



VIDEO LESSON 27



ALS JE HET NOG NIET HEBT GEZIEN, BEKIJK DAN DE
VIDEO OVER “WAAROM UPGRADEN?”

If you have not seen it yet, please watch the video about why upgrade?



OPTION 3 MAY BE MORE INTERESTING
THAN YOU THINK

OPTIE 3 KAN INTERESSANTER ZIJN DAN JE
DENKT



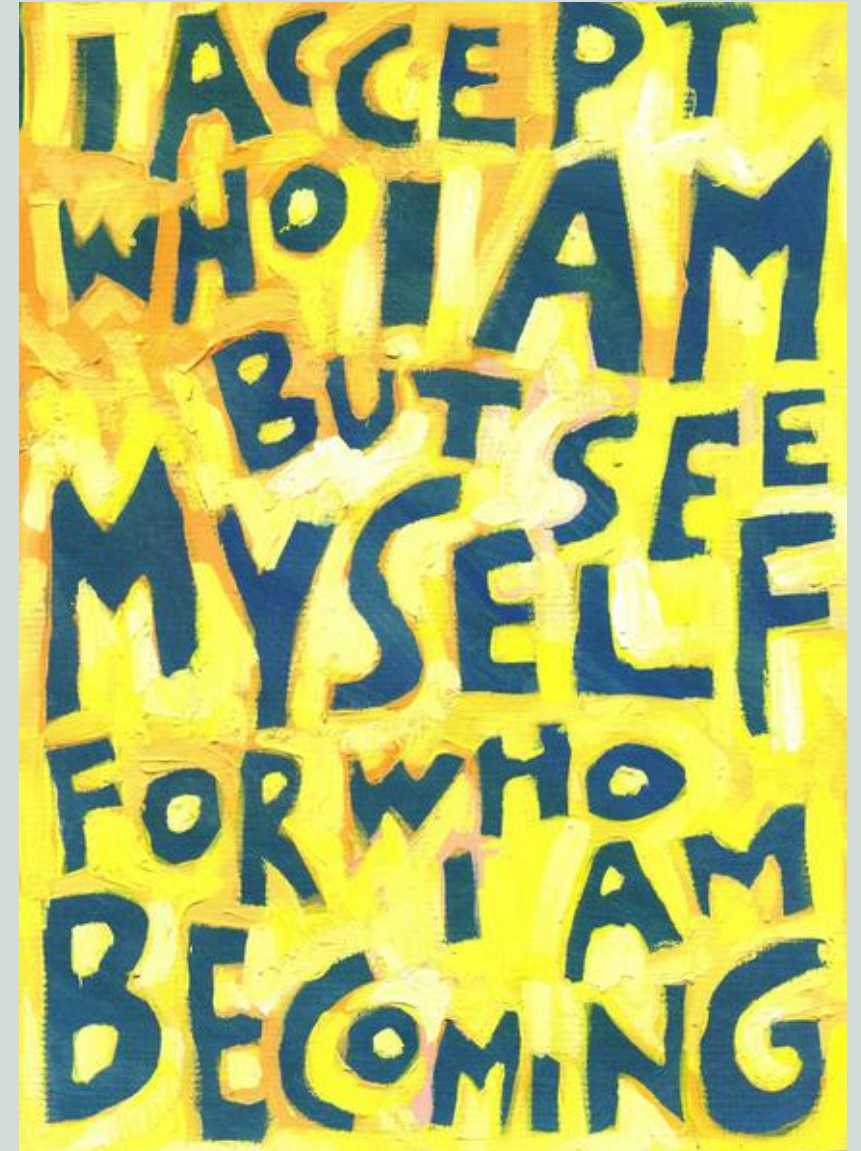
YOU DECIDE!

JIJ BESLIST!

TRIGGER 27

IK ACCEPTEER WIE IK
BEN.

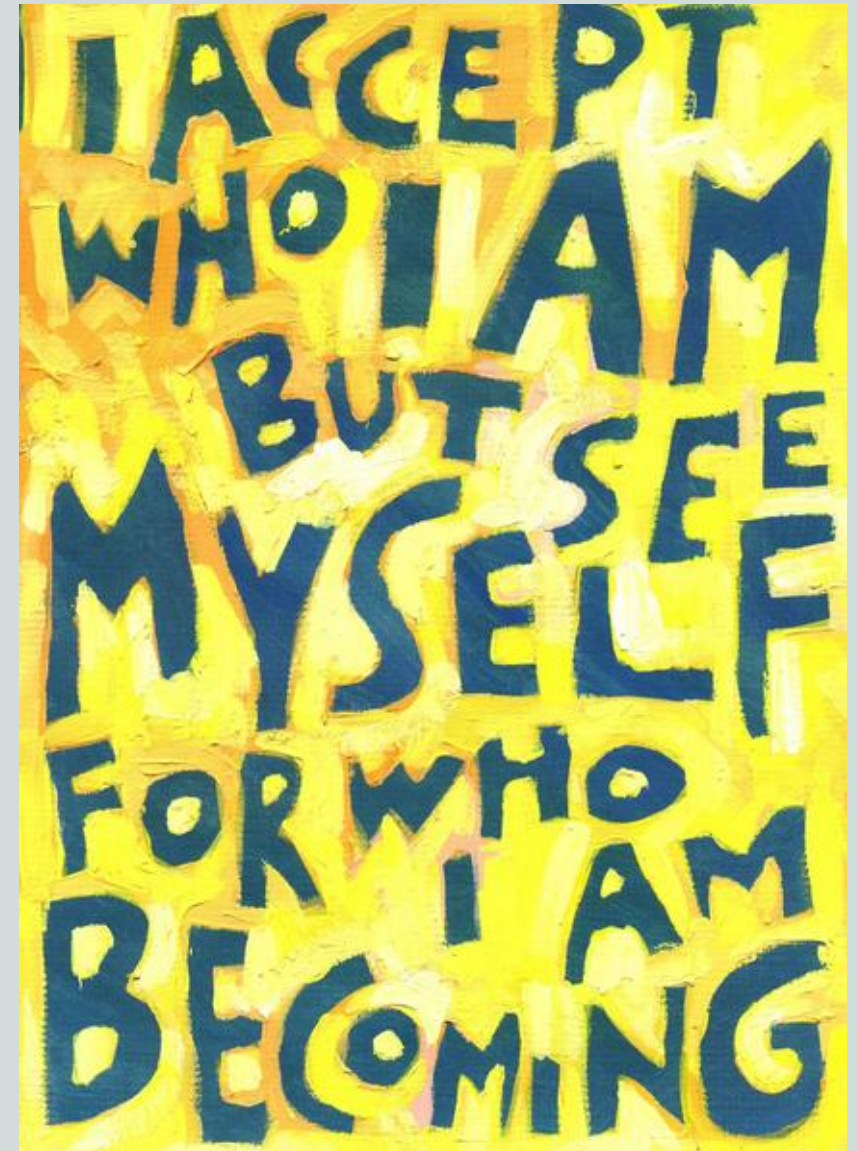
I ACCEPT WHO I AM.



TRIGGER 27

IK ACCEPTEER WIE IK
BEN, OOK ALS IK NIET
OP MIJN BEST BEN.

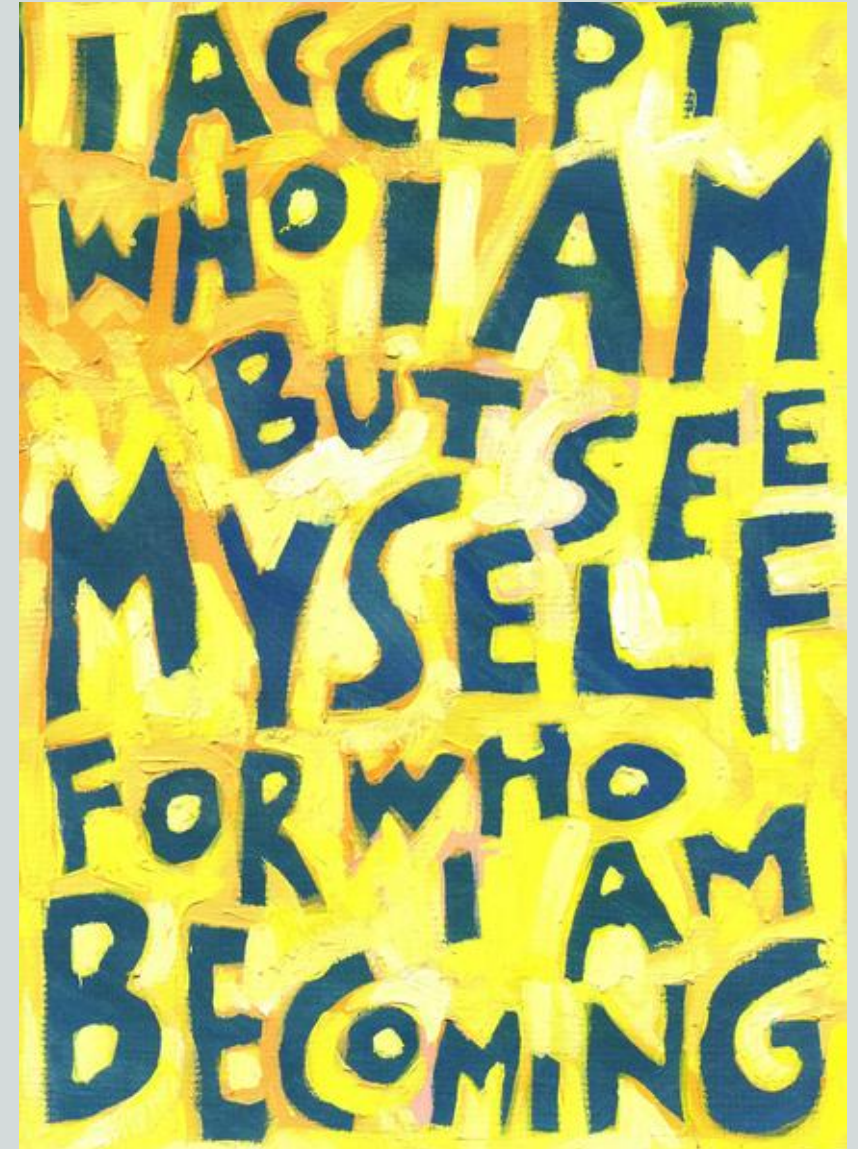
I ACCEPT WHO I AM
EVEN WHEN I AM NOT
AT MY BEST.



TRIGGER 27

IK ACCEPTEER WIE IK
BEN, OOK ALS IK HET
VERKNAL.

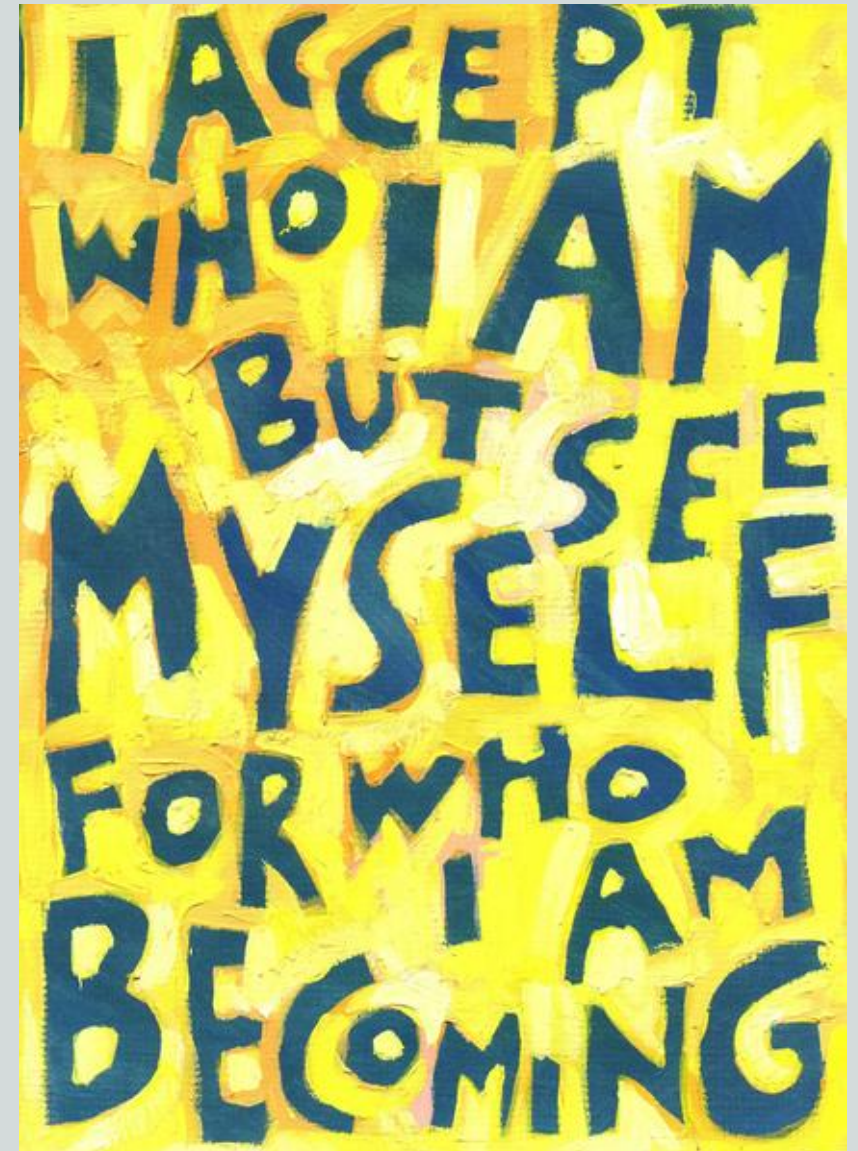
I ACCEPT WHO I AM
EVEN WHEN I SCREW
UP.



TRIGGER 27

I ACCEPT WHO I AM
EVEN WHEN I DO
SOMETHING STUPID.

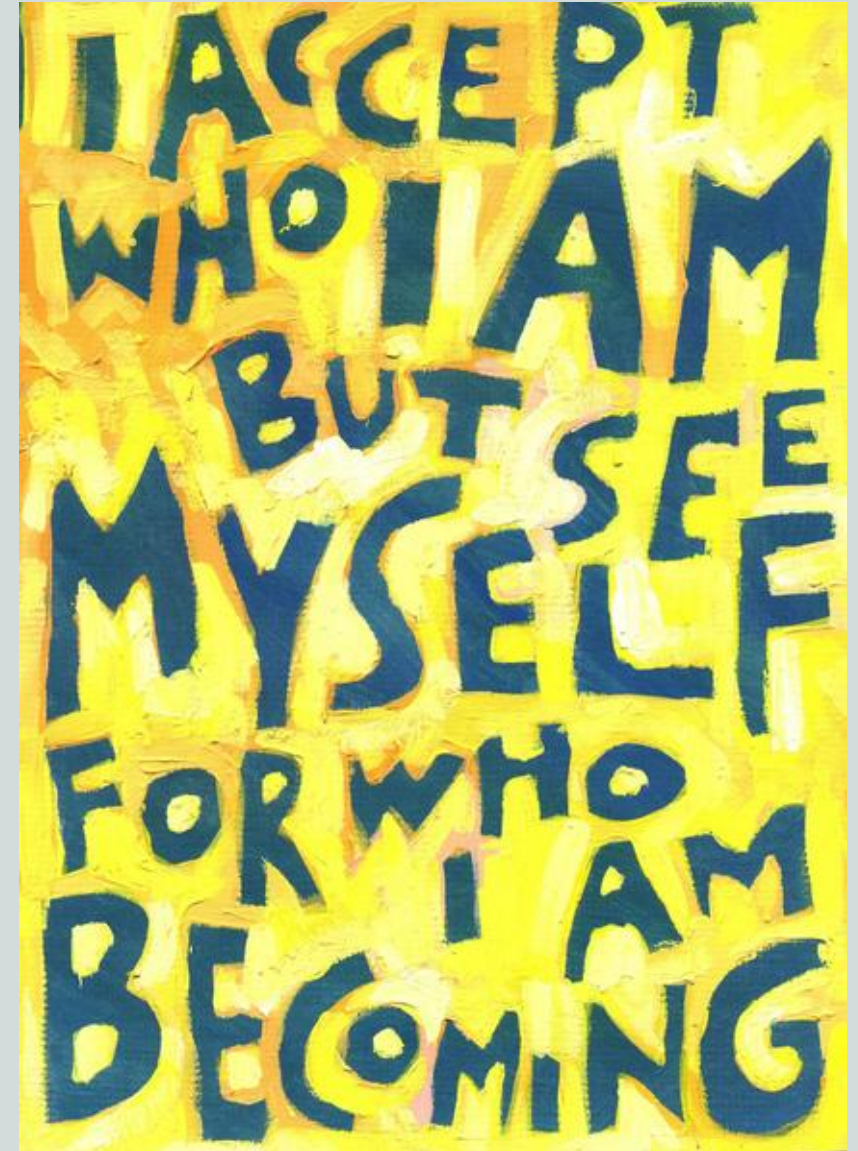
IK ACCEPTEER WIE IK
BEN, ZELFS ALS IK IETS
STOMS DOE.



TRIGGER 27

IK ACCEPTEER WIE IK
BEN, ZELFS ALS IK
MEZELF NIET MAG.

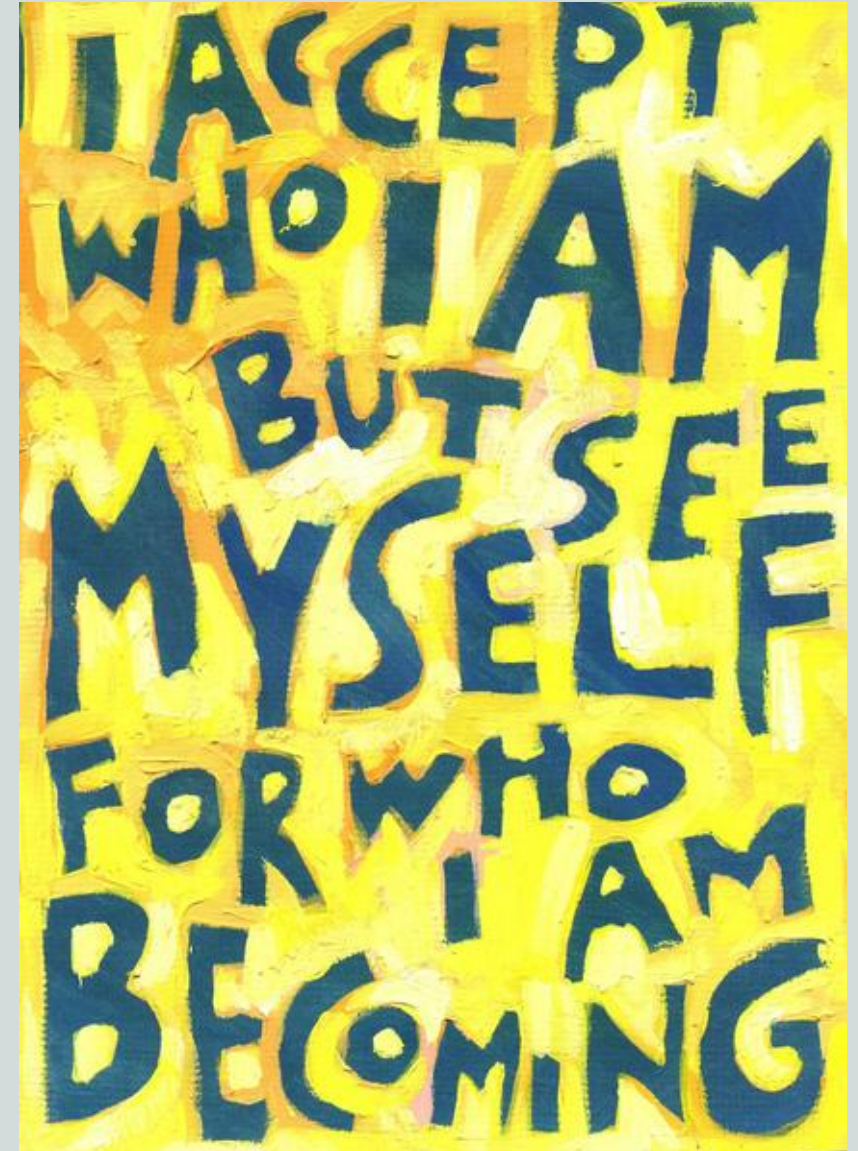
I ACCEPT WHO I AM
EVEN WHEN I DISLIKE
MYSELF.



TRIGGER 27

I ACCEPT WHO I AM
BECAUSE THAT IS TRUE
LOVE.

IK ACCEPTEER WIE IK
BEN, WANT DAT IS WARE
LIEFDE.



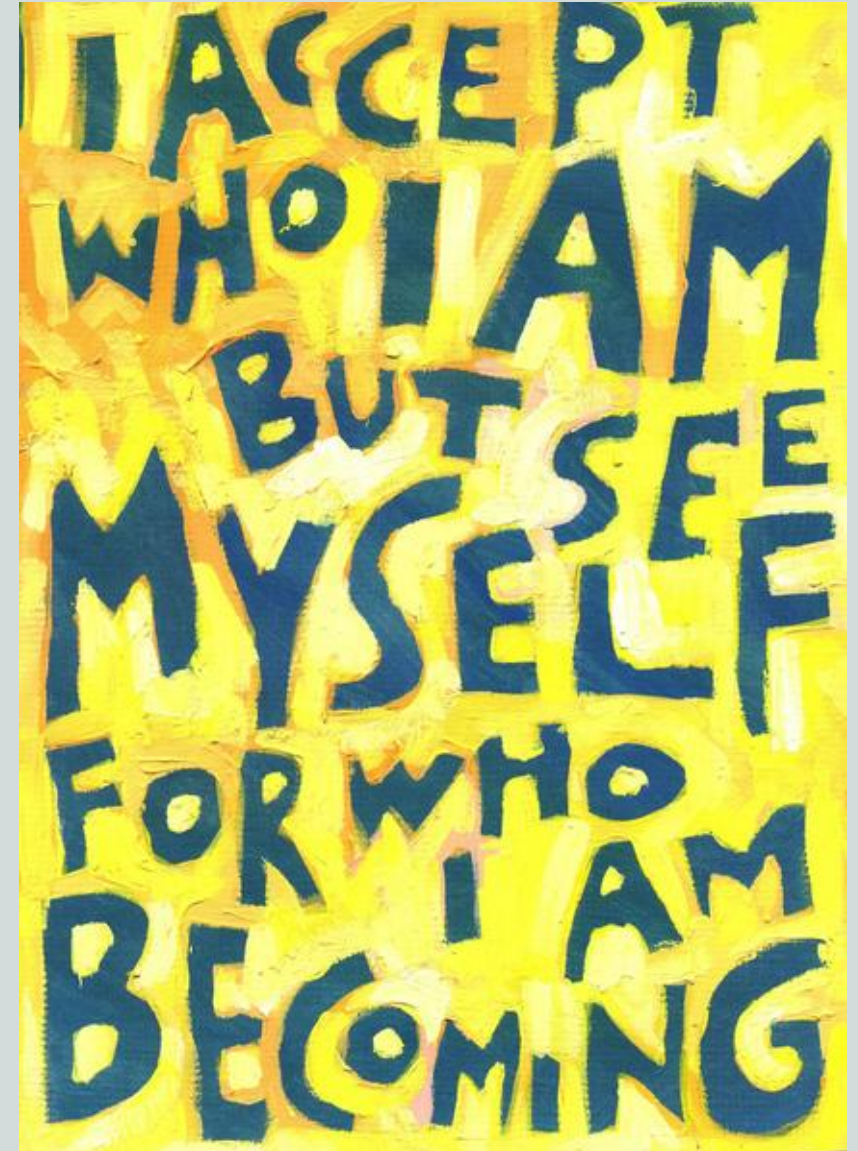
ANSWER THE FOLLOWING QUESTIONS ON PAPER!
BEANTWOORD DE VOLGENDE VRAGEN OP PAPIER!



TRIGGER 27

WAT ACCEPTEER JE HET
MINST VAN JEZELF?

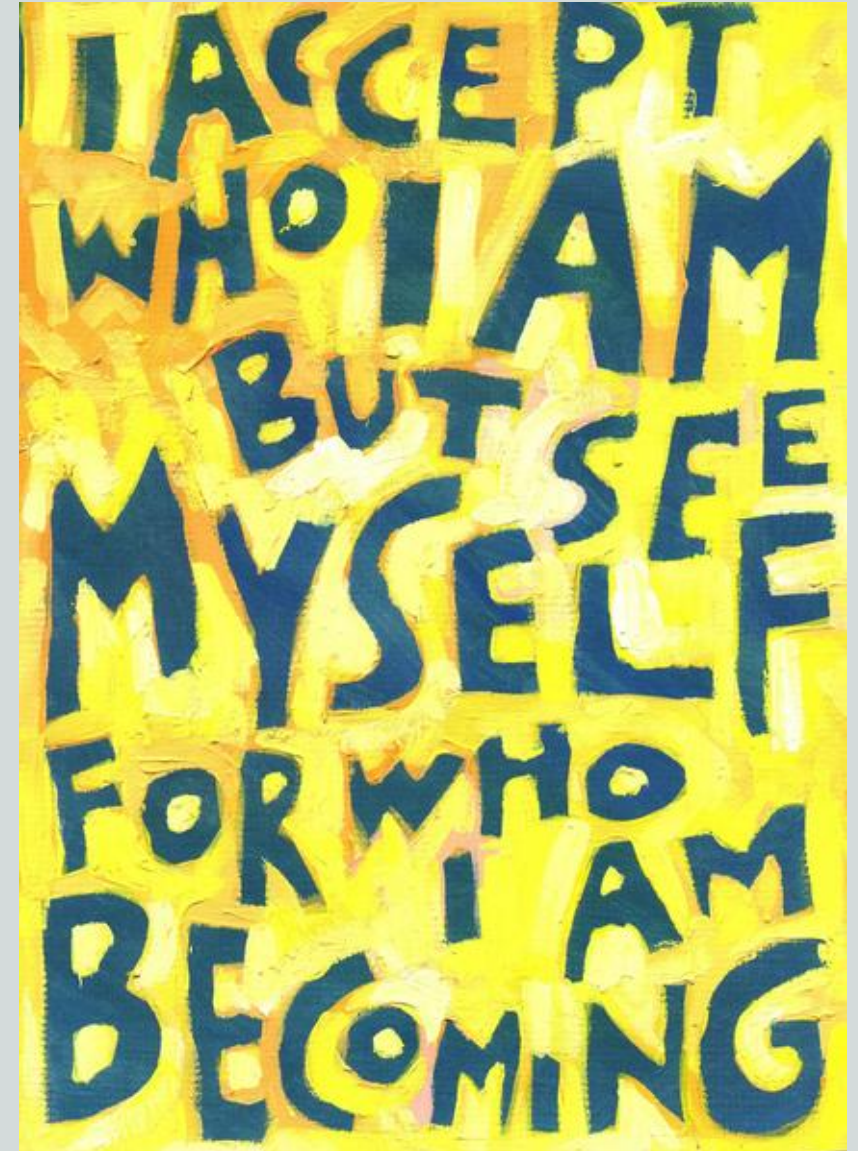
WHAT DO YOU LEAST
ACCEPT FROM
YOURSELF?



TRIGGER 27

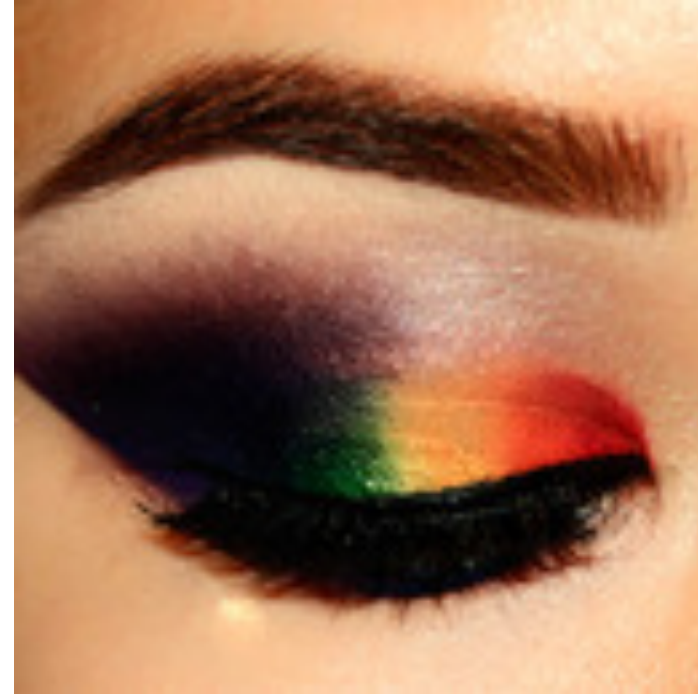
WHAT DO YOU LIKE THE
LEAST OF YOURSELF?

WAT VIND JE HET MINST
VAN JEZELF?



CLOSE YOUR
EYES

SLUIT JE
OGEN



TRIGGER 27

IMAGINE A
SITUATION
WHERE YOU
WERE NOT IN
ACCEPTANCE
OF SELF
STEL JE EEN
SITUATIE
VOOR WAARIN
JE NIET IN
ACCEPTATIE
VAN JE ZELF
WAS



TRIGGER 27

WHAT
FEELINGS DO
YOU HAVE
WHEN YOU
DO?

WELKE
GEVOELENS
HEB JE ALS JE
DAT DOET?



TRIGGER 27

HOE ZOU HET
ANDERS ZIJN
ALS JE IN JE
MACHT BLEEF?

HOW WOULD
IT BE
DIFFERENT IF
YOU STAYED
IN YOUR
POWER?



TRIGGER 27

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



TRIGGER 27



I AM
AWARE OF
MY
REACTIONS

IK BEN ME
BEWUST VAN
MIJN REACTIES



ALLES IS
PROJECTIE

EVERYTHING IS
PROJECTION

VANAF NU BEN
IK LOYAAL AAN
MIJ!

FROM NOW I AM
LOYAL TO ME!



REPEAT WITH ME

IK ACCEPTEER
DAT IK NIET
PERFECT BEN!

I ACCEPT I AM
NOT PERFECT!



REPEAT WITH ME

IK ACCEPTEER
DAT IK FOUTEN
ZAL MAKEN EN
ZAKEN
VERKNALLEN!

I ACCEPT I WILL
MAKE MISTAKES
& MESS UP!



REPEAT WITH ME

DAT IS DEEL
VAN WIE IK BEN
& IK ACCEPTEER
& HOU VAN
MEZELF!

THAT IS PART
OF BEING ME &
I ACCEPT &
LOVE ME!



REPEAT WITH ME

**YOUR
SUBCONSCIOUS MIND IS
DEALING WITH
THIS NOW!
ACCESSING
THE FILES
DEALING WITH
YOUR
EXPERIENCES
OF SELF-
ACCEPTANCE!**



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

HAVE YOUR FLOWCHART READY!

HOUD JE FLOWCHART KLAAR!



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**

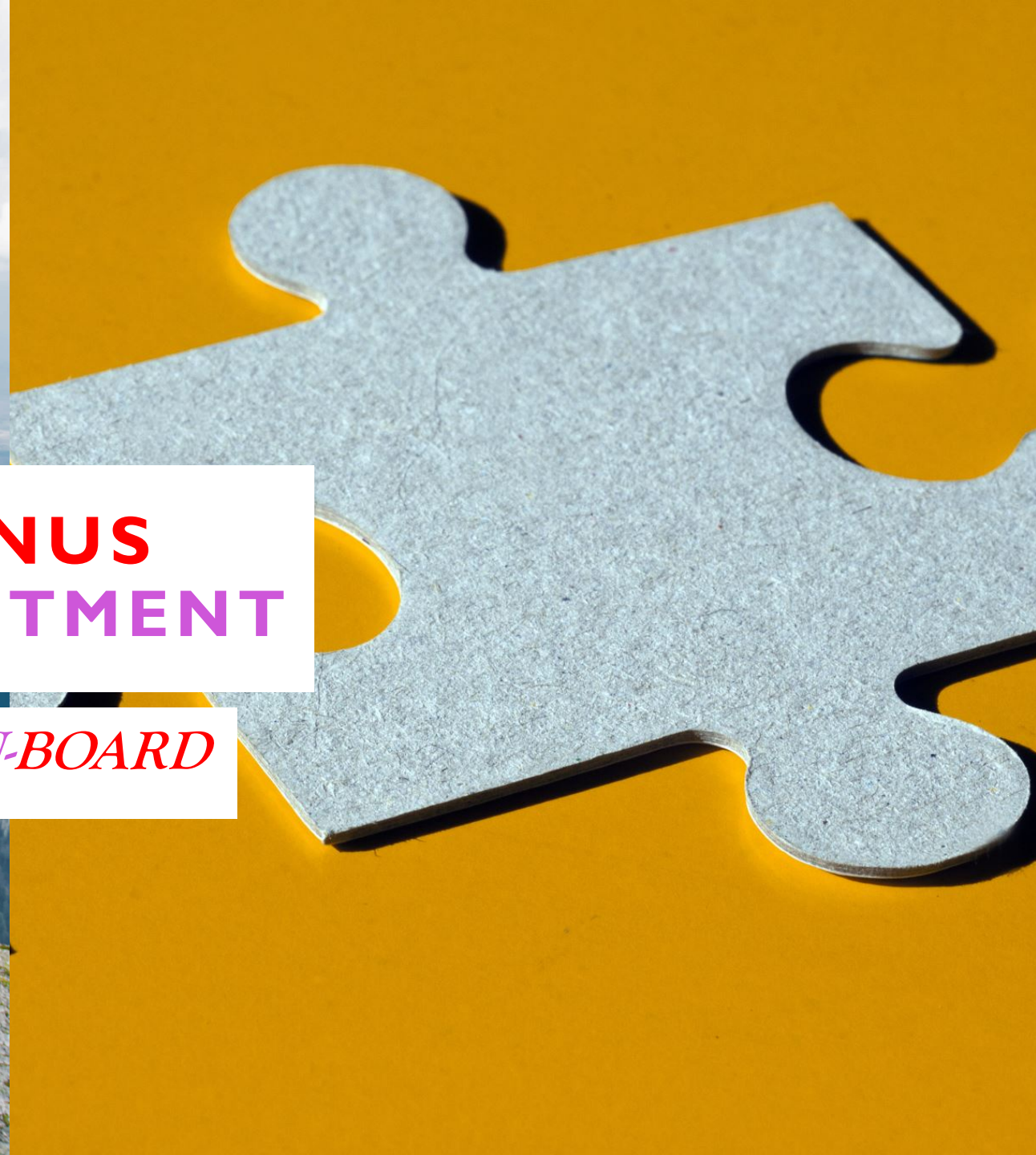


REPEAT



BONUS
COMMITMENT

VISION-BOARD



COMMITMENT
BONUS

TODAY STAND IN FRONT OF
YOUR VISION BOARD.
GA ERVOOR STAAN.



YOUR VISION BOARD

VERBEELD JE DAT JE JE QUANTUM ZELF KUNT
ZIEN IN DAT LEVEN!

IMAGINE SEEING YOUR QUANTUM SELF LIVING
THAT LIFE!



YOUR VISION BOARD

HERHAAL 10 KEER TIJDENS HET DOEN VAN DE
SWITCH: IK VERDIEN DIT OF VEEL BETER!

REPEAT 10 TIMES WHILE DOING THE SWITCH: I
DESERVE THIS OR MUCH BETTER!



YOUR VISION BOARD

TIK MET UW FLOWCHART OM TWIJFELS TE
WISSEN!

TAP WITH YOUR FLOWCHART TO ERASE
DOUBTS!



YOUR VISION BOARD

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
FEEL 100% DESERVING OF ALL MY
HEART'S DESIRES,**

**ZELFS ALS IK NIET WEET HOE IK ME IK 100%
VOEL DAT IK AL MIJN HART VERLANGENS.
VERDIEN,**

**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.

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

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 WHAT YOUR
INSIGHTS ARE!**

WE
ARE
ONE

GAP 2018

AT THE END OF
OUR JOURNEY
WE'LL FEEL IT!

AAN HET EINDE
VAN
ONZE REIS ZULLEN
WE HET VOELEN!



YOU HAVE YOUR ROUTINE BY NOW
INMIDDELS HEB JE JE ROUTINE



united by love

interconnected

PLANETGHOSTPGM018

SHARE YOUR
EXPERIENCE IN THE
GROUP.

DEEL JE
ERVARINGEN IN DE
GROEP.



FOCUS

SEE YOU
TOMORROW

TOT MORGEN

