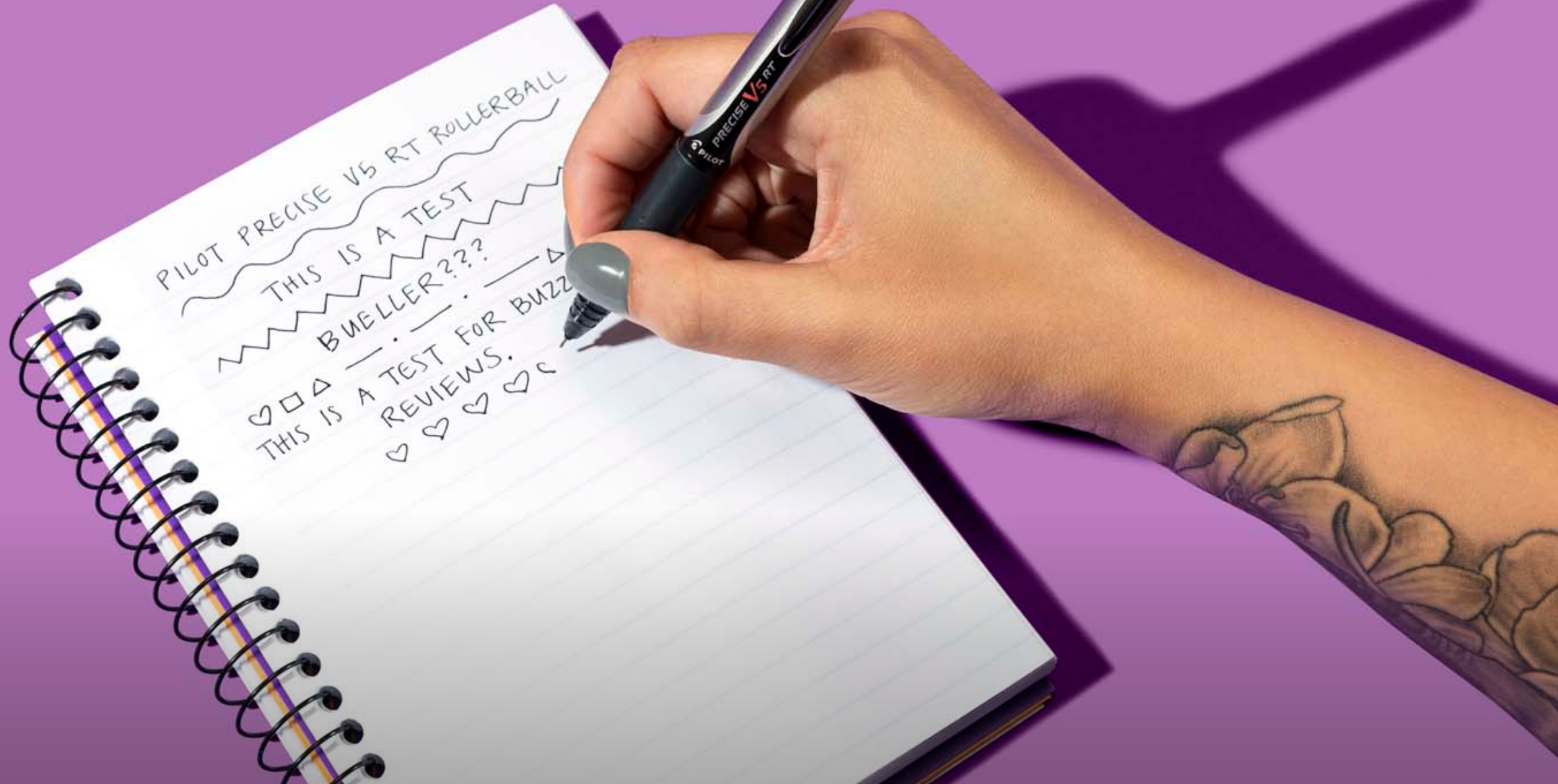
Ik gun mijzelf al mijn hartenwensen!

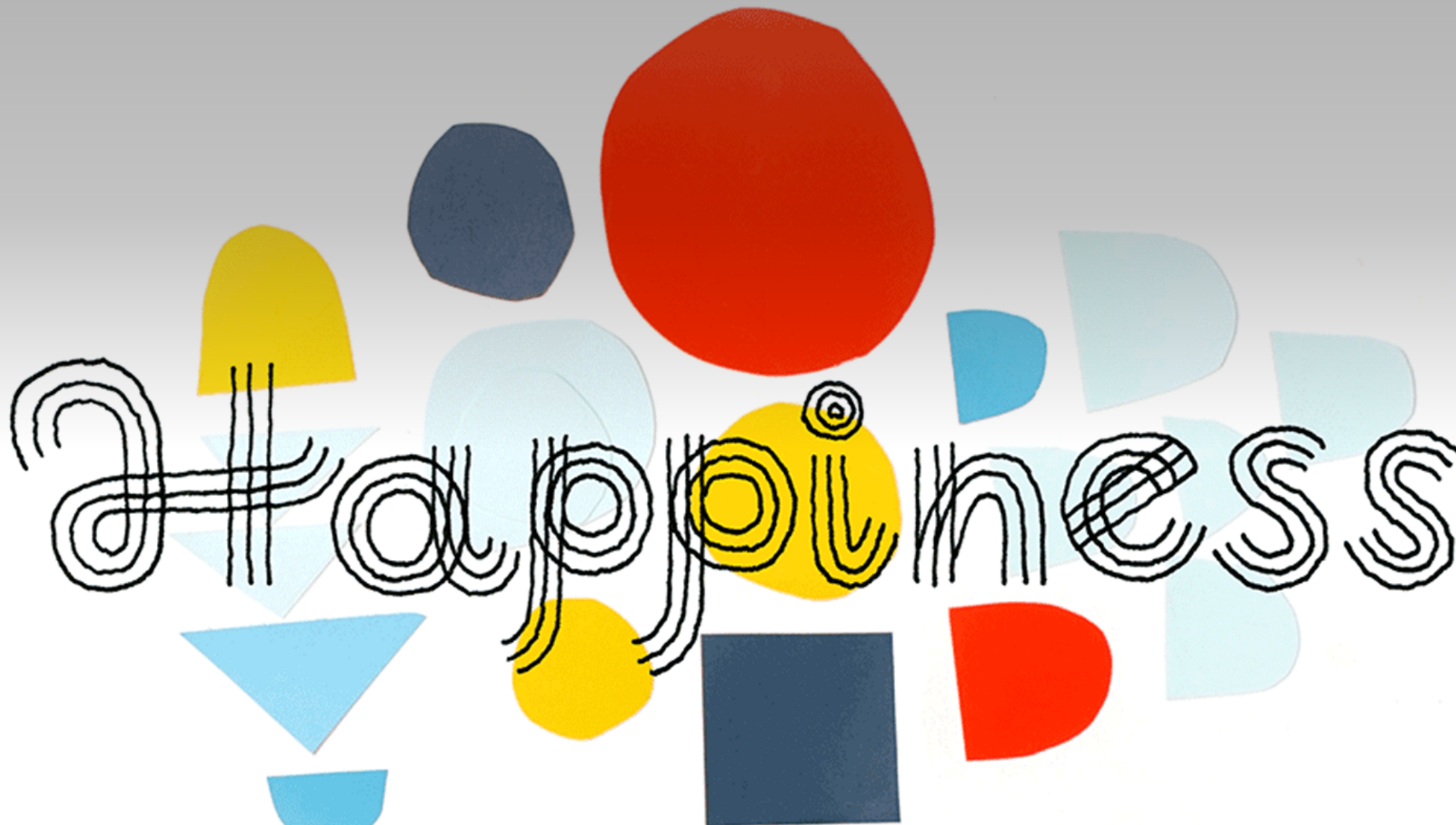
I accept that others may not like who I become and I accept that happily!

Ik accepteer dat anderen mij mogelijk niet aardig vinden zoals ik aan het worden ben en ik accepteer dat met gratie!



ANSWER THE FOLLOWING QUESTIONS ON PAPER!
BEANTWOORD DE VOLGENDE VRAGEN OP PAPIER!





WHAT DO YOU GRANT YOURSELF? BE SPECIFIC
WAT GUN JE JEZELF? WEES SPECIFIEK



WHAT ELSE?
WAT NOG
MEER?



WHAT IS YOUR BUCKET LIST?
WAT IS JOUW VERLANG LIJST?

TRIGGER-SENTENCE 11
REPEAT X2

I grant my self all my heart's desires!

Ik gun mijzelf al mijn hartenwensen!

I accept that others may not like who I become and I accept that happily!

Ik accepteer dat anderen mij mogelijk niet aardig vinden zoals ik aan het worden ben en ik accepteer dat met gratie!



QIP STEP2:
THE
SOLUTION
DE
OPLOSSING



I WISH UPON ME MY
DESIRES!

IK WENS MIJ MIJN
VERLANGENS TOE!

HAVE YOUR FLOWCHART READY!

HOUD JE FLOWCHART KLAAR!

Quantum Multiverse®



QUANTUM INTEGRATION PROTOCOL (QIP)©

PHOENIX RISING CHALLENGE by Drs. Joy & Roy Martina

Quantum
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!

NOW LET'S
START
WITH THE
QIP.

*LATEN WE
BEGINNEN
MET DE QIP.*



LET'S GET
STARTED



WE
GAAN
BEGINNEN

VISUALIZATION
HANDS ON
HEART



VISUALISATIE HANDEN OP JE HART

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

COMMITMENT
3
AFSPRAAK 3



NO EXPECTATIONS & NO ASSUMPTIONS.
GEEN VERWACHTINGEN & GEEN
AANNAMES.

COMMITMENT

3

AFSPRAAK 3



VERWACHTINGSMANAGEMENT

EXPECTATION MANAGEMENT

COMMITMENT 3 AFSPRAAK 3



**VRAAG VANDAAG IEDEREEN WAT ZE
VERWACHTEN VAN DE INTERACTIE MET
JOU!**

**ASK TODAY EVERYBODY WHAT THEY
EXPECT FROM INTERACTING WITH YOU!**

COMMITMENT
3
AFSPRAAK 3



**BEL EEN VRIEND EN VRAAG WAT ZE
VERWACHTEN VAN JOUW ALS VRIEND!**

**CALL A FRIEND AND ASK WHAT THEY
EXPECT IN YOUR FRIENDSHIP!**

COMMITMENT
3
AFSPRAAK 3



**TELL YOUR FRIEND WHAT YOU EXPECT
FROM THE FRIENDSHIP!!**

**VERTEL JE VRIEND WAT JE VERWACHT
VAN DE VRIENDSCHAP!**



COMMITMENT 3 **AFSPRAAK**

**BESPREEK MET JE
BUDDY WAT JE HEBT
GELEERD.**

**DISCUSS WITH YOUR
BUDDY WHAT YOU'VE
LEARNED!**

AT THE END OF
OUR JOURNEY
WE'LL FEEL IT!
AAN HET EINDE
VAN
ONZE REIS
ZULLEN WE HET
VOELEN!

WE
ARE
ONE

GAP 2018

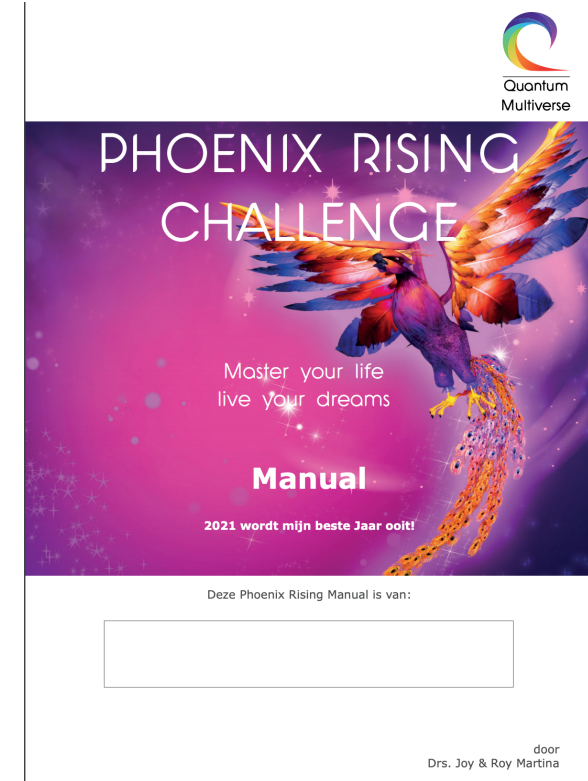
YOUR MANUAL

Watch the video of the process!

Bekijk de video over het process!

Share with your experience with
your buddy.

Deel je ervaring met je buddy.



You Know Your Stuff

YOU KNOW WHAT TO DO! JE WEET WAT TE DOEN!

WAKING UP
WAKKER WORDEN

AM INTENTION

AM INTENTIE



TAP YOUR ACU-
POINTS WITH
CURRENT
PROBLEM-

TIK OP UW
ACU-PUNTEN
MET HET
HUIDIGE
PROBLEEM-



LISTEN
OPTIMALLY 3X
TO SHORT
MEDITATION.

LUISTER
OPTIMAAL 3X
NAAR KORTE
MEDITATIE.



SLEEPY TIME SLAAP TIJD



1.. FALL ASLEEP WITH PM-AUDIO
1.. IN SLAAP VALLEN MET PM-
AUDIO

.

SHARE YOUR
EXCITEMENT
&
COMMITMENT
IN THE
GROUP.



DEEL JE ENTHOUSIASME &
COMMITMENT IN DE GROEP.



STAY FOCUSED

IT IS YOUR LIFE! HET IS JOUW LEVEN!



Ensueño de Amor

SEE YOU
TOMORROW

Hasta mañana

TOT MORGEN