

Quantum Techniques



Getting Started Quick

DISCLAIMER

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

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

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

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

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Input the Body Points



Start Here

Inputting the Body Points is the first step to utilizing QT Energy Medicine!

The QT system always involves a healing code, even at the most basic level. These healing codes utilize a short list of energy pathways within the human body. For your body to be able to read the healing code, a simple exercise is first required, Embed the Body Points.

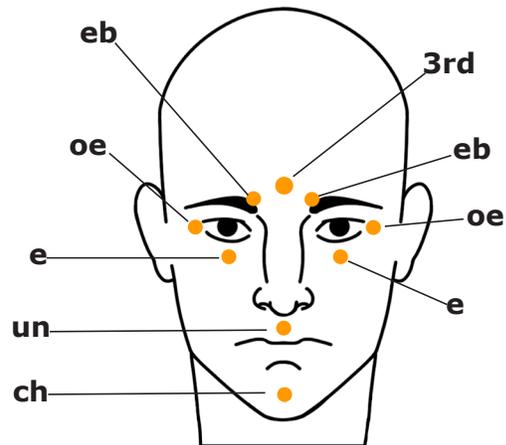
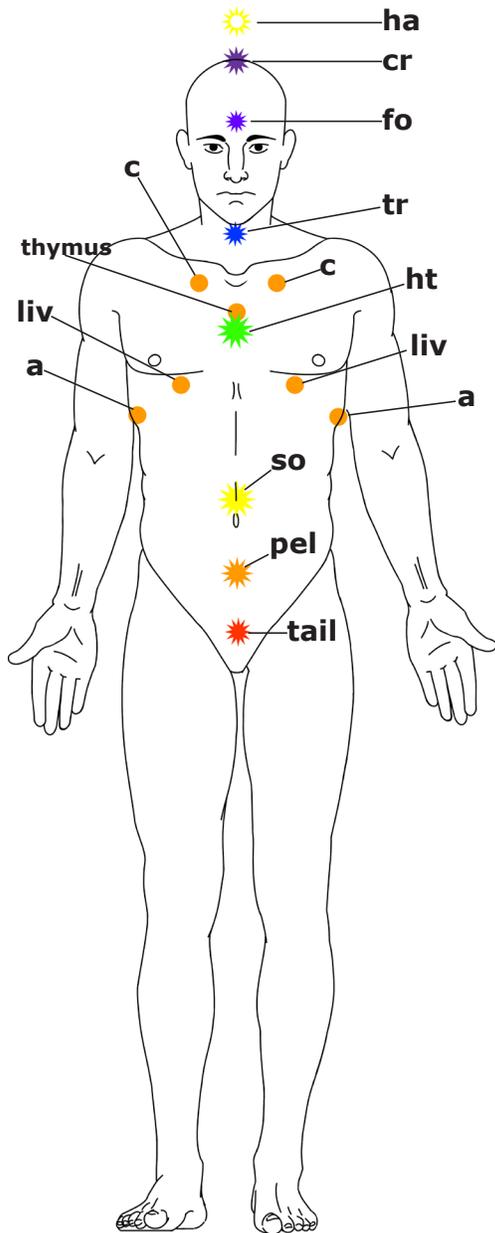
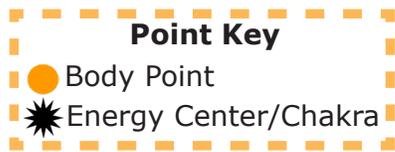
These simple steps are easy for most anyone to complete:

1. Go to the QT Body Points on the next page to complete this step.
2. Look at each "time saver" abbreviation and touch the corresponding body point on your own body, face and hand while saying the abbreviated "time saver" code for each body point.
3. Look at each "time saver" abbreviation and touch the corresponding energy center or chakra point on your own body, face and hand while saying the abbreviated "time saver" code for each as well.
4. Perform the Nine Gamut Sequence from start to finish found on Page 4.

You have completed embedding the body points. You may repeat as desired, but normally you need do this but once as the subconscious holds the memory of these points for future access.

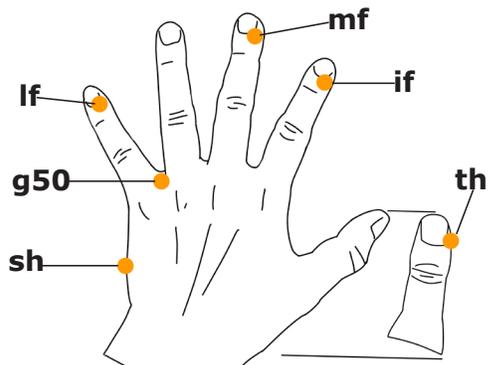
The Standard Chakra Patterns are also included on Page 4 and may be utilized in custom and universal codes

Quantum Techniques Body Points



- 3rd** third eye, between eyebrows
- eb** eyebrow, where it goes into the bridge of the nose
- oe** outside of eye, on the bone between eye & temple
- e** eye, one inch under the eye
- un** under nose, above the center of top lip
- ch** chin, the depression between the bottom lip & chin

- ha** halo, 6" above the head
- cr** crown, top of the head
- fo** forehead, center of the forehead
- tr** throat
- c** collarbone spot, 1" below the notch in the throat & 1" to either side
- thymus** middle of the sternum
- ht** heart, center of breast plate
- liv** liver point, 2" below the nipple on the right or left sides
- a** 4" under the armpit on the rib cage
- so** solar plexus, stomach above the navel
- pel** pelvis, 3" below the navel
- tail** tailbone, at the base of the spine



- th** thumb, on the outside of the thumbnail, opposite 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 hand, midpoint between the wrist & 1st knuckle of the little finger
- g50** gamut spot, on the back of the hand between the knuckles of the little & ring fingers

Nine Gamut Sequence (9G)

We've found this sequence to be universally beneficial, and it frequently appears as part of other sequences. 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 chart. Tap rapidly and 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 (the intent is to 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.
Do not stop tapping
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

We have found two different chakra patterns that appear frequently at the end of our treatments. They are almost always interchangeable. Once you have read through and used these chakra patterns a few times, you may simply say "Standard Chakra Pattern Number 1" or "Standard Chakra Pattern Number 2" at the end of any QT code. You input the chakra pattern by thinking about each chakra location as you tap under the nose 5 times per each location.

The two patterns are:

Chakra Pattern Number 1

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

Chakra Pattern Number 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