



VIDEO LESSON 7

WE ARE TAKING OFF, FASTEN SEATBELTS
WE STIJGEN OP, MAAK JE VEILIGHEIDSGORDELS VAST



sharing is caring



DEEL IN DE GROEP HOE JE EERSTE WEEK WAS!
SHARE HOW YOU EXPERIENCED THE 1ST WEEK



TRIGGER SENTENCE 7

I DESERVE WHAT
I DESIRE!

IK VERDIEN WAT
IK VERLANG!

CAN YOU FEEL IT

KAN JE HET VOELEN?



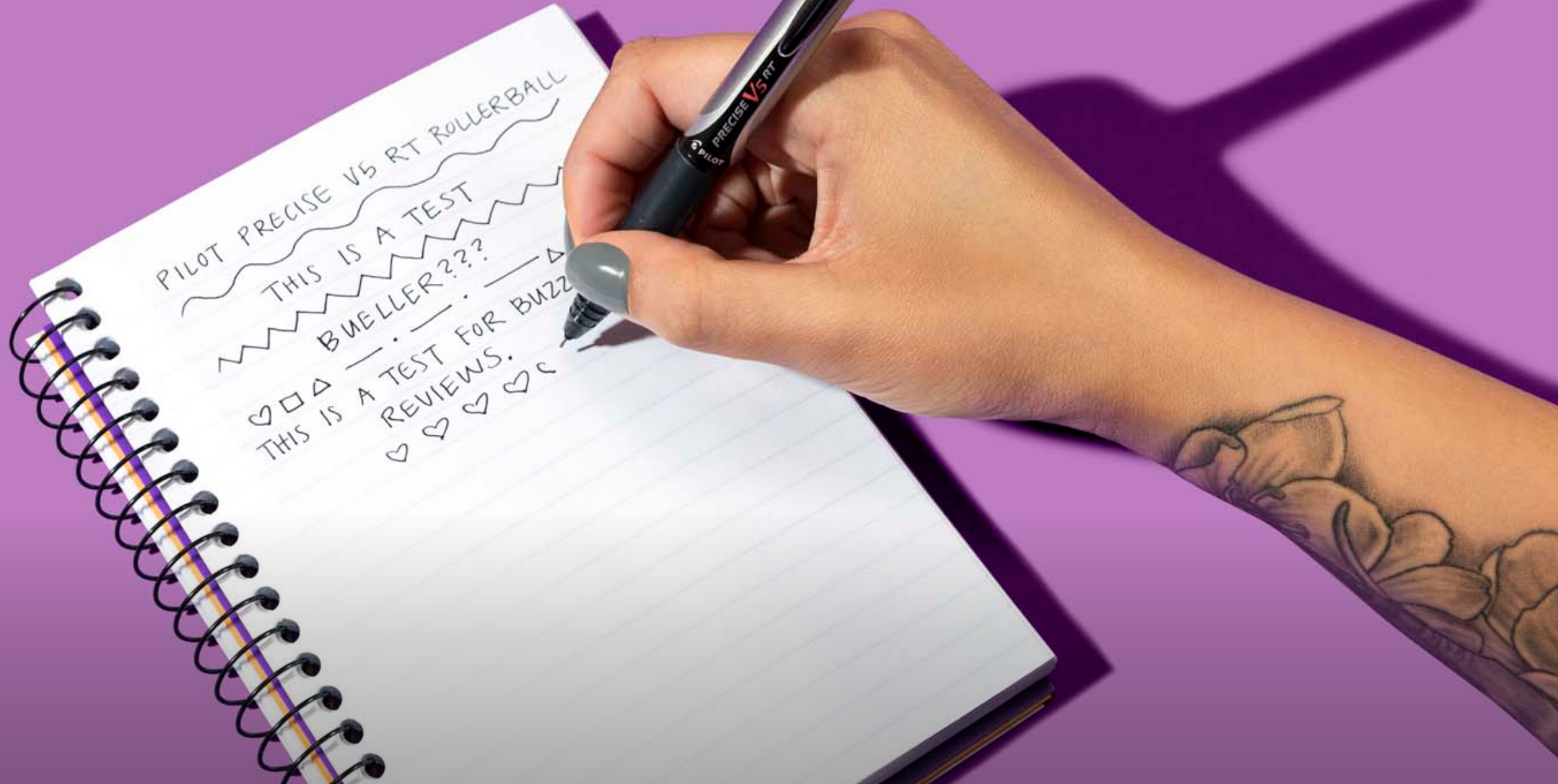
THE ANATOMY OF SELF- SABOTAGE

THIS IS IN THE
TOP 3 SABOTAGE
MECHANISMS!



IT IS IN THE TOP 3
SABOTAGE
MECHANISMS!

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





WIE BEPAALT JE
WAARDE?
WHO DECIDES YOUR
WORTH?



WAT BEPAALT JE
WAARDE?
WHAT DECIDES YOUR
WORTH?



WIE KAN JOUW WAARDE
ONTNEMEN?

WHO CAN DENY YOU
YOUR WORTH?



WHO CAN DECIDE THAT
YOU ARE NOT WORTHY OF
YOUR DESIRES?
WIE KAN BESLISSSEN DAT JE
JE VERLANGENS NIET
WAARD BENT?

**SELFWORTH IS
A
SUBCONSCIOUS FALSE
PROGRAMMING
BASED ON
YOUR
INTERPRETATIONS OF
EVENTS!**

Self-Worth

**A set of beliefs we hold
about ourselves.**

**EIGENWAARDE IS EEN
ONBEWUSTE VALSE
PROGRAMMERING GEBASEERD
OP JOUW INTERPRETATIES VAN
GEBEURTENISSEN!**

**SELF WORTH
HAS NO
MEANING
EXCEPT WHAT
YOU WANT TO
GIVE TO IT!**

Self-Worth

**A set of beliefs we hold
about ourselves.**

**EIGENWAARDE HEEFT GEEN
BETEKENIS, BEHALVE WAT
JE WILT GEVEN AAN HET!**

Set your intention for the day

**KNOW
YOUR
WORTH**

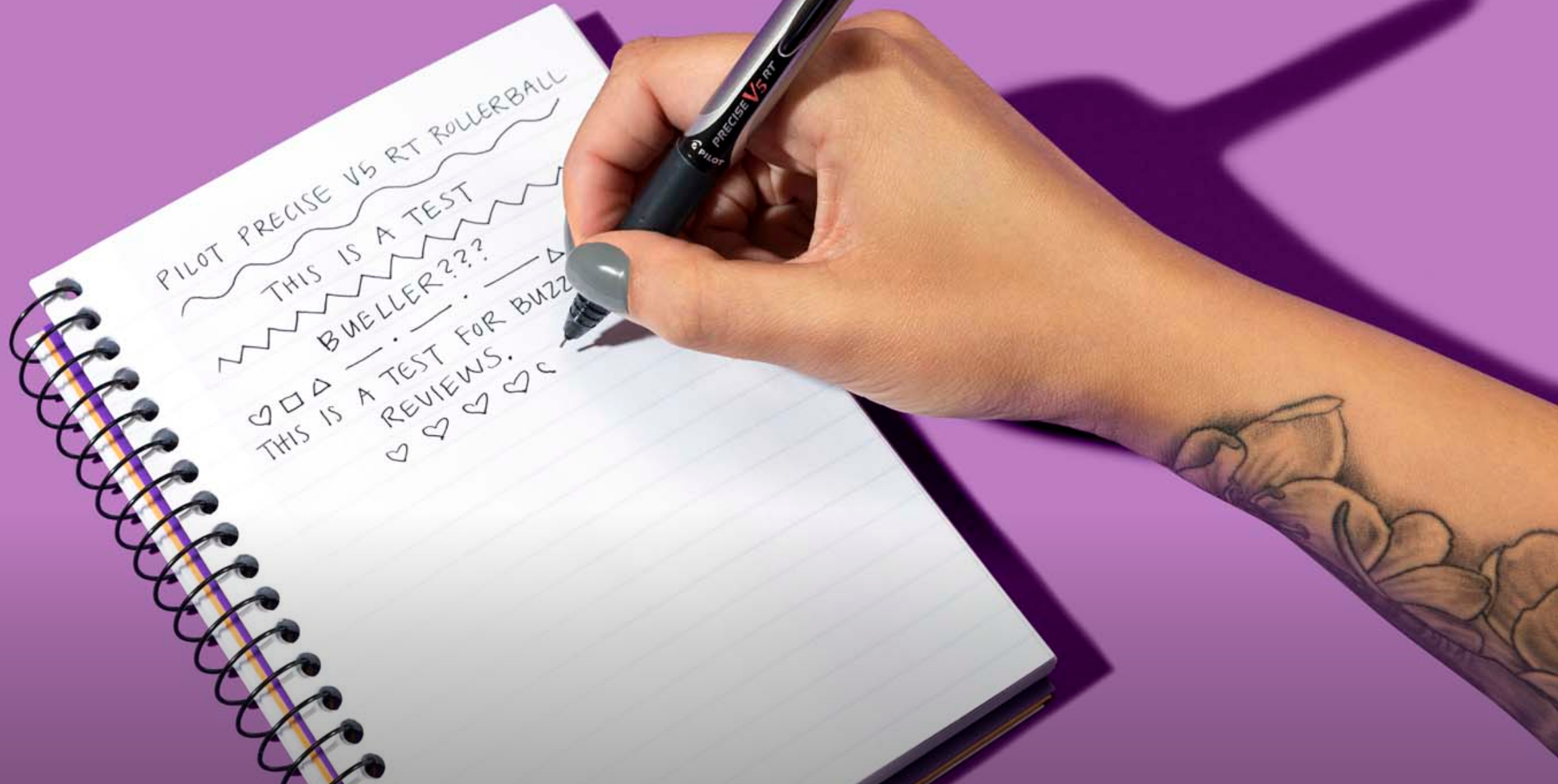
Don't sell yourself short.

SALE

**KIES UW WAARDE
VERSTANDIG!
OP WELK NIVEAU
ZOU JE WAARDIG
WILLEN ZIJN?**

**CHOOSE YOUR
WORTH WISELY!
TO WHAT LEVEL
WOULD YOU WANT
TO BE WORTHY?**

WRITE IT DOWN!
SCHRIJF HET OP!

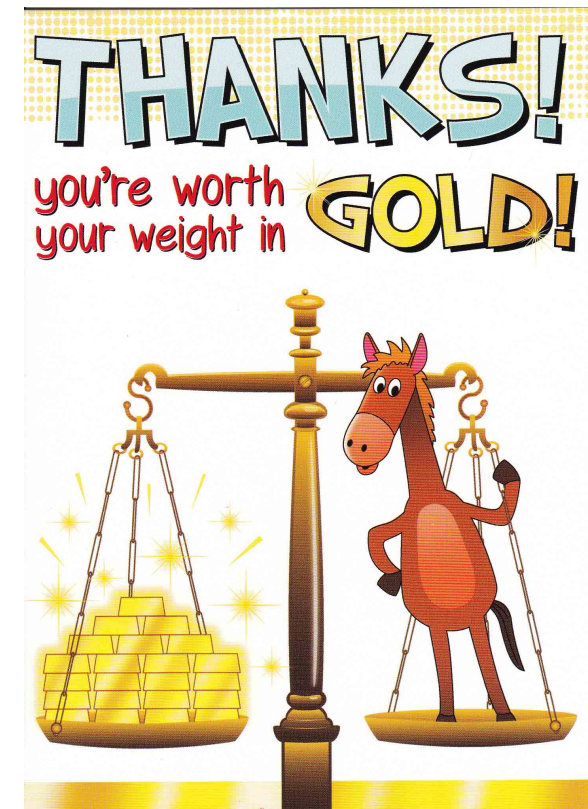




**THE MOST APPROPRIATE ANSWER IS
HET MEEST GESCHIKTE ANTWOORD IS**

**I DESERVE & I AM WORTHY
OF ALL MY HEART'S DESIRES
& MUCH MORE!**

**I K VERDIEN & BEN AL MIJN
HARTVERLANGENS EN NOG
VEEL MEER WAARD!**



BEING MORE OF VALUE
MEER VAN WAARDE ZIJN

~~BEING~~ **MORE** ~~OF~~ **VALUE**
MEER ~~VAN~~ **WAARDE** ~~ZIJN~~

MORE VALUE
MEER WAARD

ABUNDANCE
OVERVLOED

BEING MORE ~~OF~~ VALUE
MEER ~~VAN WAARDE~~ ZIJN

BEING MORE
MEER ZIJN

GIVE MORE
GEEF MEER

RECEIVE MORE
ONTVANG MEER

**JE BENT WAARDEVOLLER
DAN JE JE KUNT
VOORSTELLEN.**

**YOU'RE MORE VALUABLE
THAN YOU CAN IMAGINE**

**WHY WOULD YOU THINK
SMALL?**

**WAAROM ZOU JE KLEIN
DENKEN?**

**STOP MET JEZELF TE
VERKLEINEN
STOP DIMINISHING
YOURSELF**



**I DESERVE & I AM
WORTHY OF ALL
MY HEART'S
DESIRES & MUCH
MORE!**

**IK VERDIEN & BEN
AL MIJN
HARTVERLANGENS
EN NOG VEEL MEER
WAARD!**

QIP STEP2:
THE
SOLUTION
DE
OPLOSSING



I CREATE MY REALITY!

IK CREËER MIJN REALITEIT.

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



MIRROR IMAGE. SPIEGELBEELD.

WHAT DO YOU ADMIRE IN OTHERS?
WAT BEWONDER JE IN ANDEREN?

COMMITMENT
2
AFSPRAAK 2



MIRROR IMAGE. SPIEGELBEELD.

WHAT YOU ADMIRE IS IN YOU
WAT JE BEWONDER ZIT IN JOU



COMMITMENT 2 AFSPRAAK

DISCUSS WITH YOUR
BUDDY WHY YOU
CANNOT SEE THIS IN
YOURSELF.

BESPREEK MET JE
BUDDY WAAROM JE
DIT NIET IN JEZELF
KUNT ZIEN.

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

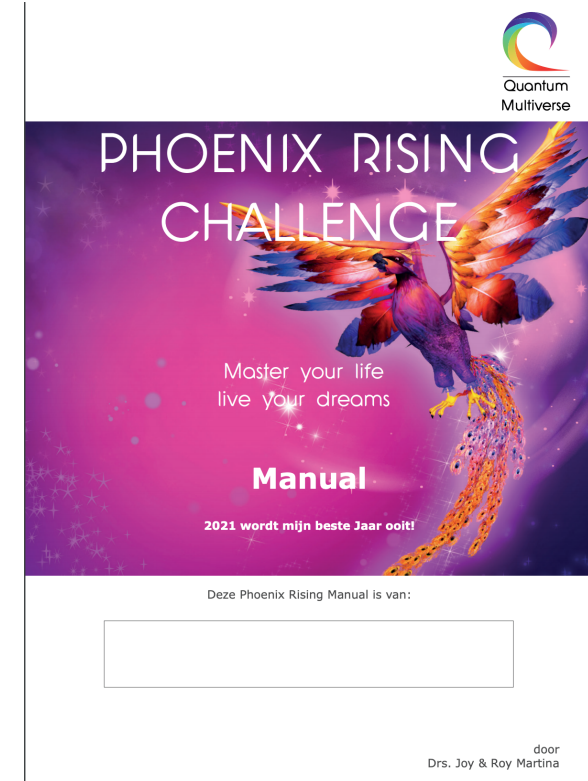
START TO FILL IN YOUR MANUAL

Work on your Quantum ID (until page 37).

Werk aan je Quantum ID (tot bz. 37:).

Share with your buddy.

Deel met je buddy.



You Know Your Stuff

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.



STAY FOCUSED

IT IS YOUR LIFE! HET IS JOUW LEVEN!

SEE YOU
TOMORROW

TOT
MORGEN

