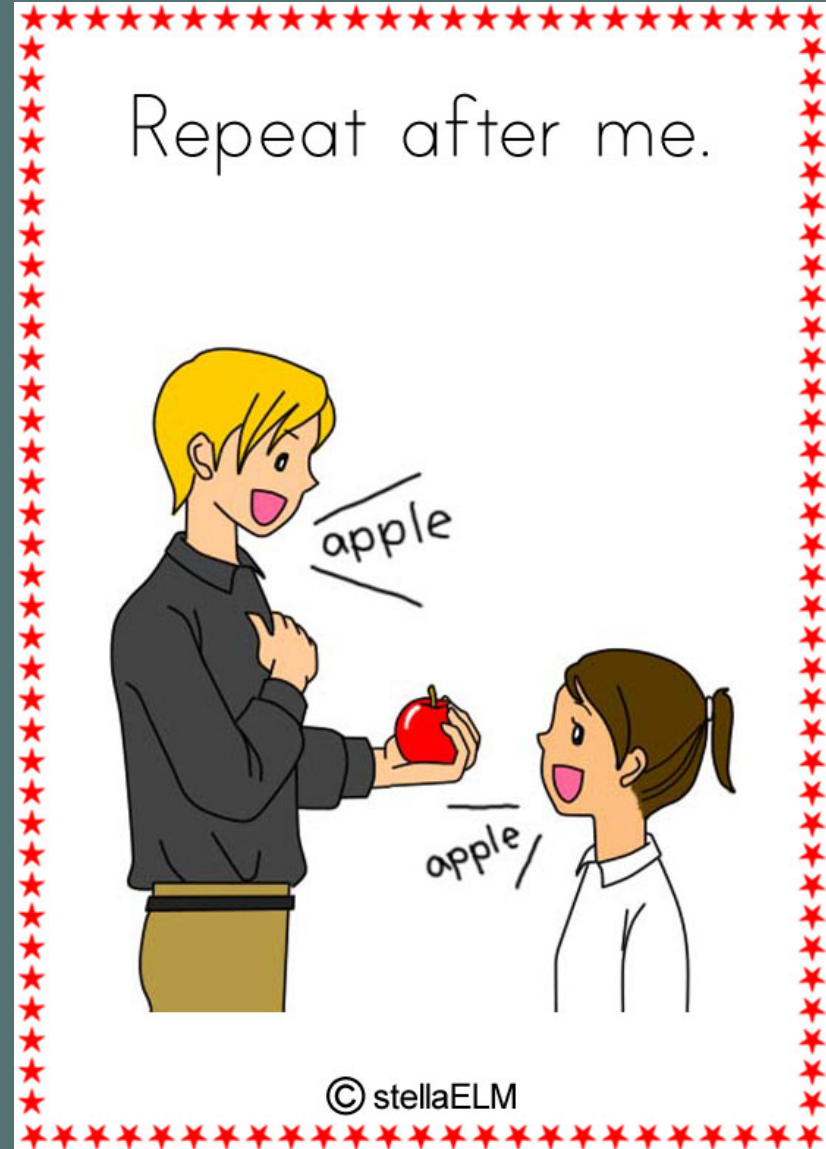




VIDEO LESSON 28

REPEAT  
AFTER ME  
HERHAAL  
NA MIJ







**TRIGGER 28**

**I AM GOOD AT  
LETTING GO!**

**IK BEN GOED  
IN LOSLATEN!**





## TRIGGER 28

**I AM GOOD AT  
LETTING GO  
REJECTION!**

**IK BEN GOED IN  
LOSLATEN VAN  
AFWIJZING!**





## TRIGGER 28

**I AM GOOD AT  
LETTING GO  
SUFFERING!**

**IK BEN GOED  
IN LOSLATEN  
VAN LIJDEN!**





## TRIGGER 28

**I AM GOOD AT  
LETTING GO  
SUFFERING!**

**IK BEN GOED  
IN LOSLATEN  
VAN LIJDEN!**





## **TRIGGER 28**

**IK BEN GOED IN  
HET LOSLATEN  
VAN HARTZEER &  
TELEURSTELLING!**

**I AM GOOD AT  
LETTING GO  
HEARTBREAK &  
DISAPPOINTMENT!**





## TRIGGER 28

**I AM GOOD AT  
LETTING GO OF  
NEGATIVITY!**

**IK BEN GOED IN  
HET LOSLATEN  
VAN  
NEGATIVITEIT!**





## TRIGGER 28

**I AM GOOD AT  
LETTING GO OF  
NEGATIVE  
THOUGHTS!**

**IK BEN GOED IN  
HET LOSLATEN  
VAN NEGATIEVE  
GEDACHTEN!**





## **TRIGGER 28**

**I AM GOOD AT  
LETTING GO OF  
PAINFUL EVENTS!**

**IK BEN GOED IN  
HET LOSLATEN  
VAN PIJNLIJKE  
GEBEURTENISEN!**



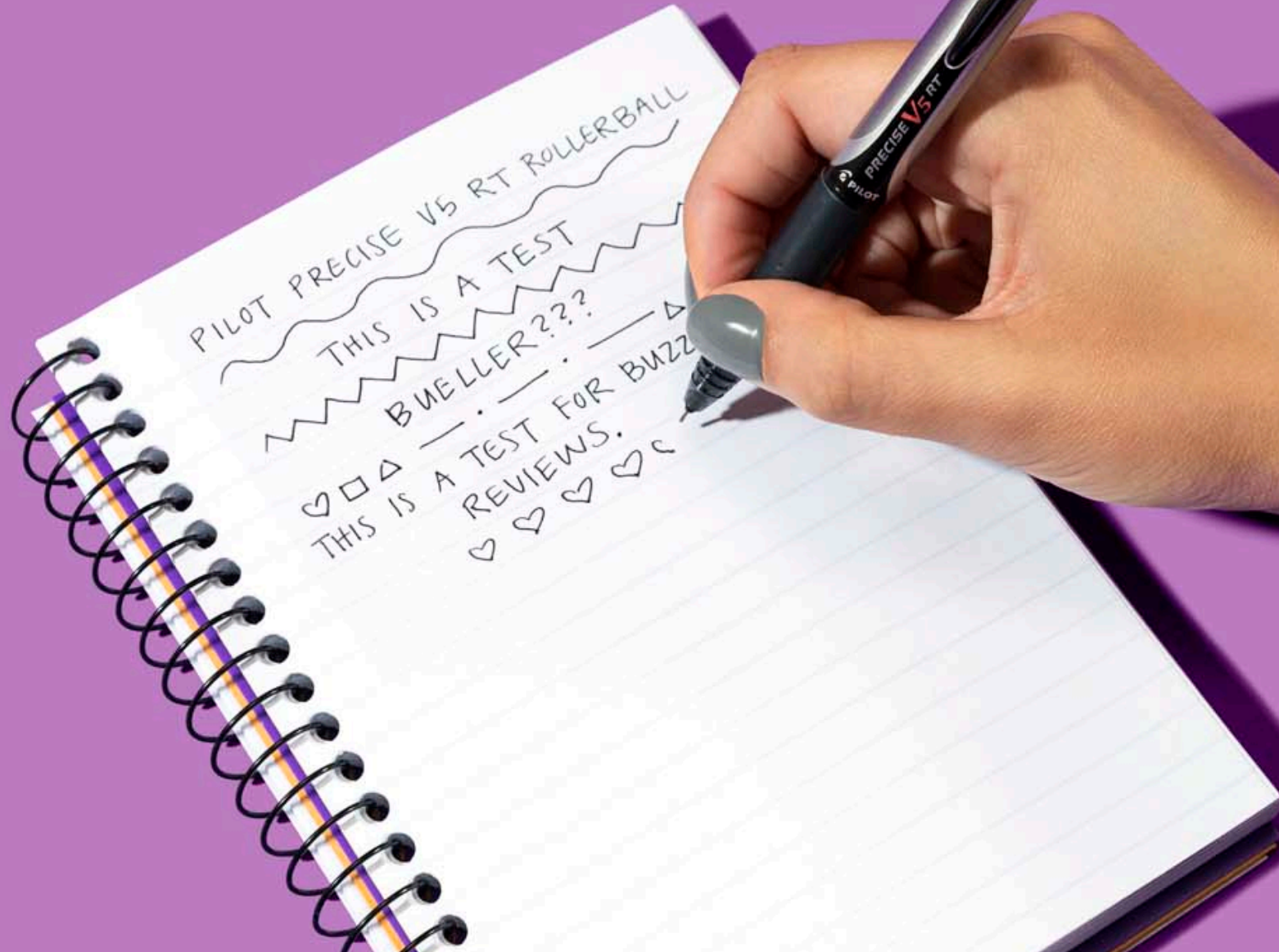


## **TRIGGER 28**

**IK BEN GOED IN  
HET LOSLATEN  
VAN WAT MIJ NIET  
LANGER DIENT!**

**I AM GOOD AT  
LETTING GO OF  
WHAT NO LONGER  
SERVES ME!**

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







**TRIGGER 28**

**WHAT ARE YOU  
BAD AT  
LETTING GO?**

**WAT BEN JE  
SLECHT IN  
LOSLATEN?**





## TRIGGER 28

**WAT GEEFT JE  
HET MEESTE  
VERDRIET?**

**WHAT GIVES  
YOU THE MOST  
GRIEF?**





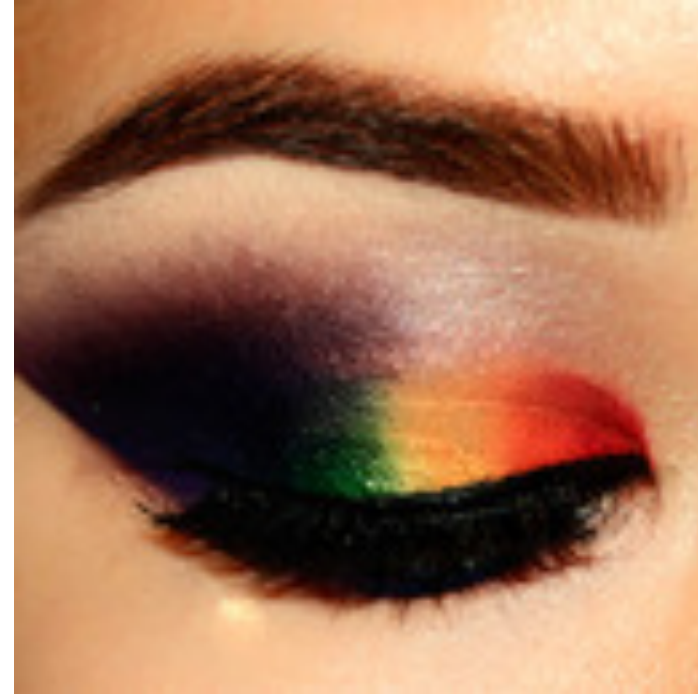
**TRIGGER 28**

**WRITE IT DOWN**

**SCHRIJF HET OP**

CLOSE YOUR  
EYES

SLUIT JE  
OGEN



TRIGGER 28



STEL JE EEN  
SITUATIE  
VOOR WAARIN  
JE PROBLEMEN  
HAD OM LOS  
TE LATEN.  
IMAGINE A  
SITUATION  
WHERE YOU  
HAD  
TROUBLES  
LETTING GO.



**TRIGGER 28**

WHAT  
FEELINGS DO  
YOU HAVE  
WHEN YOU  
DO?

WELKE  
GEVOELENS  
HEB JE ALS JE  
DAT DOET?



TRIGGER 28



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

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




**TRIGGER 28**

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



**TRIGGER 28**



A man in a light blue business shirt and dark tie is sitting in a lotus position on a desk, meditating with his eyes closed and hands raised. A thought bubble above him contains the text "I AM AWARE!".

I AM  
AWARE!

I AM  
AWARE OF  
MY  
PATTERNS

IK BEN ME  
BEWUST VAN  
MIJN PATRONEN

IK BEN GOED  
IN LOSLATEN

I AM GOOD  
AT LETTING  
GO



**REPEAT WITH ME**



I LET GO  
QUICKLY  
WHEN I  
DECIDE TOO!

IK LAAT SNEL  
LOS  
ALS IK DAT  
BESLIS!



**REPEAT WITH ME**

EVERY DAY IN  
EVERY WAY I  
BECOME  
BETTER IN  
LETTING GO!

ELKE DAG  
WORD IK IN  
ALLE  
OPZICHTEN  
BETER IN HET  
LOSLATEN!



**REPEAT WITH ME**



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



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

# HAVE YOUR FLOWCHART READY!

## HOUD JE FLOWCHART KLAAR!

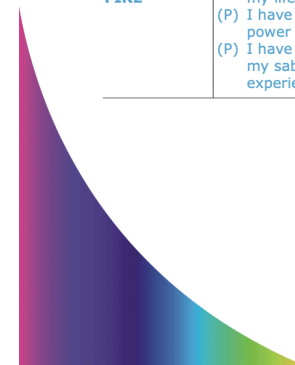


### QUANTUM INTEGRATION PROTOCOL (QIP)© PHOENIX RISING CHALLENGE by Drs. Joy & Roy Martina

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 <b>FIRE</b> Karate Chop	<p>(P) I <b>want</b> 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 <b>always want</b> to be <b>the creator</b> 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 <b>FIRE</b>	<p>(P) I <b>will be effortlessly</b> over this (P), <b>now, completely, permanently and forever!</b></p>
Switch <b>FIRE</b> Karate Chop	<p>(P) I <b>want</b> to be even better than before &amp; create my life's experience with grace, ease and joy!</p> <p>(P) I <b>always want</b> to be even better than before &amp; create my life's experience with grace, ease and joy!</p> <p>(P) I <b>always want</b> to be even better at effortlessly releasing &amp; transforming all limiting beliefs, resistance and all sabotage that holds me back to be the creator of my life's experience!</p>
Chin <b>FIRE</b>	<p>(P) I am over this <b>now</b>, and I believe 100% that I am the creator of my life's experience!</p> <p>(P) I am completely and <b>forever</b> 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 &amp; all that no longer serves me to create my life's experience with grace, ease and joy!</p>
Middle Finger <b>FIRE</b>	<p>(P) I have always been <b>over this (P)</b> &amp; more connected to my power of creating my life's experience!</p> <p>(P) I have always been <b>completely over this (P)</b> &amp; 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 &amp; all that no longer supports me to create my own life's experience with grace, ease and joy!</p>





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 skin is light-toned, and the eyebrows are visible above the eyes. The eyelashes are dark and well-defined. Overlaid on the center of the image is the text "CLOSE YOUR EYES" in purple and "SLUIT JE OGEN" in yellow.

CLOSE YOUR EYES  
SLUIT JE OGEN



OPEN JE OGEN  
OPEN YOUR EYES



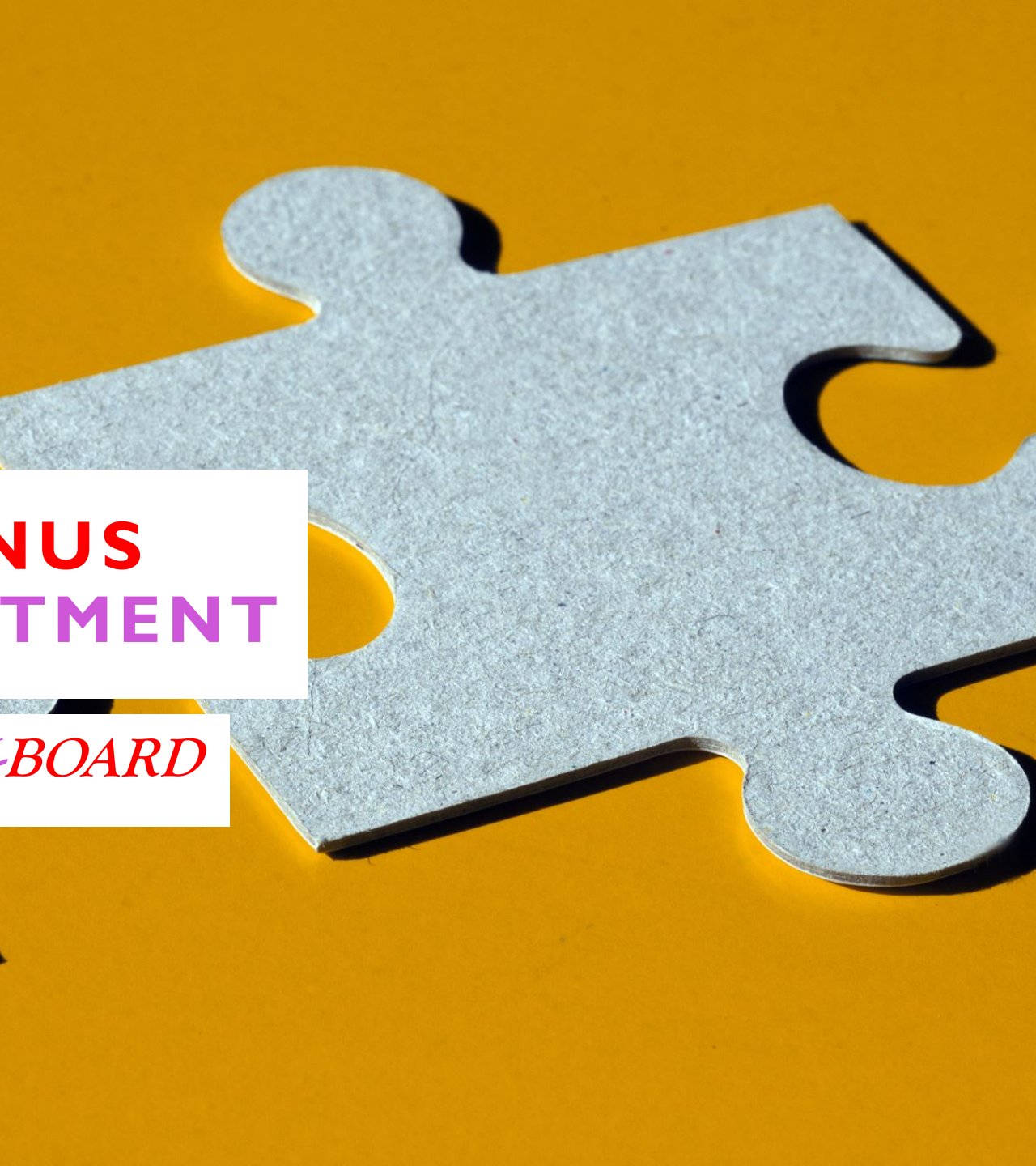


**OPTIMALLY  
REPEAT THE QIP  
THREE MORE  
TIMES.**

**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

REPEAT 10 TIMES WHILE DOING THE SWITCH: I  
AM ATTRACTING THIS LIFE WITH GRACE, EASE &  
JOY!

HERHAAL 10 KEER TIJDENS HET DOEN VAN DE  
SWITCH: IK TREK DIT LEVEN AAN MET GRATIE,  
GENOT & GEMAK!





# 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  
OWN ALL MY HEART'S DESIRES,**

**ZELFS ALS IK NIET WEET HOE IK AL MIJN  
HART VERLANGENS ALS MIJN EIGENDOM  
BESCHOUW,**

**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



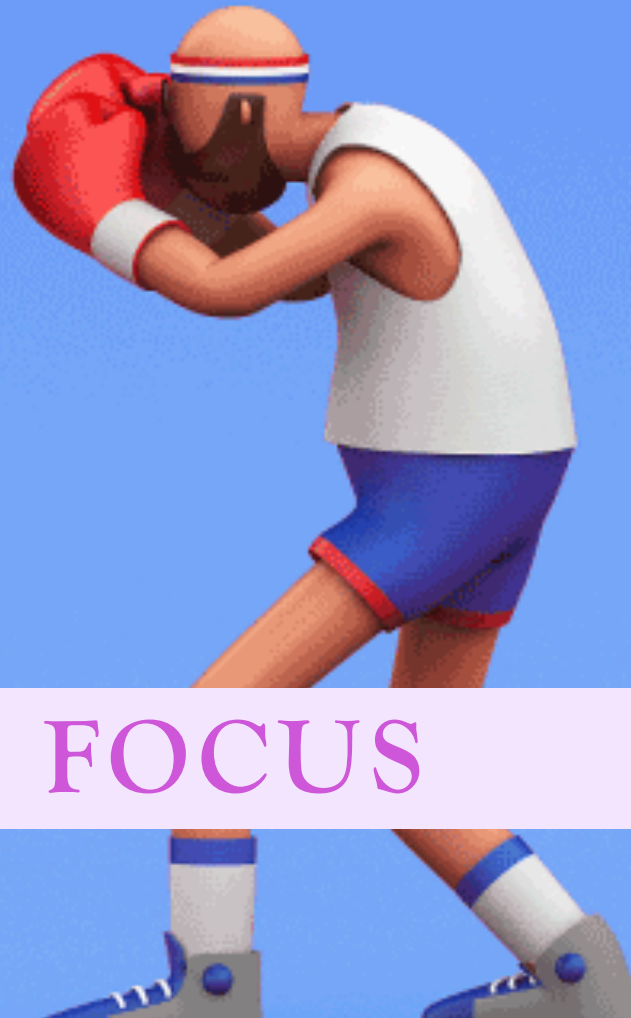
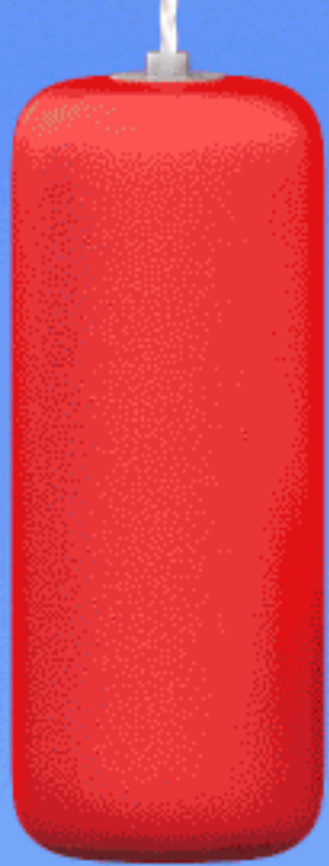
**united by love**

**interconnected**

PLANETGHOSTPGM018

SHARE YOUR  
EXPERIENCE IN THE  
GROUP.

DEEL JE  
ERVARINGEN IN DE  
GROEP.



FOCUS



SEE YOU  
TOMORROW

TOT MORGEN

