



VIDEO LESSON 16



TRIGGER 16

IT'S MY BIRTHRIGHT TO BE
POWERFUL. HET IS MIJN
GEBOORTE-RECHT OM KRACHTIG
TE ZIJN



TRIGGER 16

I CLAIM MY POWER BACK & I STOP GIVING
IT AWAY IK NEEM MIJN KRACHT TERUG EN
STOP MET HET WEG TE GEVEN!

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



AS MANY
SITUATIONS AS
YOU CAN FIND,
IN WHICH YOU
GIVE YOUR
POWER AWAY.

ZOVEEL SITUATIES ALS
JE KAN VINDEN,
WAARIN JE JE KRACHT
WEGGEEFT.



SITUATIONS IN WHICH YOU GO
AGAINST YOUR TRUE WISHES & TRUTH.

SITUATIES WAARIN JE TEGEN JE WARE
WENSEN & WAARHEID INGAAT.

YOU GIVE IN, YOU SUCK IT UP, YOU SHUT
UP, YOU TWIST YOUR WORDS, ETC.

JE GEEFT TOE, JE SLIKT HET IN, JE HOUDT
JE MOND, JE VERDRAAIT JE WOORDEN,
ENZ.





I AM
AWARE OF
MY
PATTERN

IK BEN ME
BEWUST VAN
MIJN PATRONEN



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HAVE YOUR FLOWCHART READY!

HOUD JE FLOWCHART KLAAR!

Quantum Multiverse®



QUANTUM INTEGRATION PROTOCOL (QIP)©

PHOENIX RISING CHALLENGE by Drs. Joy & Roy Martina

Quantum
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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 across the upper part of the eyes, and "SLUIT JE OGEN" is written in a yellow, serif font directly below it.

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
4
AFSPRAAK 4



WE DOEN NOG 1 SESSIE OVER HET
STREVEN NAAR JE BESTE TE ZIJN!

WE DO 1 MORE SESSION ON STRIVING TO
BE YOUR BEST!

COMMITMENT 4
AFSPRAAK 4

**STRIVE TO BE YOUR BEST
SELF.**

**STREEF ERNAAR OM JE BESTE
ZELF TE ZIJN.**

COMMITMENT
4
AFSPRAAK 4



JOUW BEST IS NIET FORCEREN,
OPOFFERINGEN TEN KOSTE VAN JEZELF.
YOUR BEST IS NOT FORCING YOURSELF
OR SACRIFICE YOUR SELF.

COMMITMENT
4
AFSPRAAK 4



**JOUW BESTE WERK IS OM JOUW BEST TE
DOEN BINNEN JOUW MOGELIJKHEDEN!**

**YOUR BEST IS TO MAKE YOUR BEST
EFFORT WITHIN YOUR POSSIBILITIES!**

COMMITMENT
4
AFSPRAAK 4



**JOUW BESTE WERK IS ZONDER
WEERSTAND!**
YOUR BEST IS WITHOUT RESISTANCE!

COMMITMENT
4
AFSPRAAK 4



OM JE HART ERIN TE STEKEN!
TO PUT YOUR HEART IN IT!

COMMITMENT
4
AFSPRAAK 4



**OM JOUW VERPLICHTINGEN TE DOEN
MET JOUW TOP INSPANNING!**

**TO DO YOUR COMMITMENTS WITH
YOUR TOP EFFORT!**

COMMITMENT
4
AFSPRAAK 4



**OM JE TE COMMITTEREN AAN DE TAAK
DIE JE UITVOERT!**

TO COMMIT TO THE TASK AT HAND!

COMMITMENT
4
AFSPRAAK 4



OM JE HART NOG MEER TE OPENEN!
TO OPEN YOUR HEART EVEN MORE!



COMMITMENT 4 **AFSPRAAK**

**BESPREEK MET JE
BUDDY HOE JE IN HET
VERLEDEN DEZE
REGEL HEBT
VERBROKEN.**

**DISCUSS WITH YOUR
BUDDY HOW IN THE
PAST YOU HAVE
BROKEN THIS RULE?**

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

A hand holds a feather vertically against a blurred background of a sunset or sunrise over water. The feather has dark brown and light tan stripes. The text 'Ceremony, Ritual & Sacred Space' is overlaid in white at the bottom left.

Ceremony, Ritual
& Sacred Space

YOU HAVE
YOUR
ROUTINE
(RITUAL) BY
NOW

INMIDDELS HEB JE
JE ROUTINE
(RITUEEL)

SHARE YOUR
EXPERIENCE
& QUESTIONS
IN THE
GROUP.



DEEL JE ERVARINGEN & VRAGEN IN DE
GROEP.



FOCUS!

IT IS YOUR LIFE!
HET IS JOUW LEVEN!



SEE YOU TOMORROW
TOT MORGEN