

A photograph of three dolphins leaping from a pool of bright blue water. The dolphins are captured in mid-air, with water droplets trailing behind them. The dolphin on the left is the highest, followed by the middle one, and the smallest one on the right. In the background, there is a rocky, brownish cliff face. The text "VIDEO LESSON 18" is overlaid in white serif font in the lower-left quadrant of the image.

VIDEO LESSON 18

I AM READY TO
MANIFEST.

IK BEN KLAAR
OM TE
MANIFESTEREN.



TRIGGER 18

I DESERVE TO
MANIFEST.

IK VERDIEN
HET OM TE
MANIFESTEREN.



TRIGGER 18

I AM
MANIFESTING
MORE
ABUNDANCE.

IK
MANIFESTEER
MEER
OVERVLOED.



TRIGGER 18

I AM GOOD AT
MANIFESTING
MORE
ABUNDANCE.

IK BEN GOED
IN HET
MANIFESTEREN
VAN MEER
OVERVLOED.



TRIGGER 18

I ENJOY
MANIFESTING
MORE
ABUNDANCE.

IK GENIET VAN
HET
MANIFESTEREN
VAN MEER
OVERVLOED.

I ENJOY
MANIFESTING
MORE
ABUNDANCE.

IK GENIET VAN
HET
MANIFESTEREN
VAN MEER
OVERVLOED.



I ENJOY
MANIFESTING
MORE
ABUNDANCE.

IK GENIET VAN
HET
MANIFESTEREN
VAN MEER
OVERVLOED.

I AM AN
AWESOME
MANIFESTER.

IK BEN EEN
GEWELDIGE
MANIFESTEERD
ER.



TRIGGER 18

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



WHAT DO YOU
WANT TO
MANIFEST?

WAT WIL JE
MANIFESTEREN
?



TRIGGER 18

WHAT ARE
YOUR HEART'S
DESIRES?

WAT ZIJN JE
HARTVERLANG
ENS?



TRIGGER 18

**SCHRIJF JE
BUCKETLIST!**

**WRITE YOUR
BUCKETLIST!**



TRIGGER 18



I AM
AWARE OF
MY
PATTERN

IK BEN ME
BEWUST VAN
MIJN PATRONEN

I AM GOOD AT
MANIFESTING
MORE
ABUNDANCE.

IK BEN GOED
IN HET
MANIFESTEREN
VAN MEER
OVERVLOED.



TRIGGER 18

I AM AN
AWESOME
MANIFESTER.

IK BEN EEN
GEWELDIGE
MANIFESTEERD
ER.



TRIGGER 18

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 5
AFSPRAAK 5

REJECT ALL NEGATIVITY
INSIDE & OUTSIDE.

VERWERP ALLE
NEGATIVITEIT BINNEN &
BUITEN JOU.

COMMITMENT
5
AFSPRAAK 5



**HOE LAAT JE NEGATIVITEIT VAN BUITEN
JE TOE?**

**HOW DO YOU ALLOW NEGATIVITY
FROM OUTSIDE OF YOU?**

COMMITMENT
5
AFSPRAAK 5



VAN WIE?
WHO DO YOU ALLOW?

COMMITMENT
5
AFSPRAAK 5



WAT MOET JE DOEN?
WHAT DO YOU NEED TO DO?

COMMITMENT
5
AFSPRAAK 5



WAT ZOU JE Q.I. DOEN?
WHAT WOULD YOUR Q.I. DO?

COMMITMENT
5
AFSPRAAK 5



**LATEN WE SAMEN ONZE INTENTIE
BEPALEN!**

LET'S SET OUR INTENTION TOGETHER!

CLOSE & ROLL UP YOUR EYES!
SLUIT JE OGEN EN ROL ZE NAAR BOVEN!



REPEAT AFTER ME!
HERHAAL NA MIJ!



EVEN IF I DON'T KNOW HOW TO
REJECT NEGATIVITY FROM
OTHERS

ZELFS ALS IK NIET WEET HOE
NEGATIVITEIT VAN ANDEREN TE
VERWERPEN

WHAT I DO KNOW, IT IS SO NOW AND I
AM FULFILLED.

WAT IK WEL WEET, HET IS ZO NU EN IK
BEN VOLDAAN



DELETE (X3) ALL MEMORIES,
INFORMATION AND PROGRAMMING
THAT KEEP ME STUCK IN THESE
THOUGHTS.

VERWIJDER (X3) ALLE HERINNERINGEN,
INFORMATIE EN PROGRAMMERING DIE
ME VAST HOUDEN IN DEZE GEDACHTEN.

DOWNLOAD (X3) ALL RESOURCES FROM
MY Q.I. TO HELP ME STAY IN MY POWER.

DOWNLOAD (X3) ALLE BRONNEN VAN
MIJN Q.I. OM ME TE HELPEN IN MIJN
MACHT TE BLIJVEN.



SO IT IS, SO IT SHALL BE OR
SOMETHING EVEN MUCH BETTER!

ZO IS HET, DUS HET ZAL ZIJN OF IETS NOG
VEEL BETER!

THANK YOU (X3).

DANK JE WEL (X3).

RELAX YOUR EYES.

ONTSPAN JE OGEN.



VISUALISEER UW GEWENSTE STATEN
VAN HET VERWERPEN VAN
NEGATIEVITEIT VAN ANDEREN!

VISUALIZE YOUR DESIRED STATES OF
REJECTING NEGATIVITY FROM OTHERS!

OPEN YOUR EYES.

OPEN JE OGEN.





COMMITMENT 5 **AFSPRAAK**

**BESPREEK MET JE
BUDDY HOE DIT VOOR
JE VOELT!**

**DISCUSS WITH YOUR
BUDDY HOW THIS
FEELS FOR YOU!**

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 is dark with light-colored barbs. The text "Ceremony, Ritual & Sacred Space" is overlaid in white.

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!

Bye
Bye!

SEE YOU TOMORROW
TOT MORGEN