



VIDEO LESSON 4

HAVE YOUR FLOWCHART READY!

HOUD JE FLOWCHART KLAAR!

Quantum Multiverse®

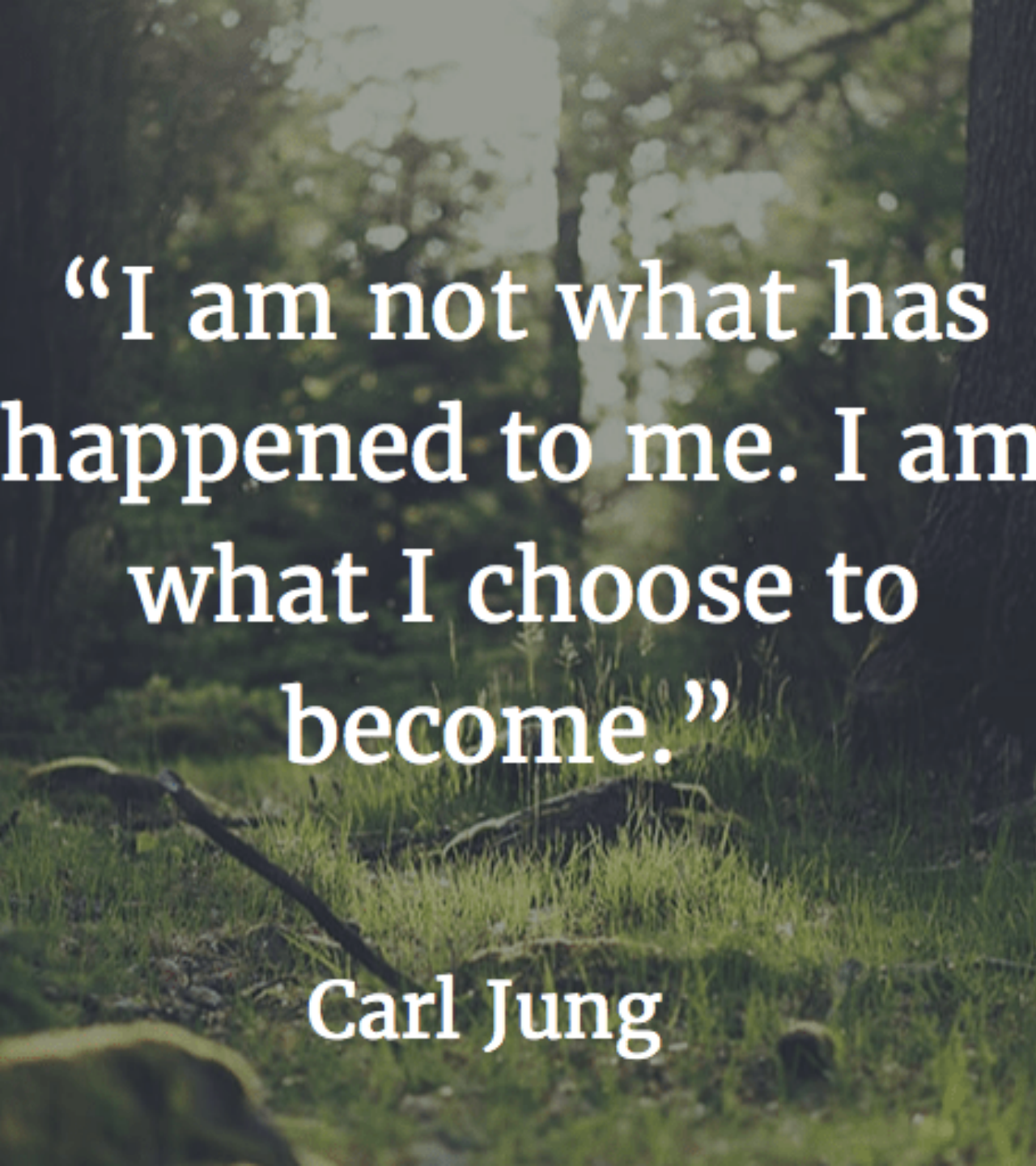


QUANTUM INTEGRATION PROTOCOL (QIP)©

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 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!



“I am not what has
happened to me. I am
what I choose to
become.”

Carl Jung

TRIGGER SENTENCE 4:
BELIEF IN SELF
(GELOVEN IN JE ZELF)

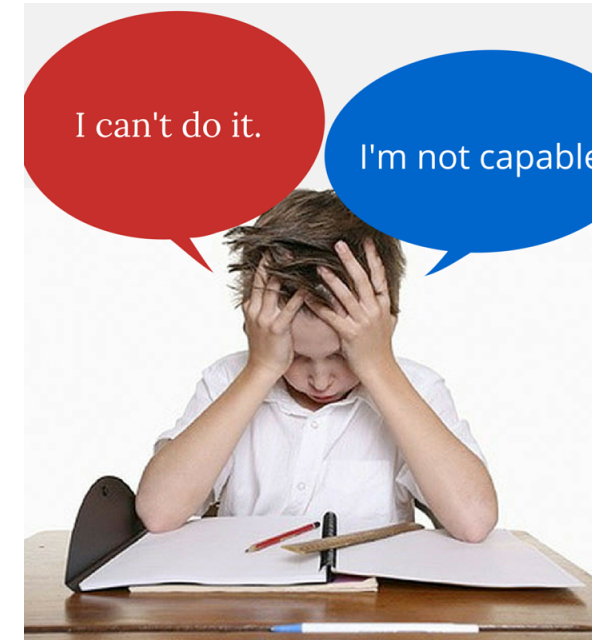
Believing in yourself is a
tricky road, because the
subconscious mind wants to
remind us of all the time we
believed and couldn't do it!

Geloven in jezelf is een lastige
weg, omdat het
onderbewustzijn ons de hele
tijd wilt herinneren aan die
keren dat we geloofden en
het niet hebben gedaan!

I KNOW I CAN.
IK WEET DAT IK HET KAN.

When you say it, you trigger the
pain points in the s.c.m.

Als je het zegt, activeer je de
pijnpunten in jouw
onderbewustzijn.



I KNOW I CAN
BE
DISCIPLINED
AND STAY ON
TRACK ALL
YEAR LONG
UNTIL I AM
THE BEST, I
CAN BE~!



IK WEET DAT IK
GEDISCIPLINEERD KAN ZIJN EN
HET GEHELE JAAR OP MIJN PAD
KAN BLIJVEN. TOT IK DE BESTE
BEN DIE KAN IK ZIJN!

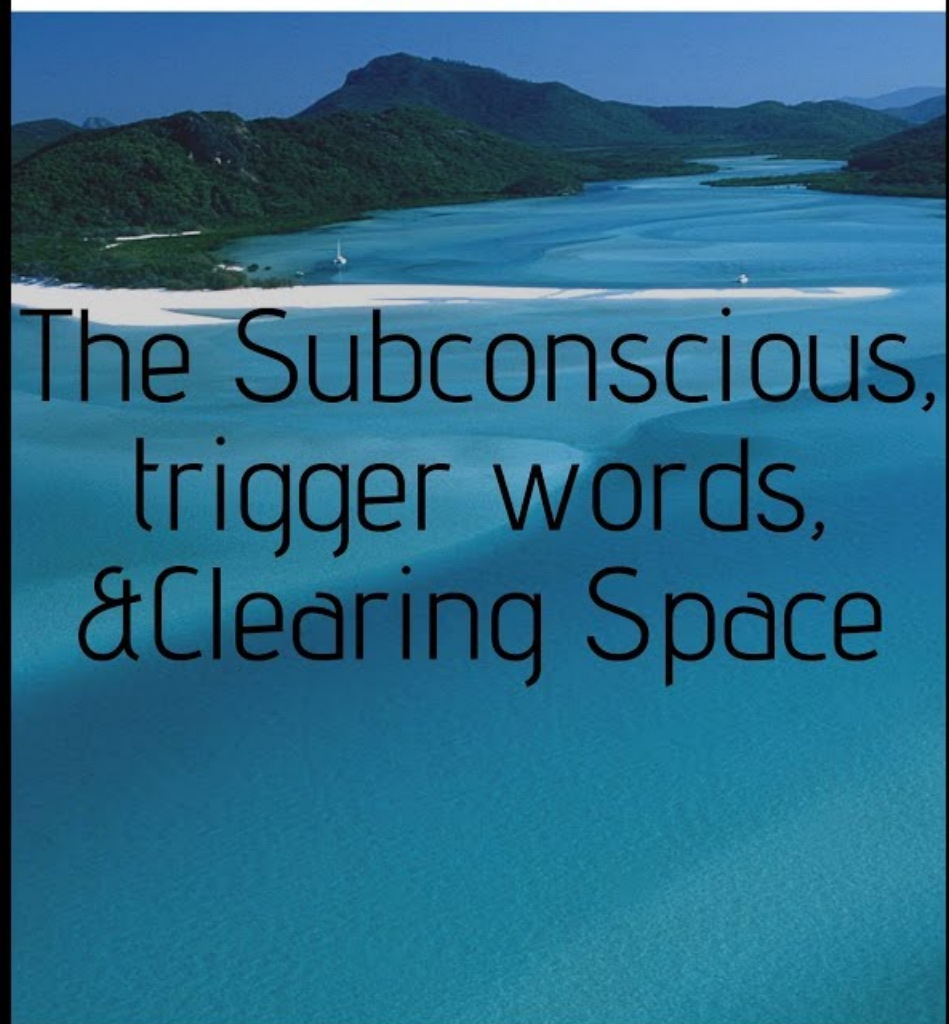
PROBLEM



IK TWIJFEL OF HET WEL ZO
IS.

I DOUBT IF IT IS TRUE.

SUBSCRIBE



The Subconscious,
trigger words,
& Clearing Space

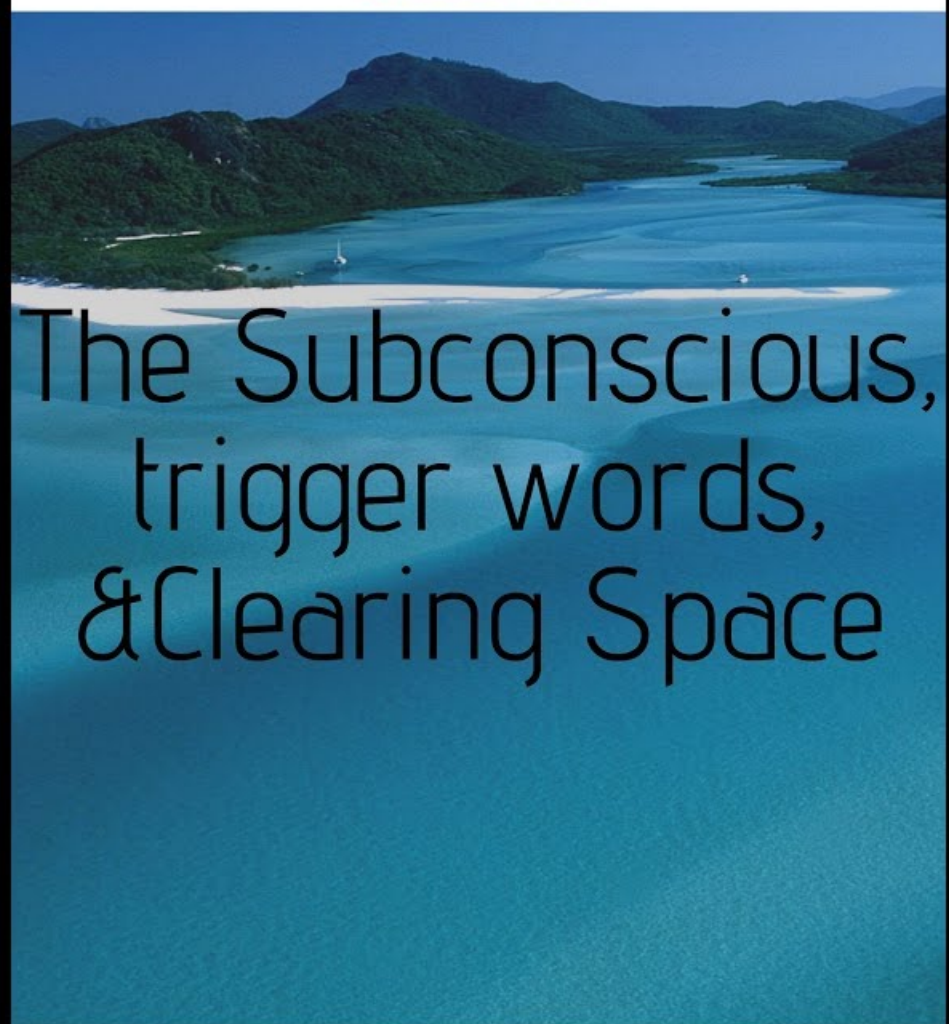
TAP THE BELL!

TRIGGER SENTENCE (ZIN) 4

I KNOW I CAN BE
DISCIPLINED AND STAY
ON TRACK ALL YEAR
LONG UNTIL I AM THE
BEST, I CAN BE~!

IK WEET DAT IK
GEDISCIPLINEERD KAN
ZIJN EN HET GEHELE
JAAR OP MIJN PAD KAN
BLIJVEN. TOT IK DE
BESTE BEN DIE KAN IK
ZIJN!

SUBSCRIBE



The Subconscious,
trigger words,
& Clearing Space

TAP THE BELL!

**REPEAT
HERHAAL 2X**

**I KNOW I CAN BE
DISCIPLINED AND STAY
ON TRACK ALL YEAR
LONG UNTIL I AM THE
BEST, I CAN BE~!**

**IK WEET DAT IK
GEDISCIPLINEERD KAN
ZIJN EN HET GEHELE
JAAR OP MIJN PAD KAN
BLIJVEN. TOT IK DE
BESTE BEN DIE KAN IK
ZIJN!**

QIP STEP2:
THE
SOLUTION
DE
OPLOSSING



We are doing it different and
with a group!

We doen het anders en met een
groep!

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 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

FOCUS: YOUR
1ST AGREEMENT
JOUW
EERSTE
OVEREENKOMST



HEALING AUTHENTIC COMMUNICATION
HELENDE AUTHENTIEKE COMMUNICATIE

MAKE IT A GOAL TODAY TO GIVE AS MANY PEOPLE
COMPLIMENTS AS YOU CAN AND MAKE THEM FEEL
GOOD FOR WHO THEY ARE!

MAAK ER VANDAAG EEN DOEL VAN OM AAN ZOVEEL
MOGELIJK MENSEN COMPLIMENTEN TE GEVEN EN ZE
ZICH GOED TE LATEN VOELEN VOOR WIE ZE ZIJN.

FOCUS: YOUR 1ST AGREEMENT
JOUW EERSTE OVEREENKOMST

**CALL THEM UP OR WRITE A
MESSAGE EXPRESSING YOUR
APPRECIATION**



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



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

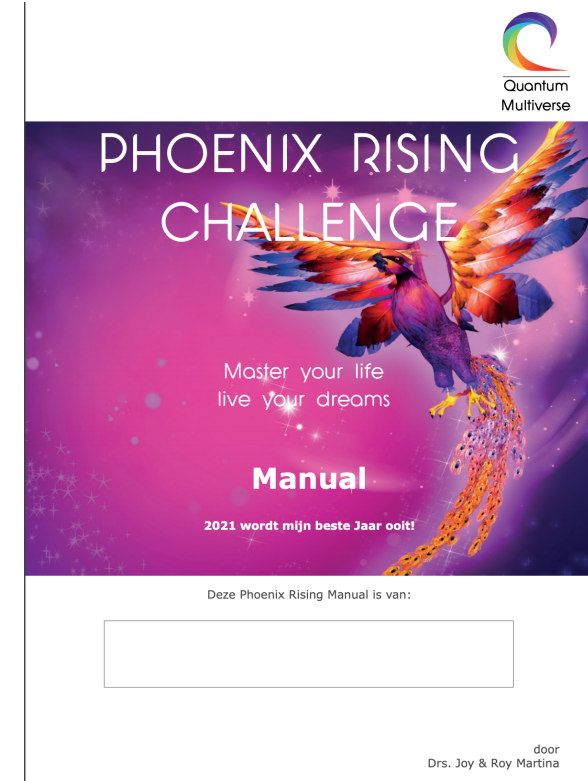
START TO FILL IN YOUR MANUAL

Work on your Quantum ID (until page 27: Dream Big).

Werk aan je Quantum ID (tot bz. 27: Dream Big).

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 5

TIK OP UW
ACU-PUNTEN
MET HET
HUIDIGE
PROBLEEM-
HERHAAL TOT
VIDEOLES 5-



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.

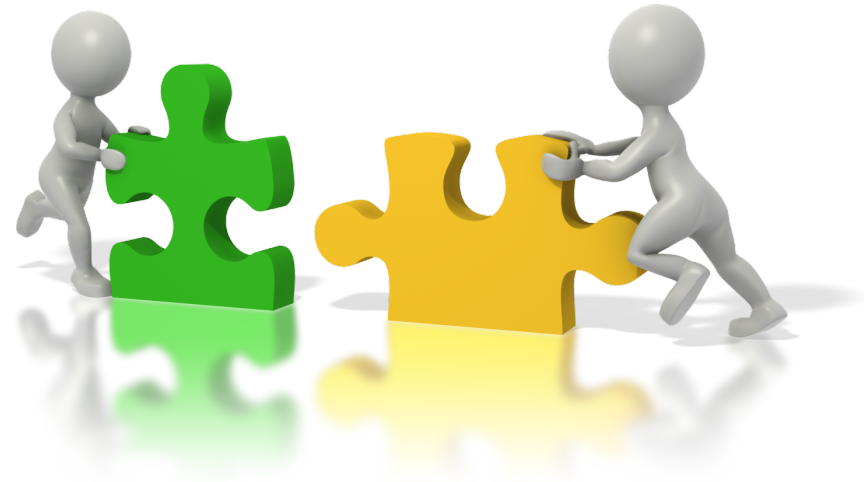
SHARE YOUR
EXCITEMENT
&
COMMITMENT
IN THE
GROUP.



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

MAKE TIME,
TO CATCH
UP

*MAAK TIJD, OM
IN TE HALEN*



THANK YOU

SEE YOU TOMORROW

TOT MORGEN