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)
3rd Third eye, or the point between the eyebrows
eb Eyebrow, 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 fingernail
mf Middle finger, on the thumb side of the fingernail
lf Little finger, on the thumb side of the fingernail
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:


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

© 2005 Quantum Techniques
Energy Center Locations (Chakras)

- Halo
- Crown
- Forehead
- Throat
- Heart
- Solar Plexus
- Pelvis
- Tailbone
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 e g50 sh eb e g50 sh if e mf lf g50 sh e 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 e 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 if 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

**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

**WHEAT**
- Beer
- Biscuits
- Bologna
- Bouillion 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

**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

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

**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

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

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