



VIDEO LESSON 29



YOU'RE READY TO FLY!
JE BENT KLAAR OM TE VLIEGEN!

A blurred background image of three runners in athletic wear competing on a red running track. The runners are out of focus, emphasizing the text overlay. A white horizontal bar is positioned above the Dutch text.

**DIT IS DE DAG VOOR DE LAATSTE DAG VAN
DE 30-DAAGSE CHALLENGE**

**THIS IS THE DAY BEFORE THE LAST DAY
OF THE 30-DAY CHALLENGE**

THE
QUESTION
TODAY IS:

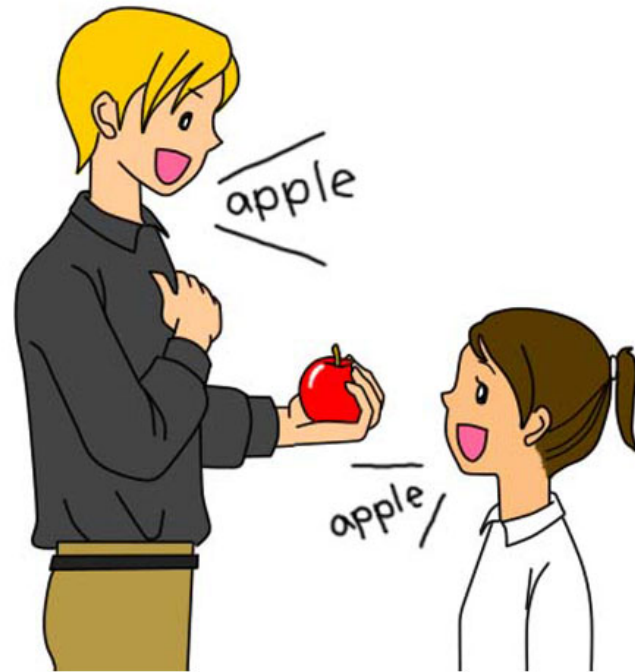
DE VRAAG
VANDAAG IS:



WAT BELOOF JE JEZELF?
WHAT DO YOU PROMISE
YOURSELF?

REPEAT
AFTER ME
HERHAAL
NA MIJ

Repeat after me.



© stellaELM

THE
QUESTION
TODAY IS:

DE VRAAG
VANDAAG IS:



I PROMISE TO BE LOYAL TO
MYSELF!

IK BELOOF LOYAAL TE ZIJN AAN
MEZELF!

THE
QUESTION
TODAY IS:

DE VRAAG
VANDAAG IS:



I PROMISE TO LOVE MYSELF!
IK BELOOF VAN MEZELF TE
HOUDEN!

THE
QUESTION
TODAY IS:

DE VRAAG
VANDAAG IS:



I PROMISE TO TAKE CARE OF
MYSELF!

IK BELOOF OP MEZELF TE
PASSEN!

THE
QUESTION
TODAY IS:

DE VRAAG
VANDAAG IS:



I PROMISE TO MAKE TIME FOR
MYSELF!

IK BELOOF TIJD VOOR MEZELF
TE MAKEN!

THE
QUESTION
TODAY IS:

DE VRAAG
VANDAAG IS:



PROMISE

I PROMISE TO KEEP WORKING
ON MYSELF!

IK BELOOF OP MEZELF TE
WERKEN!

THE
QUESTION
TODAY IS:

DE VRAAG
VANDAAG IS:



IK BELOOF DOOR TE GAAN,
NOOIT OP TE GEVEN!

I PROMISE TO KEEP GOING,
NEVER TO GIVE UP!

THE
QUESTION
TODAY IS:

DE VRAAG
VANDAAG IS:



PROMISE

I PROMISE TO BECOME THE
BEST I CAN BE!

IK BELOOF DAT IK HET BESTE
WORD WIE IK KAN ZIJN!

THE
QUESTION
TODAY IS:

DE VRAAG
VANDAAG IS:



IK BELOOF MIJN BELOFTES NA
TE KOMEN!

I PROMISE TO KEEP MY
PROMISES!

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



TRIGGER 29



BREEK JE JE BELOFTES?

DO YOU BREAK YOUR
PROMISES?

TRIGGER 29



CAN YOU TRUST YOURSELF?
KUN JE JEZELF VERTROUWEN?

TRIGGER 29



WAAROM IS HET NU ANDERS?

WHY IS IT NOW DIFFERENT?



TRIGGER 29

WRITE IT DOWN

SCHRIJF HET OP

CLOSE YOUR
EYES

SLUIT JE
OGEN



TRIGGER 29

STEL JE EEN
SITUATIE VOOR
WAARIN JE
PROBLEMEN
HAD OM JE
BELOFTEN NA
TE KOMEN.
IMAGINE A
SITUATION
WHERE YOU
HAD TROUBLES
KEEPING YOUR
WORD.



TRIGGER 29

WHAT
FEELINGS DO
YOU HAVE
WHEN YOU
DO?

WELKE
GEVOELENS
HEB JE ALS JE
DAT DOET?



TRIGGER 29

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

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



TRIGGER 29

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



TRIGGER 29



I AM
AWARE OF
MY
PATTERNS

IK BEN ME
BEWUST VAN
MIJN PATRONEN

IK BEN GOED
IN HET
NAKOMEN
VAN MIJN
BELOFTEN

I AM GOOD IN
KEEPING MY
PROMISES



REPEAT WITH ME

MY WORD IS
SACRED!

MIJN WOORD
IS HELIG!



REPEAT WITH ME

EVERY DAY IN
EVERY WAY I
BECOME
BETTER IN MY
LOYALTY TO
MYSELF!

ELKE DAG
WORD IK IN
ALLE
OPZICHTEN
BETER IN
LOYAAL ZIJN
AAN MEZELF!



REPEAT WITH ME

YOUR
SUBCONSCIOUS MIND IS
DEALING WITH
THIS NOW!
ACCESSING
THE FILES
DEALING WITH
YOUR
EXPERIENCES
OF SELF
LOYALTY!



JE ONDERBEWUSTZIJN IS HIER NU
MEE BEZIG! EN CHECKT DE
BESTANDEN VAN JOUW ERVARINGEN
MET LOYAAL ZIJN AAN JE ZELF!

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**

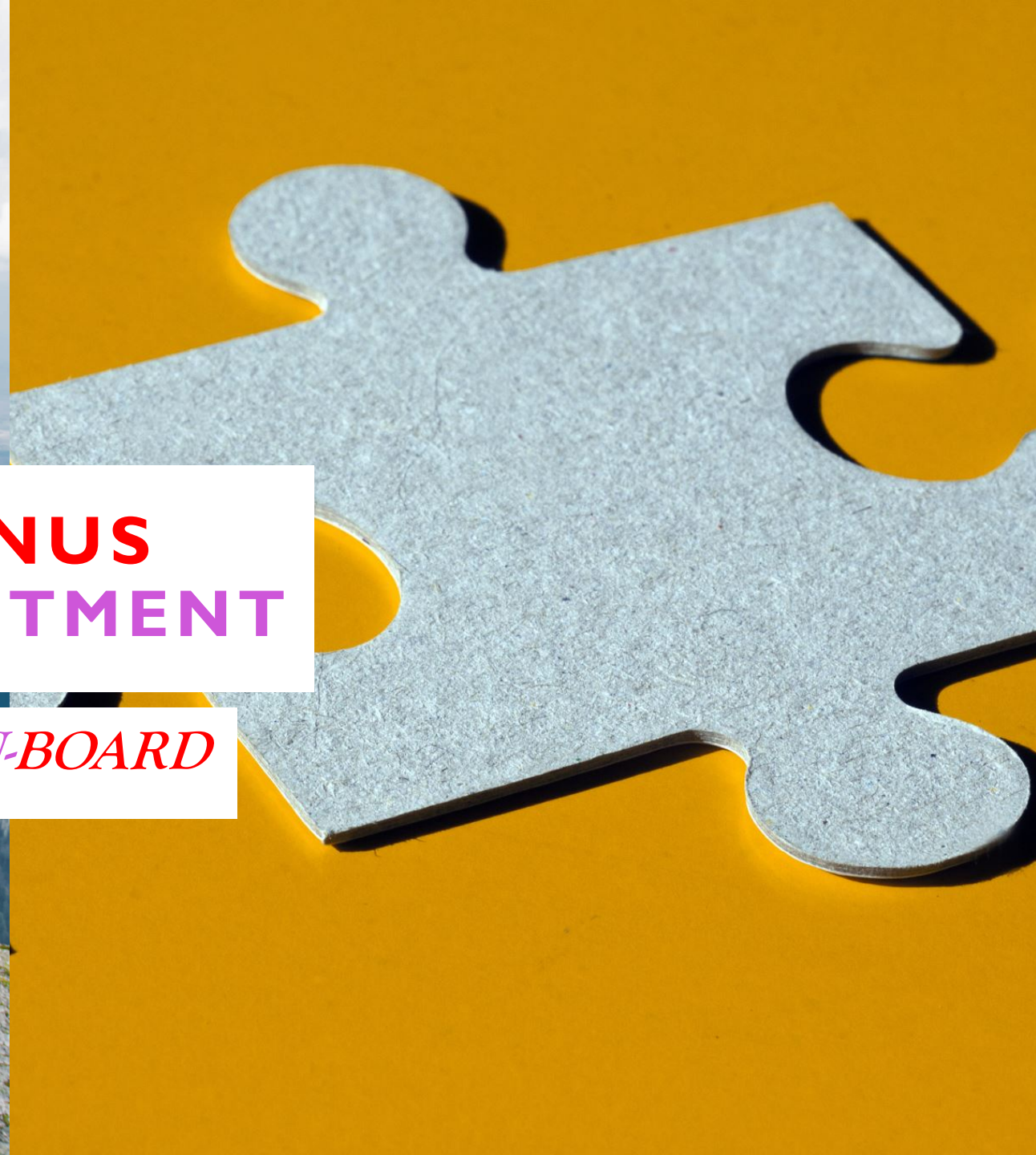


REPEAT



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

IMAGINE EXPERIENCING WHAT YOUR
QUANTUM SELF IS EXPERIENCING!

STEL JE VOOR DAT JE ERVAART WAT JE
QUANTUM ZELF ERVAART!



YOUR VISION BOARD

MAKE THE FEELINGS AS STRONG AS YOU CAN!

MAAK DE GEVOELEN ZO STERK ALS JE KUNT!



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
MANIFEST ALL MY HEART'S DESIRES,**

**ZELFS ALS IK NIET WEET HOE IK AL MIJN
HART VERLANGENS KAN MANIFESTEREN**

**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.

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!

A row of ten toothbrushes of various colors (white, blue, green, yellow, pink, etc.) is arranged horizontally across the bottom of the image. The background is a plain, light-colored surface. The text is overlaid on the middle of the image, centered horizontally.

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
LAST DAY

TOT MORGEN
LAATSTE DAG

