



# VIDEO LESSON 3

*TODAY'S FOCUS UNTIL VIDEO LESSON 4*

*DE FOCUS VAN VANDAAG TOT VIDEOLES 4*

# 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 <b>FIRE</b><br>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<br><b>FIRE</b>          | <p>(P) I <b>will be effortlessly</b> over this (P), <b>now, completely, permanently and forever!</b></p>                                                                                                                                                                                                                                                                                                                                                                                |
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| 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<br><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>                           |

DUTY & JOY.  
PLICHT &  
VREUGDE



It is my duty to become who I need to be to be truly fulfilled and to fulfill that duty with grace, ease and joy

Het is mijn plicht om te worden wie ik moet zijn om echt vervuld te worden en die plicht met genade, gemak en genot te vervullen.

*You must do your homework*



DUTY & JOY.  
PLICHT &  
VREUGDE

Anytime we hear  
we **must**, there is  
subconscious  
resistance!

Wanneer we horen  
dat we iets **moeten**,  
is er onderbewuste  
weerstand!



THIS IS A DEEP LAYER OF RESISTANCE  
FROM OUR CHILDHOOD

*Dit is een diepe laag van  
weerstand uit onze kindertijd*

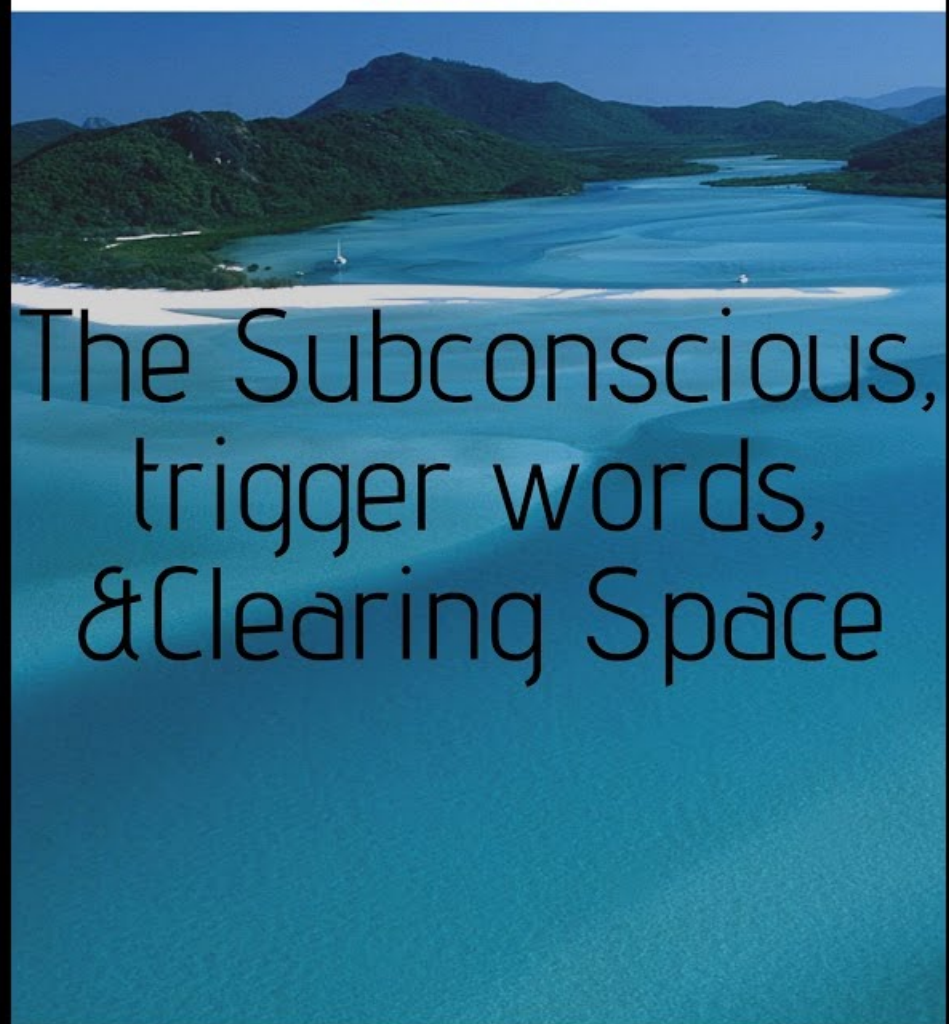
# DUTY VERPLICHTING



This creates reasons for sabotage in our s.c.m.

Dit creëert sabotage in onze onbewuste.

SUBSCRIBE



The Subconscious,  
trigger words,  
& Clearing Space

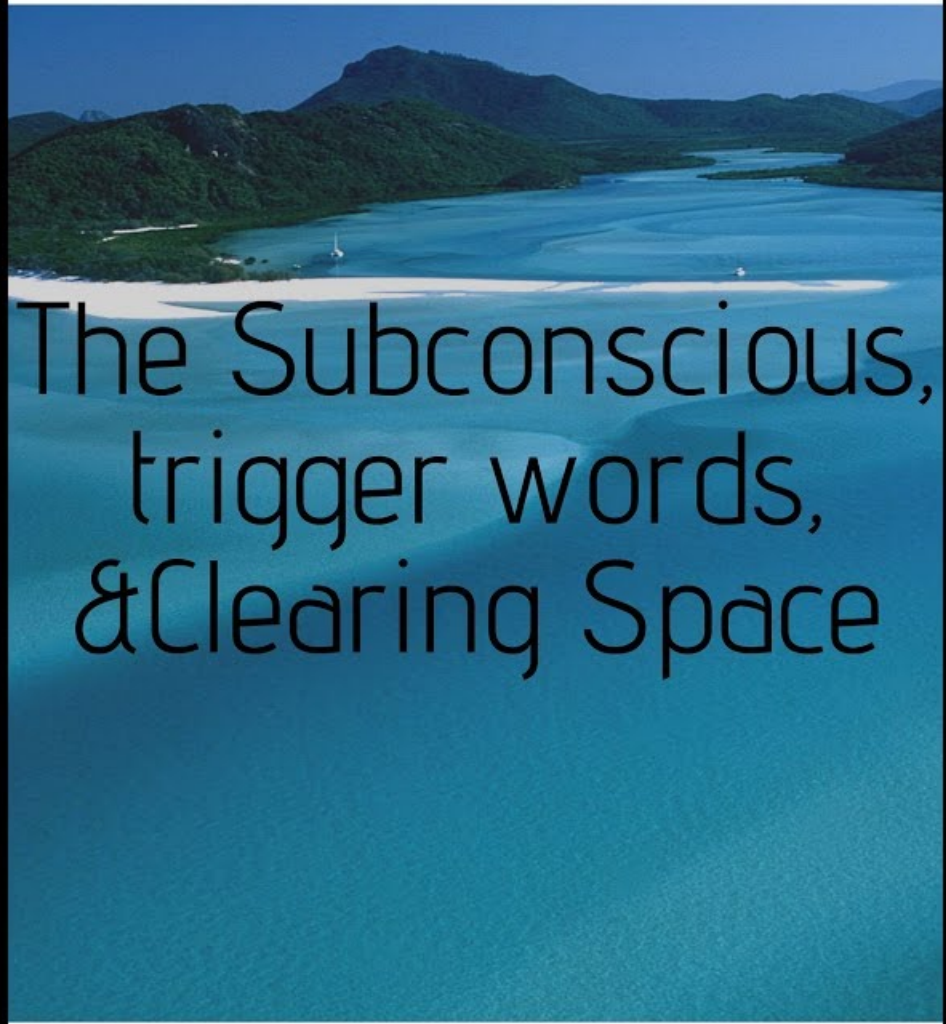
TAP THE BELL!

## TRIGGER SENTENCE (ZIN) 2

It is my duty to become who I  
need to be to be truly fulfilled  
and to fulfill that duty with  
grace, ease and joy

Het is mijn plicht om te  
worden wie ik moet zijn om  
echt vervuld te worden en die  
plicht met genade, gemak en  
genot te vervullen.

SUBSCRIBE



The Subconscious,  
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TAP THE BELL!

REPEAT  
HERHAAL 2X

It is my duty to become who I  
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and to fulfill that duty with  
grace, ease and joy

Het is mijn plicht om te  
worden wie ik moet zijn om  
echt vervuld te worden en die  
plicht met genade, gemak en  
genot te vervullen.

QIP STEP2:  
THE  
SOLUTION  
DE  
OPLOSSING



The reward of the effort we are putting in!

De beloning van de inspanning die we leveren!

QIP STEP2:  
THE  
SOLUTION  
DE  
OPLOSSING



Making the  
journey fun!

De reis  
plezierig  
maken!

NOW LET'S  
START  
WITH THE  
QIP.

*LATEN WE  
BEGINNEN  
MET DE QIP.*



LET'S GET  
STARTED



• WE •  
• GAAN •  
BEGINNEN

# STEP 2 ETC.



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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**

FOCUS: YOUR 1<sup>ST</sup>  
AGREEMENT  
JOUW  
EERSTE  
OVEREENKOMST



HEALING AUTHENTIC COMMUNICATION  
HELENDE AUTHENTIEKE COMMUNICATIE

MAKE IT A GOAL TODAY TO EXPRESS YOUR  
GRATITUDE TO THE PEOPLE WHO HAVE  
CONTRIBUTED TO YOUR LIFE LAST YEAR.

MAAK ER VANDAAG EEN DOEL VAN OM JE  
DANKBAARHEID TE UITEN AAN DE MENSEN DIE  
VORIG JAAR HEBBEN BIJGEDRAGEN AAN JE LEVEN.

**FOCUS: YOUR 1<sup>ST</sup> AGREEMENT**  
**JOUW EERSTE OVEREENKOMST**

**CALL THEM UP OR WRITE A  
MESSAGE EXPRESSING YOUR  
GRATITUDE.**



**BEL ZE OP OF SCHRIJF EEN  
BERICHT WAARIN JE JE  
DANKBAARHEID UITDRUKT.**



YOUR HEARTFELT WORDS ARE GOLD  
JOUW WOORDEN VANUIT JE HART  
ZIJN GOUD

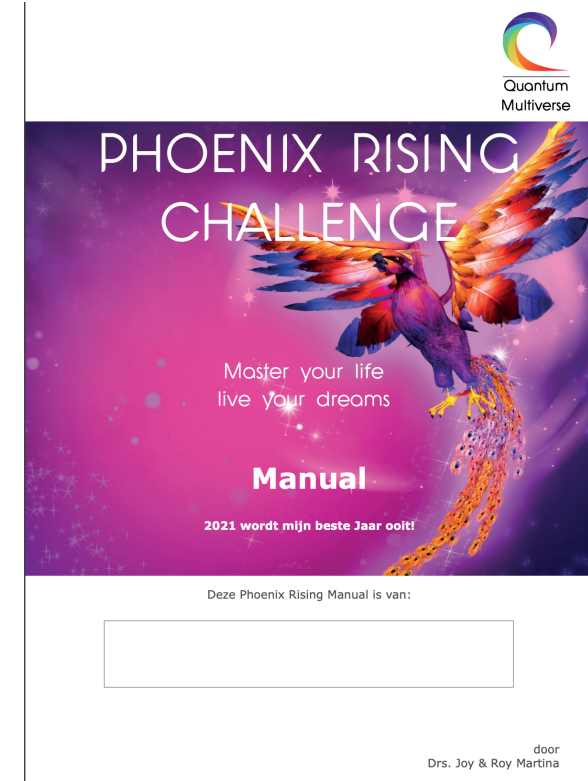
## START TO FILL IN YOUR MANUAL

Work on your Quantum ID (until page 24: Let the Games begin).

Werk aan je Quantum ID (tot bz. 24: Let the games begin).

Share with your buddy.

Deel met je buddy.





THE REST IS A REPETITION DE REST IS EEN HERHALING

MORGEN BEGIN JE MET AM MEDITATIE  
TOMORROW YOU START WITH AM-AUDIO

BEST IS TO LISTEN IN BED, PREPARING  
FOR THE DAY.

SET YOUR ALARM HALF HOUR EARLIER  
& IMMEDIATELY START TO LISTEN!

HET BESTE IS OM TE LUISTEREN IN BED,  
DE VOORBEREIDING VOOR DE DAG. STEL  
JE WEKKER EEN HALF UUR EERDER &  
BEGIN METEEN TE LUISTEREN!



TAP YOUR ACU-  
POINTS WITH  
CURRENT  
PROBLEM-  
REPEAT TILL  
VIDEOLESSON 2

TIK OP UW  
ACU-PUNTEN  
MET HET  
HUIDIGE  
PROBLEEM-  
HERHAAL TOT  
VIDEOLES 2-



LISTEN  
OPTIMALLY  
3X TO SHORT  
MEDITATION.

LUISTER  
OPTIMAAL 3X  
NAAR KORTE  
MEDITATIE.



FOR THE  
NIGHT YOU  
HAVE 2  
OPTIONS  
VOOR DE  
NACHT HEB  
JE 2 OPTIES



1.. FALL ASLEEP WITH PM-AUDIO

1.. IN SLAAP VALLEN MET PM-AUDIO

2.. FIRST PM AUDIO THEN SLEEP AUDIO.

2.. EERSTE PM AUDIO DAN SLAAP AUDIO.

SHARE YOUR  
EXCITEMENT  
&  
COMMITMENT  
IN THE  
GROUP.

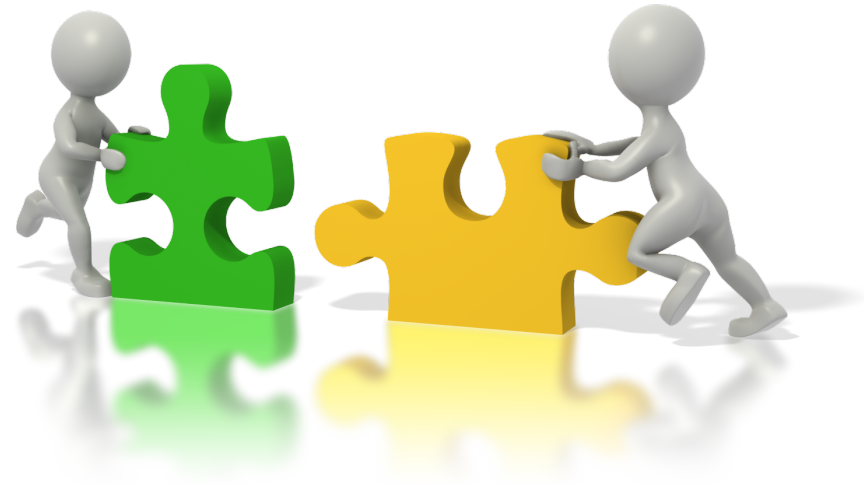


DEEL JE ENTHOUSIASME &  
COMMITMENT IN DE GROEP.

ZOEK NAAR EEN BUDDY.

FIND A BUDDY.

YOU & YOUR  
BUDDY WILL  
MOTIVATE EACH  
OTHER AND  
KEEP EACH  
OTHER  
ACCOUNTABLE.



JIJ EN JE MAATJE MOTIVEREN ELKAAR EN  
HOUDEN ELKAAR VERANTWOORDELIJK.

HOW YOU CONNECT I LEAVE UP TO YOU.  
HOE JE JE VERBINDT LAAT IK AAN JULLIE  
OVER.

WATCH THE  
VIDEO'S.  
BEKIJK DE  
VIDEO'S.



- 1.. INTRO VIDEO
- 2.. QUANTUM BASICS
- 3.. AGREEMENT 1

TAKE YOUR  
TIME, NO  
HURRY

*NEEM DE TIJD,  
GEEN HAAST*



SEE YOU  
TOMORROW

TOT  
MORGEN

