

# QUANTUM TECHNIQUES®

## Taking EFT & QT to the Next Level



## How to Find Your Core Issues & Affirmations

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# Preface

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We want to give credit to the great men and women we have learned from. We can see far because we stand on the shoulders of giants: Albert Einstein, George Goodheart D.C., Roger Callahan, Ph.D., Bruce Lipton, Ph.D., Gary Craig, Dr. Kam Yuen, Victor Frank, D.C., Allan Phillips, D.O., Doris Rapp, M.D., Devi Nambudripad, D.C., William Tiller, Ph.D., Savely Yurkovsky, M.D., Dick Versendaal, D.C., and many others.

# Disclaimer

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## Disclaimer Overview

Quantum Techniques® (QT) is not intended to diagnose, prescribe, treat, or cure any disease, physical or mental.

The use of Quantum Techniques® by a *Quantum Techniques® practitioner* should not be construed as a prescription, a promise of benefits, claims of cures, or a guarantee of results to be achieved.

The information, instruction or advice given by a *Quantum Techniques® practitioner* is not intended to be a substitute for competent professional medical or psychological diagnosis and care. You should not discontinue or modify any medication presently being taken pursuant to medical advice without obtaining approval from your healthcare professional.

As a QT client, you must take complete responsibility for your own physical health and emotional well-being.

# Disclaimer Explained

QT consists of self-help coaching techniques and tools, within the category of “energy therapy.” A client learns and uses QT to balance their own body’s energy system with the intention of reducing stress, enhancing overall health, and removing dysfunctions in the body’s bioenergetic system. QT and its *Quantum Techniques® practitioners* believe that it is the client who heals himself/herself, and that the QT tools simply assist the client in this process. Every QT client is unique, and therefore, each client’s experience with QT may be unique.

QT is not a substitute for regular medical or psychological care. QT is not about disease or illness—rather, its focus is on healing and wellness. Medical authorities do not recognize this work as “medicine”. We agree. There are researchers in this area who believe there is a correlation between the detection of certain energetic frequencies and the presence of disease states or organisms in the body. Energy therapies, like QT, may be able to identify the unhealthy frequencies years before a physical disease manifests in the body. As a person heals those frequencies, health is enhanced. Our work, which includes evaluations and scans of the subtle-energy field, is strictly limited to address the imbalances in the subtle-energy field.

For example, in our scans we may talk about the frequencies of virus, bacteria, fungus and parasite issues. We are only saying that we have often found those frequencies when our clients are in a non healing state. Commonly, people who manifest those frequencies over time experience patterns of deterioration in the way they feel. As those frequencies are cleared and the energy field is balanced, they typically experience a return to feelings of wellness. We cannot determine if the client actually had a virus, bacteria, fungal infection or parasite. We cannot determine if a client actually has Multiple Sclerosis, Parkinson’s disease, Manic Depression or HIV, for example. Testing for that is beyond our expertise. For those determinations, we refer clients to their M.D. or licensed health care professional for appropriate tests.

No one is advised to discontinue or to avoid medical or psychological consultations. There are cases where medical or psychotherapeutic consultations are advised. Don’t use these techniques to try to solve a problem where your common sense would tell you it is inappropriate. Since these are self-treatment techniques, we cannot and will not take responsibility for what you do with them. You are required to take complete responsibility for your own well-being both during and after the use of our materials and/or coaching sessions.

Some statements on the Quantum Techniques, LLC / Healing Solutions, LLC web site, manuals and products represent working theory rather than accepted science. *Quantum Techniques® practitioners* practice as bioenergetic consultants, not as licensed medical doctors, psychologists, psychotherapists, chiropractors, lawyers, nutritionists, or naturopaths.

Although these techniques are being used by therapists, health professionals and lay people worldwide, the practice of QT and bioenergetic consulting is not currently regulated by any licensing board in the United States. Any spiritual counseling provided by a *Quantum Techniques® practitioner* is not part of any recognized religion.

We have not personally experienced any adverse side effects when applying the gentle techniques of QT when the treatment protocols and suggestions were followed. This does not mean, however, that you will not experience or perceive negative side effects. If you use these techniques on yourself or others, you must agree to take full responsibility for your own well-being and you are required to advise others to do the same.

You must understand that while an energy healing approach is a safe self-treatment method, with a substantial body of clinical experience showing no serious side-effects when properly administered, it is possible, with any form of healing, that unresolved memories and related emotions and sensations may be brought into your awareness. It is possible that this emotional material may continue to surface after the coaching session and require further self-treatments or coaching sessions. It is also possible that previously traumatic memories may lose their emotional charge, and this could adversely affect your ability to provide legal testimony that carries the same impact as it might have prior to treatment. In some rare cases, clients with chronic illness have reported some mild healing reaction symptoms as their body releases stored toxins. Typically this is short lived and can be addressed with another coaching session or self-treatment protocol.

## Hold Harmless Agreement

You must agree to hold harmless Stephen Daniel and Beth Daniel, the originators of Quantum Techniques, LLC and Healing Solutions, LLC , all *Quantum Techniques® practitioners*, and anyone affiliated with QT from any claims, liability, or loss incurred directly or indirectly by you (or anyone you may teach or seek to help using QT) as a result of the use or application of any techniques or methods learned from a *Quantum Techniques® practitioner* or Quantum Techniques, LLC / Healing Solutions, LLC product.



# **TAKING EFT & QT TO THE NEXT LEVEL**





# Quick Reference Guide to Core Questions

We have tried to group the 110 questions under their main aspect. Many questions fit into more than one category. Noticing which statements are aspects of your blocking beliefs can be helpful in realizing your core issues. There is a discussion on these issues after the questions section. There is an affirmation at the end of each section. At the beginning and end of each section, test the question: Does 100% of my unconscious know that I am in a safe adult body today, and who I am living with? Remember to test each question in both the day and night time field. Using a self testing method taught in Truth Techniques I, ask if 100% of your conscious and unconscious knows:

## Issues about Abandonment

*(Please understand that no one can abandon you, unless you have already abandoned yourself in the moment.)*

1. My partner/family will stay with me when I am completely healthy.
2. I know in my spirit I am love itself, as I completely heal others will love me and stay in my life.
3. I can be myself and others will want to love me and give to me.
4. I will be intrinsically lovable even if everyone abandons me. I and God's spirit will still love me.
5. I will be safe even if everyone abandons me.
6. I can fully love and accept myself even if no other human does.
7. I can choose to be free from the prison of other's expectations.
8. I am safe and loved even in my imperfections.
9. My truth will always be expressed, one way or the other, consciously or unconsciously. I can choose to consciously express my truth and solve my problems so that I can heal.

### Affirmation:

*I greet each day, with the intention of receiving safety and love as I express all of my unique gifts, truths, and needs in the world.*

## Issues about Safety

We need to point out the difference here between the adult view of this issue and that of the young child part. The adult knows there is danger in the world: auto accidents, disease, terrorists, etc. That is different than the overwhelming paralyzing terror of the young helpless child part who believes the “world is a terrifying place”, which evokes fear and self-protection at all times. We need to “come to our senses” and live in the world today, in this present moment, not stay stuck in reliving the world through our thought process of imagination from the past. Test yourself to see if these statements test 100% true. Always test both day and night time fields by testing with the eyes closed, or the tongue on the roof of the mouth behind the front teeth, to simulate the night time field.

10. I am an adult today and that I am physically and emotionally safe.
11. 100% of my parts know who my love partner is today and that I am safe with him/her (i.e. not an abuser from my past).

A case example is illustrative on this issue of safety. Years ago Dr. Daniel was working with a dissociative identity disorder client. In the session, a child alter came out who could not see, hear, or accept being touched. It seemed impossible to communicate with such a terrified child. After praying for insight, Dr. Daniel dropped his car keys into the client's lap. The client reacted with fear and threw the keys. Dr. Daniel again dropped them into the client's lap. The client threw the keys again. This was repeated a few times. Dr. Daniel held the keys and waited. The client clapped her hands and held them out for the keys. The keys were again put into the client's lap, only this time Dr. Daniel allowed his hand to touch the client's hand. This was repeated until the client reached out and touched Dr. Daniel's hand. Then the client held out her hands to touch his face and beard, much like a blind person might do. This allowed communication to begin for healing. If you are having trouble with parts knowing you are safe, test the following statements:

- a. All of my parts can see out of my eyes that I am safe?
- b. All of my parts hear out of my ears that I am safe?
- c. All of my parts can feel through my skin that I am safe?
12. It is safe to let someone else fully love and accept me.
13. It is safe to live in this universe and share all of my truth, health, and creative abilities.
14. I can be abundantly healthy and still be safe physically and get my needs met in the world.
15. I can fully love and accept myself even if no other human does.
16. It is safe to fully love and accept myself.
17. I am completely safe from my original abuser.
18. I am completely safe from my generational abusers, i.e. Russian or Nazi secret police.

19. I am completely safe from a punishing God.
20. I am 100% safe in allowing myself to heal.

**Affirmation:**

*I greet each day in gratitude, receiving through all of my senses that I am safe physically and emotionally in living in this world in an abundantly healthy body, welcoming love from myself and everyone I meet.*

**Issues about Getting My Needs Met**

21. I give myself permission to rest in health and balance.
22. I can ask for my needs to be met in the world while manifesting abundant health.
23. I can get my needs met in my connection with all of myself and the Divine. I can do this in health and balance.
24. I will be able to get all of my physical and emotional needs met when I am completely healthy.
25. I am willing to give up all my physical and emotional symptoms and be healthy today.
26. I can never be sick enough to make someone love me.
27. My truth will always be expressed, one way or the other, consciously or unconsciously. I can choose to consciously express my truth and solve my problems so that I can heal.
28. I am 100% willing to give up my illness and symptoms as my expression of being "creative" in the world.
29. I am 100% willing to give up my illness and symptoms as my way of being unique and special in the world.

**Affirmation:**

*In abundant health, joy, and love, I accept and express all of my emotional, spiritual, physical, and relational needs to my loving community within and without.*

**Issues about Setting and Accepting Healthy Boundaries**

30. I can set healthy boundaries and manifest abundant health.

31. I can be a healthy, good, loving person and still say "no" to nice people who love me. I can do this in abundant health.
32. I can set healthy boundaries and still be loving and good enough.
33. I can safely and lovingly say "no" with my voice and actions to others and myself.
34. I know who my symptoms are saying "no" to, in the present and the past.
35. As a good and loving person, it is my job to say "no" to other good and loving people. We must both be able to say "no", and hear "no" for love to exist.
36. It is safe to say "no" to people I love and need.
37. I can allow others to set boundaries and say "no" to me without rage or illness.
38. Allowing others to say "no" to me and set boundaries does not mean they are abandoning me or have stopped loving me.

**Affirmation:**

*In abundant health, joy, love and safety, I express my limits and accept the boundaries of others. Giving and receiving the gift of "no" while staying in a relationship is an act of healthy and mature love.*

**Access to Healing Information**

39. I know the long term damage to my health from my ongoing symptoms.
40. How much I suffer mentally and physically from my ongoing symptoms. How much my family and friends suffer from my illness.
41. I know all of my parts have full access to all previous healing informational fields and treatment codes.
42. Because my parts love me, they can immediately release all previous healing informational fields and treatment codes to all new internal parts as they come up for healing.
43. I can raise the vibrational frequency of my body so that bacteria, virus, fungus and parasites pass me by.
44. I can trust my body's innate intelligence to eventually fully heal me even if I still have some symptoms.

45. I can patiently and lovingly stay off toxic foods and substances long enough to take a load off my body while I work to identify and heal all aspects of these toxin issues.

**Affirmation:**

*In total love and acceptance I release all needed healing information to every part of my body and soul. I openly accept any emotional discomfort that may be required to process and heal my life.*

**Issues about Deserving**

- 46. I am deserving of all of God's love, financial, relational, and health blessings.
- 47. I deserve to fully love and accept myself.
- 48. I deserve to be fully loved and accepted by others.
- 49. I am lovable and deserve the gift of complete health, even if I cannot heal or save someone I love.
- 50. I know I deserve to live.
- 51. I know I deserve to heal.
- 52. I deserve to fully love and accept myself.
- 53. I do not have to save my family or anyone else to be good enough.
- 54. I am fully deserving of a totally healthy body today.
- 55. I am fully deserving of a totally healthy body for the rest of my life.
- 56. I am fully deserving of being free from this illness today.
- 57. I am fully deserving of being free of this illness for the rest of my life.
- 58. I am fully safe and deserving of all of God's abundant love in having a completely healthy body.
- 59. I am fully safe and deserving of all of God's abundant love in a healthy love relationship.
- 60. I am fully safe and deserving of all of God's abundant love in having financial wealth and stability.

**Affirmation:**

*Each day I bless myself, accepting I am fully deserving of all abundance in health, love, finances and I am fully deserving of joy from myself, the Divine, and everyone I meet.*

## Trust in the Divine, That I Choose to Live in a Safe Universe

61. I am unconditionally held in Divine love.
62. I accept my life now, surrendering whatever the future holds (Chronic symptoms are an unconscious attempt at control of the environment or the future).
63. I know and love who I will be when I completely give up this illness.
64. I release the belief that punishing myself will protect me from punishment from God or someone else.
65. Despite my illness and circumstances, I can choose to find joy, love, and gratitude in every day.
66. I can never be sick enough to make someone else healthy.
67. I can never be poor enough to cure poverty in someone else.
68. It is safe to connect to God-Divine loving energy.
69. It is God's desire that I am healthy, happy, and fully engaged in a loving relationship with others and God's Spirit.
70. (Within those who have a Christian belief system) Christ's role as the savior of humankind. His gift makes me deserving. His Spirit allows me and any of my parts to have power over dark energy, rage, unforgiveness and pain. Because He is the savior, I can resign from being anyone's savior, including my family (If Christ was perfect and was crucified for his efforts, I don't want the job anyway!).

### Affirmation:

*I give myself the gift of a healthy life in choosing to believe I exist in a safe and loving universe, held safely in the loving arms of the Divine. My true self is formless, timeless and has infinite abundance of all things.*

## Deception and Taking Conscious Responsibility for My Life

71. I am 100% willing to accept the responsibility for my life when I give up my illness.
72. 100% of my conscious mind and 100% of my parts accept the job of getting all of my physical, emotional, spiritual and relational needs met without the use of symptoms.

73. 100% of my conscious mind accepts the job of setting boundaries in all of my relationships without using symptoms.

**Affirmation:**

*I accept that I am the co-creator of all aspects of my existence. In accepting 100% responsibility for the rest of my life, I can learn new beliefs and patterns to recreate my life to all that it can be.*

**Issues about Forgiveness**

74. I can choose forgiveness to clear past hurts and traumas and allow my body to heal.
75. In forgiving, I choose to set healthy boundaries and release all anger, rage, and trauma from my body.
76. I release the misperception that unforgiveness protects me.
77. By choosing to forgive I cut the connection between myself and past trauma.
78. 100% of my conscious and unconscious is willing to make the choice to forgive.
79. I know and accept that forgiveness sets me free to live, love and heal.
80. Forgiveness is a healing gift I give to myself and those who love me.
81. By choosing to forgive, I stop the pain payments on the past traumas of my life.
82. I choose to completely forgive my body for revealing to me the truths and conflicts in my life I need to address to be fully alive.
83. I choose to fully forgive the Divine for sending me the experiences I need to heal and to be completely free, even when they cause me pain.

**Affirmation:**

*In my choice to forgive, I release all pain and trauma from my past and present. My choice to forgive is the ultimate statement of love and acceptance for myself.*

**Issues about Surrender**

84. I can let go and let God release the illusion that I am in control.

- 85. I can choose to surrender my illusions of control over my life, others, and the world around me.
- 86. I can speak and act my truth in love and trust the Divine's love and wisdom in the universe to guide the outcome.
- 87. I can speak my truth in love to those I care about and accept their need to move closer or further away from me. I know that I am still lovable and good enough.
- 88. I release all symptoms and illness in my attempt to control others and the world around me.
- 89. As I surrender my health, loved ones and material things, I trust the Divine to bless and care for them.
- 90. In surrender, I release all my symptoms and illness as a way of getting my needs met.

**Affirmation:**

*In surrender I release all of my energy for healing as I give up my illusions that I can control others and the world around me. I choose to fully accept and live in the Now (the present moment).*

**Issues about Being Safe in My Body**

- 91. It is safe to be in my body now.
- 92. 100% of my parts know that if my body dies all of my parts will die.
- 93. If my parts continue this pattern of illness it will cause me to die sooner and they will die with me.

**Affirmation:**

*I choose each day to live completely in my body, in the moment, knowing it is safe to feel and release all of my emotions and fears.*

**Issues about Having Your Emotions**

- 94. I can safely feel and express all of my emotions, knowing others will also be safe and not abandon me (i.e. my rage will not destroy others or myself).
- 95. In feeling and expressing all of my emotions I am becoming healthier each day.



96. 100% of my parts accept that it is better to occasionally feel rage, anxiety, terror and helplessness than to have chronic pain and illness.

**Affirmation:**

*I choose to accept, feel and express all of my emotions in love, in health and in safety each day.*

## **Issues about Maturing Parts**

97. 100% of my parts are at the ideal developmental age for my healing (Do I have any parts stuck at age 1 to 3 who want to be older and stronger? If this tests as a “yes” check the appendix for how to mature parts, or look in the parts manual and follow the instructions).

**Affirmation:**

*I choose to bless myself by allowing all of my internal parts to mature to their perfect age for my healing today.*

## **Issues about Being Present Now**

98. When I abandon a part of myself, others or the Divine, I attract more and more abandonment to me in the future.
99. My unconscious choice of pain and suffering will attract more pain and suffering to me in the future.
100. Depriving myself of my basic needs today will only attract more deprivation in the future.
101. Letting others break, crash or trash my boundaries today will only attract more boundary violations in the future.
102. I can choose to live each day totally present and surrendered to the Now. I choose to be at peace, this moment, with all that is.
103. Making myself suffer today brings suffering to everyone around me and brings more suffering in the future.
104. I cannot create enough pain or suffering in myself to make God or the world safe.
105. I accept 100% responsibility for all of my safety today. I do so by being 100% present in my body now.
106. What I don't surrender to the Divine (to the Now) will cause me to suffer. Suffering is always a refusal to accept the Now.
107. Forgiveness is always a 100% acceptance of what is the Now.

- 108. I can only encounter the Divine in the moment, the Now.
- 109. I can accept everything that is present in this moment. I surrender my demand that reality be something different than what is present now. I accept it is all my creation for my spiritual journey.
- 110. The "true me" is a timeless, limitless, spiritual being that is always in the presence of the Divine. My true self is not subject to decay, death, or limits of any kind. I welcome the new "me" that is recreated in each moment.

**Affirmation:**

*By choosing my true identity (as a timeless spiritual being) I am free to be fully accepting and surrendered to the Now. In this way I am free of suffering.*

# The QT Breakthrough in Energy Medicine

## Introduction

I have been struggling to understand many issues involved with energy healing since 1998. Beth has joined me on that journey since 2002. We have dialogued, prayed, meditated, and put our heads together on these issues for countless hours. The light has partially dawned, and we feel we now have some answers to the following questions that will strongly impact energy medicine, and *Quantum Techniques*<sup>®</sup>, in particular. In this part of the manual we will be discussing and providing practical solutions to the following questions:

1. How do Emotional Freedom Technique (EFT), Thought Field Therapy (TFT), *Quantum Techniques*<sup>®</sup> (QT), prayer and forgiveness work?
2. How and why do affirmations work? Why do they only work some of the time? What is the logic in creating a successful affirmation? How do you engage the affirmation with 100% of your internal world?
3. How does tapping the points in EFT, TFT, Bodytalk, Neurolink or using acupuncture/acupressure work?
4. How does simply reading the *Quantum Techniques*<sup>®</sup> code work as well as tapping?
5. How does reading the *Quantum Techniques*<sup>®</sup> code silently for another person work?
6. What occurs when a treatment works and healing takes place?
7. What is happening when a treatment does not appear to heal an issue?
8. Why do we have to re-treat certain issues, especially if we can reuse a previous code? Why doesn't the body/unconscious know what to do on its own?

To fully benefit from the techniques taught in this material, you must have mastered a self-testing technique (as taught extensively in our two hour DVD, Truth Techniques I). You must also have read the Parts manual, available free upon request. It is particularly important to review the section "What do symptoms mean?" in the Parts manual. Both are available on our website at [www.quantumtechniques.com](http://www.quantumtechniques.com).

## Basic Core Truths

The following truths are paramount for this discussion:

- a. All healing requires new information to be available to the body's intelligence. Different systems provide that new information in different ways and deliver it to the body through different means, i.e. affirmations, conscious information, unique codes, dialoguing with internal parts, advanced scans such as Neurolink, Bodytalk, and Field Control Therapy.
- b. Illness, especially chronic illness, is giving the person time to heal a conflict in their life. The physical symptoms are an adaptation to the fear and terror in the conflict. For the healing to be permanent, the client must resolve the conflict. Traditional medicine only medicates the symptoms. There is always missing physical information that is not available to the healing intelligence. Examples would be a hidden virus, or brain to organ communication being "off line".

Once a person has healed with this new information, the information must stay "open and accessible" to 100% of the person's healing intelligence for health to remain optimal. Often internal parts come up and heal in layers. We need all past informational fields and healing codes to be available instantly as new parts come up for healing.

1. Darkness is defined as low frequency energy that blocks healing. Regardless of a person's belief system, we always encounter this, in one form or another, in all chronic health issues. The darkness can be from our own unresolved anger, hatred, unforgiveness, unacceptance, etc., or it may come from outside us in the form of entities, curses, etc. Darkness is always energy or choices that are moving away from our Divine source. The interventions work regardless of the source of the darkness.
2. The only power darkness has comes from its ability to create a fear state, deception, and getting us to focus on "darkness" itself.
3. The best lie is a partial truth.
4. A dark frequency or attachment is best broken by the power of unconditional love, unconditional acceptance, truth, light, joy and gratitude.

## Indications this Work is Needed

How do you know if your healing intelligence is missing key informational fields?

1. You are not healing, or healing slowly, inch by inch.
2. You suffer from chronic illness: physical, emotional or spiritual.

3. You have self-sabotage.
4. Through muscle testing you get a “no” answer to many of the 110 questions/statements in this manual.

## How Does EFT Work?

Emotional Freedom Technique (EFT) is the brainchild of Gary Craig. Gary is his own kind of genius, and I have been privileged to know and do some work with Gary. Gary, through EFT, his website and loving spirit has probably brought more profound healing to more people than almost anyone else in recent history. Like QT, the full power of EFT is still in its infancy. Gary's true spirit of love and acceptance of others' gifts, and his desire to empower self-healing in others, leaves a legacy, a model and a challenge for others to follow.

EFT works by being very specific in developing affirmations, and then balancing the body's energy, i.e. releasing the body's healing energy. Gary's favorite affirmation is: “I deeply and profoundly love and accept myself even though\_\_\_\_\_ I still have some of this problem.” Then the person taps the standard EFT code. All the new information for healing comes from being very specific in the affirmation. I believe EFT works by bringing Divine light, love, and truth to a specific area, regardless of a person's belief system. Before the affirmation, essential information was blocked from the body's intelligence by the “dark energy” or low frequencies surrounding that specific aspect. The dark energy may have been the person's unacceptance of self and lack of love, an outside dark force, a virus or fungal issue, etc. In *Quantum Techniques*® (QT) we have often stated you cannot bring healing to any part of yourself you cannot love. This is why we find it is critical for a person to have a spiritual belief system. Spirituality gives them a resource, or bridge to love themselves when they haven't experienced love from others, or cannot love themselves. Connecting with the Divine gives us an ability to find and share forgiveness that is beyond our human capacity.

EFT's success depends on the person's ability to include all “necessary aspects” of the problem by developing more and more specific affirmations. When EFT “appears” not to work, it is because key informational fields are still blocked from the body's intelligence by dark energy and low frequencies. We believe if someone will master the material in our Truth Techniques I DVD and learn how to work with internal parts, their success in using EFT in chronic physical issues will skyrocket. Without muscle testing, there is no way of knowing when you have 100% of the aspects of the field or 100% internal cooperation for healing. In chronic physical issues, the emotional aspects are often dissociated so there is no SUDS (subjective units of distress) level. You typically don't have a SUDS level with a hidden virus, food toxin, or fungal issue.

Beth and I are currently working to produce teleseminars for people wanting to heal chronic physical issues with EFT and QT. This will teach

people how to scan the fields we scan with QT, along with dealing with internal parts and affirmations. We plan to host ongoing teleseminars in 2009 and beyond. We plan to save lectures and clinical cases in a web based training library, along with transcripts of the trainings. You can sign up for the free teleseminars at [www.quantumtechniques.com](http://www.quantumtechniques.com).

## **How Does Bodytalk or Neurolink Work?**

These incredible therapies work by reestablishing brain/organ communication. These therapies believe that illness is a result of lost brain/organ communication. They alert the body to these issues by touching contact points on the body and then having the therapist and client do an alerting tapping on the body.

## **How Does QT Work?**

The simple answer is that QT works by putting all of the body's software back online. If your computer stops working due to a virus, you rarely need a new memory chip. Typically, you have someone run a virus scan that tells the computer where the problem is, fixes it, and then allows your computer to use all its intelligence. QT does that for the body. Your body was designed to self heal. When it is not healing, some software has gone "offline". QT instructs the body how to get all its healing systems back on line.

At Quantum Techniques, LLC and Healing Solutions, LLC, most of our clients have severe autoimmune dysfunction of some type. Many clients come to us after first using EFT, TFT, multiple alternative modalities and traditional medicine. Often EFT has helped many of their clients and friends, but not themselves. I believe that when an energy treatment like EFT or QT has all of the necessary information, it will clear the issue every time. In some cases it still takes time to fully manifest a physical healing as the body has damaged tissue to repair. Examples of this would be MS, IBS, and fungal infections. Miracles happen instantly and routinely when all necessary information is available to 100% of a person's internal healing team.

Beth and I have studied the works of many geniuses in the field of healing. Each of them has developed a unique way of dialoguing with the body's intelligence, and then developed a way of getting the information revealed back to the body in some manner. Our gift is our ability to take these healing systems, and integrate them with what we do at Quantum Techniques, LLC and Healing Solutions, LLC. We develop a means of doing the diagnostics remotely, and giving the necessary healing information back to the body in both a specific affirmation, and a specific healing code, all the while getting 100% of their internal world on board for healing. We also share specific conscious information with the client that usually requires them to make some lifestyle and dietary changes for a period of time so their body can heal. Many times healing with EFT was blocked simply because the client

erased the treatments daily by eating one or more toxic foods. Other times, it could be an undiagnosed fungal infection, or their inability to dialogue with 100% of their internal parts to get cooperation for complete healing.

Another example of the body missing key information for healing is the role of injectants in causing and maintaining illness. Bruce Lipton, the noted cell biologist, states that the body has six sets of adenoids that are used to develop the immune system. That is why little kids put everything in their mouth. This allows the body to develop immunity to all ingested substances. Because of this, injectants are often a major block to healing as they bypass the body's natural system for creating immunity. The body often doesn't recognize and know what to do with bite residues from spiders, insects, etc. as well as vaccinations and injected medications.

At Quantum Techniques, LLC and Healing Solutions, LLC, we have scans and healing codes that instruct the body to recognize and deal with these complex issues. A clinical example is as follows: Years ago I had severe elbow and wrist pain from years of heavy weight training. Three different surgeons told me that surgery on both elbows and wrists was the only option. About that time, I developed the beginnings of QT. I found multiple spider bite residues along with a hidden virus and bacteria in all four joints. I also held a trauma and belief it wasn't safe to reach out for love in those parts of my body. After clearing this with QT, all four joints healed completely within three months.

## Developing the Proper Affirmation

In the movie *"What the Bleep Do We Know?"* a speaker accurately reports that affirmations typically do not work. This is commonly true because they are typically placing a thin veneer of nice thoughts over trauma-based, deeply-held beliefs that are held by unconscious, dissociated parts. Without self-testing, a person doesn't know if they have the proper affirmation, and there has been no logic in how to develop an affirmation that would work. Hopefully, we will offer a huge step toward resolving these issues. It is clear from the success of EFT that the proper affirmation coupled with the power of an energy therapy does work much of the time.

Affirmations work by clearing darkness with love, acceptance and Divine truth. If they do not appear to work, you are not being specific enough, do not have 100% cooperation for healing, or are missing critical information from your scan. My experience with using affirmations is that they will bring into conscious awareness what is contrary to the affirmation. It's as if the introduction of the affirmation upsets the equilibrium, and those forces that may have otherwise remained dormant and worked in the background are alerted and rear their ugly heads. This is helpful as it gives you information about what needs to be healed, beliefs that need to be changed, etc. Often, however, people will back off, because the countering messages they are hearing can be very painful (you can also start having these messages come at you through others or situations in the

environment). Understanding what is happening and persistence helps, but so does being able to turn to spiritual sources. Whatever the parts are that are reacting are no match for true love and spiritual energy, which will knock it out every time.

## Key Concepts of a Successful Affirmation

The first key concept is to tap into the awesome power of our connection with the Divine, without being fear or darkness focused. No one has done a better job of this than Gary Craig. "I deeply and profoundly love and accept myself even though I have \_\_\_\_\_. " This is affirming that I am joining the Divine in deeply loving myself, even though I am not perfect. This is a decision to send love to the symptom, or previously unloved, part of myself. Darkness cannot tolerate unconditional love and will leave the directed field. We stop bargaining with God and surrender to loving ourselves no matter what, when we add, "I deeply and profoundly love myself even if this problem never goes away." By focusing on the love aspect, and not even mentioning darkness, we effectively clear it from the field and at the same time make darkness paltry and insignificant. We are aligning ourselves with our true nature, that of a perfect, timeless, spiritual being that is one with the Divine.

Sometimes we have found it necessary to have an affirmation that directly addresses the dark energy blocking full informational access to all the clients' internal parts. This is another example of the importance of self-testing. When testing indicates this is required, we use the affirmation "In the power of Divine love, light and truth, we command any energy blocking full perceptual accuracy of all of Jane Doe's internal parts, as to the truth about \_\_\_\_\_ to leave by our connection with the Divine." At times this affirmation will clear the issue when the previous affirmation does not.

There are two underlying principles we try to balance in our struggle to address the reality of dark energy without attracting or focusing on the dark energy. First, always stay love and gratitude focused. Do not get locked into a fear state or battle with darkness. This is the struggle when dealing with the concept of resonating field frequencies. When you are with a group of people that are focused on a higher frequency, such as love, joy or gratitude, it lifts you to that level and you find yourself at a higher frequency. If you walk into a setting where people are of a lower frequency energy, i.e. living in fear, judgment, anger and unforgiveness, you can feel yourself sinking down to that level. We must find a way to acknowledge darkness is there, clear it from the energy body, but not move down into its fear frequency.

The second principle is that we attract what we focus on. If you are focused on fear, you will find it. If you are focused on love, you will find it. Albert Einstein is quoted as saying "The most fundamental decision one must make in their life is do I live in a hostile universe or a safe one?" If you focus



and search everywhere for dark energy, you will find it everywhere. If you are open to finding it, but not looking for it, you have found the balance.

Here is a helpful metaphor. When I find an ant in my office I do not go into a panic. I watch the ant and soon discover the entry point, i.e. the open door by which it entered my office. I then thank the ant, kill it, and put some caulking on that hole. Dealing with dark energy is like the ant. There is no reason for fear, or becoming darkness focused. Simply accept that there was an entry point, a belief system that allowed the darkness to enter. Examples include, "I am unlovable; I deserve punishment; others will punish or abandon me; God will punish me." Clear the belief and trauma with an affirmation and trauma code and darkness cannot enter through that belief again. We then instruct our clients to fill that space with love and joy.

The second key concept in building a successful affirmation is to brainstorm what necessary informational fields are missing so that my conscious mind and 100% of my internal parts join me in my healing. The most key areas to examine are as follows:

1. Issues about abandonment. "Does my conscious mind and 100% of my parts know if I heal, I will not be abandoned?"
2. Issues about safety. "Does my conscious mind and 100% of my parts know I will be safe physically and emotionally when I completely release these symptoms? What or whom is my illness protecting me from? Is it from someone in my past and or present?"
3. Issues about getting one's needs met. "Does my conscious mind and 100% of my parts know that I can get my love needs met without my current symptoms?"
4. Setting Boundaries. "Does 100% of my conscious and unconscious mind know I can say "no" with my voice and my actions? Does 100% of me know I no longer need my symptoms to say "no" for me?"
5. Access to healing information. "Do 100% of my parts know they have access to all previous healing codes?"
6. Deserving. "Do 100% of my parts know I deserve to heal?"
7. Trust in the Divine, or a safe universe. Most chronic symptoms are an unconscious attempt to control others and the future.
8. Deception. From some deceived perspective, part of me believes my current illness is preferable to what would happen if I was completely healthy. For example, people would leave me, I would have to earn a living, I couldn't ask for my needs to be met...
9. Issues about forgiveness and surrender.
10. Issues about being safe in your body today.

11. Issues about having your emotions.
12. Issues about maturing your internal world to the ideal developmental age.
13. Issues about not accepting the Now.

Two of the sections deal with important spiritual concepts. We want to take a moment to discuss those now. Two of the most key principles in spiritual growth, or personal healing, are forgiveness and surrender. Ultimately they are the same issue. We need to define these terms before fully understanding the test statements and the affirmations.

## Forgiveness

Whatever I cannot forgive in another, I will not be able to forgive in myself. Noted medical intuitive Caroline Myss has stated, "Your biography becomes your biology." This means that whatever you don't forgive, you carry with you in your body and it will manifest itself in some way, usually an unhealthy way. We most often carry unforgiveness in our hearts. The anger and rage we hold toward another is ultimately held against ourselves as well. It will block your spiritual path, and consequently, your healing. We are all wounded, and on a journey, even those of us who understand the healing process. Moreover, we are all capable of terrible mistakes, but we exist because of Divine love and light. Part of our purpose is to learn to avoid such mistakes and to not only seek forgiveness, but to offer it as well. Remember that you can never commit violence toward another, even in your thoughts, without first committing violence towards yourself.

Most often we hold unforgiveness, which can include resentment and hatred, as protection. That is, we are deceived into believing that as long as we utilize our energy to maintain the resentment and/or hatred, we are no longer vulnerable to being hurt again, and we are therefore, protected. As most of us have learned, the opposite is true. We are not at all protected, and in fact, we are left in a weaker, more vulnerable state. Let me give an example.

If a person is sexually assaulted, they need to choose to forgive the perpetrator in order to complete their healing. While this may seem like an extraordinary statement in light of the harm committed, it is necessary for healing. There are two aspects of forgiveness. One is to make a conscious decision, at a point in time, to forgive the person for the purpose of your own healing. The second aspect is to remind yourself that you have made the choice to forgive and to release the pain and trauma whenever memories, thoughts or feelings around the event come to mind (i.e. forgiveness is a process). The QT trauma code or EFT code are critical resources for this process of clearing painful memories.

If the person who was assaulted chooses not to forgive, then every time their love partner comes for a hug, they will freeze up; their heart

would be unavailable to their partner and themselves. If they do not forgive, then they give the perpetrator the power to continue to damage their heart, and continue to steal their heart from their lover and even their children. For their healing, and that of their family, they must forgive.

Please bear in mind that choosing forgiveness is a totally separate issue from setting healthy boundaries. If I was the person attacked, I would still testify in court. I would not allow the perpetrator in my home. I would speak to parole boards about the relapse rate of sex offenders. I can choose to forgive and set healthy boundaries at the same time. I no longer try to control the outcome of the perpetrator's life. I can speak my truth for justice and release the outcome to the Divine. By forgiveness, I no longer allow the perpetrator's energy to take up space in my body and soul.

Many times a person holds unforgiveness in their heart because their unconscious doesn't believe they will set healthy boundaries with the person unless they hold onto the pain. Once they learn to heal the trauma with EFT or the QT trauma code, and set healthy boundaries, they are well on their way to complete forgiveness and healing.

A well-known and crude (but accurate) saying is that "shit happens". "Shit", if you will, is going to happen to me and you and we will have to "pay" for that shit once. That is, we will have to deal with the adversity and move on. My commitment to myself is that I refuse to pay more than once. If I do not forgive and surrender, I will have to pay over and over again. Every payment after the first payment is a voluntary contribution on my part, and a contribution that I would like to avoid making!

Forgiveness is a process that must begin with a decision to forgive. This does not mean that all of your anger or resentment will dissipate immediately, but that you have begun the process of healing. Unforgiveness is what blocks me and you from being one with others and with the Divine energy in creation. When we make a conscious decision not to forgive someone, we block our ability and God's ability to move, heal, and bless our lives.

## **Surrender**

Surrender is a difficult concept, and is often confused with service. Surrender is when I say to the Divine, "wherever you lead, I will follow." Service is saying "tell me the details of the plan and I will vote on the parts I want." In surrender, I give up the illusion of control. I love Dr Wayne Dyer's work. He holds the intention to live a life from inspiration. He holds the belief that "Everything I need, is already on its way."

While surrender is certainly releasing control, it is not by any means passivity. It does not mean that you have no responsibility to act, but rather, that you have acknowledged that your control over the entire situation is illusory and you must therefore surrender your perceived control.

Once I surrender something to the Divine, I am free of it. It is now God's to bless, move, grow, or whatever. Once I surrender, I can no longer be held hostage by fear. We are blocked in learning to surrender because we project our own fears and unresolved issues with our parents onto the Divine. We live in a fear based belief system. We are afraid if we surrender our loved ones, health, work, finances, that God will take our things and make us suffer. That is the very belief system that draws poverty and suffering to us. God doesn't want your possessions, as Divine wealth is limitless. The Divine doesn't need you to do any task; an angel could do it better. The Divine's only "job" for us is to truly love ourselves, others, the Divine Spirit and the world around us. God wants our hearts, so we can be freed of our fears and judgment of self and others. God wants our hearts so we can live and love in freedom, transcending the material aspects of our lives. God needs our hands to bring the Divine love to others on this planet through our touch, song, and words. In doing so we become free and whole, and part of something far greater than ourselves.

After years of struggle, I finally learned to "Be still and know that I (the Divine) am God". It was always my greatest challenge. In that still place I clearly hear Divine instructions and am often given pictures of the future. I want to share some important aspects of my own journey. This does not mean I believe I have arrived spiritually. I have been led on a path that required me to surrender the three hardest things to release: my loved ones, my health, and my profession/income. Let me give two examples.

When my first daughter was 15 months old she developed a very high fever of 107 degrees and went into a coma. QT did not exist then, and I didn't know how to help. She was rushed to the emergency room where I held her during a spinal tap. I stayed with her around the clock for three days. In the middle of the night I sat holding her hand and watched the first snowfall of the year. I went to my quiet place and asked "Will she die?" The answer was "no", I then asked, "Will she be brain damaged?" The answer was, "It doesn't matter." I was learning the hard facts of surrender, and that she was God's little girl before she was mine.

Years later I was working with several cult survivors and received death threats against me and my children. Again I went to my quiet place and asked if my kids would be okay. Once again the answer was that they were God's little girls, I was only a steward of them for a time, and God's love was much greater than mine. I had to relearn my lesson of surrender. Once again when I asked if I would lose my home because of legal attacks from this work, I was told simply, "It doesn't matter."

I have suffered from severe migraines since age 22. I have a family history of migraines and incurred several severe head and neck injuries in my teenage years. Years ago I developed a severe cluster migraine that lasted seven years. During that time I spent most evenings and weekends in bed with a device known as a "TENS unit" on my head. I tried every traditional and non-traditional means of healing, and nothing made a

difference. During this time I tried bargaining with God. I explained how much more I could do for others if I wasn't drained and in pain all the time. I offered many hours each week helping pastors if only I could get one day a week free of the terrible pain. It made no difference in my pain and suffering. Because of significant early trauma in my life I was very dissociative and able to split off the pain enough to work and support my family. Many days I spent the minutes between my clients vomiting in the restroom. I read an article in an old Reader's Digest about a woman with MS. She reached a point where she could only move one hand. With that one hand she chose to praise God. That story was a turning point for me. I decided to surrender my health and pain. I had lived for seven years by promising myself I would end my life the next day if I couldn't stand the pain, but for the present day, I would choose to live for my kids. Surrender meant I gave that up. I committed to praising the Divine each day, even if my pain never got better, even if I could never focus my eyes enough to see my daughters again.

That began a slow process of healing where I was directed into creating QT. Many wonderful teachers were sent my way. If not for my pain, QT wouldn't exist today. Without QT, my wonderful wife and healer Beth would not be alive today.

At another point in my journey I was told by the Divine to surrender my practice as a psychologist. I had been very successful for many years in my profession and it was my sole family income. I wasn't excited about it, but I was obedient, expecting God to close my practice. I unhappily envisioned being a youth pastor at a church, going back to being a welder or barber, and living on a third of my income. Once I surrendered my practice, God did move me out of being a psychologist. It was far too limiting for the work I was to do. Once I left the profession to develop QT, my income increased significantly and I was no longer limited and held hostage by the limits of my previous profession. Once again, God's plans were far beyond my ability to even imagine what the Divine would do with this work once it was surrendered.

Surrender means that I give up the right to judge and hate others. It requires me to give up the illusion that I am special and different from others. It requires that I give up the illusion of separateness from God and others. Surrendering means learning to be still and quiet, and to listen to the Divine. In surrender I lose "me", "my", and "mine". Surrender means being willing to walk a path when you can't see how to accomplish the path's purpose on your own strength, wisdom, and resources. The Divine always calls us to paths bigger than us, and we have no way to see the end, or how we are going to get there. The Divine does this so we can move beyond ourselves and our wisdom, and truly experience the majesty of Divine love and provision. Living in surrender means leaving your suffering behind, accepting all that is present now, and finding gratitude in the Divine dance of the moment with whatever that is. It means no longer attaching to anything

outside of your spirit for your identity. What you don't surrender will eventually hold you, your peace, joy, and love as hostage, even your children.

Until we surrender something, we don't get out of the way enough to allow God to bless and empower true growth and healing. It is easier to get out of the way when we realize that all we have been given, and that the ability to do all we can do, is a gift. We are only the conduit anyway.

## What Do Symptoms Mean?

Brainstorming to find key information that is missing, as well as understanding the meaning of symptoms for the unconscious is the core strategy. Here is a quick check of what symptoms mean:

Chronic symptoms are always communicating a message. This message can be to someone in the present and/or past or to the client themselves. These messages include:

1. Expressing a conscious conflict. Are you living in an unsafe relationship, or are you in a toxic job? Are you ingesting something you know is toxic to your health?
2. A need to set a boundary. Your unconscious is saying no because you are not consciously saying no in your life.
3. A cry for a need to be met.
4. A cry to heal an earlier trauma.
5. A symbolic representation of a blocking belief.
6. An attempt to punish the client.
7. An attempt to punish others.
8. An attempt to make the world and the future safe by suffering now.

A clinical example involves a 54 year old single female executive who is an agnostic with no spiritual belief. Her parents were devout atheists. She called for help as she started monthly bleeding after four years without a period. Physical scans showed an ovarian cyst and endometriosis. The ovarian cyst and endometrial issue both tested with hidden virus/bacteria. The client's hormones and neurotransmitters tested as toxic and the client was subjectively aware of this through the symptoms of brain fog, anxiety and depression.

Testing showed internal parts were causing her to bleed in attempt to restart her menses to get pregnant. These were small child parts who wanted her to have a baby. 100% of her parts did not know who she was today.

We used the following affirmation with client's permission:

In the light, truth, and love of the Divine, "I command any dark energy blocking Jane Doe's parts full perceptual accuracy as to the true

nature of: she is 54 and unable to have children, she has physical challenges to pregnancy, she can have children by adoption, what pregnancy would do to her body, etc. to leave by God's truth and love." The client could also have said, "I deeply and profoundly love and accept myself even though not all of my parts know I am physically unable to have children and that I can have children safely through adoption, if I so choose."

We then talked for a few minutes on some other issue prior to giving a code. Within a couple of minutes the client knew something had changed as her depression, anxiety, and brain fog were gone. We tested this response and the affirmation alone had allowed her neurotransmitters and hormones to clear prior to using a healing *Quantum Techniques®* code. In the past, we had given this client codes to clear her neurotransmitters and hormones and to clear past episodes of anxiety, depression and brain fog. Clearly the child parts now had new information that allowed them to release the previous healing code and clear the issue.

Here is another clinical example. Years ago I was presenting at a health fair. I was seated next to two very experienced acupuncturists. Both had years of experience and had spent time in China in direct study. Each acupuncturist had a chronic issue that years of acupuncture did not heal. I treated them, and in a few minutes, both had complete relief from an issue that had not resolved using other means. What was the difference? Using a story, I explained the difference between QT and other meridian therapies. I gave the explanation of someone who found an old safe. There was a treasure locked inside of great value, but the combination had been lost. The oldest wisest locksmith was called. He knew all the typical combinations for safes and had studied how safes worked and how typical combinations were used to open safes. The wise locksmith had even studied all known information about safes built around the same time as the safe in question. All to no avail, nothing worked. A new, young locksmith was called in. He did not have nearly the wisdom and knowledge of safes as the older locksmith, but he knew how to dialogue with the safe and ask it questions. He simply asked the old safe the magic combination for opening the door. The safe answered back and gave the critical information and the door opened.

**In QT, we have no preconceived ideas** about what information is missing, or what code the body will reveal. We have simply learned what questions to ask, and the body reveals the needed information and the unique code for healing, thus unlocking the hidden power of the body for healing itself. This makes us look much smarter than we really are! We are often asked if we are psychic! It is critical to learn to self-test to be able to dialogue with your own body's intelligence and to obtain the information needed for your healing. In QT, we tell our clients to learn to self-test and then record all of our sessions. If they cannot master self-testing by using our DVD, they can return it for a refund. By learning to dialogue with their body's intelligence, a client can save 90% of the costs of therapy, and

become their own best healer. They can then give the gift of health and healing to others.

When a person is not healing or making healthy changes, you are always dealing with one or more of three possibilities:

1. I am unable to change.
2. I am unwilling to change.
3. I am unable and unwilling to change.

In QT, we find if a person is willing to do the hard work of healing and change, it is rare that the person cannot heal.

## **Quantum Techniques® Informational Fields**

Quantum Techniques® provides healing through scanning of informational fields.

Scanning across eight fields for testing include:

- a. Physical: virus, bacteria, HPA axis, Field Control Therapy, Neurolink, parasites, fungal issues, etc. Finding which immune pathways are offline or specific pathogens and putting them back on at the rate dictated by the body.
  - b. Toxins: inhaled, ingested, injected, contacted, people's energy, EMF, etc.
  - c. Emotions: unforgiveness, shame, guilt, anger, depression, fear, anxiety, etc.
  - d. Trauma: only ask what you need to get 100% of the information for healing.
  - e. Blocking beliefs: about self, God, the world, others, deserving, etc.
  - f. Spiritual attachments and dark energy fields blocking healing.
  - g. Miasms, including generational beliefs, patterns, and vulnerabilities. Examples include family histories of depression and cancer.
  - h. Internal parts: do you have 100% cooperation for healing?
1. Once you have 100% of the needed information, and 100% cooperation for healing the issues, then we provide a unique healing code that contains the above information and instruction for healing as well as balancing the energy field and releasing needed energy for healing. I believe if you have 100% of the needed information and 100% cooperation for healing, you can most likely use the EFT code to heal the issue as well. The code recreates the healing field each time the client reads it. They can then treat themselves repeatedly without the therapist.



2. Clearing dark energy fields blocking access of key information using specific affirmations of love and light. EFT's "I deeply and profoundly love and accept myself even though I still have \_\_\_\_\_." is an example. This focuses the unconditional love and truth of God into a key field for healing. Sometimes testing indicates the need for the affirmation to be directed at dark energy and telling it to leave. It is important to then fill the space where the darkness was with God's light and love.
3. Giving the client conscious information necessary for their healing: in other words, avoid these toxic foods, deal with your conscious conflict, take specific supplements for fungal or parasite issues, etc. If a client is unwilling to take conscious instruction and make needed lifestyle changes, we fire them as a client. This avoids us wasting their time and money and our time. We only want to work with clients who want to heal. Sometimes people are too invested in their illness to let it go. If that is the case, we send them blessings and truly wish them the best on their healing journey.
4. The interpersonal relationship with the *Quantum Techniques® practitioner*. We instruct our trainees to only work with people they can love and enjoy; otherwise they are not the best fit for the client. Beth and I have a great love for our clients and enjoy much laughter while working with them on their journey.
5. Holding a healthy space with healthy boundaries within which the client can heal. Almost everyone with chronic illness has terrible boundaries. Illness is always an interpersonal message and is often the only way a client can say "no" to others' demands, or ask to get their needs met. The client has rarely had a previous healer hold the necessary space for healing within good boundaries of love.

## Conclusion

In conclusion I want to specifically answer the questions raised in the introduction.

1. **How do Emotional Freedom Technique (EFT), Thought Field Therapy (TFT), *Quantum Techniques®* (QT), prayer and forgiveness work?**

EFT works by increasing the information for healing by specific affirmation of profound love and acceptance of one's self. EFT balances the meridian system with tapping to release energy for healing.

TFT heals by giving specific healing information in the code and also balancing the meridian system.

As described above, QT heals by bringing new information from many sources and getting 100% conscious and unconscious cooperation for healing while holding healthy love boundaries within a healing relationship.

Prayer and forgiveness are utilized to clear the blocks to receiving healing information caused by dark and low frequency energies, and bringing in the awesome healing power of God's love.

**2. How and why do affirmations work? Why do they only work some of the time? What is the logic in creating a successful affirmation? How do you incorporate the affirmation into 100% of your internal world?**

Affirmations work by clearing darkness with love, acceptance and Divine truth. If they do not appear to work, you are not being specific enough, do not have 100% cooperation for healing, or are missing critical information needed for healing.

**3. How does tapping the points in EFT, TFT, or using acupuncture work?**

Meridian therapies, EFT, TFT, and acupuncture work by balancing the energy system which releases energy for healing while providing the body with new informational fields needed for healing.

**4. How does simply reading the *Quantum Techniques*® code work as well as tapping?**

In our practice, we have done research with Heart Rate Variability (HRV). We have found we can silently scan a person across the room and silently send them a remote treatment by reading a silent code for them. It has the same profound effect as giving them the code and having them tap it out on their body. This is simply giving the client the healing information needed in the form of the code while holding them in a field of love and acceptance by our intention.

**5. How does reading the *Quantum Techniques*® code silently for another person work?**

We can treat others the same way as long as our testing shows their higher self gives us permission to send them healing information. We are able to scan them remotely for the necessary healing information to be included in the treatment code. For example, we often work with teenagers by doing all the work with their parents and the parents read the codes for them.

**6. What is occurring when a treatment is working and healing occurs?**

A treatment works when the necessary information is included in the treatment and the client is being held with an intention of love and acceptance. The client can block this by choosing to not cooperate with the healing either consciously or unconsciously. We find if a client is willing to consciously do their part in their healing, we can almost always get unconscious cooperation.

**7. What is happening when a treatment is not appearing to heal an issue?**

If the treatment does not appear to be working, either necessary information, or necessary cooperation is missing. Another cause can be an effective treatment that the client is “losing” due to a toxin issue.

**8. Why do we have to re-treat certain issues, especially if we can re-use a previous code? I.e. why doesn't the body/unconscious just know what to do on its own?**

When we have to re-treat an issue, several things may be happening:

- ✓ There are several aspects of the problem. Issues are coming up in layers for healing, much like the layers of an onion.
- ✓ Internal parts are coming up in layers to join the healing team. We don't have access to all internal parts at any one time until later in the healing journey.
- ✓ There is dark energy blocking the body's intelligence, and/or internal parts from knowing they can access all previous informational fields and codes for healing.
- ✓ Internal parts are blocked from the truth of how much the client is held in Divine Love and how much the client is fully deserving of Divine love and healing.
- ✓ The client is not compliant with the healing plan, i.e. eating toxic food, or staying in a toxic relationship.

Beth and I hope this material is as life enhancing for you as it has been for us and many of our clients. Please share your breakthroughs with us. As others share their additional questions for testing, we will incorporate those into this manual.

For other free training material, access to our teleseminars and our DVD and CD products, go to: [www.quantumtechniques.com](http://www.quantumtechniques.com).

Aloha,

Stephen and Beth Daniel

Founders of Quantum Techniques, LLC and Healing Solutions, LLC

# How to Reach Us

*Quantum Techniques® practitioners* are a group who practice a new and exciting form of bioenergetic healing. You can find out all about us on our website at [www.quantumtechniques.com](http://www.quantumtechniques.com). You can sign up on our website for announcements for new products and workshops.

We practice our techniques over the phone. Using voice analysis, we scan a person's body and energy field. With this information, we develop an individualized corrective code for each problem being addressed. These codes involve reading a sequence of body location points after initially entering the points into the body.

*Quantum Techniques® practitioners* offer a 24-hour money-back guarantee. It is rare that someone does not experience significant relief within 24 hours. If an individual does not experience significant relief within that 24-hour period, he or she can call us back to discontinue treatment. There is no charge for the work. Certain chronic conditions, such as environmental illness, frequently take a longer period of time to completely heal (as there are many layers and aspects to the problem).

**SHOULD YOU WISH TO MAKE AN APPOINTMENT** with a *Quantum Techniques® practitioner*, contact the *Quantum Techniques® practitioner* of your choice at [www.quantumtechniques.com](http://www.quantumtechniques.com). You can request a free email copy of the current ***Quantum Techniques® Client Manual***. It has many self treatments and explains all about our fees and billing system.

# We Appreciate You!

Thank you for participating in Quantum Techniques®. We appreciate your trust in us and our work! One of our primary goals is to provide you with the coaching, tools and confidence for you to heal yourself physically, emotionally and spiritually.

At Quantum Techniques, LLC and Healing Solutions, LLC, we are continuously developing new products and methods. Many of these new techniques are borne of experiences we share with our valued and diverse client base. We truly treasure these relationships!

For the very latest developments, we encourage you to take part in our weekly teleclinics and Thursday night healing events. The easiest access to the current schedule for these events, radio shows, and more is through our web site at [www.quantumtechniques.com](http://www.quantumtechniques.com). Here you can also review our latest products and information, join our *Affiliate Program* or simply ask us a question or provide a comment. Thank you and many blessings!