

A person is standing in the rain, holding a dark umbrella. The rain is falling heavily, creating a misty atmosphere. The person is wearing a dark coat and is looking down. The background is a blurred city street with lights and buildings.

VIDEO LESSON 2

TODAY'S FOCUS UNTIL VIDEO LESSON 3

DE FOCUS VAN VANDAAG TOT VIDEOLES 3

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>(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> <p>(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> <p>(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!</p>
Upper lip FIRE	<p>(P) I will be effortlessly over this (P), now, completely, permanently and forever!</p>
Switch FIRE Karate Chop	<p>(P) I want to be even better than before & create my life's experience with grace, ease and joy!</p> <p>(P) I always want to be even better than before & create my life's experience with grace, ease and joy!</p> <p>(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!</p>
Chin FIRE	<p>(P) I am over this now, and I believe 100% that I am the creator of my life's experience!</p> <p>(P) I am completely and forever over this (P) and more in my power of creating my life's experience!</p> <p>(P) I am completely releasing this (P) forever, with grace, ease and joy!</p> <p>(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!</p>
Middle Finger FIRE	<p>(P) I have always been over this (P) & more connected to my power of creating my life's experience!</p> <p>(P) I have always been completely over this (P) & more connected to my power of creating my life's experience!</p> <p>(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!</p>

DESIRES- VERLANGENS



We are often conflicted about our desires
and may even feel guilty for having them or
achieving them!

We zijn vaak in conflict over onze verlangens
en kunnen zelfs schuldig voelen voor het
hebben van hen of het bereiken van hen!

DESIRES- VERLANGENS



We have often been disappointed for
wanting something and not getting it!
(childhood traumas) We zijn vaak
teleurgesteld geworden omdat we iets
wilden en het niet kregen!
(jeugdtrauma's)

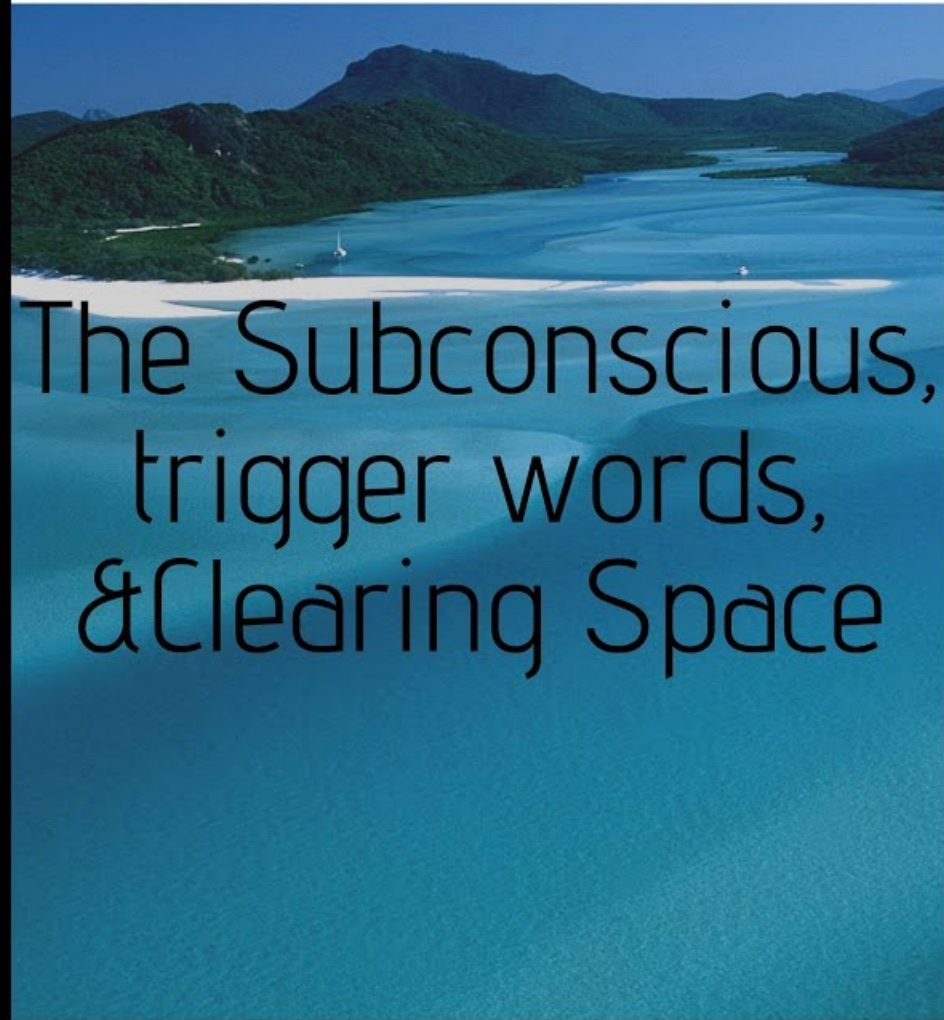
DESIRES- VERLANGENS



This creates reasons for sabotage in our
s.cm.

Dit creëert sabotage in onze onbewuste.

SUBSCRIBE



The Subconscious,
trigger words,
& Clearing Space

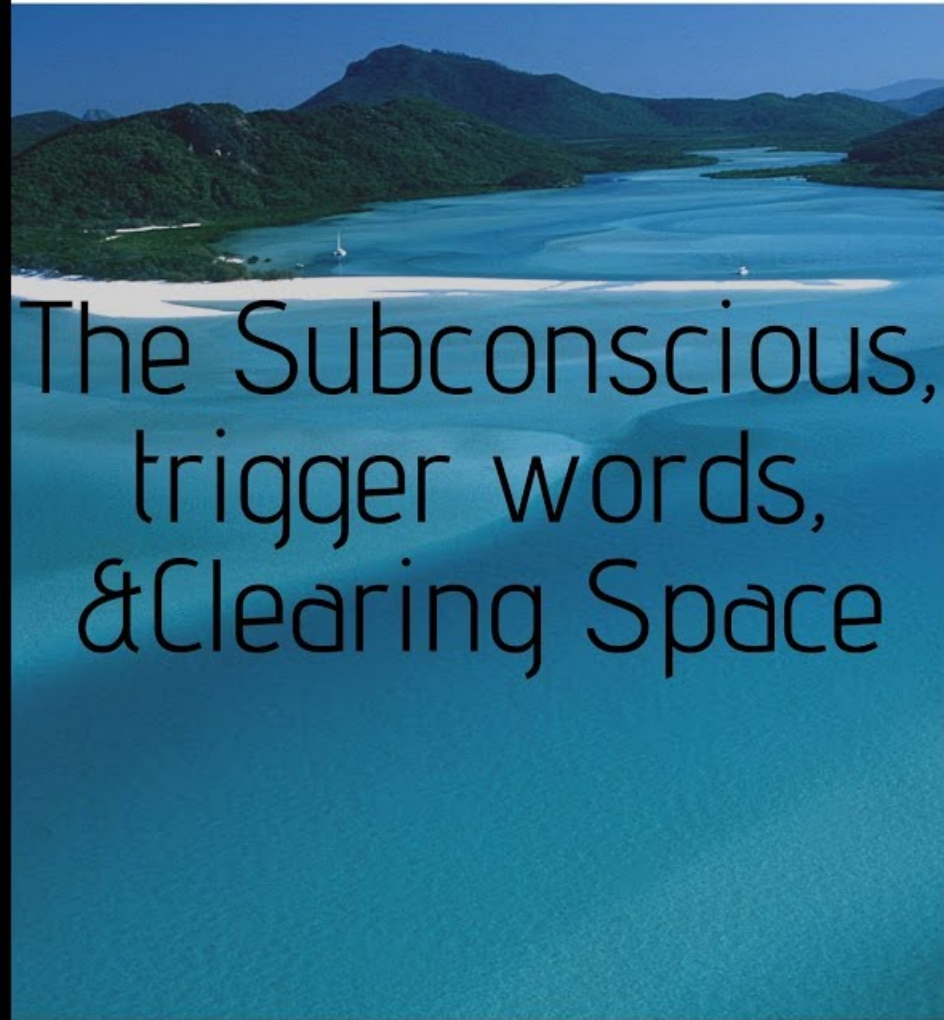
TAP THE BELL!

TRIGGER SENTENCE (ZIN) 2

I DESIRE TO MANIFEST & LIVE
MY DREAMS WITH GRACE,
EASE AND JOY!

IK VERLANG OM MIJN DROOM
LEVEN TE MANIFESTEREN EN
TE BELEVEN MET GRATIE
GENOT & GEMAK!

SUBSCRIBE



The Subconscious,
trigger words,
& Clearing Space

TAP THE BELL!

**REPEAT
HERHAAL 2X**

I DESIRE TO MANIFEST & LIVE
MY DREAMS WITH GRACE,
EASE AND JOY!

IK VERLANG OM MIJN DROOM
LEVEN TE MANIFESTEREN EN
TE BELEVEN MET GRATIE
GENOT & GEMAK!

QIP STEP1: PROBLE(E)M



AM I WORTHY, CAPABLE, STRONG ENOUGH & COURAGEOUS ENOUGH TO MANIFEST MY TRUE DREAMS, WHICH I HAVE GIVEN UP BECAUSE OF NOT BELIEVING IT IS POSSIBLE.

IK BEN WAARDIG, CAPABEL, STERK GENOEG & MOEDIG GENOEG OM MIJN WARE DROMEN TE MANIFESTEREN, DIE IK HEB OPGEGEVEN OMDAT IK NIET GELOOFDE DAT HET MOGELIJK IS.

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 PEOPLE YOU HAVE CONFLICTS
WITH OR HAVE HAD CONFLICTS WITH OR
WHO YOU THINK ARE ANNOYING.**

**OEFEN OP MENSEN MET WIE JE CONFLICTEN
HEBT OF CONFLICTEN HEBT GEHAD OF MET
WIE JE DENKT DIE LASTIG ZIJN.**



FOCUS: YOUR 1ST AGREEMENT
JOUW EERSTE OVEREENKOMST

**CALL THEM UP OR WRITE A LETTER OF
THE GOOD YOU KNOW IS IN THIS
CONFLICT.**

**BEL ZE OP OF SCHRIJF EEN BRIEF VAN
HET GOEDE DAT JE ZIET IN DIT
CONFLICT.**

FORGIVE THEM & YOURSELF.

VERGEEF ZE & JEZELF.



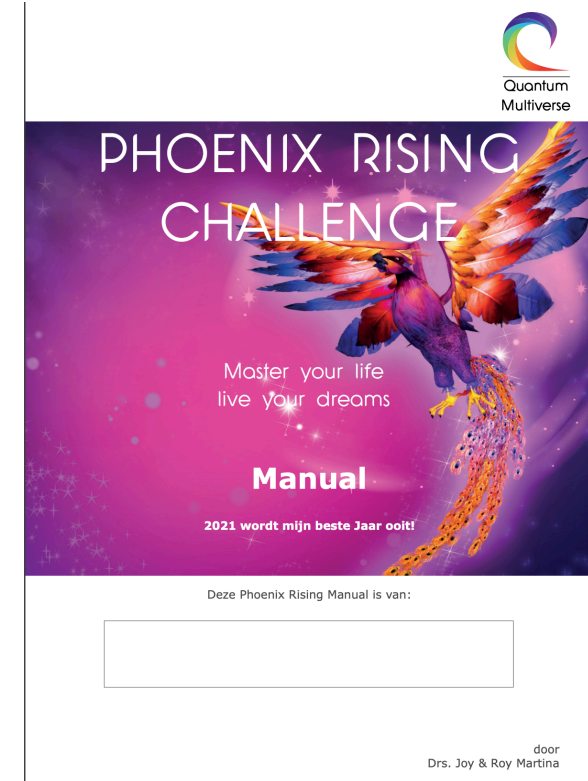
START TO FILL IN YOUR MANUAL

Jouw Reis in kaart gebracht & jouw huidige ID.

Charting your journey & your Current ID.

Share with your buddy.

Deel met je buddy.





THE REST IS A REPETITION DE REST IS EEN HERHALING

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.

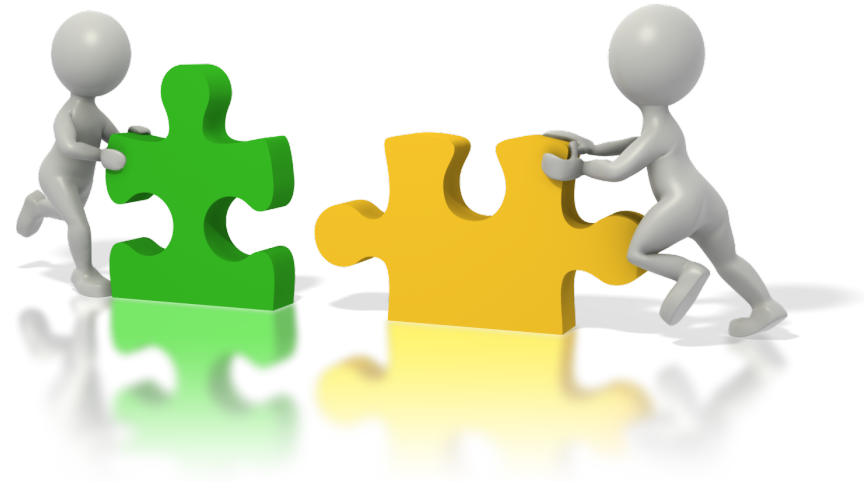


DEEL JE ENTHOUSIASME &
COMMITMENT IN DE GROEP.

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