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# Quantum Techniques Teleseminar

Lyme Disease *and* Quantum Techniques® Part 3

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Dr. Tom Miller and Heidi Gilman



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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.

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Corporate Office

P.O. Box 12405

Prescott, AZ 86304

## Introduction

In Part 3 of this teleclinic Dr. Tom Miller and Heidi Gilman will be discussing some of the non-physical aspects of Lyme Disease. Recognizing and working to resolve these issues can be extremely helpful in getting effective results with any Lyme Disease treatment. Tom and Heidi will also discuss the body's ability to rebuild after chronic illness.

The following codes will be given:

- ✓ Creating Awareness and Boundaries for Non-Physical Parasites,
- ✓ Staying in the Present Moment with Gratitude,
- ✓ Permission to Let Go, and
- ✓ Energy and Qi Building Code.

There will be time for question and answer at the end of the teleclinic.

**Tom:** This is Part 3 of our Teleclinic on Lyme Disease and **Quantum Techniques®**. As a recap I just want to say that we decided to do this teleclinic because I have had a 20 year battle with Lyme Disease and Heidi's daughter, Misty has had an 11 year battle with ah, Lyme Disease and both Misty and I have tried a lot of traditional and nontraditional um, techniques or treatments. We've both done oral antibiotics. We've both done IV antibiotics. We've both had the PIC line in our arms, um...

**Heidi:** Much nutrition and ...

**Tom:** Yeah, tons of nutrition, IV...

**Heidi:** Electrodermal.

**Tom:** Yup, vitamin C infusions, um, we both did the insulin potentiated therapy where we take, we take insulin and drive our blood sugar down and then get the IV antibiotic along with sugar because then the cells would suck it up, suck up the antibiotic better. Um, I did an anti-malaria treatment, um, you know, we've done...

**Heidi:** Lots of energy work.

**Tom:** Yeah, Cat's Claw, and I can't remember what else, Devil's Claw, and herbals and homeopathics, and you name it, um, and really, I mean the antibiotics it helped, it helped tremendously over the years but the thing that has helped me the most, oh, I almost forgot, I have a coil machine too, that I've used to treat the Lyme Disease and that actually has worked pretty well, um, except that every time you use it I get this terrible Herxheimer reaction. Um, but anyway I would have to say with **Quantum Techniques®** it's been the best thing um, out of everything I've tried to deal with the Lyme Disease.

**Heidi:** I think the antibiotics, I mean; they kept both you and Misty from being totally um, unfunctionable.

**Tom:** Oh, yeah.

**Heidi:** And did help but it was not a cure for sure.

**Tom:** No, but it kept us going for all these years.

**Heidi:** Exactly, yup.

**Tom:** Yup.

**Heidi:** So...

**Tom:** Um, so are you going to um...

**Heidi:** So, yeah. So, on Part 1 I'll just do a little review here. In Part 1 Tom and Misty both shared their story, their battle with Lyme Disease, talked about how **Quantum Techniques®** has helped them and then we interviewed and scanned to see with **Quantum Techniques®** and that's a free teleclinic that is available on this site. There is some codes including, ah, a code to help with immunity enhancement and fatigue that are offered on that and you can get that off the [www.quantumtechniques.com](http://www.quantumtechniques.com) website for free.

**Tom:** And Part 2 we talked about the problem that many people have with Lyme Disease particularly with detoxification. So, we talked about the liver detoxification system. We talked about the organs of detoxification, how they can become blocked. Heidi talked about the energetic relationships with the organs of detoxification and we talked about how **Quantum Techniques®** um, can help you unblock those pathways. Then we interviewed and we scanned Misty because um, detoxification has been a major issue for her. Any kind of treatment that she would get she would have um, she would get sick from it because she couldn't detoxify and so Heidi talked to her this week?

**Heidi:** I talked to her last week.

**Tom:** Last week?

**Heidi:** Yeah, and I just wanted to add that in those treatments it didn't matter if it was antibiotic treatments or it was energy treatments or actually even her first **Quantum Techniques®** treatment, she had a really bad reaction, you know, Herxheimer reaction from it.

**Tom:** Yeah.

**Heidi:** So, we kind of realized after doing this that when we're working with people with Lyme Disease even with **Quantum Techniques®** that number one is to open up those detoxification pathways before we dig in and do anymore work, so it was a good learning experience for us, and I did talk to her last week. She's doing much better after that last session, um, where we unblocked those detoxification pathways.

**Tom:** OK, and I also mentioned, and I think this is um, this was a little bit of speculation on my part but I really think that the more severe Herxheimer reaction are a result of overwhelmed detoxification pathways, where the immune system just gets so fired up, um, and generates so much inflammation, so many free radicals that the body just can't keep up with it. You know, your liver can't keep up with it, so um, if you're prepared to do detoxification it helps tremendously. Um, so our Part 2 is available for \$25 and it also includes these codes with, the codes for lymph and liver detox and there is a general detoxification code...

**Heidi:** Actually there's a lymph and kidney detox.

**Tom:** Oh, it's kidney, that's right, yeah.

**Heidi:** And then a detox code. Then we found it was very important that you use the lymph and kidney detox first before you use the general detox.

**Tom:** General detox, yeah, that's right, OK. Then Part 3 we're going to talk about the nonphysical aspect associated with Lyme Disease and how **Quantum Technique®** can help with that. Um, and then last of all we're going to talk about how you can go about rebuilding your

body physically and energetically after having chronic illness. We're going to give out 4 codes today to help with the following processes: Creating awareness and boundaries for Non-physical Parasites; Staying in the Present Moment with Gratitude; Permission to Let Go; and Energy and Qi Building code.

**Heidi:** And I just have to add that we had a really, it was just a really good experience to create those codes. I feel like they're really good codes and it was a just a fun experience to create those nonphysical codes for healing. So, this is Part 1 on the outline the non-physical parasite.

## Outline:

### *1. The non-physical parasite: What is this and how does this add to the chronic state of sickness?*

**Heidi:** So, this is Part 1 on the outline the non-physical parasite. So, when we look at the tick you can easily look at and think it looks like a nasty little parasite. I can hardly even stand to look at them in a picture. They're just icky looking, and nasty looking and so it's easy to understand why anyone who been infected with Lyme Disease knows that these little tiny parasites can cause some really big problems, but there are other parasite issues related to Lyme Disease and other chronic illness, but you know we're going with the Lyme Disease that are not so obvious. So #1 is the non-physical parasite, and I think of these as disrupted energy frequencies. Um, when we have scanned or when I have scanned I know and Tom, you probably have had the same feeling but when I have scanned people with Lyme Disease I pick up a energetic frequency. To me, it signals search and destroy type mission and it's a feeling that get that the bacteria has an energy about it that's search and destroy. So, when it gets into the body it just, it burrows into the body, it is just like an angry search and destroy type energy feeling and it looks for what it can destroy, and to me it's that frequency is so strong feeling that the body seems like it kind of goes into a shock and there's an inter-communication haywire that goes on, where the inter-communication just goes kind of off and goofy and gets disturbed. So, if you think about it, it is kind of like an unexpected natural disaster hitting like a severe hurricane or a tornado and it hits with no warning and there is complete chaos afterwards, um, people are scattered and people are afraid, and you think about that, like on the inside of your body after that bacteria gets in there. Um, except for with the Lyme factory it doesn't just pass through, it just keeps on search and destroy mission, so it would be like, you know, the natural disaster hits and then it keeps hitting, keeps hitting, keeps hitting, and there's no chance for any reorganization and communication in healing to go on. So that body is still trying to rewire after that first onset of the original illness and it keeps on going. There's soon confusion and miscommunication throughout the whole body's immune system and energy system. That's the feeling that I get when I scan someone with **Quantum Techniques®**.

**Tom:** Oh, plus the bacteria gets in and takes over the cellular machinery, you know like we talked about in Part 2, that the bacteria that causes Lyme only has a fifth of the genetic code that it needs to replicate and so it gets inside our cells and co-ops our DNA to you know, feed itself, and replicate and um, so, yeah, so it's searches and searches and destroys.

**Heidi:** Yup, and that's when you know, you get that feeling that you don't know your body anymore.

**Tom:** Exactly right.

**Heidi:** So chaotic.

**Tom:** Yeah.

**Heidi:** And you can't see this energetic confusion on a test results. When you go in and have test results it doesn't show energetic confusion.

**Tom:** No, and even on the EVS it would never show.

**Heidi:** No, it doesn't.

**Tom:** I mean it hides so well and so deep even with electro-dermal couldn't find it.

**Heidi:** Right, but anybody who's had that can feel that body's energetic confusion and I think **Quantum Techniques**® energy work can really help the body rewire and regroup and get the natural pathogen fighters back on track again. Um, one thing that we had noticed um, with Tom's microscope, a black field microscope...

**Tom:** Dark field.

**Heidi:** Dark field microscope is that the blood cells, the white blood cells would just sit there and they looked like they were in a state of shock. They wouldn't go and fight and all the garbage that was going on around them, they were just totally oblivious and were just sitting there in their little, fearful little balls not going anywhere.

**Tom:** Yeah, it's interesting that the neutrophils have quite a bit of motion, movement and you look at them under the microscope and they're, you know, they're on a search and destroy.

**Heidi:** Right, they should be on a search and destroy.

**Tom:** Yeah, and we look at our white blood cells and they're just sitting there and perfectly round. They are not dealing with anything.

**Heidi:** Like a little fearful ball.

**Tom:** Yeah, they're in shock.

**Heidi:** Yup, so that's one way that **Quantum Techniques**® can help with that rewiring, in rewiring.

**Tom:** So the next non-physical parasite is kind of a touchy subject and this involves parasitic relationships and um, this is something that I have to say I never really believed in very much until recently. Um...

**Heidi:** Or was in denial, one of the two.

**Tom:** Ah, um, but I'm one of those people that ticks love. I am like a tick magnet and I remember we're at a picnic, ah, a few summers back and we're sitting kind of out on the patio, and we see this tick coming. There is like 4 or 5 us guys sitting there and the tick comes right to me, and I thought, what is it about me that I attract ticks and we go out in the woods or go out in the grass or something or go in the boundary waters, I would always have ticks. Nobody else would have ticks, and I thought this is crazy and then this spring, out in my backyard um, I'd get a tick. I'd wake up yet one morning and I got a deer tick in my belly spot and I pull the thing out and it turns purple in there and I start getting the bull's eye rash around my belly button. It was awful and um...

**Heidi:** We did a session on that.

**Tom:** Yeah, and then it wasn't too long and I had another stupid little deer tick on my arm and I thought, what is this and that is when you started talking about like well, it's your energy, you

know, it's your energy that you know, that draws them in, and I thought, that's ridiculous. You know, and then you started saying it is your parasitic, you know...

**Heidi:** Yeah, and we actually did a code for you about parasitic um, people energy.

**Tom:** Yeah.

**Heidi:** And it went away within 2 days then.

**Tom:** What did?

**Heidi:** Your sore on your belly button.

**Tom:** OK, it went away pretty fast, but I still remember you said, oh, it's because you have energy that draws parasites to you and I thought, that's the dumbest thing I've ever heard. Who would, I mean, how would I draw ticks to me if I have a, you know, parasitic, you know, well parasites, but then we talked to Dr. Daniel and he said well, I've never talked to anybody with Lyme Disease that doesn't have the personality that attracts parasitic people.

**Heidi:** Mmm hmm.

**Tom:** I'm like, wow. I should of listened to you then, Heidi.

**Heidi:** Yes.

**Tom:** So, so the parasitic people are the people in your life um, that you have relationships with and these are the people that are wanting, needing, and taking from you and they can be family members, your friends, or co-workers and you know, they're very nice people, but they're sucking up your energy. Um, and the problem with people that allow, that attract parasitic people is they're nice people and they want to help and they just allow this, and you know for me, I'm not sure why, why does it happen? Just, you know maybe it is because I want people to like me or maybe I think it's a way that I can help people to get well, or it is the way I was taught. I just don't know, but I understand that's an issue I have. Is it, you know, I allow people to parasite off me, so I understand that I need to set better boundaries and I'm working on that, and I think I've done pretty well with that.

**Heidi:** Getting better.

**Tom:** Yeah, getting there, and one of the things that has helped me is there's the code for creating an energetic shield, or code with, code with, an energy shield with intent, and that's the one where you, I think it is in one of the books...

**Heidi:** Yeah, it's in **Truth Techniques** either I, II, II, IV, I am not quite sure which one it is now.

**Tom:** And so what you envision is and this has really helped me in my practice too, um, and I think it's one of the things that helped me so I didn't have allergies this Spring because I didn't have a bit of problem with allergies. So what you envision you are putting on this suit and I always envision the Spiderman suit because I like Spiderman and it's a suit that you put it on and it protects you from things coming in from the outside, so, pathogens will bounce off you, negative energies and viruses and ...

**Heidi:** Parasitic energies.

**Tom:** Yeah, parasitic energies and all that nasty stuff (recording sound stops at 14: 19 and resumes at 15:23)

**Heidi:** ...the way it's your energy field because you just can't say no to anybody or anything and so it's just becomes um, a situation that hard to remedy.

**Tom:** And so that's how the **Quantum Techniques**® works, is it, it changes; it changes your energy field. It heals your energy field.

**Heidi:** And I think it heals so that you can see that you need to create boundaries.

**Tom:** Sure.

**Heidi:** Where before you didn't see that...

**Tom:** Exactly right.

**Heidi:** And now you can see, yeah, that's...

**Tom:** Not only that when you point it out every day...

**Heidi:** (laughing) and so when you create boundaries and I'm not, um, I'm guilty of this also. I mean, you know, needed to do this myself too. I just think I came around to a little bit sooner than Tom did because I'm more of an energy person and he's more of a science person, so.

**Tom:** Yeah, you getting kind of surly about it. No, you're just getting pretty hard core, that's good.

**Heidi:** No, I actually did become a little bit more, you know, where I can say no, and I can not have to suck in everything, but, and one thing that I discovered when you do that you are not just helping yourself, you're helping that other person too, because that other person needs to learn to um, do something's for themselves and have some responsibility for themselves and not just rely on you all the time, so you're not just helping yourself. You are helping other people in your life at the same time.

**Tom:** Mmm hmm.

**Heidi:** So, some people, um, might even feel depressed when they take on another task because they are so overwhelmed but they don't want to say no, so they do it and they become depressed. Have you ever had that feeling, Tom?

**Tom:** Maybe (laughing), creating a shield, Heidi, right now.

**Heidi:** So, Tom how can **Quantum Techniques**® help with that?

**Tom:** **Quantum Techniques**® works on all aspects of the energy fields including the non-physical, so when we build a code, if we come across issues, um, where there are parasitic people, toxic people, or you know, just shows up in the field, um, then we can help set a boundary, using a **Quantum Techniques**® code and then those frequencies can be neutralized.

**Heidi:** And when we're talking about these parasites, people we don't want to sound like these people are mean, nasty people...

**Tom:** No, no, they're not bad people at all

**Heidi:** They're good people. They're probably your family and loved ones and all that.

**Tom:** Absolutely.

**Heidi:** It is just boundaries you need.

**Tom:** And they are people you want to help.

**Heidi:** Right, right.

**Tom:** Your heart goes out to them just because they are needing.

**Heidi:** Yeah, we're just trying to help everybody be healthy by creating boundaries.

**Tom:** Yeah.

**Heidi:** So, um, another aspect of the non-physical parasite is old traumas, blocked emotions, and frozen emotional fields and protected parts. Um, a person can be carrying old trauma that they never dealt with or maybe they don't even realize that trauma is still resonating in their energy field and this trauma could be from you know, back when they were 4 years old, or 3 years old. Or 10 years old, or it doesn't really matter. Um, the trauma may have some

resonating factors like that same resonating energy with something that is going on in their life right now at the time of the Lyme Disease, or with the symptom of the Lyme itself, and so that energy can resonate and cause the Lyme Disease to be even stronger and almost like keeping it alive by resonating with the same frequency. So, an example of this could be that there might be um, a time a person contracted Lyme Disease and say they were out with friends eating pizza or something, so um, now whenever they eat pizza, um, that same frequency can resonate and activate their symptoms once again because that's how it's making that energy connection in the body.

**Tom:** Did you have to pick pizza?

**Heidi:** Well, it's kind of a common denominator with people.

**Tom:** You hate pizza.

**Heidi:** No, I, no, or when they become really ill with Lyme Disease then they're visiting a family member, and maybe they went for, you know, Thanksgiving or a summer holiday or something, probably (inaudible) a summer holiday I guess and they became really ill with Lyme Disease and they're visiting that family member. Now, whenever they go visit that same family member their symptoms flare up again. So, another thing can be a blocked emotion that can be a factor, like shame, guilt, fear, anger, and sadness, which are some of the emotions that can block healing. Um, many people take on emotions from another person to make the world a safer place and these are frozen emotional fields. They might have gotten them from years ago even in childhood and then those frozen emotions come forward to the present day and once again they resonate with an emotion in the now and many times the person is blocked in their healing path, they can release frozen emotional fields, trauma fields, emotions, and they can move forward into a much greater healing path which they didn't even realize. So, those are actually really important things to release and things that people might not even be aware of and sometimes they are not ready to release, too, but um **Quantum Techniques®** I think we've done sessions on people and they were not ready to release those things but then after their session these things are popping up and memories, or situation and they become aware of how those things interact with each other where they didn't have the awareness before and they're ready to release them and ready to do more work on them, whichever is appropriate. So, the other aspect of that non-physical parasite is protective parts, and protective parts are like internal parts of us that take on a role for protection so the intent is to protect but then there's that misinterpretation that can happen again and then that role of those protective parts can actually keep a person from healing. For example, um, for a Lyme Disease client it could be um, a protective part could relate to the person contracted Lyme Disease outside when they were in the trees and the grass, so that protective part could now see the trees and the grass as danger and that could cause internal miscommunication and then that person could develop outdoor allergies. The protective part sees this as good if the person has allergies, they won't go out in the woods and they won't get exposed to Lyme Disease again. So, **Quantum Techniques®** helps to um, uncover those protective parts and bring realization and bring them up to date. We work together with the client to bring them up to date and sometimes we have to give those protective parts other jobs to do. And I do have an example of this that I didn't even realize until I was writing up the information for this teleclinic that my daughter, Misty, that we tested is a dancer and um, when she was first inflicted with Lyme Disease it was in the summer and

she was in an intense summer training for competition tryouts when she got really sick and she pushed herself to make it to the tryouts and you know became very ill. Of course, we didn't know what was going on at that time but so years later that would be kind of the same situation when she would be trying out for a um, something that she had to do competitively, or um, you know, something with a similar as that summer and then there was that internal part holding onto that trying to protect her if you keep on working this hard and physically work and mentally work this hard you're going to be sick again, so we'll just cause her to be sick right now so that she couldn't do it. Do you have any examples of that Tom?

**Tom:** Um, what were you talking about again? No, I'm just kidding, um, well, you know, for me, since I'm a guy it is kind of hard for me to talk about the non-physical stuff, OK, um, the emotional stuff and so, um, but like Dr. Daniel says, well, like the Daniel's say that anytime you have a chronic illness, you know, there's always some underlying non-physical field, some kind of an emotional field or some trauma or something like that and you know...

**Heidi:** And a lot of time it displays itself as a physical illness because it's easier for the person then to deal with the non-physical element.

**Tom:** Or it becomes something for a pathogen to hook into or a, you know, um, something to hook, an illness to hook onto basically. So, I really think for me, one of the breakthroughs was when we were at our training in Seattle, and we're doing that um, the trauma release, right?

**Heidi:** Yeah.

**Tom:** With the trauma code and um,

**Heidi:** Started as a pain.

**Tom:** Yeah, started as a pain and then,

**Heidi:** a pain that moved.

**Tom:** And then it moved, and then it moved here, and then it moved there, and then it ended up here in my chest, remember that?

**Heidi:** Yes.

**Tom:** And then all of a sudden it became very real to me that there was an emotion there that had been there since I was just a child and I ran away from home and I almost died and it was associated with guilt and shame on my part, and um, you know, some guilt that I carried from my parents because my dad had to come home from work and the neighbors were out looking for me and so it was just, and you know, this story has been with me forever, I mean I've, I lived and I carried this story with me my whole life but I never understood that there was an energetic part to it that was blocking me, and honestly since I, since I went through that, released that, um, I haven't taken any antibiotics and that was what, June?

**Heidi:** Mmm hmm.

**Tom:** Yeah, the end of June, and I'm just, I just feel good. I am not sick anymore and I think it also opened up...

**Heidi:** Opened you up to do, we did some more um, Parts work after that that would not of been apparent to you at all before that.

**Tom:** Yeah, and you know, so I mean I've known for all my life I'm a little messed up, you know, but I never, I mean, how would you figure out, or how would you go about finding those things and you know, now sometimes I can just feel like I've got a block in my energy field, and there's just something there. It's like to me it feels, it looks like if you throw a big boulder in a creek,

you know, in the water and it has to flow around it. That's what I envision in my, in my mind is I have this, I have this blockage in my energy field and my energy is trying to flow around it and it's just stuck there. Somehow, we didn't know, we just need to go in and just get rid of it, just clear it out. So, and I think that that for me, that, that emotional release, that non-physical part of it was just a big old energy block for me. So, and I know there's more because I can feel it bubbling up every once and awhile, you know.

**Heidi:** And then, but now your body is more open to release some of those.

**Tom:** Absolutely, and um, and actually um, that one, that call, the time before last, um, when Dr. Daniel was talking about bringing light into the body. You know, you bring light in and then all of a sudden something else comes up and you see that there's more, you know, that the light opens up the darkness

**Heidi:** ...nonphysical, there's more viruses, bacteria, etc. that are underneath that.

**Tom:** Exactly, yeah, yeah, like you open up, open up the door and shine a light in there and all of a sudden, you know you clear out another level.

**Heidi:** Yeah, of energetic frequencies, so anyways it's a big deal.

**Tom:** Yeah.

**Heidi:** Um, so anyways these are the techniques we help to use to release, um, these nonphysical fields. They are very non-invasive. They don't have to be personal, um; they can be very um, non, not intimate.

**Tom:** Well, see and I didn't go back and relive my experience of being stuck in the swamp and almost dying. I mean I did not relive that but...

**Heidi:** It was an awareness.

**Tom:** Yeah, but the energy block was there and I released that, you know, I didn't have to go back and experience the horror of dying in the swamp, or almost dying in the swamp.

**Heidi:** Right.

**Tom:** You know, so that's the cool thing about **Quantum Techniques®** is releasing those, releasing those energy blockages without having to revisit the emotion of the event.

**Heidi:** And I've got other people email and say after we did a session, um, "this event came up that I hadn't thought about, or put any intention to and I became aware of it and I shed some tears on it and it was gone and no big deal on it anymore", so.

**Tom:** And I feel like, you know some of the things that have kind of been, you know, thorns in my side over the years, that it's, it's hard for me to go back and revisit them now because they are just kind of gone.

**Heidi:** Like they don't matter.

**Tom:** Yeah, they don't matter, yeah, it's like the power that they had is gone.

**Heidi:** Yeah, so all these things can be included in the treatment and put into your healing code and then as you use your healing code it just helps to keep neutralizing those things that we were just talking about.

*2. Focus on the solution – not the problem. How do you do that when the problem is so overwhelming?*

**Heidi:** So this is #2 on your outline: Focus on the solution – not the problem. How do you do that when the problem is so big? And it can seem very overwhelming, um; we have both had very serious chronic illness where we have been unfunctionable.

**Tom:** Is that a word?

**Heidi:** One of my words.

**Tom:** OK, alright, unfunctionable, OK.

**Heidi:** One thing that we talked about was that you get consumed in the problem. You know, the doctor's appointments, the worries, the fears, the pain, the disappointments, and then that list just goes on and on with the problem, and then you get to the point where you wake up and you think, you know, what's going to happen today? Um, you know, then you get to the point a horrible thing is going to happen today, so somehow you just have to disassociate from the problem and focus on the solution, and we're not trying to make light of anybody's problems because we're both been there where we both thought we were going to die, and we both, you know, couldn't function, but we're just trying to give some thoughts and ideas to what helped us to get out of that and to try to make them (sound stops at 29: 52 and resumes at 30:57) so, um, you know number one, gathering information and just gather as much information about as many things as you can and from other people and what's worked for other people and um, then, you know, trying techniques and remedies, and looking for little bits of improvements. Um, I think that's a really important thing is to, don't set your eyes on I want a cure now for tomorrow.

**Tom:** Yeah, that was very hard.

**Heidi:** Yeah.

**Tom:** It was very hard for me.

**Heidi:** That's, you know, that's really not reality, um, it's more like look for a little light in that big black hole when you're that down and once you see that little light, you know, move with that little light. Don't move with the big black hole, so you know, focus towards the little light not towards the big black hole and then just try to look for another little light, yeah, and listen to your body, um, you know what works for others might not work for you, but what works for you might not work for others, so realize that everyone is an individual and um, something that wasn't the big all for another person might be the big all for you. You never know until you try an experience, and um, as you teach yourself on your body, not just the physical body, but the energetic part of your body and if you do that um, you will get more in touch with your body. I do self-hypnosis program, and energy work, and body work, and that's one thing that my clients do is they start to understand the energetic and feel the energetic part of their body which they might not of had any feeling or understanding of at all, so um, **Quantum Techniques®** can help you do that in a very, very easy way. And then become aware of how things, food, environment, people affect you, and then make a plan to make some changes. Um, it might be overwhelming at first. It was totally overwhelming to me at first. I was allergic to almost everything, um, air, food, water, contaminants. Food was a big deal and I just kind of thought, you know, what am I going to do, but you just kind of have to make a plan. You got to pick out what works, what few things work, and then work on that, and then try to get your body healthier, and then work on a little bit more and instead of just looking at the whole big issue

which can seem really negative. And another thing that I became very aware of is treat your body like it's a precious gift. You know your body is a gift from God and treat it like it is a gift from God. Don't fill it with garbage, um, you know, unhealthy food, negative atmospheres, um, you know, don't watch CNN about all the wars and the destructiveness going on before you go to bed at night and carry all of that to be with you. Um, and toxic helpful products, get rid of your toxic helpful products. Our world is so full of toxic helpful products. You go into any store and it smells, you know, it's just unbelievable what we put on our body and in our homes.

**Tom:** You know, and I always, I've been bothered for a long time with that aisle in the, you know, in (?) where they have all the soap and all that stuff, but I never really understood the damage until we started doing QT and um, understanding what laundry detergent will do to you and fabric softener and all that kind of stuff. So, you really have to watch your environment, you know, it needs to be clean.

**Heidi:** And you have to have respect for your body.

**Tom:** Yeah, absolutely.

**Heidi:** I mean, you know, we expect our body to filter out toxins, I mean, that's the way our body is made, but look at what we're doing to our bodies. I mean, we are not in the same environment that there was 100 years ago.

**Tom:** Absolutely not.

**Heidi:** I mean the toxicity that's here now with the products and the food, and prepared food, and you know, antibiotics, and pesticides, and all that is just overwhelming and that we expect our bodies just to keep filtering all this out. Um, so have respect for all those complex systems in your body. Have respect for your digestive system, your respiratory system, your circulatory system, your brain, um, your lymphatic system. Think about what each of them does and what enhances them, you know, not what destructs them, but what enhances them and try to do things to enhance those differences within your body. Um, then the last little part here is that support groups, they are great for people but just don't get stuck in a group that only talks about the problems and not the solutions because then you're just feeding that energy field of the problem. So, make sure that if you're in a group, it's a group that talks about solutions.

**Tom:** Yeah.

**Heidi:** And get hope.

**Tom:** I mean you want to be with people that understand.

**Heidi:** Yeah, that's very important. Yup.

**Tom:** But at the same time, you want to be with people who are uplifting and who are...

Heidi: sharing solutions.

**Tom:** Yeah, exactly.

**Heidi:** Not sharing destructions.

**Tom:** Yeah, and you know, I lucked out and I don't remember this lady's name but um, when I first got sick she was, I can't remember how I got her name even but she was in Wisconsin. She was the nicest lady to take time to, she took a lot of time to talk to me. You know she made suggestions for me. She said, call me anytime and it was just like, it was like, wow, somebody understands what I'm going through and um, it was really helpful, plus she was upbeat. She was optimistic, you know.

**Heidi:** And that's what Tom did for my daughter Misty. Um, he was very understanding of what she was going through and gave her hope and worked with her on her physical body, nutrition, and even now she feel very um, comfortable in talking to him and knows that he understands what she's going through too. So, then the other thing is giving yourself permission to let go and you know, that's kind of hard to do. Um, you need to give yourself permission to let go of toxic relationships. This can just be essential in healing. If you staying in toxic relationships and you don't put up your boundaries, honestly you're probably not going to heal if you can't get your boundaries set.

**Tom:** Mmm hmm.

**Heidi:** And get out of the toxic situation. Um, permission to let go of a lifestyle, you might need to eat differently and be OK with that and once again it is getting back to having respect for your body, respect of what we were given food for. We were given food for um, energy and nutrition, and building our bodies. We weren't given it to, I mean we use it for social which is good, but we weren't given it as um a prize, you know, I am going to have 10 beers and 5 pizza's because I did good at work today, or something. You know, think about it in a different fashion. Think about it as energy. Think about it as nutrition and building your body.

**Tom:** Heidi, I don't see what's wrong with that? I think that's just your opinion.

**Heidi:** (laughing) I think you would be on the floor if you did that.

**Tom:** I would, I would.

**Heidi:** Change some cleaning and body products and you can really limit yourself down to just using a very few healthy cleaning products. You don't need 20 different cleaning products in your house and you can get some safe ones easily, and remember that what goes on your body gets absorbed into your body, so know what you're putting on your body. And not working, you know, 80 hours a week, and um, thinking that you can do that every day and go home and work on your home, and keep going like that forever and ever. And then try not to think about negative, think about positive, a new way of life that will attract new positive energy. And then you know, there's even the part about having permission to let go of Lyme Disease, which seems like kind of a rude thing to say but um, it's a touchy subject and it is with any illness or anything that we carry. Um, when you have an illness for a long time, it does become a part of you, and it becomes a part of your lifestyle and your social network and your research projects and everything. When you start to heal just give yourself permission to let go and heal and take on a new job of education and informing others on your success and healing and what they can do to get to where you've been.

**Tom:** An interesting thing Heidi, and I think you said this years ago that, you know, people come in and they talk about my asthma, my allergies, you know, my this, my that, you know and you don't want to take ownership of that disease.

**Heidi:** I learned that in hypnosis.

**Tom:** Oh, yeah, OK, sure, yeah.

**Heidi:** Yeah, you don't want to list it as my, instead list it as the.

**Tom:** Yeah.

**Heidi:** Because if you own it, you want to keep it.

**Tom:** Yeah.

**Heidi:** It becomes a part of you. Um, and when you start to have some improvements, just don't get stuck in a thought pattern of "I'm still not what I used to be" and I was like this in my beginning in my healing path, you know I still can't eat what I used to eat and I still can't run as far as I used to run, and ...

**Tom:** It is just part of being grateful.

**Heidi:** Yeah, and you know you kind of get like that but instead of that just look back on how far you come and then look forward to new improvements. Um, we both have done this. We work together all the time, so a lot of times we were looking back on, remember a year ago when this was happening, or two years ago when that was happening, and look how far we've come and it's just kind of a constant healing path. Um, for me, I, when I was my healing path, I mean my food was extremely restricted, when I was first on my healing path and as I started feeling better that became less important to me and I can eat more now than I used to eat, but I am still restricted. And um, but you know people would judge me as, you still can't eat everything you used to eat, so you're not healed and I just couldn't understand like, you know, yeah, but look at what am doing. You know, man, I'm exercising again. I'm working full time. I'm having a social life. I can interact with my family and in fact I feel great, and in a lot of ways I feel better since I did at age 12 when started having autoimmune and arthritis and all the illness that set in at that time. So, um, just realize that you might be a new you and it might be a better you in many ways.

**Tom:** Mmm hmm, so I remember it wasn't that long ago when I just wished one day when I would normal.

**Heidi:** Mmm hmm.

**Tom:** And it's hard for me to even think about that now that I was sick every day.

**Heidi:** Yeah.

**Tom:** And I would spend weekends and I would spend 4 or 5 days on the couch at a time.

**Heidi:** Or even, I even notice, um, structurally with all the pain and inflammation that I had that I did the traction units regularly and now I, you know, I pass them up at the house. I still use them but before it was like if I didn't use that twice a day I would have been in big trouble.

**Tom:** Yeah.

**Heidi:** Or if I didn't do this or that I would have been in big trouble. So many things I do now and it's like wow, you know, I don't think about that anymore.

**Tom:** I know and it's hard to believe, I mean, you know, that it could have been that bad, but you know, my deal was if I, if I shorted myself on sleep on one night I would get sick and every time we traveled whether it was going, you know overnight somewhere or going a week somewhere or whatever, I get sick. It never failed. I would always get sick and it just doesn't happen and I'm working hard now. I'm feeling good.

**Heidi:** I remember um, my daughter Misty called me, and this is probably a month or something ago, maybe a little bit more, but and I said, "What are you doing?" She said, "Oh, I just got back. I went out for jogging" and I was like, "Jogging!" I mean I almost fell on the floor I couldn't believe it because she hasn't been able to do anything physical. You know, she used to be a dancer, that danced hours a day, and she has not been able to do anything physical for at least 2 years, I would say.

**Tom:** That turned around pretty quick.

**Heidi:** Yeah, and I even, it did turn around really fast, because even when she was home on Christmas just to even, you know, go for a walk was just extremely hard for her. You know, very hard for her. So, that was like, and she was like “Oh, well, I’ve been running every day for like the last month” and she didn’t think anything of it and I was like, “Oh, my God” you know.

**Tom:** Yeah, yeah. She was just having, I mean she was spending her day, like in bed before that?

**Heidi:** Yup, so anyways, um, do you want to talk about this part Tom? About...

**Tom:** Part 3.

**Heidi:** Yup.

**Tom:** I mean number 3.

### *3. I’ve been exhausted and sick for so long, how can I rebuild my body physically and energetically?*

**Tom:** I’ve been exhausted for so long, how can I rebuild my body physically and energetically? Um, well, number one is eat only clean food and pure water. By clean we mean unprocessed, non-chemically treated foods. You want to eat the foods that God made not the foods that man made. Um, and make sure that you test your foods and your water so that you’re not eating something that is going to reverse you or block your energy. And food has two purposes. It is information to our body, to our cells, and it provides energy. So we want foods that provide good information, alright, so those are good clean healthy foods, um, a lot of vegetation, and then we eat clean foods so that our body doesn’t have to take a whole lot of time and energy for detoxifying. I mean, detoxification is a major energy drain on the body, so the cleaner the stuff going in, the easier it is for your body to process. And plus you want to use energy to rebuild your body. You don’t want to um, be using up all your energy to detoxify a bunch of garbage that you know, that you shouldn’t be putting in your mouth anyway.

**Heidi:** Mmm hmm. You want to make sure they don’t reverse your energy.

**Tom:** Yeah, um, and you know, drink plenty of water, half your body weight in ounces every day. Very important! Anything you want to add to that?

**Heidi:** I was just going to say, if you’re constantly eating things that reverse your energy it’s almost like you’re trying to swim against the current all day and you know how tired you get from that and the same thing happens when your body’s energy reversed. You just, you start to peter out and you get wore out and I think that’s why (no sound 45:25, resumes 46: 29)...

**Tom:** ...you do the energy work, um, your body healed. It’s just incredible. So, along with importance of clean food is of course keeping the toxic products out of your house and out of your body, um, we absorb things through our skin, um, you know, through contact, through inhaling, ingesting, um, we just need to stay away from that garbage as much as we can.

**Heidi:** Mmm hmm, so um, and those products of course reverse your energy too.

**Tom:** So are you going to talk about stress?

**Heidi:** Sure, um, so another really important thing is learning to deal with stress, and honestly stress is the root of most disease. Stress reduces your immune system, ah, reverses your energy, it uses up huge amount of energy, or your Qi, so protect your body from the ill effects of stress. If you’re stressed a little and you correct it, you’ll use up some Qi and then you’ll rebuild, you know, you’ll learn to see the signs, correct it, and rebuild up your Qi. If you continue to have stress and you do nothing, you’ll eventually have disease and illness.

**Tom:** So, it's like the Daniel's said from the get go, you're either in flight or flight or you're healing, you're not both. So, what we want to do is we want to shift ourselves from fight or flight into an healing mode, and I think people, I think most people understand the concept of chronic stress. Um, the caveman when they were faced with a stress, um, they would fight or flee and after it was over then you know the body would calm down again and all the chemicals would go back to normal. But now in our society um, we're continually stressed. We're bombarded daily um, with stressful situations and so we, you know, it's pretty hard for us to be unstressed, but you got to work at it.

**Heidi:** Mmm hmm, and a lot of my, you know, " I work with bodywork" and I try to give them some stress reduction techniques and stuff and I hear people say, well, my stress is so much greater than anybody else's because I have this and this and this. But it like, you know, it doesn't matter who you are or what you do, everybody has stress.

**Tom:** Well, stress is your response to a situation, you know.

**Heidi:** Right, so, there's some remedies that you can use for stress reduction and meditation, Qi Gong, deep breathing exercises and um, I just want to add one thing about those, I mean, it's wonderful to be able to spend an hour doing mediation, Qi Gong, and deep breathing exercises. You'll feel like a new person but not everybody has an hour. Even 10 minutes or 15 minutes can make a world of difference for you.

**Tom:** Or, get a dog and pet your dog.

**Heidi:** Yeah, dogs are great.

**Tom:** Or cats.

**Heidi:** Mmm hmm, cats, cats in general.

**Tom:** Cats in general are great.

**Heidi:** And enjoy nature, getting in contact with nature always helps reduce stress. Um, walking, laughing, reading a book, learning self-hypnosis, exercise, going for a drive in the country.

**Tom:** Riding motorcycles.

**Heidi:** Yeah, whatever makes you feel good and it's not stressful, and it's important to create a sacred space for yourself. Everybody needs a little time to themselves with things around them that makes them feel good. Examples can be a flower garden, a reading chair, a meditation space, a bedroom with comfy blankets, a comfy lawn chair, a place to sit with your pet, or even your office space with picture that make you feel good, or cooking good food in your kitchen with a good atmosphere, and um, do you have any others that you like, Tom?

**Tom:** Well, an interesting thing is that a lot of people really like smells, you know, they think that's very relaxing but um...

**Heidi:** you want to keep the toxic smells out.

**Tom:** Yeah, you got to be careful about what you're smelling, you know.

**Heidi:** That's true.

**Tom:** You have to quit sniffing that glue.

**Heidi:** Yeah, or too many essential oils...

**Tom:** Right, exactly, I meant for you the glue sniffing.

**Heidi:** Mmm hmm, um, I created a breathing Qi Gong exercise with a stress relief code that is in the article area of the [www.quantumtechniques.com](http://www.quantumtechniques.com) and that I believe is a free download and I just kind of tried to put something together that you can use at the end of your day so you

don't carry your stress with you to bed and get it back the same day again and multiply it. And it's something that you can do, you can either spend a long time doing it or you can do it in 10 minutes, so that is available for people who would like that. So, don't overwhelm yourself with activities. Learn to say no. It's just kind of like what we talked about before with the learning to say no. Many times as people get better then they get right back into their same old patterns again and they make the same decisions that they made before of the activities and um, constant lifestyle, and they start hurting themselves again. So, make some decisions on those activities that you can let go of and then learn to let go and be OK with it. Um, you might have bowling 3 nights a week for 20 years, and then had a card party every Friday night and then a book club party on Thursday night and they're all great fun and socially great and you love them but ah, if they're not allowing you any time to rebuild yourself then you got to kind of take a second look and you have to maybe learn to let go of some things.

**Tom:** You're kind of bossy today, aren't you!

**Heidi:** (laughing) OK, so get a good night sleep. That's good for everybody.

**Tom:** Yeah!

**Heidi:** And don't watch violence on TV, or disturbing TV before you go to bed. It stays with your subconscious mind and it causes disturbed sleep.

**Tom:** Or video games.

**Heidi:** Or video games, right.

**Tom:** You just get, your brain gets so active.

**Heidi:** Yeah, one night I was like ironing and I had something on. I was in the laundry room and one of those reality shows that are on that I wasn't really watching, but it was on where everybody was yelling at each other and stuff. Man, it was like I was just disturbed after having that on, so if you're carrying stress from the day just get rid of it before you go to bed and use that stress release technique. And make sure, another good thing, make sure you're not sleeping with sheets and blankets and pajamas that are washed with toxic laundry detergent and fabric softeners. That will reverse you all night and cause inflammation and all kinds of things. And then exercise, movement, going for walks, even if it's only 5 minutes to start. Get your body moving. I remember that, um, I used to jog ever since I was a teenager and that I just enjoy it. I don't do competitive running or anything. I just like to jog and when I got really sick with autoimmune illness and I was totally inactive, um, it was just a struggle to even walk down the end of the driveway and back and but ah, after I started getting better, you know, then I just went a little bit further and then a little bit further, and those little steps were just like great healing process for me. So, movement, um, if you can't move your body walking, you can move your arms above your head and move your legs, you know, do some bending, it helps to get your lymphatics circulating and stimulate your lymph flow and circulation, and then you get stronger, you get more duration, and that will just help in your healing and help in healing.

**Tom:** Are you done?

**Heidi:** Yup, you can talk about something right now.

#### Supplements Recommended for Rebuilding.

- ❖ Multivitamin-mineral
- ❖ Fish oil (EPA/DHA)
- ❖ Green drink or 10 servings per day of fruits and vegetables.

- ❖ DHEA for adrenal involvement.
- ❖ Co Q 10 if 40 or older.
- ❖ UltraMeal (medium chain fatty acids, vegetable protein, complex carbohydrates, fiber and vitamins/minerals)

**Tom:** OK, um, there's about a bazillion different supplements that you can use. I mean there is so many supplements out there it boggles your mind and I think we both have cut down on our supplement intake.

**Heidi:** Oh, yeah.

**Tom:** Drastically, right?

**Heidi:** More than half I've cut down.

**Tom:** I almost said dramatically.

**Heidi:** Dramatically?

**Tom:** Yeah, dramatically, um, so, I am just going to recommend a few supplements that I think are good for everybody. I mean, actually I think they are essential for everybody. Um, and I use primarily supplements from a company called Metagenics and they deal with um, professionals so you'll have to go see your chiropractor, nutritionist, medical doctor, um, naturopath...

**Heidi:** Acupuncturist.

**Tom:** Yeah, to get the supplements so really it is well worth it. If you can't find the supplements, you can always send me an email at [tom@quantumtechniques.com](mailto:tom@quantumtechniques.com) and I can tell you how to order the things online. So I recommend Metagenics. It's a broad spectrum multivitamin and mineral. There is also Wellness Essentials for men, Wellness Essentials for women, um, that's a multivitamin mineral plus it has some other factors in it like fish oil and so it's....

Heidi: calcium...

**Tom:** yeah, calcium...

**Heidi:** vitamin E...

**Tom:** yup, um, but anyway, just a good multivitamin mineral. I recommend fish oil for everybody. Buy only the best fish oil that you can and take a whole bunch of it. All the cells in our body are made from fish oil and we're only as healthy as our cell membranes.

**Heidi:** If you can't have fish oil there are some different oils, like I am allergic to fish but I do flax but there are some other oils too.

**Tom:** Yeah, but you can get EPA, the Omega 3 essential fatty acids that we need from fish oil is called EPA/DHA and the EPA you can get from nuts and the DHA you can get from, you can actually buy it, ah, a DHA that is made from um, algae, um, and flax but you got to eat, you have to use a lot of flax oil to get, because it doesn't convert very well as fish oil. I recommend for everybody a green drink, um Dynamic Greens from Metagenics is the best. Um, if you are not into green drinks then you are going to have to get your 10 servings of fruits and vegetables every day. Anybody over the age of 40 needs Co-enzyme Q-10. If you have gut issues you need glutamine and a lot of people with Lyme Disease have gut issues because they got a pile of fungus in their gut and inflammation from taking antibiotics. So, glutamine is healing for the intestinal tract, um, if you have adrenal involvement, I recommend DHEA. There's a bazillion different um, adrenal supplements but across the board I think most people benefit from DHEA because it modulates the cortisol. Cortisol is a stress hormone. DHEA will help modulate the cortisol so you don't get the damage effects from that. And then the other thing that I

recommend um, for rebuilding is something called Ultrameal from Metagenics and it's a rice protein with medium chain fatty acids, complex carbohydrates, um, some fiber. So, it's got everything you need and it's not a detoxification product but it's a rebuilding product. Some interesting studies have shown, if you eat Ultrameal, you will build more muscle mass even if you don't exercise which is pretty amazing. So those are my nutrition...

**Heidi:** Some people really like it too.

**Tom:** Yeah, yeah, it tastes good, yeah. So, um, some other suggestions for rebuilding, um, meditation, Qi Gong, um, chiropractic of course, acupuncture, **Quantum Techniques®**, of course...

**Heidi:** (inaudible) massage, bodywork, and of course **Quantum Techniques®** because ah, **Quantum Techniques®** can hit all aspects of your health and healing.

**Tom:** Because it all comes down to energy.

**Heidi:** That was the cool thing when we found **Quantum Techniques®** is that it really, it really brought together all the aspects of healing.

**Tom:** Yeah, exactly it's great! Great and it helps everybody across the board.

**Heidi:** So, no matter what healing path you choose to be great. Just choose to be grateful each day for something no matter how small it is, because gratitude is a huge part of healing is having gratitude.

**Tom:** Yup, so um, are we going to read the codes now?

**Heidi:** Yeah, we should read the codes.

**Tom:** I hope you have them.

**Heidi:** Um, I hope do too!

**Tom:** OK.

**Heidi:** So I'm going to read the codes out here and these are part of the outline and I'd just like to say how much fun it was to make these codes. Wasn't it?

**Tom:** It was.

**Heidi:** It was just like..

**Tom:** It was good.

**Heidi:** A real cool experience to (?), I just feel like they are really good codes. So, the first one is creating awareness and boundaries for non-physical parasites:

#### Codes:

##### Creating awareness and boundaries for Non-Physical Parasites

Sh, Th, Un, 3<sup>rd</sup> eye, Thymus, Ch, Forehead, Oe, Un, E, G50, E, G50, A, Thymus, C, OE, If, Un, Sh, Un, 3<sup>rd</sup> eye, 9g, Sh, Un, A, C, Th, Lf, G50, Thymus, A, C, 9g, Sh, 3<sup>rd</sup> eye, Thymus, Th, Eb, Oe, Mf, E, C, Eb, G50, Sh, 9g

Forehead, Crown, Back of head, back of throat (neck), Back of heart, Back of solar plexus, Crown, Halo, Crown, Forehead, Crown, Forehead, Throat, Heart, Solar plexus, Pelvis, Tailbone, Crown, Tailbone, Crown, Crown

Forehead, Crown, Back of head, Back of throat (neck), Back of heart, Crown, Forehead, Crown, Forehead, Throat, Heart, Solar plexus, Pelvis, Tailbone

Repeat this code two times through, twice per day.

**Tom:** This next code is called staying in the present moment with gratitude.

**Heidi:** I love this code.

### **Staying in the Present Moment with Gratitude**

(Reading of this on the audio cut out at 100:58 and resumes at 102:02 but the codes are completely listed below from the outline guide)

Sh, heart, Mf, Un, 3<sup>rd</sup> eye, halo, tailbone, 9g, heart, thymus, A, liver, Sh, 9g, heart, crown, 3<sup>rd</sup> eye, back of throat, forehead, halo, tailbone, back of solar plexus, back of heart, back of throat, heart, solar plexus, pelvis, tailbone, 3<sup>rd</sup> eye, heart, pelvis

Repeat three times through, best time is in the morning.

### **Permission to Let Go**

Sh, Un, G50, 3<sup>rd</sup> eye, throat, thymus, Lf, Ch, forehead, heart, A, throat, Mf, G50, Ch, C, Th, Mf, Lf, Un, 9g, Un, Ch, C, throat, back of throat, heart, 9g, Un, Mf, heart, G50, Eb, Oe, A, C, throat, G50, Sh, If, Lf, Mf, Sh, Un, heart, 3<sup>rd</sup> eye, crown, back of head, back of throat, back of heart, heart, throat, halo, tailbone, Un, Sh, Un, 9g,

Forehead, Crown, Back of head, back of throat (neck), Back of heart, Back of solar plexus, Crown, Halo, Crown, Forehead, Crown, Forehead, Throat, Heart, Solar plexus, Pelvis, Tailbone, Crown, Tailbone, Crown, Crown

Forehead, Crown, Back of head, Back of throat (neck), Back of heart, Crown, Forehead, Crown, Forehead, Throat, Heart, Solar plexus, Pelvis, Tailbone

Forehead, Crown, Back of head, Back of throat (neck), Back of heart, Crown, Forehead, Crown, Forehead, Throat, Heart, Solar plexus, Pelvis, Tailbone

Repeat this code two times through, twice per day.

### **Energy and Qi Building**

Sh, 3<sup>rd</sup> eye, Un, Ch, Eb, A, G50, back of throat, forehead, 9g, Un, thymus, A, Sh, Th, Mf, Lf, G50, A, C, C, A, E, Lf, throat, back of throat, tailbone, pelvis, tailbone, back of solar plexus, thymus, C, A, Un, G50, 3<sup>rd</sup> eye, tailbone, crown, thymus, heart, 9g, heart, Un, Ch, 3<sup>rd</sup> eye, pelvis, solar plexus, A, C, thymus, Eb, Oe, C, thymus, A, 3<sup>rd</sup> eye, tailbone, solar plexus, Un, 9g

Forehead, Crown, Back of head, back of throat (neck), Back of heart, Back of solar plexus, Crown, Halo, Crown, Forehead, Crown, Forehead, Throat, Heart, Solar plexus, Pelvis, Tailbone, Crown, Tailbone, Crown, Crown

Forehead, Crown, Back of head, Back of throat (neck), Back of heart, Crown, Forehead, Crown, Forehead, Throat, Heart, Solar plexus, Pelvis, Tailbone

Forehead, Crown, Back of head, Back of throat (neck), Back of heart, Crown, Forehead, Crown, Forehead, Throat, Heart, Solar plexus, Pelvis, Tailbone

Repeat two times through, twice per day.

**Heidi:** Alright, so, um, if there are any questions we can go ahead and um, let us know if you have a question.

**Tom:** Is it \*5, is that how you raise your hand?

**Heidi:** Um...

**Tom:** Yeah.

**Heidi:** Um, \*5.

**Tom:** Yeah, if you want us to question it's \*5.

**Heidi:** Yup, OK, right.

**Tom:** Um, otherwise we have a couple questions that had come in that we can go over really quickly too.

**Tom:** Yeah.

**Muriel:** Hi, my name is Muriel and I have a question with respect to um, worrying a lot, and what's happening, Lyme and some co-infection, I also have Bartonella and it brings me to worry a lot about my health, about um, like if I have a heart symptom or something like that. Is there anything that you can recommend for, um, diminishing my worry-wartness?

**Tom:** Yeah, have you done; have you done any **Quantum Techniques**®?

**Muriel:** Um, I'm in the process of setting up an appointment with you actually.

**Tom:** OK, good.

**Muriel:** I'm still working on um, doing the paperwork online.

**Tom:** OK, you know what I would recommend in the short run, have you ever heard of the Bach Flower Remedies?

**Muriel:** Yes, I do use those when, when it gets really bad.

**Tom:** OK.

**Heidi:** And the trauma code she could use.

**Tom:** Oh, yeah, yeah, the trauma code, are you familiar with the trauma code?

**Muriel:** No, I'm not.

**Tom:** OK, um, because we could, yeah, we can give that to you right now, and what about, do you know what the points are that we use? Have you imprinted the points at all? Are you there?

**Muriel:** Yes I have.

**Tom:** Oh, OK, so you know what the points are?

**Muriel:** Yes.

**Tom:** OK, alright, so, I'll just read the trauma code...

**Heidi:** Just read it slow so she can write it down.

**Tom:** Yeah, do you have a pen or pencil handy?

**Muriel:** I do, thank you.

**Tom:** Yup, OK, um, Eb,

**Muriel:** Eb

**Tom:** If

**Muriel:** If

**Tom:** Lf

**Muriel:** Lf

**Tom:** Yup, Sh

**Muriel:** Sh

**Tom:** Eb

**Muriel:** Eb

**Tom:** E

**Muriel:** E

**Tom:** Mf

**Muriel:** Mf

**Tom:** Sh

**Muriel:** Sh

**Tom:** lf

**Muriel:** lf

**Tom:** Oe

**Muriel:** Oe

**Tom:** A

**Muriel:** A

**Tom:** C as in cat.

**Muriel:** C

**Tom:** and 9g

**Muriel:** 9g

**Heidi:** And just make sure that she got Eb there and have her read it back to you.

**Tom:** Do you want to just read it back and I'll just double check it?

**Muriel:** Yes, Eb, lf, lf, Sh, Eb, E, Mf, Sh, lf, Oe, A, C, 9g.

**Tom:** Yup, got it.

**Heidi:** I think she said B on that, now make sure she's getting it.

**Tom:** You said Db, you said Eb right.

**Muriel:** On the 1, 2, 3, 4, on the 5<sup>th</sup> one in?

**Tom:** Yeah.

**Muriel:** Yeah, I said Ed, so it's Eb.

**Tom:** Yeah, as in eyebrow.

**Muriel:** OK.

**Tom:** Yeah, it's an eyebrow point where um, where the eyebrow goes into the bridge of the nose.

**Muriel:** OK.

**Tom:** Yup that's Eb, the eyebrow point.

**Heidi:** Yeah, so just kind of, you know, read that, that trauma code, um, you know, just kind of focus on the issue that you're having at the time.

**Tom:** Yeah, the worry.

**Heidi:** The worry.

**Tom:** Yeah, the worry.

**Heidi:** Yup, and then read the trauma code until you kind of feel like that relaxes a little bit and settles down.

**Tom:** And then you know, what might happen is, is the worry might change a little bit, or take off in a particular direction.

**Muriel:** Uh huh.

**Heidi:** Cause a certain pain.

**Tom:** Yeah, and so just follow that, just continue to do the trauma code, um, and you might, you know, it might go in some interesting directions.

**Muriel:** OK, great! Thank you!

**Tom:** Um, anything else Heidi? I understand the whole worry thing.

**Heidi:** Yeah, it is.

**Tom:** Yeah, yup, I understand that very much.

**Heidi:** Very worrisome, yup, but it seems like the trauma code will help. You know it helps with the physical and then it helps with the worrying and it helps with the stress too. It just really, we use it a lot.

**Tom:** Yeah, yeah.

**Heidi:** Honestly for, I even use it when I'm doing bodywork with people on their body and stuff.

**Tom:** Yeah, it just, it discharges the um...

**Heidi:** The zap.

**Tom:** The zap, yeah, it takes the zap out of it, yup.

**Muriel:** Great!

**Tom:** I hope that helps, yup, your very welcome.

**Heidi:** Any other questions? Um, do you want to go over the couple questions that came in?

**Tom:** Yeah, um, someone wrote in and said I've been diagnosed with Lyme Disease twice. Should I quit the treatment my doctor has me on? And this gentleman was taking antibiotics. I would say don't quit, don't quit any treatment your doctor has you on. I mean when it comes to Lyme Disease you got to do everything you can. Um, so if your doctor has you on a good treatment regimen, um, you know stay with that.

**Heidi:** Yeah, my daughter, my daughter still has a very good doctor that she has regular blood work done and she's on antibiotics at a much less dose than what she used to be on.

**Tom:** Yeah.

**Heidi:** And much less other medications and um, ah, you know her doctor is pretty good about if Misty says, um, you know my body can only handle the antibiotic once a day, not 3 times a day. Then they talk about it and work it out which works out the best and stuff. So, it's good to have good communication with your doctor about what you're doing.

**Tom:** I mean you got to do everything you can. Um, so somebody asked me do you think you're really cured? Um, I'm starting to think that I'm really cured. I do, um, and it's hard for me to believe because I've been sick for so long and I've done so many things and you know, like I said before I thought that I would die with Lyme Disease. I thought I'd take antibiotics the rest of my life and um, I don't take antibiotics anymore and I feel good and I'm working harder than I have in years and I'm, I have a incredible schedule. Wouldn't you say?

**Heidi:** Yeah, he has a full chiropractic schedule also.

**Tom:** And I also I can't believe how good I feel. It's just a miracle for me. So, um, you know, anybody listening to this teleclinic, I think, I think um...

**Heidi:** Have faith.

**Tom:** Have faith; yeah, yup, I really do think that I'm cured. I do, yup.

**Heidi:** And we know that's hard, really hard, when you are that down flat. It is really hard to have faith on it and believe it.

**Tom:** People would say to me, well, I got cured from Lyme Disease doing homeopathy, or I got cured this and that and I'm like, yeah, right, you really didn't have Lyme Disease if you got cured from that but you know what, um, energy stuff whether it's homeopathy, or whatever you're doing, energetic stuff works.

**Heidi:** Mmm hmm.

**Tom:** Yeah, so I'm a believer.

**Heidi:** You want to read that one?

**Tom:** Yeah, um, someone asked us am I going to have a Herxheimer reaction if I do this. Um...

**Heidi:** Maybe.

**Tom:** Maybe, yeah, probably to a certain extent.

**Heidi:** Mmm hmm, I think, you know, Misty had her first session, she had a pretty strong one but like I said she reacts to everything but now I think we've realized about opening up those detoxification pathways first and I think that's that is going to make a big difference.

**Tom:** Yup, um, yeah so after a QT session I may feel kind of whacked for a few days but certainly not like deathly ill like I used to, you know, doing antibiotics, or using my coil machine or whatever. Do you want to read that one?

**Heidi:** Sure. I've done other types of energy work including electrodermal screening, how would this be any different?

**Tom:** Well, here's what Dr. Daniel says, it goes way deeper than electrodermal screening.

**Heidi:** Right.

**Tom:** You know, because...

**Heidi:** because it goes into the field of your energy.

**Tom:** Yeah, with electrodermal you're basically screening your acupuncture circuits which are great but it really doesn't get it.

**Heidi:** We have electrodermal here.

**Tom:** Yeah, we use electrodermal for many years and um, and you know the interesting thing is that it never ever read out, um, Lyme.

**Heidi:** No.

**Tom:** It never did.

**Heidi:** It's like it hid.

**Tom:** It never found it yeah, so we would put it into the remedy and I would like, again I would feel like I was dying because it would, I mean it was the right remedy, you know and we would put it in there but still, I mean, the stuff is so evasive, I mean it is so stealthy, you know we never found it with electrodermal.

**Heidi:** Mmm uh.

**Tom:** You know, maybe we had a bad one. Who knows?

**Heidi:** Mmm, no, I think it's, I think it is a deeper level and the more we do this the more I understand it. It is about working on that field of energy. It's not just, um, a circuit or the acupuncture. There is a whole field of energy and changing your whole, not changing, allowing you to unblock and change your energy field.

**Tom:** Exactly.

**Heidi:** We're not doing it. We're allowing you to open up and change your energy field.

**Tom:** Well, we're allowing the Divine the energy to heal us.

**Heidi:** Yeah, right.

**Tom:** Yeah, yeah. I mean we're all made to heal and if our body's can see what's going on we can be healed.

**Heidi:** Mmm hmm, and once again, you know gratitude and forgiveness...

**Tom:** Bring some light into your life.

**Heidi:** And light.

**Tom:** I think that's why Dr. Daniel sends us the Guy Finley stuff every day. He wants us all to have a little light in our life.

**Heidi:** Yeah, you got to have a little light every day.

**Tom:** Yup, yup, absolutely, so.

**Heidi:** So, which we understand again when you're really down and out, it's hard to look at any little light and it's hard to even see any little light, so you just got to try to find something that you can, that can be a light for you, you know.

**Tom:** Yup.

**Heidi:** So, I think that's about it, yeah, anything else to add Tom?

**Tom:** No, thanks everyone for listening and...

**Heidi:** if you have any questions email us, um, [tom@quantumtechniques.com](mailto:tom@quantumtechniques.com) , [heidi@quantumtechniques.com](mailto:heidi@quantumtechniques.com) and even family members, you know, me being the parent of my daughter that had this or has this or whatever, it is very hard on the family members too, and we understand that aspect of it also and um, so, just want to put a little bit hope out there for everybody that you know, there are things you can do, and there is healing out there, so just don't give up and keep trying, and look for that light and try to build your body stronger.

**Tom:** And if your dog has Lyme Disease...

**Heidi:** Oh, yeah.

**Tom:** Um, you should do QT.

**Heidi:** Yeah.

**Tom:** Think about QT with your dog.

**Heidi:** Yeah, definitely.

**Tom:** I think cats are pretty much immune to it but dogs are pretty much susceptible.

**Heidi:** Yeah, it's kind of weird isn't it?

**Tom:** Yeah, so if your dog... (Audio ends).