



VIDEO LESSON 23

IK BEN
LIEFDE.

I AM LOVE.

I AM LOVE

TRIGGER 23

ZELFS
WANNEER IK
HET NIET
VOEL BEN IK
LIEFDE.

EVEN WHEN I
DON'T FEEL
IT, I AM
LOVE.

I AM LOVE

TRIGGER 23

ZELFS
WANNEER IK
ME NIET ZO
GEDRAAG
BEN IK
LIEFDE.

EVEN WHEN I
DON'T ACT
IT, I AM
LOVE.

I AM LOVE

TRIGGER 23

ZELFS
WANNEER IK
NAAR LIEFDE
BUITEN
MEZELF ZOEK,
BEN IK
LIEFDE.

EVEN WHEN I
LOOK FOR
LOVE OUTSIDE
OF ME, I AM
LOVE.



TRIGGER 23

ZELFS
WANNEER
ANDEREN HET
NIET ZIEN OF
VOELEN, BEN
IK LIEFDE.

EVEN WHEN
OTHERS CAN'T
SEE IT OR FEEL
IT, I AM LOVE.



I AM LOVE

TRIGGER 23

I AM LOVED,
EVEN WHEN I
FORGET.

IK BEN
GELIEFD,
ZELFS ALS IK
HET
VERGEET.

I AM LOVE

TRIGGER 23

I AM ALWAYS
LOVED, EVEN
WHEN I
CANNOT FEEL
IT.

IK BEN
ALTIJD
GELIEFD,
ZELFS ALS IK
HET NIET
KAN VOELEN.

I AM LOVE

TRIGGER 23

I AM ALWAYS
LOVED, EVEN
WHEN I FEEL
ALONE.

IK BEN
ALTIJD
GELIEFD,
ZELFS ALS IK
ME ALLEEN
VOEL.

I AM LOVE

TRIGGER 23

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



HOE
BLOKKEER JE
JEZELF OM
LIEFDE TE
VOELEN?

HOW DO YOU
BLOCK
YOURSELF
FROM
FEELING
LOVE?



I AM LOVE

TRIGGER 23

WAAR BEN JE
BANG VOOR?

WHAT ARE
YOU AFRAID
OFF?

I AM LOVE

TRIGGER 23

WHAT WAS THE
MOST PAINFUL
EXPERIENCE
WHEN YOU
OPENED YOUR
HEART?

WAT WAS DE
MEEST
PIJNLIJKE
ERVARING
TOEN JE JE
HART OPENDE?

I AM LOVE

TRIGGER 23



I AM
AWARE OF
MY HEART

IK BEN ME
BEWUST VAN
MIJN HART

I HAVE ALL IN
ME TO OPEN MY
HEART TO
EXPERIENCE
MORE LOVE
AND BE MORE
LOVE!

IK HEB ALLES
IN ME OM MIJN
HART TE
OPENEN OM
MEER LIEFDE TE
ERVAREN EN
MEER LIEFDE TE
ZIJN!



REPEAT WITH ME

I AM ALWAYS
LOVE!

IK BEN ALTIJD
LIEFDE!



REPEAT WITH ME

I AM EVERY DAY
IN EVERY WAY
BECOMING
BETTER IN
BEING LOVE!

IK BEN ELKE
DAG IN ELK
OPZICHT
STEEDS BETER
IN HET ZIJN
VAN LIEFDE!



REPEAT WITH ME

**YOUR
SUBCONSCIOUS MIND IS
DEALING WITH
THIS NOW!
ACCESSING
THE FILES
DEALING WITH
YOUR
EXPERIENCES
WITH LOVE!**



**JE ONDERBEWUSTZIJN IS HIER NU
MEE BEZIG! EN CHECKT DE
BESTANDEN VAN JOUW
ERVARINGEN MET LIEFDE!**

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 6
AFSPRAAK 6

QUESTION EVERYTHING.
ONDERZOEK ALLES.

COMMITMENT
6
AFSPRAAK 6



WAT GELOOF JE OVER JOU TE ZIJN?
WHAT DO YOU BELIEVE ABOUT BEING
YOU?

COMMITMENT
6
AFSPRAAK 6



**DO YOU BELIEVE BEING LOVE,
POWERFUL OR WEAK, & NOT SURE?**
**GELOOF JE DAT LIEFDE, KRACHTIG BENT
OF ZWAK & NIET ZEKER?**

COMMITMENT
6
AFSPRAAK 6



**DENK JE DAT JE NIET GOED GENOEG BENT,
STERK GENOEG, RIJK GENOEG?**

**DO YOU BELIEVE YOU ARE NOT GOOD
ENOUGH, STRONG ENOUGH, RICH
ENOUGH?**

COMMITMENT
6
AFSPRAAK 6



**QUESTION EVERYTHING YOU BELIEVE
ABOUT YOU & WRITE IT DOWN!**

**BETWIJFEL ALLES WAT JE GELOOFT OVER
JOU ZELF & SCHRIJF HET OP!**

COMMITMENT
6
AFSPRAAK 6



**WAT JE GELOOFT IS GEWOON EEN
GELOOF!**

**WHATEVER YOU BELIEVE IS JUST A
BELIEF!**

COMMITMENT AFSPRAAK 6



**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!



ZELFS ALS IK NIET WEET WAT IK
OVER MEZELF MOET GELOVEN,
WEET IK DAT IK ONGELOOFELIJK
MACHTIG BEN,

EVEN IF I DON'T KNOW WHAT TO
BELIEVE ABOUT MYSELF, I KNOW I AM
POWERFUL BEYOND BELIEF,

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

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



DELETE (X3) ALL MEMORIES,
INFORMATION AND PROGRAMMING
THAT KEEP ME STUCK IN MY LIMITING
BELIEFS ABOUT ME.

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, ZO ZAL HET 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 LIEFDE ZIJN
IN ALLE OMSTANDIGHEDEN!

VISUALIZE YOUR BEING LOVE IN ALL
CIRCUMSTANCES!

OPEN YOUR EYES.

OPEN JE OGEN.





COMMITMENT 6 **AFSPRAAK**

**BESPREEK MET JE
BUDDY JOUW
ERVARINGEN MET
WAT JE GELOOFT
OVER JE ZELF!**

**DISCUSS WITH YOUR
BUDDY WHAT YOU
BELIEVE ABOUT
YOURSELF!**

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.

A magnifying glass with a silver rim and a black handle is positioned over the word 'FOCUS'. The word is written in large, bold, red 3D letters with a dark red outline. The magnifying glass is focused on the 'O' and 'C' of the word. The background is a light gray gradient.

FOCUS!

IT IS YOUR LIFE!
HET IS JOUW LEVEN!

Bye
Bye!

SEE YOU TOMORROW
TOT MORGEN