

VIDEO LESSON 25



I WELCOME
MORE
ABUNDANCE.

IK
VERWELKOM
MEER
OVERVLOED.



TRIGGER 25

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



OP WELKE
GEBIEDEN
WENS JE
MEER
OVERVLOED?

IN WHAT
AREAS DO
YOU DESIRE
MORE
ABUNDANCE?



TRIGGER 25

LIEFDE, GELD,
VRIENDSCHAP,
GEZONDHEID,
RUIMTE,
LUXE?

LOVE, MONEY,
FRIENDSHIP,
HEALTH,
SPACE,
LUXURY?



TRIGGER 25

WHAT
WOULD YOU
DO WITH
MORE
ABUNDANCE?

WAT ZOU JE
MET MEER
OVERVLOED
DOEN?



TRIGGER 25

HOE HELPT
DIT JOU OM
EEN GROTER
VERSCHIL TE
MAKEN?

HOW DOES
THIS HELP
YOU TO
MAKE A
BIGGER
DIFFERENCE?



TRIGGER 25

HOE ZOU JE
MEER GEVEN?

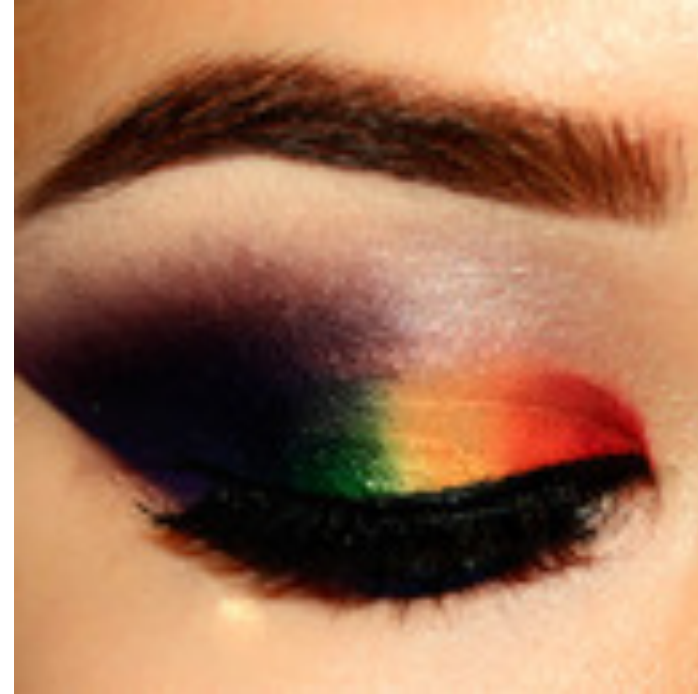
HOW WOULD
YOU GIVE
MORE?



TRIGGER 25

CLOSE YOUR
EYES

SLUIT JE
OGEN



TRIGGER 24

IMAGINE A
SITUATION
WHERE YOU
COULD GIVE
MORE?

STEL JE EEN
SITUATIE
VOOR WAARIN
JE MEER ZOU
KUNNEN
GEVEN?



TRIGGER 24

WHAT
FEELINGS DO
YOU HAVE
WHEN YOU
DO?

WELKE
GEVOELENS
HEB JE ALS JE
DAT DOET?



TRIGGER 24

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



TRIGGER 24



I AM
AWARE OF
MY
ABUNDAN
CE

IK BEN ME
BEWUST VAN
MIJN
OVERVLOED



HOE MEER IK
GEEF HOE
OVERVLOEDI
GER IK BEN

THE MORE I
GIVE THE
MORE
ABUNDANT I
AM

OVERVLOED IS
MIJN
VERMOGEN OM
MEER TE GEVEN
TERWIJL IK
ZORG VOOR AL
MIJN
VERLANGENS!
ABUNDANCE IS
MY CAPACITY
TO GIVE MORE
WHILE I TAKE
CARE OF ALL
MY DESIRES!



REPEAT WITH ME

IK BEN EEN
GEVER DAT IS
WAAROM IK
MEER
OVERVLOED
VERDIEN!

I AM A GIVER
THAT IS WHY I
DESERVE MORE
ABUNDANCE!



REPEAT WITH ME

IK WORDT ELKE
DAG IN ELK
OPZICHT
OVERVLOEDIGE
R IN HET GEVEN
VAN LIEFDE!

I AM EVERY DAY
IN EVERY WAY
BECOMING
MORE
ABUNDANT IN
GIVING LOVE!



REPEAT WITH ME

IK BEN
OVERVLOEDIG
IN ELK
OPZICHT!

I AM
ABUNDANT IN
EVERY WAY!



REPEAT WITH ME

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



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

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**



COMMITMENT 6
AFSPRAAK 6

QUESTION EVERYTHING.
ONDERZOEK ALLES.

COMMITMENT
6
AFSPRAAK 6



**WAT GELOOF JE OVER LIEFDE WAARD
ZIJN?**

**WHAT DO YOU BELIEVE ABOUT
DESERVING LOVE?**

COMMITMENT
6
AFSPRAAK 6



**GELOOFT JE DAT JE WAARDIG BENT,
MAAR DAN WAARDIG VAN WAT?**
**DO YOU BELIEVE YOU ARE WORTHY,
BUT THEN WORTHY OF WHAT?**

COMMITMENT 6 AFSPRAAK 6



**WAT ALS DAT NIET WAAR IS? ER IS GEEN
WAARDE, BEHALVE WAT JIJ GELOOFT!**

**WHAT IF THAT IS NOT TRUE? THERE IS NO
VALUE EXCEPT WHAT YOU BELIEVE!**

COMMITMENT 6 AFSPRAAK 6



ALS JE GEEN WAARDE HEBT, WAT BETEKEN
DAT DAN? DAT JE VAN ONSCHATBARE
WAARDE BENT?

IF YOU HAVE NO VALUE WHAT DOES THAT
MEAN? THAT YOU ARE INVALUABLE?

COMMITMENT
6
AFSPRAAK 6



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

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

COMMITMENT
6
AFSPRAAK 6



**BUT KNOW THAT YOUR BELIEF CREATES
YOUR REALITY, YOU ARE A CREATOR!**

**MAAR WEET DAT JE GELOOF JE
WERKELIJKHEID CREËERT, JE BENT EEN
SCHEPPER!**

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!



EVEN IF I DON'T KNOW WHAT MY
VALUE IS, WHAT I DO KNOW IS
THAT I AM POWERFUL BEYOND
BELIEF,

ZELFS ALS IK NIET WEET WAT MIJN
WAARDE IS, WAT IK WEL WEET IS DAT IK
MACHTIGER BEN DAN IK GELOOF,

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

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 UW 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 JOUW
INZICHTEN!**

**DISCUSS WITH YOUR
BUDDY YOUR
INSIGHTS!**

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

WE
ARE
ONE



AT THE END OF
OUR JOURNEY WE'LL FEEL IT!
AAN HET EINDE VAN
ONZE REIS ZULLEN WE HET VOELEN!

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