



VIDEO LESSON 19

IK BEN IN
STAAT.

I AM ABLE.



TRIGGER 19

IK BEN IN
CAPABEL.

I AM CAPABLE.



TRIGGER 19

IK WEET DAT IK
HET KAN!

I KNOW I CAN!



TRIGGER 19

OM DE BESTE
VERSIE VAN
MEZELF TE
WORDEN!

TO BECOME
THE
BESTVERSION
OF ME!



TRIGGER 19

IK HEB ALLES
IN ME OM DAT
TE LATEN
GEBEUREN!

I HAVE ALL IN
ME TO MAKE
THAT HAPPEN!



TRIGGER 19

I AM READY,
WILLING &
ABLE!

IK BEN KLAAR,
BEREID & IN
STAAT!



TRIGGER 19

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



DO YOU FEEL
READY,
WILLING &
ABLE?

VOEL JIJ JE
KLAAR, BEREID
& IN STAAT?



TRIGGER 19



I AM
AWARE OF
MY
DOUBTS

IK BEN ME
BEWUST VAN
MIJN TWIJFELS

IK HEB ALLES
IN ME OM DAT
TE LATEN
GEBEUREN!

I HAVE ALL IN
ME TO MAKE
THAT HAPPEN!



REPEAT WITH ME

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 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 5
AFSPRAAK 5

REJECT ALL NEGATIVITY
INSIDE & OUTSIDE.

VERWERP ALLE
NEGATIVITEIT BINNEN &
BUITEN JOU.

COMMITMENT
5
AFSPRAAK 5



**PRATEN ACHTER DE RUG VAN MENSEN IS
ONDERDEEL VAN NEGATIVITEIT MET
INBEGRIIP VAN RODDELEN!**

**TALKING BEHIND PEOPLE'S BACK IS PART
OF NEGATIVITY INCLUDING GOSSIPING!**

COMMITMENT 5 AFSPRAAK 5



WELKE NEGATIEVE PATRONEN BEN JE JE
BEWUST VAN JEZELF?

WHAT NEGATIVE PATTERNS ARE YOU
AWARE OF YOURSELF?

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 IN MY LIFE
COMPLETELY

ZELFS ALS IK NIET WEET HOE IK
NEGATIVITEIT VOLLEDIG UIT MIJN
LEVEN BAN

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

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



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

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

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 JOUW GEWENSTE STAAT
VAN HET VERWERPEN VAN
NEGATIVITEIT VAN ANDEREN!

VISUALIZE YOUR DESIRED STATES OF
REJECTING NEGATIVITY FROM OTHERS!

OPEN YOUR EYES.

OPEN JE OGEN.





COMMITMENT 4 **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