

Getting Started Quick

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Getting Started Quick

This section contains all the information you need to get started quickly and to receive the most benefit from your bioenergetic correction.

- Time Saver Codes
- The Nine Gamut Sequence (9G)
- Standard Chakra Patterns
- Face, Body, and Hand Points Chart
- Energy Center Locations (Chakras)
- The Profound Love Code

Please look at the Time Saver Codes and touch the body location points as shown on the following body, face and hand charts. Touch the points while saying each abbreviation and the body location it stands for (for example, “eb for EyeBrow”). This “enters” the healing alphabet that we use in our treatment codes into the body. You will rarely have to actually tap out a code on the body location points. You will be able to simply read the treatment code and the body will now understand how to process the healing information.

Time Saver Codes

All points are bilateral

Face and Body Points (Refer to Chart)

3 rd	Third eye, or the point between the eyebrows
eb	Eye brow, where it goes into the bridge of the nose
oe	Outside of the eye on the bone between the eye and the temple
e	One inch under the eye
un	Under the nose, above the center lip
ch	Chin, the depression between the bottom lip and the chin
c	Collarbone spot-one inch down from the notch in the throat and one inch to either side
a	Four inches under the armpit on the rib cage
liv	Liver point: two inches below the nipple on the right or left side

Hand Points (Refer to Chart)

th	Thumb, on the side of the thumbnail, on the side opposite the fingers
if	Index finger, on the thumb side of the finger nail
mf	Middle finger, on the thumb side of the fingernail
lf	Little finger, on the thumb side of the finger nail
sh	Side of the hand midpoint between the wrist and first knuckle of the little finger
g50	Gamut spot, on the back of the hand between the knuckles of the little finger and the ring finger.
9g	Nine gamut sequence (Refer to the instructions on the following page).

Chakras (Refer to chart)

HA	halo spot 6 inches above the head
CR	crown, on the top of the head
FO	forehead
TR	throat
HT	heart
SO	solar plexus, stomach above the navel.
PEL	pelvis, 3 inches below the navel
TAIL	tailbone at the base of the spine

The Nine Gamut Sequence (9G)

The Nine Gamut Sequence is universally beneficial. It frequently appears at the end of Quantum Techniques treatment codes. It can also be done by itself to reduce general stress.

You may do the steps of this sequence in any order. However, it is vital to repeat the humming AFTER the counting.

For best results, learn this sequence so that you can easily do it without having to refer to the steps below.

Tap rapidly, firmly, but gently, on the gamut spot (on the back of the hand between the little finger knuckle and the ring finger knuckle) while you do the following steps. Tap 3-5 times per position/step.

1. Hold eyes open
2. Close eyes
3. Open eyes and look down to the right
4. Look down to the left
5. Whirl eyes in a circle one time
6. Whirl eyes in the opposite direction
7. Hum a short tune (at least two different notes - like "Happy Birthday")
8. Count out loud to 5
9. Hum at least two different notes

Stop tapping

Standard Chakra Patterns

There are two different chakra treatments that frequently come up at the end of Quantum Techniques treatment codes (series of body location points) following the 9G. We call these the standard chakra patterns. Knowing these will save you writing time.

You input the chakra pattern by thinking about each chakra location as you tap under the nose 5 times per each location.

The two standard chakra patterns are:

1. Forehead, Crown, Back of Head, Back of Throat (neck), Back of Heart, Crown, Forehead, Crown, Forehead, Throat, Heart, Solar Plexus, Pelvis, Tailbone
2. 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

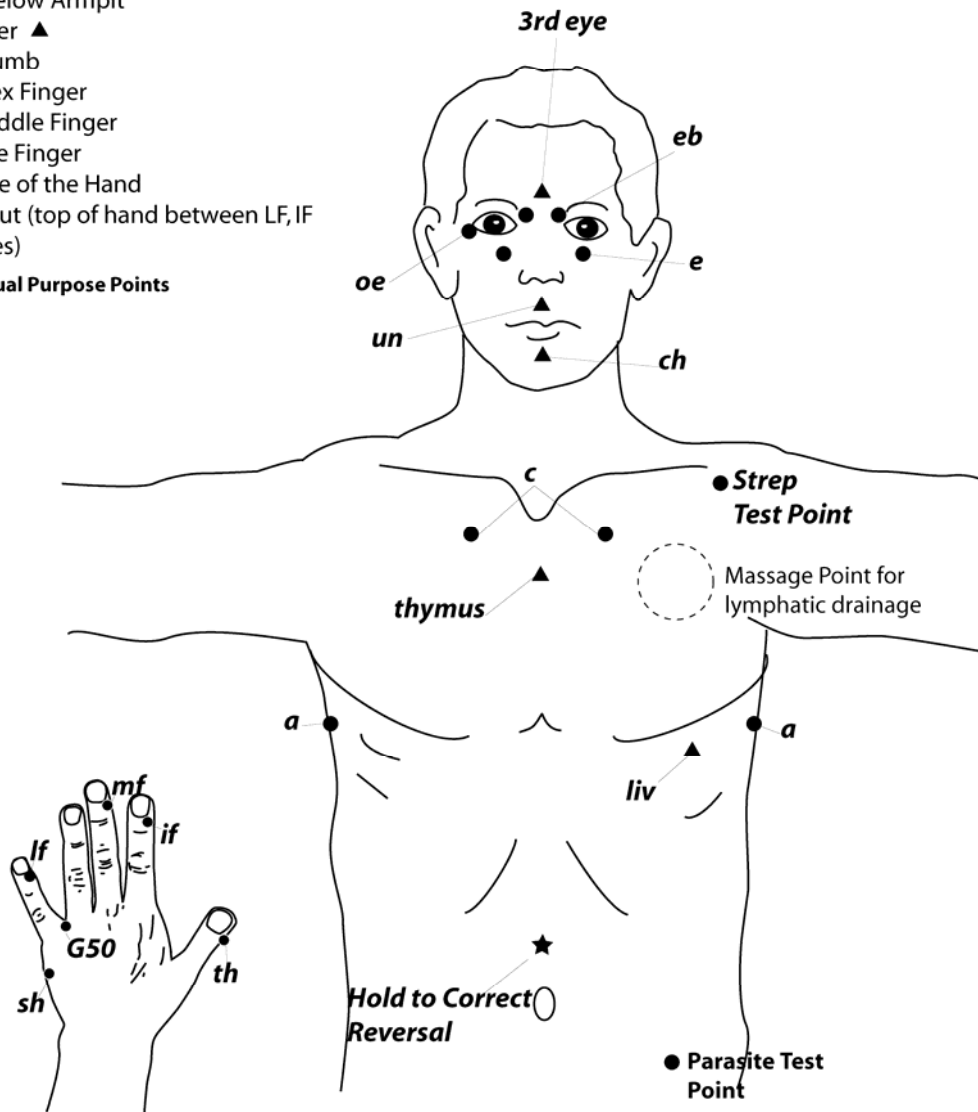
Treatment Points Chart

Quantum Techniques

Treatment Points

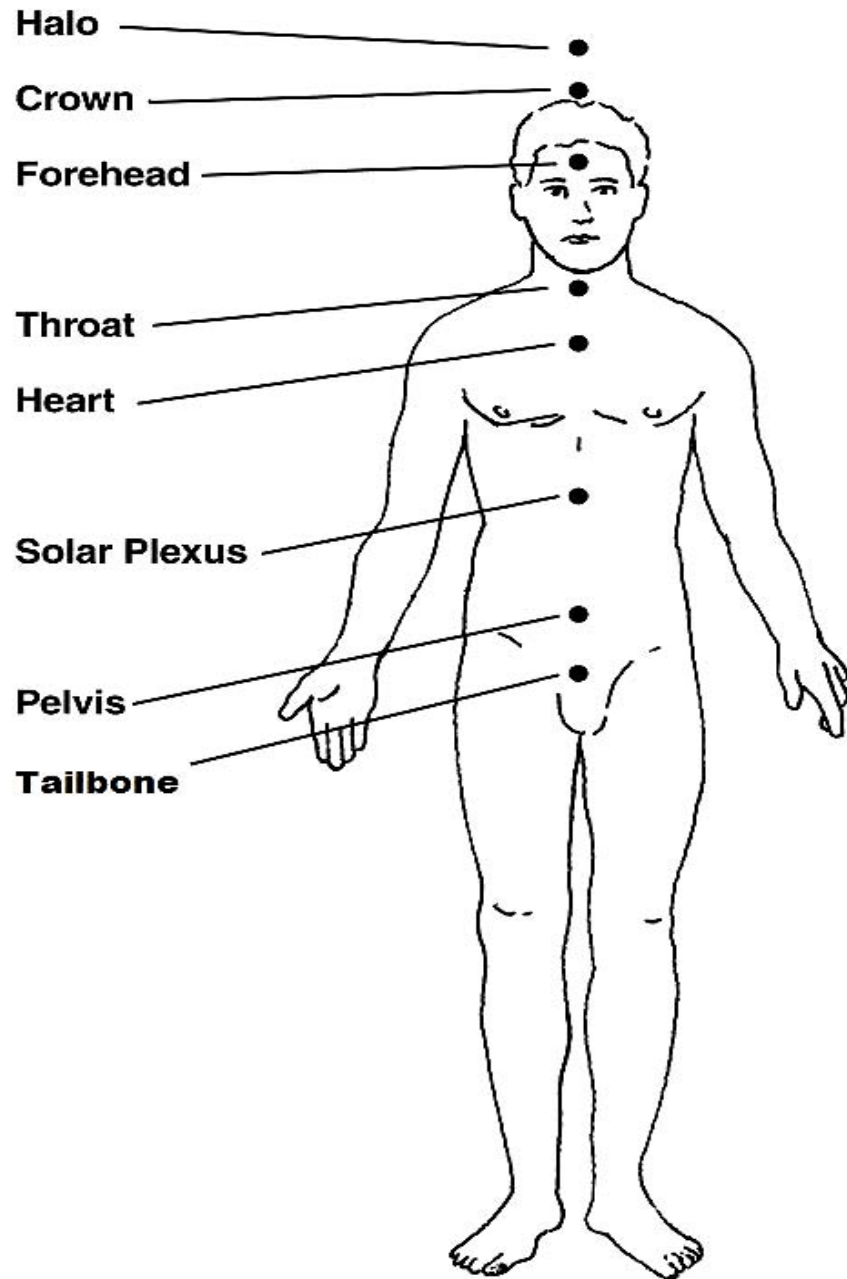
- 3rd eye** - Between Eyebrow ▲
- eb** - Eyebrow ▲
- oe** - Outside of the eye
- e** - Under the Eye
- un** - Under Nose
- ch** - Chin ▲
- c** - Collarbone
- thymus** - Middle of Sternum ▲
- a** - 4" Below Armpit
- liv** - Liver ▲
- th** - Thumb
- if** - Index Finger
- mf** - Middle Finger
- lf** - Little Finger
- sh** - Side of the Hand
- g** - Gamut (top of hand between LF, IF knuckles)

▲ Dual Purpose Points



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Energy Center Locations (Chakras)



Profound Love Code

Affirmations

- *My body is made to self- heal. By changing my belief system, I choose to remove any blocking beliefs and release all my body's healing potential.*
- *I choose to release all fear and trauma from my lifetime or anyone else's from every cell of my body. I choose to fill these spaces with the complete healing love of God. I choose to view the world as a wonderful place of joy, beauty and love.*
- *I am the light, love, truth, and strength of the Creator. I so radiate the Creator's truth that all darkness, parasites, viruses, bacteria, fungus, disease, and toxins pass harmlessly by me.*
- *I choose to transform any negative energy or intentions I encounter, from any source, to the frequency of perfect divine love and forgiveness and then return it to its source.*
- *I choose to transform any negative energies or frequencies within me to that of the Creator's highest truth and love and then radiate this truth and love into the world.*

Hold your left hand over your heart while reading the following (If you are in a love relationship, it is very helpful to do this with your partner. Place your left palm over your partner's heart while they place their left palm over your heart.):

e eb g50 sh g50 sh if e mf lf g50 sh e g50 sh eb e g50 sh
if e mf lf g50 sh e g50 sh if e mf lf g50 sh eb e g50 sh if e
mf lf g50 sh e g50 sh, eb e g50 sh if e mf lf liv g50 sh e
g50 sh if lf e mf g50 sh eb e g50 sh if lf e mf g50 sh e g50
sh eb e g50 sh if e mf lf g50 sh e g50 sh if e mf lf g50 sh
eb e g50 sh if oe a c 9g un un standard chakra pattern twice

eb mf sh if eb e if e oe a c 9g standard chakra pattern eb lf
sh lf if eb e liv if e mf e oe a c 9g un g50 eb sh eb sh if e
lf e oe ac 9g standard chakra pattern

Appendix A - Hidden Foods Listing

This list will help you identify foods hidden within other common foods. For example, egg or egg by-products may be found in baking powders. Be sure to read all food labels carefully if you are sensitive to any foods.

EGGS

Baking powders
Bavarian cream
Breaded food
Bread
Cake flour
Cake
French toast
Fritters
Frosting
Frying batter
Rolls
Griddle cakes
Hamburger mix
Hollandaise sauce
Ice cream
Icings
Macaroni
Macaroons
Marshmallow
Mayonnaise
Meat loaf
Meat molds
Meringue
Noodles
Pancake flour
Pancakes
Salad dressing
Sauces
Sausage
Sherbet
Soufflés
Tartar sauce
Waffles
Wine

YEAST

Barbeque sauce
Beer
Brandy
Bread
Buns, Rolls
Buttermilk
Cake, cookies
Cereal
Cheese
Condiments
Crackers

Enriched flour
Fruit juice
Gin
Malted milk
Mayonnaise
Mince pie
Olives
Pastries
Pickles
Pretzels
Rum
Salad dressing
Sauerkraut
Soy sauce
Tomato sauce
Truffles
Vinegar
Vodka
Vitamins
Whiskey
Wine
Yogurt

WHEAT

Beer
Biscuits
Bologna
Bouillon Cube
Cake, Cookies
Cereal
Cook meat dishes
Chocolate candy
Corn bread
Crackers
Coco malt
Doughnuts
Dumplings
Flour rolled meat
Flour
Gluten bread
Gravy
Griddle cakes
Ice cream
Liverwurst
Lunch ham
Macaroni
Matzos

SOYBEANS

Baby food
Biscuits
Bread
Butter substitute
Cake
Caramel
Cereal
Crackers
Crisco spray
Hard Candies
Ice cream
Lecithin
Lunch meat
Margarine
Milk substitutes
Nut candy
Oil
Oriental sauce
Pastry
Pork link sausage
Salad dressing
Soup
Soy flour
Soy noodles
Tempura
Tofu

MILK

Au gratin dishes
Bavarian cream
Biscuits
Bread
Buttermilk
Cake
Cookies
Candies
Cheese
Chowder
Cocoa drink
Creamed food
Curds
Custard
Doughnut
Flour mix
Fritters
Gravy
Ice cream

Mashed potatoes
Omelets
Ovaltine
Ovamalt
Pancakes
Pie crust
Rarebits
Salad dressing
Scalloped dishes
Sherbet
Soda crackers
Soufflés
Soup (creamed)
Spumoni
Waffles
Whey yogurt

CORN

Aspirin
Baking powders
Beer
Bleached flour
Cake, cookies
Carbonated drinks
Catsup
Chewing gum
Cough syrups
Cream pies
Dates
Distilled vinegar
Fritos
Frozen fruit
Glucose products
Graham crackers
Gravy
Ice cream
Instant tea
Jam, Jellies
Margarine
Popcorn
Powdered Sugar
Pudding, Custard
Sandwich spread
Soups (creamed)
Toothpaste
Tortillas
Vitamins

Appendix B – List of “Safer” Products

We developed the following resource list in response to requests by our environmentally-sensitive clients. This does not constitute an endorsement of these products, nor a guarantee that everyone will be able to comfortably use them. It's offered in a spirit of service.

Category	Type of Product	Options
Household	Carpet Stains	ProCare Nontoxic Carpet Cleaner, available at 928-636-7767. <i>(Tell them you were referred by Stephen and Beth Daniel of Quantum Techniques.)</i>
Household	Cleaners	Allen's Naturally, Granny's All-Purpose Cleaner, AFM SuperClean Unscented (AFM Enterprises), Bon Ami, baking soda, Borax, vinegar
Household	Dish Soap	Ecover, EZ Maid by Granny's, Allen's Naturally
Household	Dishwasher Soap	Seventh Generation
Household	Dishwasher Spotting Solution	n/a
Household	Laundry Soap	Our Detergent, Seventh Generation, Country Save
Household	Softener	Baking Soda
Household	Water Treatment	Miracle II Neutralizer Drops* or Alkaline Water Filter, such as Alka Blue
Make-Up	Concealer	Aveda or Jane Iredale Mineral Cosmetics, various cosmetics at health food stores
Make-Up	Eye Liner	See above
Make-Up	Eye Shadow	See above
Make-Up	Foundation	See above
Make-Up	Lipstick	See above
Make-Up	Mascara	See above
Make-Up	Powder	See above
Outdoors	Bug Spray (body)	Buzz Away (from Whole Foods Market and other health food stores), Mosquito Shield by www.secondskinnaturals.com
Outdoors	Bug Spray (room)	n/a
Outdoors	Suntan Lotion	Aubrey Organics Green Tea Sunblock and Titania Sunblock
Personal Care	Body Lotion	Miracle II Lotion*, MSM Lotion (two brands), Tate's the Natural Miracle Conditioner
Personal Care	Conditioner	Pure Essentials Fragrance Free by Earth Science, Tate's the Natural Miracle Conditioner
Personal Care	Face/Bath Soap	Miracle II Soap* and Moisturizing Soap*, Dr. Bronner's Pure Castile Unscented Soap, Omega Nutrition Unscented Natural Face and Body Soap, Pure Glycerine soaps
Personal Care	Floss	Non-mint floss
Personal Care	Mouthwash	Tom's of Maine
Personal Care	Shampoo	Pure Essentials Fragrance Free by Earth Science (also have a conditioner)
Personal Care	Hair Color	Lee Kassai, Creative Airs Beauty Salon 5210 Laurel Canyon Blvd. N. Hollywood, CA 91607 818-769-3666 www.creativeairs.com (They'll ship)
Personal Care	Shaving Cream	Edge, Fragrance Free
Personal Care	Toothbrushes	Pearwood toothbrush from www.janices.com
Personal Care	Toothpaste	Nature's Gate, Tom's of Maine
Pets	Anti-Flea	Miracle II Soap and Moisturizing Soap*
Pets	Pet Shampoo	Miracle II Soap and Moisturizing Soap*
Household	Fruit and Vegetable Wash	Envionne Fruit and Vegetable Wash (800-282-9274) also at Trader Joe's and other health food stores

* For all Miracle II Products, please call 1-877-672-5669 and use I.D.# 2865. Please be aware that there is a similar site on the internet selling a similarly-named product that does **not** have the same beneficial formulation.

For further non-harmful products, please consult the following resources:

- Nontoxic, Natural, and Earthwise by Debra Lynn Dadd (copyright 1990, G.P. Putnam's Sons).
- Clean and Green : The Complete Guide to Nontoxic and Environmentally Safe Housekeeping by Annie Berthold-Bond (copyright 1990, 1994, Ceres Press).
- www.janices.com
- www.needs.com
- www.livingsource.com

Appendix C - Testing For Toxins Flowchart

CHECK AND CLEAR POLARITY REVERSAL (PR)

“I want to be healthy.” “I want to be sick.”

Hold Fingertips together two inches above navel on the abdomen.
(Correct any **PR** and recheck).

CHECK FOR PR TO ACCURATE TESTING

“I am 100% over any blocks to accurate testing.”

(Correct any **PR** and recheck).

TEST THE SUBSTANCE

“Corn.” “Corn I want to be healthy.” “Corn I want to be sick.”

This should test strong, strong, and weak. Any other test results indicate corn is a toxin and should be avoided.

TEST FOR RARE HEALTH CHALLENGES

In rare cases, a substance will not test as an energy toxin, but still challenges a person’s health.

“This substance challenges my health.” “I should avoid.” “I should limit.”

TEST FOR DIETARY INTOLERANCE

Use the above “Test the Substance” procedure while holding the edge of the palm at the base of the skull to test for intolerance to gluten grains, dairy and fat.

*In some cases a food tests okay until it is ingested or combined with other food or consumed in too high of a quantity.

How to Reach Us

Quantum Techniques is a group of practitioners who practice a new and exciting form of bioenergetic healing. You can find out all about us on our website at www.QuantumTechniques.com. On our site, you may also sign up for announcements for new products, newsletters 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 doesn't experience significant relief within 24 hours. If an individual does not experience significant relief within that 24-hour period, they 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 often many layers and aspects to the problem).

SHOULD YOU WISH TO MAKE AN APPOINTMENT with a QT practitioner, you can either call our 24-hour answering service at 888-767-8002, or contact the practitioner of your choice at www.QuantumTechniques.Com.

At the time of publication, we are charging \$6.67 per minute for personal consultations. It will typically take around 6 minutes to scan and to give a code per issue treated. Please have your credit card or debit card ready.

Disclaimer

Quantum Techniques (QT) are not intended to diagnose, prescribe, treat, or cure any disease – physical or mental. Quantum Techniques are self-help techniques to balance bio-energetic systems and are not intended as a substitute for regular medical care. The purpose of this work is to reduce stress, enhance health, and remove any dysfunction in the body's bio-energetic system.

No one is advised to discontinue or to avoid medical or psychological consultations. There are cases where medical or psychotherapeutic consultations are advised. Some statements in this manual represent working theory rather than accepted science. Quantum Techniques Practitioners practice as bio-energetic consultants and do not practice under any license such as medical doctor, psychologist, psychotherapist, chiropractor, law, nutritionist, or naturopath. Bio-energetic consulting is not currently regulated by any licensing board in the United States. Any spiritual counseling provided by Quantum Technique Practitioners is not part of any recognized religion, nor is it intended as the practice of clinical psychology or psychotherapy.