



VIDEO LESSON 5

*TODAY'S FOCUS UNTIL VIDEO LESSON 4
DE FOCUS VAN VANDAAG TOT VIDEOLES 4*

KLACHTEN



WHY 2 LANGUAGES? IT IS
EXHAUSTING!

WAAROM 2 TALEN? HET IS
VERMOEIEND

THE BEST
WAY TO FIX
THIS
DE BESTE
OPLOSSING



BEHANDEL HET ALS EEN
PROBLEEM (P)
TREAT IT AS A PROBLEM (P)

THE BEST
WAY TO FIX
THIS
DE BESTE
OPLOSSING



SOMS MOET JE ACCEPTEREN WAT
JE NIET KAN VERANDEREN!
SOMETIMES YOU HAVE TO ACCEPT
WHAT YOU CANNOT CHANGE!

SOME SEE IT
AS AN
ADVANTAGE
SOMMIGEN
ZIEN HET ALS
EEN
VOORDEEL



WAT KUN JE VAN ZE LEREN?
WHAT CAN YOU LEARN FROM
THEM?

TIP
QUANTIFY
YOUR
IRRITATION

0-10

TIP
KWANTIFICEE
R JOUW
IRRITATIE 0-
10

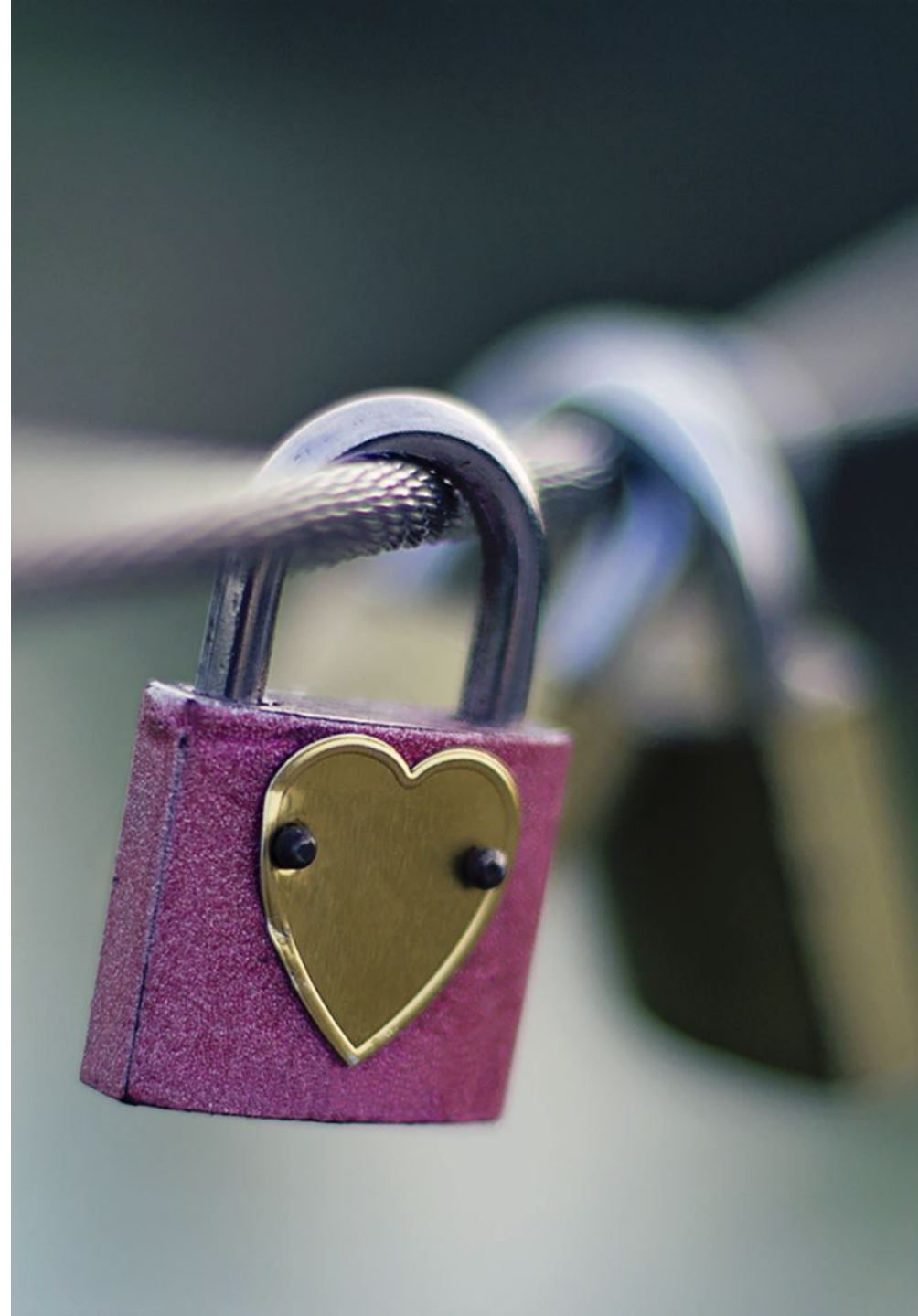


TIK MET DE FLOWCHART TOT 0.
TAP WITH THE FLOWCHART
UNTIL 0.

TRIGGER SENTENCE 5: **PROMISE** (BELOFTE)

There is a difference when
you make a promise to
someone else versus one to
yourself!

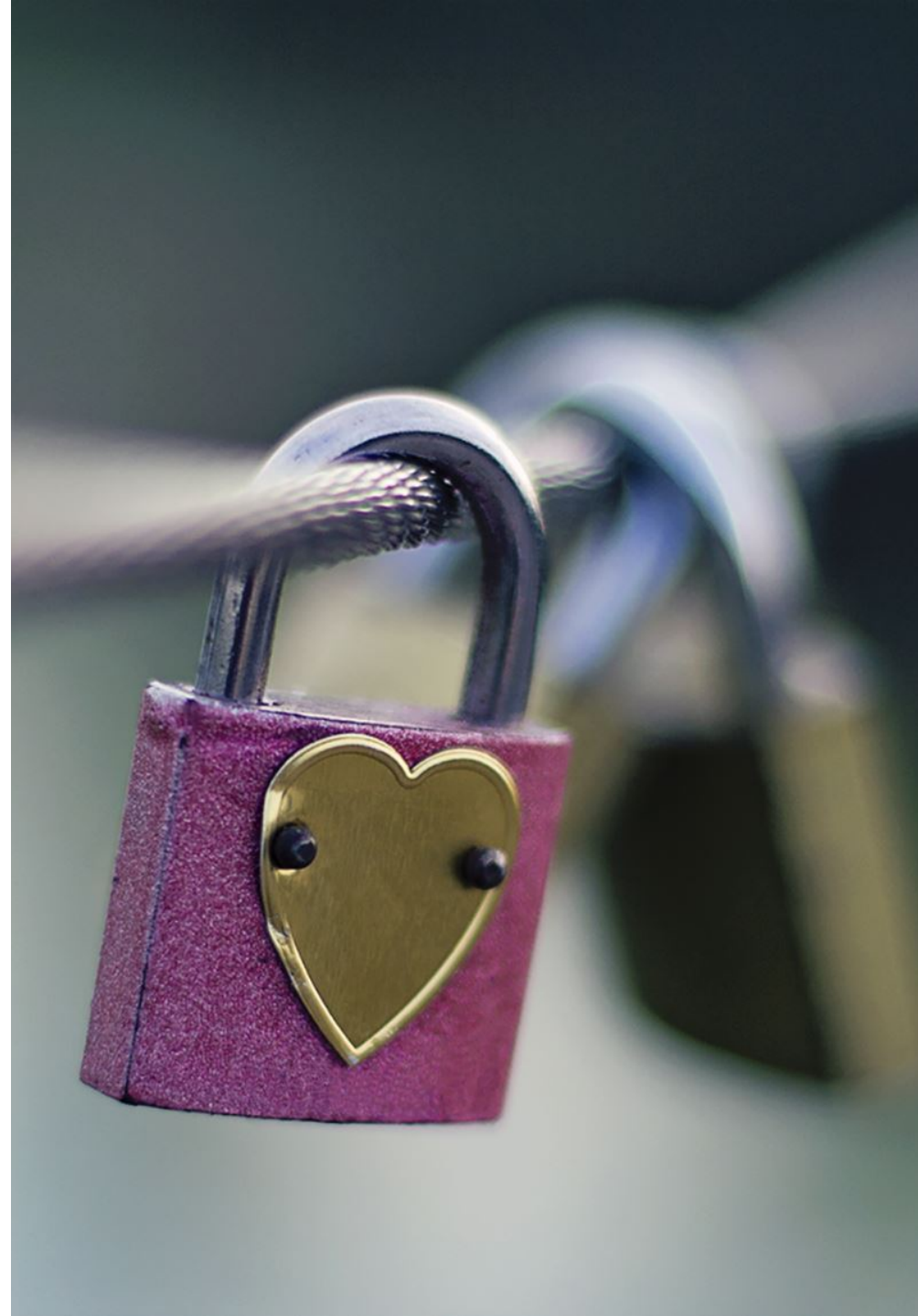
Er is een verschil als je een
belofte aan iemand anders
versus een belofte aan jezelf!



TRIGGER SENTENCE 5: **PROMISE** (BELOFTE)

A promise to someone else
has a higher level of
accountability!

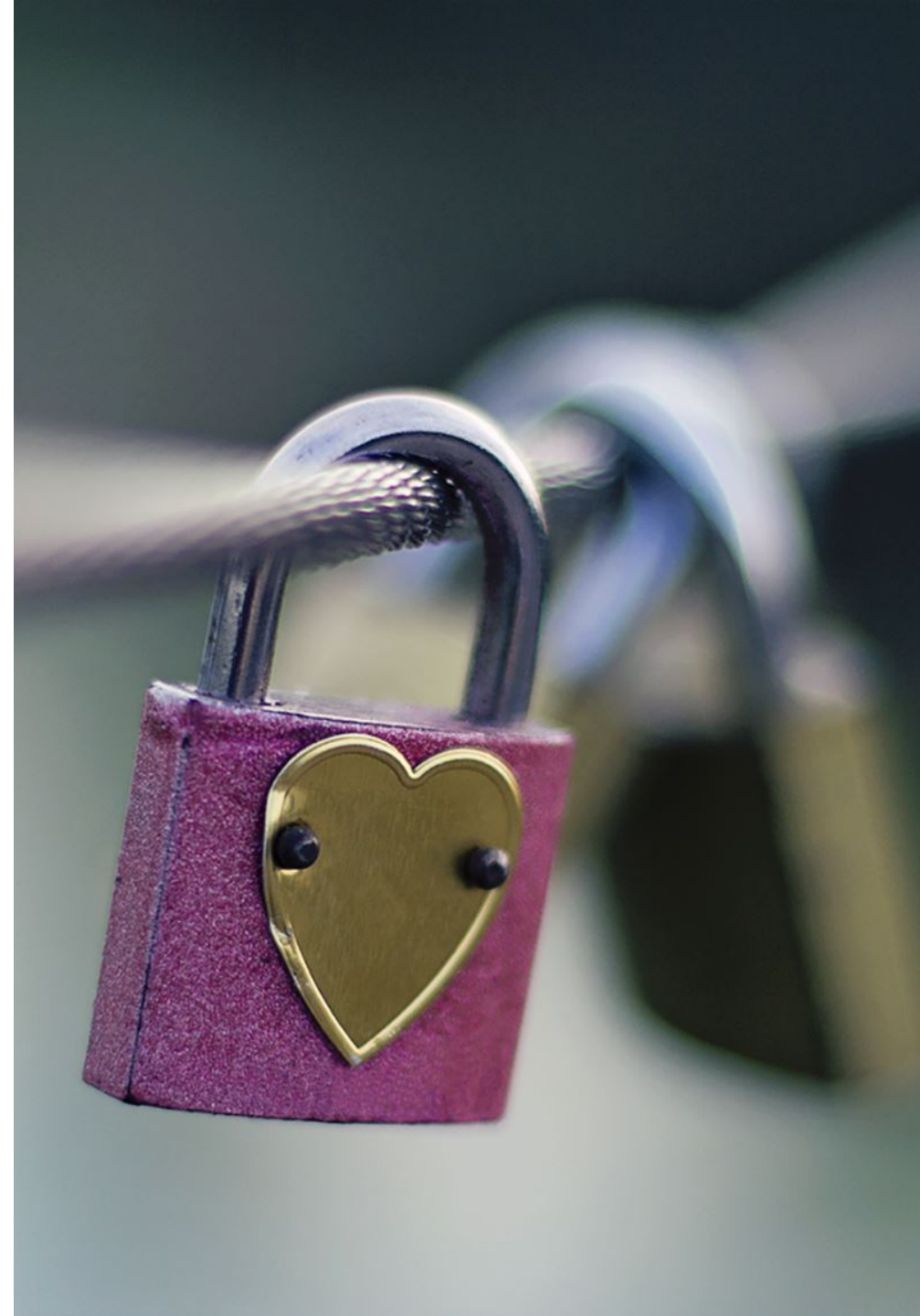
Een belofte aan iemand
anders heeft een hoger niveau
van verantwoording!



TRIGGER SENTENCE 5: **PROMISE** (BELOFTE)

When you say to yourself: I will do this, this is a promise to yourself!

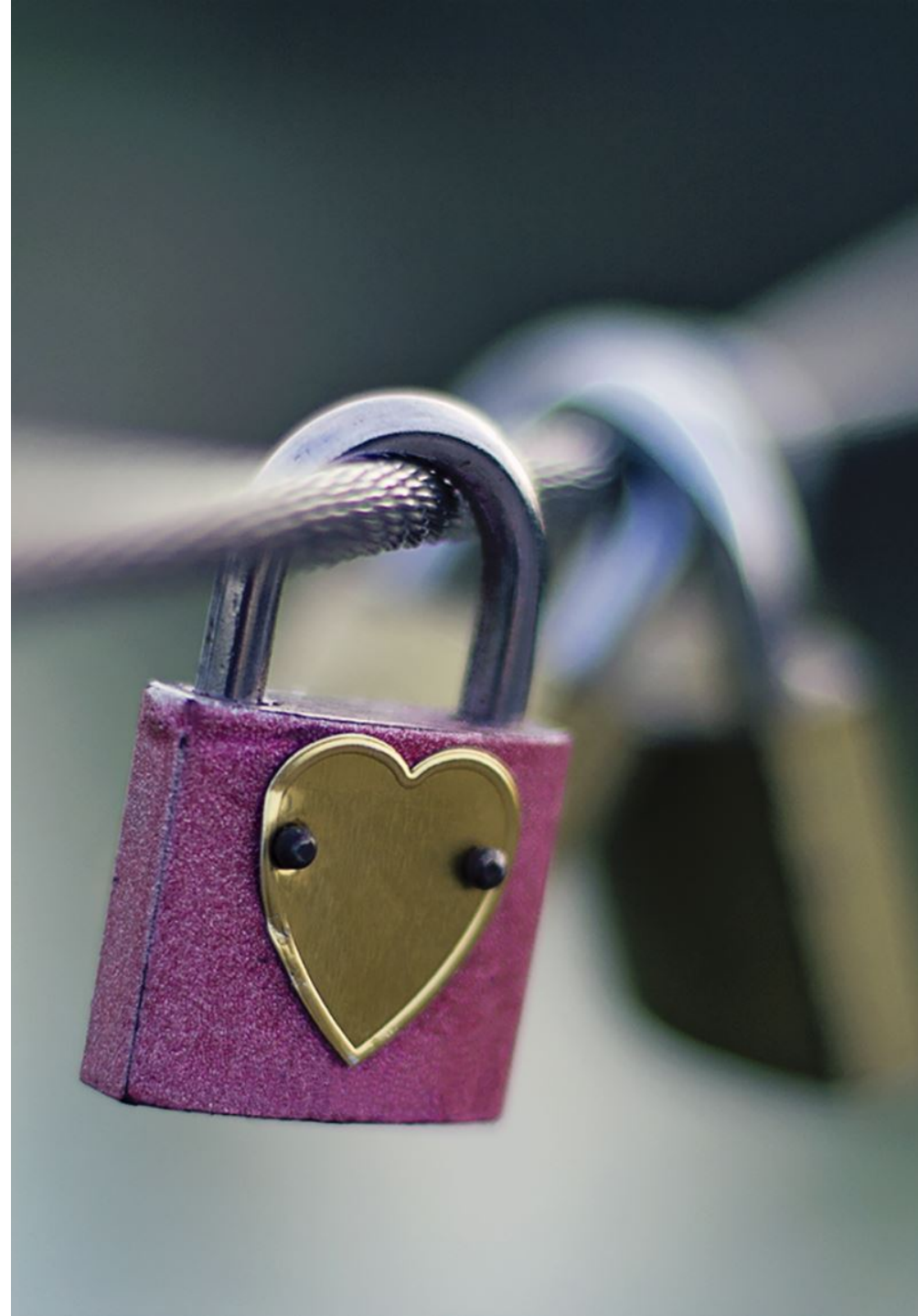
Als je tegen jezelf zegt: ik zal dit doen, dat is een belofte aan jezelf!



TRIGGER SENTENCE 5:
PROMISE (BELOFTE)

How many times have you
broken your promises to
yourself?

Hoe vaak heb je je beloftes
aan jezelf gebroken?

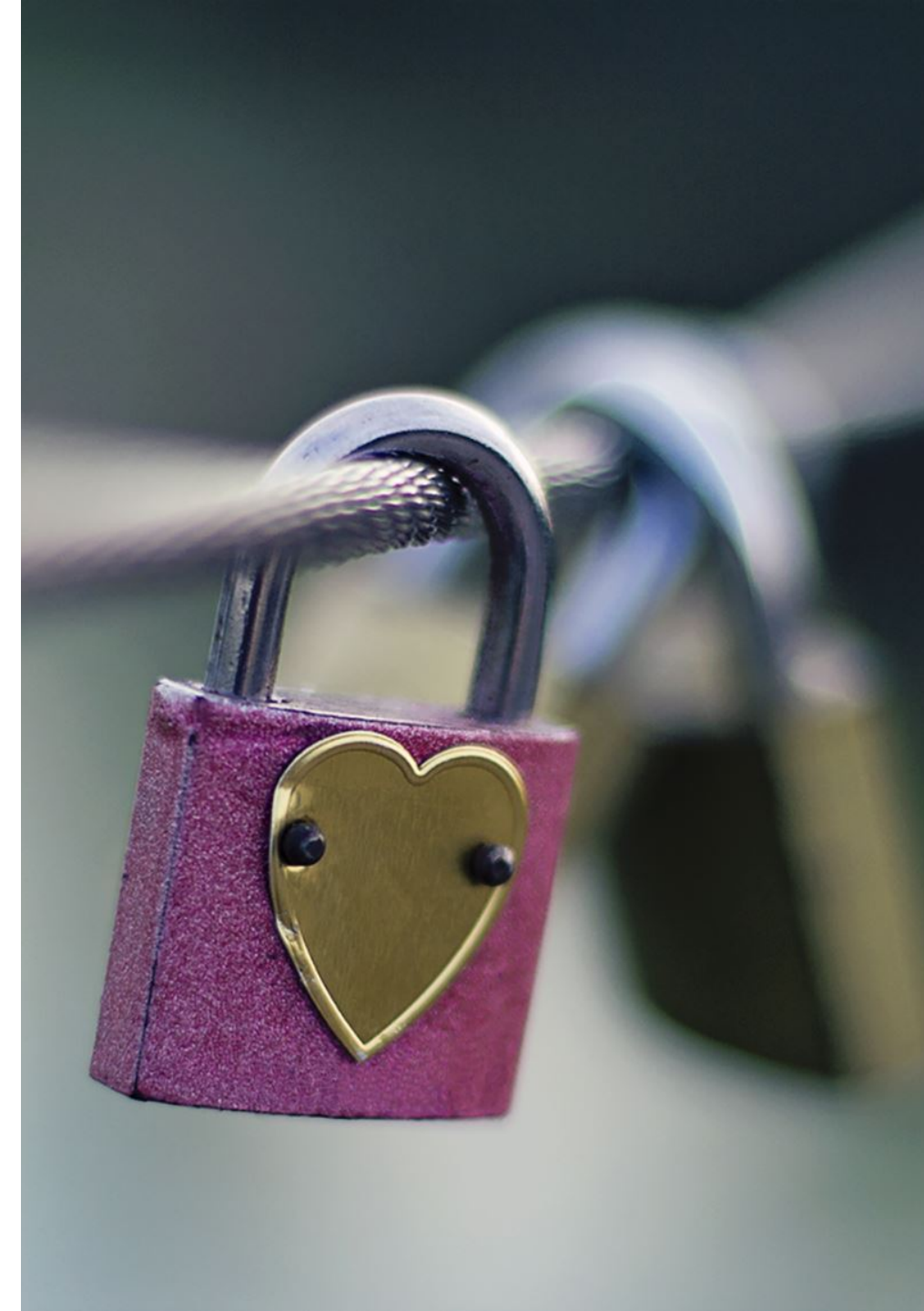


TRIGGER SENTENCE 5: **PROMISE** (BELOFTE)

Most people countless times!

Your s.c.m. does not trust
your promises!

De meeste mensen talloze
keren! Je s.c.m. vertrouwt je
beloften niet!



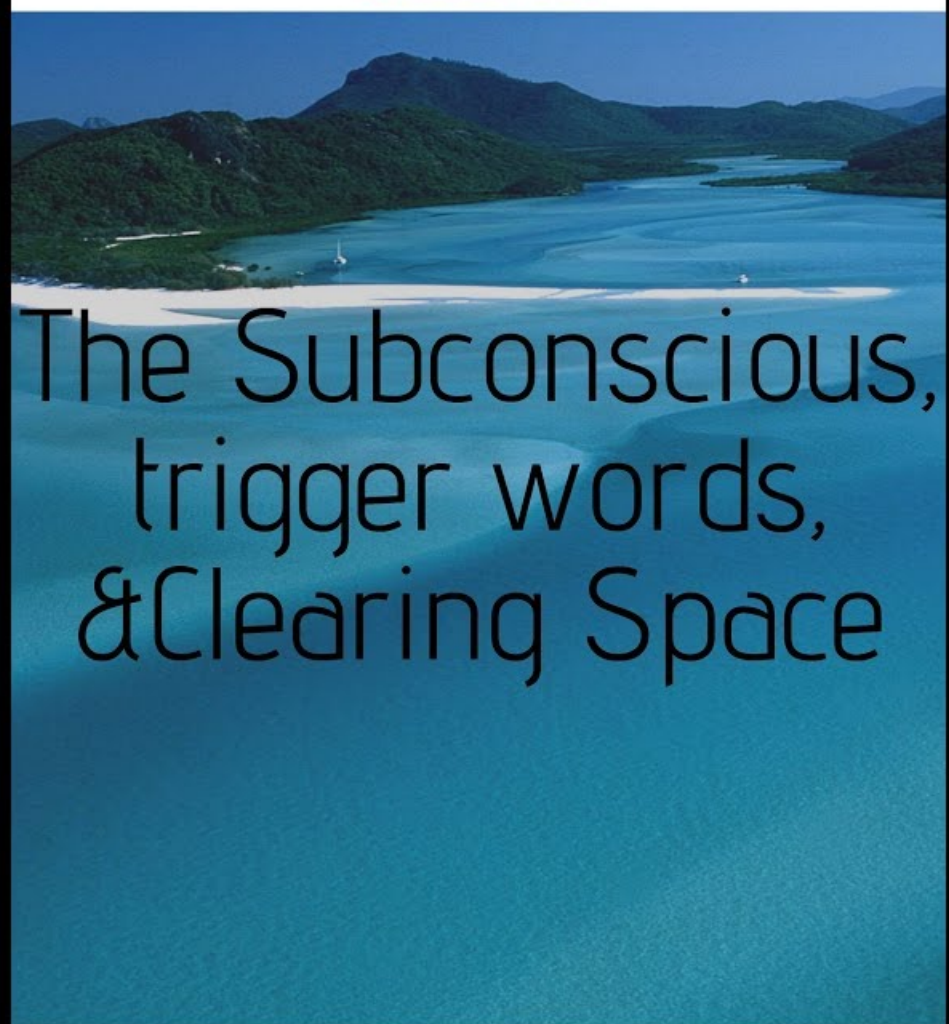
TRIGGER SENTENCE 5:
PROMISE (BELOFTE)

Your word is meaningless and
can lead to sabotage!

Jouw woord is zinloos en kan
leiden tot sabotage!



SUBSCRIBE



The Subconscious,
trigger words,
& Clearing Space

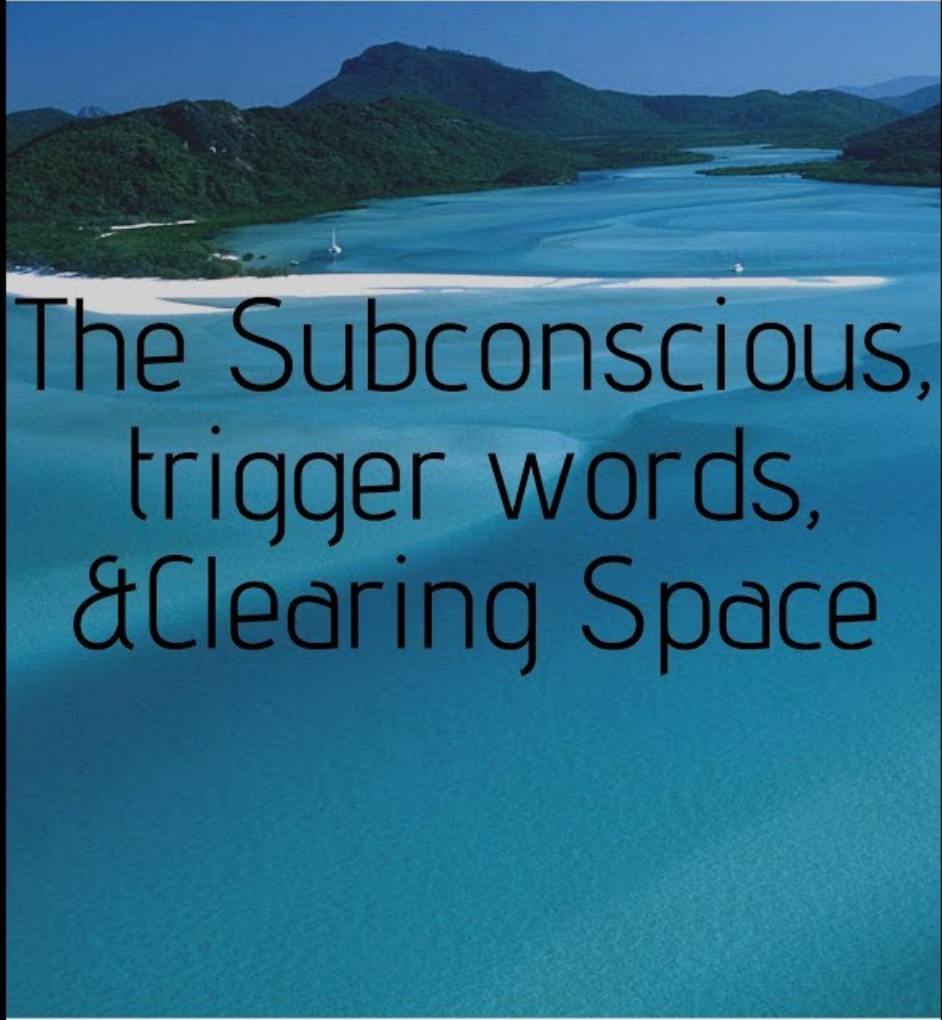
TAP THE BELL!

TRIGGER SENTENCE (ZIN) 5

I will do what must be done
to become the best version
of myself!

Ik zal doen wat gedaan
moet worden om de beste
versie van mezelf te worden!

SUBSCRIBE



The Subconscious, trigger words, & Clearing Space

TAP THE BELL!

REPEAT
HERHAAL 2X

I will do what must be done
to become the best version of
myself!

Ik zal doen wat gedaan moet
worden om de beste versie
van mezelf te worden!

QIP STEP2:
THE
SOLUTION
DE
OPLOSSING



You now know you have support
& guidance!

Je weet dat je nu de
ondersteuning & begeleiding hebt!



Your chances of success now are substantially higher!

Jouw kans op success nu is aanzienlijk hoger!



You are
following a
proven and
tested system!

Je volgt nu een
bewezen en
uitgetest
system.

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, 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

COMMITMENT
2
AFSPRAAK 2



EVERYONE IS A MIRROR OF YOUR
SHADOW SIDE.

IEDEREEN IS EEN SPIEGEL VAN JE
SCHADUWKANT.

COMMITMENT
2
AFSPRAAK 2



WATCH THE SHORT VIDEO.
BEKIJK DE KORTE VIDEO.



COMMITMENT 2

AFSPRAAK 2

MIRROR IMAGE.
SPIEGELBEELD.

MAKE AN INTENTION TO
DISCOVER WHAT YOU RECOGNIZE
OF YOURSELF IN THE OTHER!

MAAK EEN INTENTIE OM TE
ONTDEKKEN WAT JE HERKENT
VAN JEZELF IN DE ANDER!



COMMITMENT 2

AFSPRAAK 2

MIRROR IMAGE.
SPIEGELBEELD.

FIND GOOD THINGS & LESS GOOD
THINGS!

VIND GOEDE OVEREENKOMSTEN
EN MINDER GOEDE!

WRITE THEM DOWN, SCHRIJF ZE
OP!

SPIRITUAL
SPIRITUEEL
CONCEPT

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!

WE
ARE
ONE

GAP 2018

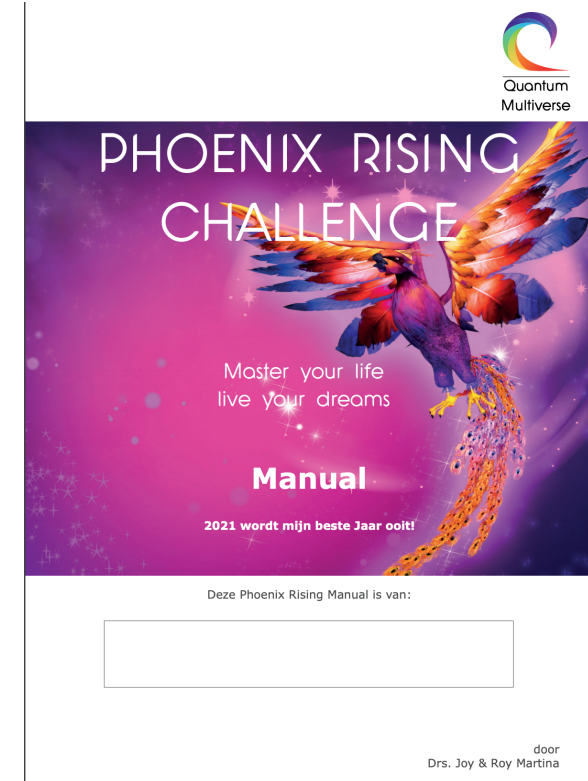
START TO FILL IN YOUR MANUAL

Work on your Quantum ID (until page 31: LONGEVITY).

Werk aan je Quantum ID (tot bz. 31: LONGEVITY).

Share with your buddy.

Deel met je buddy.



YOU KNOW
WHAT TO
DO!

JE WEET WAT
TE DOEN!



WAKING UP
WAKKER WORDEN

AM INTENTION

AM INTENTIE



TAP YOUR ACU-
POINTS WITH
CURRENT
PROBLEM-

TIK OP UW
ACU-PUNTEN
MET HET
HUIDIGE
PROBLEEM-



LISTEN
OPTIMALLY 3X
TO SHORT
MEDITATION.

LUISTER
OPTIMAAL 3X
NAAR KORTE
MEDITATIE.



SLEEPY TIME SLAAP TIJD



1.. FALL ASLEEP WITH PM-AUDIO
1.. IN SLAAP VALLEN MET PM-
AUDIO

.

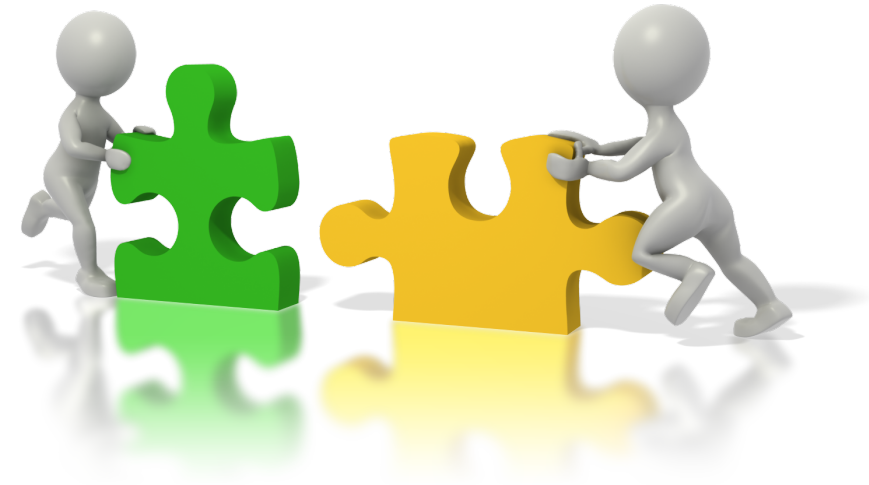
SHARE YOUR
EXCITEMENT
&
COMMITMENT
IN THE
GROUP.



DEEL JE ENTHOUSIASME &
COMMITMENT IN DE GROEP.

JE MOET NU JE
MAATJE
HEBBEN.

BY NOW YOU
SHOULD HAVE A
YOUR BUDDY



HET IS JOUW
VERANTWOORDELIJKHEID OM ACTIE
TE ONDERNEMEN.

IT IS YOUR RESPONSIBILITY TO TAKE
ACTION.

OF VRAAG OM HULP

OR ASK FOR HELP

YOU SHOULD
HAVE
WATCHED
THESE
VIDEO'S.
JE HEBT NU
DEZE VIDEO'S
BEKEKEN.



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



STAY FOCUSED

IT IS YOUR LIFE! HET IS JOUW LEVEN!

SEE YOU
TOMORROW

TOT
MORGEN

