

A first-person perspective from an astronaut in a white space suit floating in space. The helmet's visor reflects the International Space Station (ISS) and the Earth. The suit features an American flag patch on the right sleeve and a NASA patch on the left. Two bright lights are mounted on the helmet. The background is a vast blue sky with white clouds and the blackness of space.

VIDEO LESSON 24

I RADIATE
LOVE.

IK STRAAL
LIEFDE UIT.



TRIGGER 24

MIJN
WOORDEN
VIBREREN
VAN LIEFDE.

MY WORDS
VIBRATE
WITH LOVE.



TRIGGER 24

MIJN
GEDACHTEN
VIBREREN
VAN LIEFDE.

MY
THOUGHTS
VIBRATE
WITH LOVE.



TRIGGER 24

MIJN
AANRAKING
VIBREERT
VAN LIEFDE.

MY TOUCH
VIBRATES
WITH LOVE.



TRIGGER 24

MIJN
ENERGIE
VIBREERT
VAN LIEFDE.

MY ENERGY
VIBRATES
WITH LOVE.



TRIGGER 24

MY EYES
RADIATE
LOVE.

MIJN OGEN
STRALEN
LIEFDE UIT.



TRIGGER 24

IK BEN DE
TRILLINGS
FREQUENTIES
VAN LIEFDE!

I AM THE
VIBRATIONAL
FREQUENCIE
S OF LOVE!



TRIGGER 24

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



HOW CAN YOU
VIBRATE
MORE WITH
FREQUENCIES
OF LOVE?

HOE KUN JE
MEER
VIBREREN MET
FREQUENTIES
VAN LIEFDE?



TRIGGER 24

VOORAL ALS
JE GESTREST
BENT!

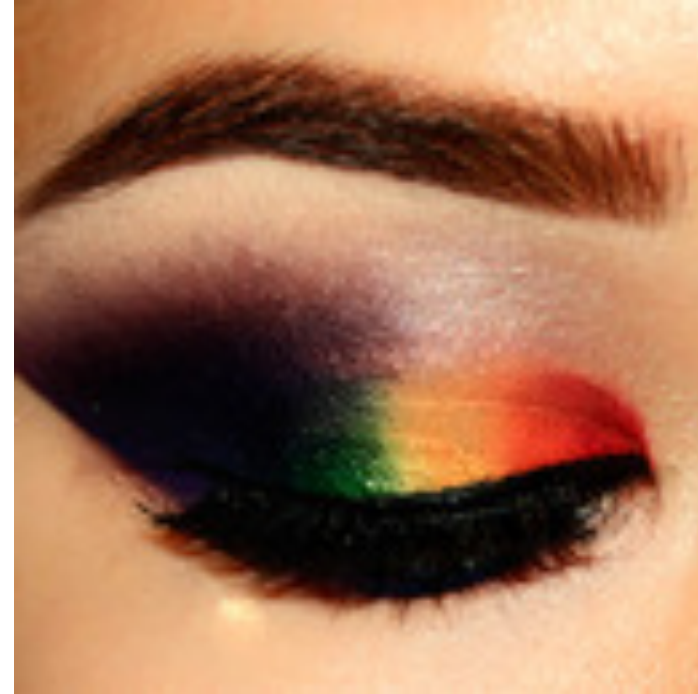
ESPECIALLY
WHEN YOU
ARE
STRESSED!



TRIGGER 24

CLOSE YOUR
EYES

SLUIT JE
OGEN



TRIGGER 24

IMAGINE A
SITUATION
WHERE YOU
COULD
RADIATE
MORE LOVE!
STEL JE EEN
SITUATIE
VOOR WAARIN
JE MEER
LIEFDE ZOU
KUNNEN
UITSTRALEN!



TRIGGER 24

WAT
GEBEURT ER
ALS JE DAT
DOET?
WHAT
HAPPENS
WHEN YOU
DO?



TRIGGER 24

OEFEN DIT
DE KOMENDE
DAGEN!
PRACTICE
THIS THE
COMING
DAYS!



TRIGGER 24



I AM
AWARE OF
MY
FREQUENC
IES

IK BEN ME
BEWUST VAN
MIJN
FREQUENTIES

I HAVE ALL IN
ME TO
RADIATE MORE
LOVE AND BE
MORE LOVE!

IK HEB ALLES
IN ME OM MEER
LIEFDE UIT TE
STRALEN 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 MENS TE ZIJN?
WHAT DO YOU BELIEVE ABOUT BEING
HUMAN?

COMMITMENT
6
AFSPRAAK 6



**DO YOU BELIEVE BEING HUMAN IS WHO
YOU ARE?**

GELOOF JE DAT JIJ EEN MENS BENT?

COMMITMENT
6
AFSPRAAK 6



**WAT ALS DAT NIET WAAR IS? JE BENT
GEEN MENS.**

**WHAT IF THAT IS NOT TRUE? YOU ARE
NOT HUMAN!**

COMMITMENT
6
AFSPRAAK 6



**ALS JE GEEN MENS BENT, WAT DENK JE
DAN DAT JE BENT?**

**IF YOU ARE NOT HUMAN, WHAT DO
YOU BELIEVE YOU ARE?**

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
WEL OF NIET KAN, WAT IK WEET IS
DAT IK ONGELOOFELIJK MACHTIG
BEN,

EVEN IF I DON'T KNOW WHAT I CAN AND
CANNOT DO, 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
NEGATIVITEIT VAN ANDEREN!

VISUALIZE YOUR DESIRED STATES OF
REJECTING NEGATIVITY FROM OTHERS!

OPEN YOUR EYES.

OPEN JE OGEN.





COMMITMENT 6 **AFSPRAAK**

**BESPREEK MET JE
BUDDY 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.



FOCUS!

IT IS YOUR LIFE!
HET IS JOUW LEVEN!

Bye
Bye!

SEE YOU TOMORROW
TOT MORGEN