



QUANTUM INTEGRATION PROTOCOL (QIP)©

PHOENIX RISING CHALLENGE by Drs. Joy & Roy Martina

Quantum
Multiverse

	<p>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.</p> <p>STEP 2. If there is an emotion give it a number 0-10 (0 all is well, 10 is most intense you can imagine).</p> <p>STEP 3. Set your intention to transform (P) into Power.</p> <p>STEP 4. Follow TAP-sequence.</p> <p>STEP 5. Repeat Protocol with (P) → from STEP 2 until all is cleared (Emotion is 0)</p>
Switch FIRE Karate Chop	<p>(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> <p>(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> <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 FIRE	<p>(P) I will be effortlessly over this (P), now, completely, permanently and forever!</p>
Switch FIRE Karate Chop	<p>(P) I want to be even better than before & create my life's experience with grace, ease and joy!</p> <p>(P) I always want to be even better than before & create my life's experience with grace, ease and joy!</p> <p>(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!</p>
Chin FIRE	<p>(P) I am over this now, and I believe 100% that I am the creator of my life's experience!</p> <p>(P) I am completely and forever 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 & all that no longer serves me to create my life's experience with grace, ease and joy!</p>
Middle Finger FIRE	<p>(P) I have always been over this (P) & more connected to my power of creating my life's experience!</p> <p>(P) I have always been completely over this (P) & 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 & all that no longer supports me to create my own life's experience with grace, ease and joy!</p>



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Side of the eyes WOOD	<p>(P) I will always be completely over this (P) & connected to my power to create my life's experience!</p> <p>(P) I will always be great at completely releasing & transforming all of my problems & resistance!</p> <p>(P) I will always be great at transforming my negative thoughts, limiting beliefs & emotions that disconnect me from my power to create my life's experience into empowering thoughts & beliefs.</p>
Left under axilla EARTH	<p>(P) I deserve to always be completely & permanently over this (P) with grace, ease & joy.</p> <p>(P) I deserve to create a life full of love, laughter, friendship, positive people and abundance.</p> <p>(P) I deserve to create a long, healthy, vital life with grace, ease & joy.</p> <p>(P) I deserve to create an awesome life's experience in which I am happy, healthy & fulfilled.</p>
CHAKRAS Crown Heart Root	<p>(P) Every day in every way I am becoming more powerful in creating the life my heart desires.</p> <p>(P) Every day I become more courageous to create the life I want with grace, ease and joy.</p> <p>(P) Every day I become better in overcoming, challenges, fears and all that used to hold me back.</p> <p>(P) Every day I become better in transforming my challenges with grace, ease & joy.</p> <p>(P) Every challenge makes me stronger and more conscious that I am the creator of my life's experience.</p> <p>(P) Every day I become better in becoming aware when I am not in my power and faster in re-connecting with my resources & power to create my desired life's experience.</p> <p>(P) You remind me how resourceful I am in overcoming all my challenges.</p>
PIN Visualize, Imagine, Feel & Experience!	<p>Put both hand on your heart and visualize the person you want to be, imagine how that would be.</p> <p>Focus next on your desired outcome, a happy fulfilled life filled with love, compassion, happiness, grace, ease, joy & abundance. See, feel, smell, taste and hear it as if it is NOW!</p> <p>Breathe slow and relaxed and feel gratitude for all that you are creating.</p>
	<p>If there were emotions → GO TO STEP 2. Follow protocol till you reach 0. If it was a Limiting Belief, repeat at least 3 times a day for 30 Days.</p>