Quantum Techniques Teleclinic Transcript

QUANTUM TECHNIQUES 101

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

Disclaimer Explained

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

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

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

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

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Dr. Stephen and Beth Daniel, the founders of Quantum Techniques (QT) step up to their mics to answer the most frequently asked questions they receive from newcomers to QT and how to get started in teaching you to heal yourself and others.

**Transcript:**

**Beth Daniel:** Welcome to Quantum Techniques 101. I am Beth Daniel. I’m here with my husband, Dr. Stephen Daniel and where the founders of Quantum Techniques at quantumtechniques.com, otherwise known as QT. Today we’re going to answer the most frequently asked questions that we receive over and over again from newcomers to Quantum Techniques, and talk with you about how to get started teaching you to heal yourself and others.

**Dr. Stephen Daniel:** One of the first questions we’re going to address is-

1. **What is Quantum Techniques (QT) and how does it work?**

One of the things we hear most frequently from other healers and physicians is that they look at our system and come back and say “Wow, this is the most comprehensive healing system that I’ve ever seen”. QT deals with physical issues such as toxins and pathogens, broken communicational pathway systems in the body, emotional/relationship issues, spiritual issues and consciousness issues. That’s what Quantum Techniques is; it is a self-healing system that we teach people, and we offer multiple entry-levels into the learning process about how to heal themselves with the Divine healing intelligence they were created with. We do this remotely, all over the world with people everyday. I’m here in Maui and I’ve recently worked with clients in Australia, Boston, Austria and Germany. It’s a wonderful way to give to access this information to anybody in the world.

**Beth Daniel:** We work remotely with people all over the world, as Steve just said, over the phone. So, we work with a pager system, and people page us all day long, and we return their calls.

**Dr. Stephen Daniel:** And we record those sessions, and send them to the person, and teach them how to do what we just did with them on the phone.

**Beth Daniel:** Quantum Techniques is a form of energy medicine. We’ve been compared to EFT on steroids. For those who aren’t familiar, EFT is Emotional Freedom Techniques, which was created by Gary Craig. And, we use similar treatment points in the codes that we use in our scans that Gary does.
So, we use the same treatment points, and then we look at many fields, physical, nonphysical, spiritual, mental, emotional. We look at toxins. We look at pathogens. We look at heavy metals that could be in the body. What all of those things have in common is they block the body's healing intelligence from doing it's job. The healing intelligence of the body is created, in our belief system, by the Divine, and it's created to heal itself. If you're not healing yourself, something is blocking it. So our job, in a nutshell, is to come in and find what is blocking your body from healing itself, and at another level, what is blocking you from having an abundantly joyful life. We work with relationship issues; we work with emotional issues; all kinds of issues; any issue under the sun that may be blocking you from having the most joyful life that you can have. Now, our specialty is chronic illness, and the reason I think that's true is that people come to us after they've tried everything. People with chronic illness are very motivated to get better. People that aren't necessarily ill tend to put up with a lot of suffering in their life without asking for help because they think they should be able to manage it. So, what we're saying is we can come in at a prevention level and help them, help people with relationship issues, financial problems or job success. And this is really answers the second question-

(2) What kind of problems is QT especially good for?

Steve, would you like to answer that since you're the original founder of this modality?

**Dr. Stephen Daniel:** Well, I think the truth of it is, we don't know how it works, so we have a theory about that.

**Beth Daniel:** I was waiting for that as an answer.

**Dr. Stephen Daniel:** When I first started working with Beth, we believed that you tapped on every point, and that somehow collapsed a field on the body's meridian points that allowed energy to flow. That was a good theory, and then I found out that if a person didn't tap on the points, but just read it, that worked just as well. We proved this with heart-rate variability testing. Then I found out that if I were across the room and read it out loud, it worked just as well. Then I found out that if I was across the room and read it silently, it worked just as well. Then I found it that if I were across the room and I did it silently and they didn't know they were being treated, it worked just as well. So what we're saying is, when we get back to the spiritual truth and consciousness issues, we're all one. And when I come with a loving intention toward anything, a plant, a person, a dog, and within that intention, I know how to dialog with that energy field and say what's blocking healing, how can I then reveal the missing information of the body, then the Divine is sort of unleashed so to speak, from these blocks and takes
over and brings healing to a new level. So, I think that's the best way to describe what Quantum Techniques is, I think that it's especially good for blocks. If you're blocked in your abundance, physical health, emotional health, relational health, spiritual health, you're ability to just enjoy your life, then you're a perfect candidate for Quantum Techniques.

**Beth Daniel:** I've been doing this ten years. Steve started this in 1998 before I came along. One of the benefits that a lot of our clients have reported over the years is the sense of joy and peace and freedom they have; not just a sense of physical well-being but that everything has changed. Their outlook on life has changed; they now see the world as a beautiful place instead of a dangerous, scary place which should be feared. And so, that intention carries through with the work. So I think even beyond the physical shift, which is what most people come in wanting, is that all important change of how you see the world. As Dr. Bruce Lipton talks about ([brucelipton.com](http://brucelipton.com)), how you choose to see the world codes for whether your cells in are fear - fight or flight - or love, growth and healing. So out of the whole process, if you change your world view, you will change your future, your body and everything.

**Dr. Stephen Daniel:** I would say that probably 95% of my clients come to me with a chronic health issue. They come to me for fibromyalgia, Parkinson's or Crohn's disease, or what ever that is, and with very few exceptions we put them in a rapid healing state. Most of the time there's very significant headway on a major illness in a very rapid period of time. And then they start using us as their family healers. "Oh, I've got a virus, or I've got a bite or I've got a head cold today, or I've got a headache..." They start using it as they use this information, and they are empowered by this self-testing. They may use this with their veterinarian... "Listen, my dog's sick today, I wonder what's there," and we teach them how to do that. Or, their child's sick, or they've got an emotional issue, and Quantum Techniques is many times more effective at healing those than traditional psychotherapy. Beth and I were both psychologists in our life. People that use QT move further towards a sense of joy and gratitude, and they start looking at consciousness issues. We end up with an entry point that is most often chronic disease, but then there's no end point. I can remember at lease three people in the last month who I've asked, "Do you have a primary care physician?" and they said "It's you." I was actually looking for a traditional MD for the answer because there are some things we might want to look at with another set of eyes. But so many people end up saying the skills they learned from QT have pretty much kept them healthy as they haven't had to go to the emergency room, they haven't needed antibiotics because they can find out and effectively treat what ever is going on in a more effective way in terms of their life experience than with using traditional medicine.
**Beth Daniel:** That is a great point, Stephen. It brings us to the third question:

(3) What kind of services/support does QT offer?

This is one of the things that came to mind while Steve was talking; I went out for coffee and there was a young woman sitting with her boyfriend and she said, “are you Beth Daniel?” She said, “you don't know me, but I know you. I have your DVD on self-testing and it's changed my life completely. I want to thank you so much.” One of the levels of support we offer is teaching people self-testing techniques that they can use in their life to find truth; the truth sets them free from physical illness, emotional issues and so on. So we offer a lot of training support with products, digital downloads, DVD's, Mp3, and so on, so people can learn how to do the work on their own from beginning to end. Self-testing is the first thing, but then they can learn how to run really complex scans on themselves from a physical perspective. We include a lot of information about how to deal with nonphysical fields. So one of the services we offer is teaching you, and teaching you to heal yourself. That allows us to be at a different level than other systems. I'm not knocking other systems by any means, but when most people come to you, they want to learn something. If you just get a treatment from someone on the phone and you hang up, you might feel better that day, but how can you keep that going? So, it's one of the things we feel very strongly about - empowering you and teaching you to heal yourself, and then you can help other people. So that's one of the services that we offer.

**Dr. Stephen Daniel:** In November 2012 we started a brand new program called the QT Elite Program. We have people enrolled in this program throughout the world. They listen to recordings of their own personal work and questions they've asked and these audio files are shared with the other people in the group. As someone who was a barber, a woodworker, a welder and a psychologist, I know how skilled you are at something is not about the books you've read, rather it's the personal supervision that you get. So we've opened up this training library system called the QT Elite to add another entry point for learning the levels of teaching that we do.

**Beth Daniel:** The QT Elite Program is available in our shopping cart at QuantumTechniques.com. There are two levels, the first being that you get to hear audios of people's questions about Quantum Techniques throughout the month for the low fee of $100.

**Dr. Stephen Daniel:** I know for December there's eleven training audios available for that $100.

**Beth Daniel:** Right, so you get all kinds of training audios. In Level Two you get you're own
specific questions answered in a 45 minute phone session with one of us, plus access to all the other audios that are available that month for $300. So far many healers are really liking this second level. This service is for healers, lay healers and people that just want to learn QT on their own. The biggest service we provide at Quantum Techniques right now is individual sessions over the phone for who are struggling with an issue. And like Steve said, our specialty is chronic illness. We have a team of practitioners that you can see on our website who have training in chiropractic, hypnotherapy, homeopathy, massage, shiatsu, psychology, naturopathy, herbalists, iridology, etc. So you can choose a practitioner based on who resonates with you and do a session on your issue. That's probably the number one thing we provide, but we're also trying to provide training as well for those who are interested. But for people that are really ill, they just want help; “I don't want to learn about this right now, just help me feel better.” That was me when I was ill and started Quantum Techniques with Steve as a client. So a lot of people just want help through sessions. In the sessions we'll also teach people what we're doing if they're interested. We record the session on audio and email it to you so you can re-listen. We give you a code that you can read everyday to work on and heal the issues that we were working on with you on the phone. In conjunction with that, a lot of healers call us for consultations with their own clients who are stuck. So we end up treating the most difficult clients around the world that are working with other healers as well.

Dr. Stephen Daniel: A fair amount of those are very alternative-minded MD's that say, “maybe you can give me some ideas with this person.” We have the ability to recognize and zero in on frequencies of certain things like DNA damage or viral fields – things that traditional medicine doesn't really have a way to find.

Beth Daniel: Especially brain viruses....

Dr. Stephen Daniel: Right, brain virus or cortical split are examples. There are so many ways in which traditional medicine is limited. We work hand-in-hand with any system that's open to learning more. Any physician, whether natural, MD or acupuncturist, etc., if they're open to learning more, then we want to join them to help heal whatever clients they are working with.

Beth Daniel: Another service we provide is something called the roundtable. We've based this on the Mayo Clinic's model. I went to Mayo Clinic when I was sick and they were very kind. I liked the way they did things, but it didn't help me and that's why I found Quantum Techniques. But I like their system of having a bunch of professionals come together with their expertise and looking at one
individual’s case, so we draw on that model. When clients are stuck and they don’t feel like they’re moving forward, we don’t just cut them loose. We say, well, let’s try a roundtable and then we invite 3 or 4 practitioners from our team, chosen by the client, to come together and look at their case and find what we believe to be the blocks preventing them from healing in this moment. And then, we record that for the client as well.

So, Steve, the fourth question-

(4) How does someone get a session and choose a practitioner if they are interested in doing a session?

Dr. Stephen Daniel: They go to our website, which is https://www.quantumtechniques.com/ and they click under “Practitioner Sessions”, and they fill out a history. Why do we require that? Because completing that history saves the client time and money. We can scan things on that history and really zero in on the issues. If you see a physician today, they’re going to require a history for you before they start because by doing that, they’re able to zero in and see things that you might not think are relevant. For example: somebody who’s close to a cell tower; somebody who may be using Teflon cookware; someone who is using certain laundry products that are frequently toxic; somebody who may have piercings or tattoos in certain areas of their body that they’re not aware of that cause health problems. There is so much information that can be shared very quickly that way. The history form is sent to Cheryl who is our office manager, and she sends it to the practitioner, who will email you and say, “we’re ready to go”.

Beth Daniel: I have to tease you, if they have a piercing or tattoo they’re not aware of, that’s a little scary.

Dr. Stephen Daniel: Well, I’ve had some of those clients, what can I say.

Beth Daniel: (Laughter). In terms of choosing a practitioner, that’s on the history form. I’ve had people ask me, “How does your office manager know who I want to work with?” It’s right on the history form, and you choose the practitioner you want. Also there’s a bio page on our website for every practitioner with their own healing story to help you choose.

Dr. Stephen Daniel: Beth, would you explain why we need a blood sample?

Beth Daniel: Yes, question number five-
(5) Why do I need a blood sample for the session?

This sounds intriguing, I'm sure, to those of you who aren't familiar with Quantum Techniques. This is based on Neurolink, which is neurological integration system (NIS) created by Dr. Allan (K) Phillips in New Zealand who's an osteopath. He has clients give a tiny little blood sample before he runs his scans. I've taken a lot of training from him for probably twelve years now, and we have found this to be helpful. So what we ask is when a new client starts with us and they want a phone session, that they just get a tiny little pink on their dental floss if they have a area that bleeds just a little bit, or just prick their finger lightly and get just a little tiny blood sample. It doesn't need to be anything big, just a tiny little dot on a tissue that they hold somewhere on their body while we do the session. What Dr. Phillips has found, and I would agree from doing this for quite sometime is that that helps the body to reveal pathogen fields like viral infections, fungal infections and micoplasma; also parasites and protozoa. So that blood sample is like a sample of DNA, and then we can test against that to find the pathogens more easily. So, that's why we use that. If you sign up as a client you'll see that in the first letter you get from our office manager, she will let you know about a blood sample. So if you're wondering why that is, now you know.

Dr. Stephen Daniel: I've trained in multiple modalities, and by far the one we have integrated the most in our work is that of Dr. Allan Phillips at Neurolink. I think that he is a brilliant physician that is divinely gifted and has taught me more about the energetic organs and how they work together much more than anything I've ever seen. Visit NeurolinkGlobal.com (Neurolink) if you want more information. They've got a phenomenal healing system.

Beth Daniel: We've taken some of that and integrated it into remote healing work that we do with Quantum Techniques in addition to our regular Quantum Techniques work.

Question number 6 is-

(6) How quickly do I have to incorporate the recommended changes from my session?

Just to back up on that a little bit, when you receive an initial session with one of us or our practitioners, that original session is really about putting the body into a healing state, of course. But on a physical level, removing the blocks to the body's healing intelligence from seeing what's going on is what needs to be healed. Some of those blocks are going to be physical issues like foods that you're ingesting, or MSG or food coloring, or that kind of thing; ingestents we call it. Maybe you've got an old spider bit that needs to be seen, or heavy metals in your system, or some pathogens. You're probably breathing in
some things such as a paint thinner that are reversing your energy field, and we'll talk about reversal a little later. Maybe you just painted your house. Maybe you used Lysol on your floors and that does not agree with you. Laundry soap is a real common culprit - it is something your inhaling or breathing in that's blocking your healing. Personal care products, lotions, nail polishes, shampoo, hair sprays; all of those things can be toxins that block your body's healing. So that first session, we're going to run through real quickly what are the toxins in your life that you need to eliminate; for example, stop using pesticides around your house, and use something natural instead. And we can give you ideas on that. So, that's the first session. So, the question is, "how quickly do I have to implement the recommended changes?"

Dr. Stephen Daniel: I would say yesterday would be fine. Why? Because no one has ever called me in the fourteen years I've been doing this that was not eating something or breathing something everyday. And toxins erase the connection to the body's healing intelligence. There's so many examples I could give, but I'm going to use one from one of Beth's clients.

Beth Daniel: Can I say one other thing about toxins? It cracks me up because you said this to me years ago on the phone and I'm still laughing about it. Toxins make you stupid.

Dr. Stephen Daniel: They do.

Beth Daniel: I know.

Dr. Stephen Daniel: They wipe out your brain.

Beth Daniel: Yes, I was having brain fog, I couldn't think of my name. And, well, toxins make you stupid.

Dr. Stephen Daniel: One of Beth's clients, I think her name was Maryann, had scoliosis and was going to a chiropractor three times a week for thirty years. It turns out she did not have scoliosis; she had bad laundry soap. Now Beth could have done emotional, spiritual and consciousness work...

Beth Daniel: Until the cows come home...

Dr. Stephen Daniel: And changed her diet until the cows come home, but she had to find the entire field. Part of the entire field was her laundry soap. She changed it and within a week the scoliosis pain was gone for the first time in thirty years.
Beth Daniel: No more chiropractor visits.

Dr. Stephen Daniel: No more chiropractor visits. If I remember correctly, she had a son that was ADD or had some kind of cognitive issue, and you got him to go off of, I think, one food...

Beth Daniel: Corn.

Dr. Stephen Daniel: Corn. It was like ‘boom’, someone threw a switch. So, if the body's not healing, there's a reason why. That's why you call us. If we say don't eat these foods, don't use this laundry soap, or wear this perfume, and you do it, then you've basically shot yourself in the foot instead of healing.

Beth Daniel: It's interesting you bring that family up. I haven't talked to them in years, and they were one of my first clients ten years ago. Her son had an anaphylactic reaction to poison ivy. With our work, we were able to pull him out of it in ten minutes. She was amazed and forever grateful, because they were heading to the hospital.

Dr. Stephen Daniel: Sometimes it's not just a toxin field. Recently we've been working with a wonderful acupuncturist here, and we like to work with other healers and learn things. It came up that a client had severe back pain. So I took about six minutes and did the reconnection work that we're doing in our more advanced scans, and the client called me and said, "I've never not had this back pain and it's gone completely." This time it was something other than a laundry soap issue, but that's very, very common in what we do. If the body can see it, and you don't erase it with a toxin, the body can heal it.

Beth Daniel: The thing with toxins is they erase your attempts at healing. And that's why there's so many people out there really struggling and suffering. They've tried so many things and they're like, "why am I not getting better?" This is usually why, at least ninety percent of the time. There's something they're eating, breathing in, or something like that that we consider a toxin for them that is blocking their treatments. Once you identify it, whoa, all of a sudden all the EFT they did works; and all of a sudden they can hold their chiropractic adjustments so they don't have to go three times a week, they go once in a while. So, everything shifts once the toxic load is off the body. So, the reason we put this question in about how quickly do I have to incorporate the recommended changes is because often people will say, "I just thought I had to read the code that you gave me". Our business manager interviews new clients; you know, how are you feeling, etc; we get excellent feedback. But there's
always one here or there that says, “Well, I'm reading the code but, you know, I haven't made the food changes yet, so I can't really say if it's helping me.” Don't even bother reading the code until you're going to make the changes as well. You can, but it's like putting oil on a fire, once you have a toxin again. So, follow all the recommended changes from your practitioner, and you will feel a dramatic difference.

Dr. Stephen Daniel: I would take it one step further. When I talk to someone with chronic illness who is bad on three of four of the major foods, and they're basically not willing to change their foods, I say, you know what, I've done as much as I can do unless you're willing to make those changes. Why don't you spend your money on a different modality, medication, or something else that doesn't require you to make those changes and let your body heal, because I can't help you if you won't do that part of the work.

Beth Daniel: You mean they're looking for a system that doesn't require any self-responsibility?

Dr. Stephen Daniel: Well, that's the American public. I don't know about other counties, but for sure in America, if I cannot take responsibility but still heal, that's what I want first. Well, me to, if I don't have to change, just give me a magic pill and my migraines will go away, and I feel great, and every day just give me a magic pill, I'll pay for that.

Beth Daniel: But would you really want that? Not at this point.

Dr. Stephen Daniel: I don't know, I never tried. If it works, it sounds good in theory.

Beth Daniel: Well, I really feel like there's a pretty big movement for increased responsibility.

Dr. Stephen Daniel: Absolutely. Absolutely.

Beth Daniel: Within alternative healing circles and spiritual circles and consciousness. So, I'm really happy to see that. Okay, number seven, Steve, why don't you answer this one, a question that we often receive-

(7) Is it important to read the codes daily? Under what circumstances do I read the code? For how long do I keep reading it?

Dr. Stephen Daniel: If you're on the phone with one of us, we are actually creating a treatment field with our information. The Divine is absolutely the one doing the healing - and we're doing that through
your voice connection. After that, every time you read the code it's like you have me on the phone and I just retreated you. If you go for acupuncture, or chiropractic, or body work, and you go once every two weeks, great, that's a very important healing modality, once every two weeks. What if you could read a code three times a day and get the full benefits of that? Would that make your healing more powerful? Absolutely.

**Beth Daniel:** More powerful and more rapid.

**Dr. Stephen Daniel:** Right. So, your practitioner will make a suggestion: I've got this code for you, do it this many times a day. It never hurts to do it more. The code is an informational system to trigger a re-healing response. If the body doesn't need it, and you were reading it twenty times a day and it only needs it ten, it'll stop after ten. It'll just ignore it. Okay, typically it's two or three times a day, two or three times at a time, maybe more. When do you read the code? It never hurts to read it. What ever the practitioner suggested, start that way, two or three times a day as an example. If you're having symptoms, read the code. If the code appears not to work and it had been working, that's when you call for a session because something has changed. Now either something else is coming up for healing or you've eaten a toxin, or breathed something, or gotten a spider bit that knocks the treatment off line. Three years ago, probably fifteen percent of the clients I worked with had lost a treatment. Today, with the reconnection scan, maybe there is one every six weeks. So, that's not very common anymore, but it does happen. If all of a sudden something works, you're feeling better, and then it appears to not work, call for help.

How long should you read the code? I usually tell people, especially in the first session, it's going to take you a little time to make the changes in your diet and the changes in your environment, your laundry soap and things like that. You can call me tomorrow if you're in crises. But if not, let's go about ten days. Let this move through and then let's go with the next layer that comes up. So I would call back roughly, and this is a generic thing, every ten to fourteen days. Now, if you're still having great healing, then just keep doing the code until it suddenly appears not to work, then call and find out why that is.

**Beth Daniel:** Well, and the truth is I have a fair amount of clients who have one session and they heal their issue, and they don't have to call back. So, that's true as well. So, it's really individual and we're going to talk about that in the next question a little bit more. Your practitioner will tell you when and how long to read it, but when in doubt, keep reading it for the issue if you have symptoms. If you don't have any symptoms, you don't need to read it anymore.
Dr. Stephen Daniel: We really encourage people calling back for a subsequent session to send a one page email, not a 27 page one because we have lots of emails, to update your practitioner before they call you, which is more cost effective, and they’ll make sure they get everything before they get off that phone call.

Beth Daniel: One of the things I tell my clients in terms of under what circumstances do I read the code; if you're feeling well and then all of a sudden you're not, you have some symptom; you may not even be sure what it's from, let's say you just went out to eat, well, there's a possibility that there was something that you ate or maybe there was a really intense air-freshener in the bathroom or something. But if you're not sure, but you start not feeling well; it is a good time to read your code. Set the intention for whatever has blocked my healing, or contributed to this symptom, or caused me to be reversed, which we'll talk about in a minute; now I'm setting the intention to clear that by reading my code a few times. That helps people, I'd say, at least ninety percent of the time, just to use it in that way to clear something that's coming up, even if you're not sure what it is.

Dr. Stephen Daniel: That is why we push so much our Truth Techniques One Self-Testing DVD that we just re-filmed. It is almost three hours long, and it's our number one seller. I tell people to buy that DVD or the download, and if you can master self-testing, you can reduce the overall cost of your healing by 95 percent.

Beth Daniel: Absolutely.

Dr. Stephen Daniel: What does that mean? What we teach in Truth Techniques One is testing through to see why you're not feeling well; it's something you ate; a virus; a spider bit. Ninety-five percent of the time you find out that, gee, there was some bad mayonnaise on that sandwich; and you can just muscle test “can I add that into my code?” and the body says “yes”; “do we need to call a practitioner for a new treatment?”,”no”. Ninety-five percent of the time by mastering Truth Techniques One you can do that work on your own and save 95 percent of the cost of the treatment. So, that's why we push that so hard to empower you to be free of dependency upon us. If you get stuck with a hard one, give us a call. But just because you don't feel well, you can figure that out on your own, that's why we do this work, to set you free. It's not like some multi-level marketing; "I want you to call me back every week for the rest of your life". No, I want you to call me back if you can't figure it out. But I want you to help yourself and your family and your animals and your friends and everybody else first; and then if you get stuck, give me a call.
Beth Daniel: Right, and this feeds in exactly with our next question-

(8) How do I know when to call back? (If I have a session and I feel better, but that feeling does not last, what should I do?)

Because people always ask that after the first session, and then they never ask it again because they know what they're looking for internally. So, if you're doing great, don't call back. Work with your code, and if your symptoms are gone, you're good to go. If you want to do some consciousness work, or something else, call back. Often what people will do, they call for a significant issue, let's say insomnia, and then that heals. Then they call back and say, "well you know, I've kind of had the right knee pain that wasn't a priority before, but can we work on that now?". Sure, or, "you know I feel like I've got a little bit of a cold and so does the rest of my family, can you help us?". Yes, we can do one code for the whole family. So, people find that their priorities over time, and they call for different reasons. Call back if you're not feeling well. If you're doing fine, you don't need to call back.

Dr. Stephen Daniel: In general, do you go see your doctor when you're feeling great?

Beth Daniel: Right.

Dr. Stephen Daniel: You're not feeling well, so you go see your doctor. Whether that's natural or traditional, it doesn't matter. You go when you're having trouble.

Beth Daniel: I think we're exceptional at helping people with prevention of issues; in other words, "what's the best diet for me?", "what do you think of the supplements I'm taking?", or "I'm training for a marathon", or "I feel like I have an emotional block to" shooting free throws, or kicking footballs, or what ever the case may be. It doesn't have to be, "oh, I have symptoms and I feel terrible". That's usually when people call, like what we said earlier, because that's when they are motivated. But if you're having financial blocks or having a hard time finding the job that speaks to you, or makes your heart sing, you can call for any of those issues as well. One of the things that Steve mentioned, if you have a session and you feel better, but then you start to flip a little bit, that's a good time to call as well. Don't just assume, "oh, that healing system just didn't work for me" or the information was wrong. No, the truth is something in your energetic terrain has changed, if the feeling of wellness doesn't last, that's a good time to call back.

Dr. Stephen Daniel: We believe that the world of the invisible is primary over the world of the visible. So when you have a repetitive pattern of dis-ease; that could be disease in your body, disease in your
relationships, disease in your finances, there's a nonphysical field there that is keeping that in place. So, we've had people that have called up simply because every time they get to a certain income, they loose their job. And you'll do some energetic work and you find out they don't have permission to make more than that amount as a generational pattern. So, this gets back to the breadth of this work because you're dealing with energy systems – informational systems that so many things, I'll ultimately say the endpoint is manifesting as a physical disease process.

Beth Daniel: Right.

Dr. Stephen Daniel: There are so many things you can do before you get there; so many other aspects of things like Beth was saying, living a more joy-filled grateful life everyday. Now they started out because they had scoliosis, but they healed that and they took it a lot further than that. They didn't just stop because they got rid of the scoliosis pain.

Beth Daniel: And some people do, and that's ok too.

Dr. Stephen Daniel: That's true.

Beth Daniel: It really depends on what the individual's goals are. Steve, what does it mean to be reversed? We talk about that a lot-

(9) What does it mean to be “reversed?” What happens if I am reversed? What do I do? Does this block my healing?

Dr. Stephen Daniel: To be reversed means you're meridians are flowing backwards within a certain field. So, if you muscle test the statement, ”I want to be healthy”, that should be strong; ”I want to be sick”, that should be weak. If they're both strong, or they're both weak, or the ”I want to be healthy” is weak, ”I want to be sick” is strong, that means that there is a meridian field going counterclockwise and until you correct that, no healing will occur. QT won't be helpful, EFT won't be helpful. No chiropractor or acupuncturist, no traditional medication or antibiotics, there is nothing that is going to heal a field that's reversed. So reversal is pretty critical and that's the first thing we test for. If you get on the phone with us, the first thing we're going to say is ”say, I want to be healthy, I want to be sick” because it's that primary in everything.

Beth Daniel: If you're reversed, your attempts at healing are blocked. A lot of people get clumsy, or they get brain fog so they know they're reversed. Some people don't feel anything when
they're reversed because they feel like they always do. Well, maybe they're always reversed. If you're chronically reversed, it can become a health problem. If you're reversed once in a while, we all are due to different things in our environment, that's no big deal. If you're chronically reversed, that's a big deal.

**Dr. Stephen Daniel:** But you can also not be chronically reversed, like, let's say, the statement “I want to be healthy, I want to be sick”, but be reversed in a specific field. Let's say that you have kidney disease, for example, and you say “my kidneys, my kidneys I want to be healthy”, you're not reversed, but your kidneys are. And then, we'll typically run a scan and find out why. But you may not be “globally reversed”, but reversed in a specific area that blocks your healing.

**Beth Daniel:** Right, like a specific body part or even a specific area of study, like math or learning a new language.

**Dr. Stephen Daniel:** Right, or even like having a healthy love relationship. You've got great health and you've got great finances, but when you think about finding a love partner, that's reversed because there's a field there, usually a trauma field, you've not resolved. So you have only permission to have success in your finances, in your health and other areas, but not to have a love partner and make that work. So reversal can be global, or very specific and it does block healing.

**Beth Daniel:** If you're chronically reversed, you need to get help with a healing system like Quantum Techniques to find out what's really driving the reversal. If you're reversed and you know how to test so you know you're reversed, and “I want to be healthy” is testing weak, what do you do? The easiest thing to do is hold the fingertips of one hand all together two inches above the navel against the body; over the top of clothing is fine. If you hold that acupressure point, you won't be reversed. Then you can do some testing with your other hand, or have another person test you to see what contributed to the reversal. So if you know how to do self-testing, you can get yourself out of reversal by doing toxin testing and finding out what's going on. If you don't know how to do testing, you can hold that belly point and then read your code, or the universal codes that we'll talk about in a couple of minutes, and that can actually clear the reversal as well. So, does reversal block your healing, yes if it's chronic. And if it's chronic, you know it because you don't feel good.

**Dr. Stephen Daniel:** I want to add one thing to that, and that is the whole issue of addiction. We're really good at collapsing any addictive craving, whether that's pornography, cocaine, gambling, crispy-creams, it doesn't matter, we can collapse it. Why does it come back? Because you've typically ingested or breathed something else that erased the treatment. So addiction, which is a chronic issue, kind of like...
chronic disease, always involves lost treatments. I've had many people, that to get off cigarettes for example, they had to get off wheat, because wheat was triggering their addictive craving for cigarettes. So, again- lost treatments don't serve you well; reversals don't serve you well. So it's important to learn how to find them and clear it for yourself.

**Beth Daniel:** We keep getting ahead of ourselves here-

(10) What happens if I “lose” a treatment? What does that mean? How do I know if a treatment has been lost? Can I get it back?

One thing that you’ll find if you work with a practitioner is we always check to see if you’ve lost a treatment. All that means is that energetically your system is not 100% online with a treatment you've done in the past. So, something has changed, either physically or nonphysically. It's not a major event, all it means is we need to know that it was lost and why. Was there a physical reason it's not showing up in your field? Is it nonphysical? And once it’s lost, you can simply get it back by finding what caused it to be lost and pulling that into a new code or sometimes even into your old code when we do a session with you. I found over the years when people get nervous or anxious when they think that they lost a treatment; like, oh it's lost and can never be found. And that's not the case. It's all energy, so it knows no time and no boundaries. All we need to do is find out why your body is not accessing that information anymore.

**Dr. Stephen Daniel:** Well, and you don’t even have to go back and then re-run all the scans to put it online if you find out why you lost the treatment. So let's say I lost a treatment from bad mustard in my refrigerator, or a spider bite; all I have to do is find out why I lost it. I don't even need to know which treatment that I lose. Find out why I lost it, show the body that, and the body will automatically put it back online. So it's no big deal as long as you know what questions to ask and how to find the answers.

**Beth Daniel:** Right, exactly. And usually if you're feeling better, and all of a sudden your not, you could have lost a treatment and that's a great time to call. It's very quick to get a treatment back on line, as we say.

(11) How do I use the universal self-treatment codes in the free client manual (that's on our website home page)?

**Dr. Stephen Daniel:** Well, first of all, we don't put anything out there, on our website, for free, where you can hurt yourself and that includes all our teleclinics, all our free treatment manuals, all of our
codes. Why? Because if you’re in a relationship with a practitioner, you call them and they can find out why. So the things we put on there are safe. If the body doesn’t want that information, it doesn’t use it. But it will not harm you. It’s not like going to a neighbor’s medicine cabinet and starting to take stuff, or herbs, that you may have a reaction to. Either your body will use that energetic healing information or it will ignore it. Self-testing is so important. If you wake up in the middle of the night with congestion, and you muscle test it’s a virus, or bacteria, or allergy, then there’s universal codes either in our free manuals or in our Truth Techniques One through Four that would show you what code to read. Now, if you’re not sure because you don’t know how to self-test, but you wake up with congestion; so you read the inhalant code, virus code and bacteria code, it’s not going to hurt you. Your body’s going to say, “I don’t need the inhalant code, don’t need the bacteria code, this is a virus”, it’ll take that code and use it. That’s the importance; those universal codes cannot harm you. They will either help you or they will be inert. They will do nothing. The same thing if your child wakes up in the middle of the night with nightmares, you can do the trauma code for them. It’s either going to be helpful, or it’s going to do nothing. You may have an infant with coughing and congestion- if you don’t know how to self-test, absolutely read the inhalant codes, injectent codes, virus codes, bacteria codes; it’s either going to help them or do nothing. So, universal codes will either always help, or they will be ineffective because it’s not what the issue is. So feel free to use every free code on our website. If that heals all your issues, blessings to you. Send us an email to say thanks so we can say thanks back, it’s always nice to hear those stories. Like the person Beth ran into at the coffee shop today.

Beth Daniel: The truth is that you can really use these codes in all kinds of situations in your life. There’s a jet lag code that’s in our free client manual, depending on whether you’re traveling east to west, or west to east. I think there is an anxiety code in our free client manual. So, our client manual is on the home page at QuantumTechniques.com. There are over 20 self-treatment codes in there that you can use to work with all kinds of issues even if you don’t know how to muscle test. We do sell a real inexpensive pack of flash cards in our shopping cart that has the most common self-treatment codes as well that a lot of people like to take in their purse or wallet because they’re small, like a business card size, instead of hauling a manual around. Those have been really helpful as well.

Dr. Stephen Daniel: When I was practicing face-to-face as a psychologist and I saw a lot of children that had ADD kind of issues, we would build codes for them about attention, memory and focusing, and I would just write them on the back of my business card and they would carry them in their wallet. Some would plastic laminate them like they were gold because they would be having trouble getting ready for an exam, they’d pull that out and read it. I had so many kids call me up and say, “what is reading this
EB, SH, G50, SH...doing”. I’d say, “that’s something that helps balance their neurotransmitters and helps their brain work better. And they’d say, “oh, okay, it's great, I'm seeing the difference.” But, it's all about empowering people.

Let me ask Beth this question-

(12) Can I use a particular individualized treatment code for someone else or is it customized just for me? What about the universal codes?

Beth Daniel: If you have an individualized code that a practitioner has given you for your issues, what ever they may be, you can use that for family members. We have found that across the board. Anyone you're related to by blood, or anyone you're living with you may not even be related to, you're in the field with them all the time; we find that you can use the individualized code with the family across the board.

Dr. Stephen Daniel: For example, if you call me with a virus and I treat you, I’m going to say, listen, think about your family every time you read that virus code, because if they don't have it (the virus), it balances their immunity to it, and helps their immune system recognize it and helps prevent them from getting it. So again, if the body doesn't want it (QT code), it ignores it, so there is no harm done.

Beth Daniel: The truth is the code is customized for you, but it can also help somebody else. Now, the universal codes are universal, so they're good for anyone at anytime. You can read those while thinking about somebody else that is fighting a virus, for example. You can read the virus code for them, and it will be helpful. You can read the trauma code for someone, and it will be helpful. So, again, energy knows no boundaries and it’s universal, it’s everywhere. So, you can use these codes, really for anyone that you know. The individualized code may not help as much for someone else, but it will for family, or people that you live with or that you're around a lot. That's what we've found.

Dr. Stephen Daniel: This principle comes out of the work of Gary Craig, the founder of EFT, who talks about Borrowing Benefits. So when we do Thursday Night Healings and someone has migraines, or a seizure disorder, and the practitioner finds a code for them, you can try to use that code if you have a corresponding issue. If it doesn’t help you, it's not going to harm you. If you know how to muscle test, you can find out if it is helpful for you or not. But it will not harm you if your body does not have the ability at that time and place to use that information in a helpful way, it will just pretend it is a teenager and ignore you.
**Beth Daniel:** That's why we do the teleclinics that we do; for example, we have our teleclinic on depression.

People listen to that either for themselves or someone they know who is trying to heal depression. So the codes that are in there for those issues are going to be helpful to at least some degree with depression. That's the intention of the codes.

**Dr. Stephen Daniel:**

(13) How can I learn to heal myself? What is the first product you recommend that I purchase from your store?

**Beth Daniel:** If you want to learn to heal yourself, buy Truth Techniques One. That's the self-testing techniques we've been talking about this evening. There are over 20 techniques there for you to learn, and at least one will resonate with you. If you really feel like you can't get it, you can send it back for a refund. That doesn't happen very often, because most people, as they practice, they will get it. Some get it real quickly, some take a little more time, they need to work on drinking more water so their not dehydrated or some other thing so they can test better. But, that would be the first product that I would recommend from our store. And that's the beginning of how you can learn to heal yourself, because you're learning to test for truth. What is true in my life, in my body, in my relationships. Truth heals. So that's where you want to start. That's the beginning of building self-empowerment and that's the beginning to learning to access your intuition. As you learn to test, you'll know the answers before you even test before too long.

**Dr. Stephen Daniel:** Download our free manuals; our Client Manual, our Parts Manual, Taking EFT and QT to the Next Level. Download those free manuals, and especially if you can muscle test because you've got Truth Techniques One. You can muscle test whether there is something important in this manual for me just by running your hand over the bibliography or table of contents. There's something on page 13, I'm making this up, in the Part's Manual. Then go through and muscle test and see what do you need to do with that. There's all those statements in Taking EFT and QT to the Next Level - you can do the same thing. Those manuals are invaluable. We spent a lot of time and energy getting them out there for you. They're free; take them with our blessings and love.

**Beth Daniel:**

(14) What products do I purchase if I am interested in learning all of QT, training with you, or
integrating QT with other healing modalities that I use?

On our home page, there is an accordion in orange which lists how to become a master practitioner. It lists all the products you need from beginning to end, of course, starting with Truth Techniques One. Then there's a Physical Scan product. There's a product on how to learn to build an individualized healing code. There are our newest products which are Curtain Scan, Reconnection Scan, Cell Surface Receptor Scan (See Evolution Series). If you purchase and master those products, you'll be a master practitioner. The QT Elite Program which was just started, is another venue to learn everything you can. We get a lot of questions about how can I train with you, how can I learn, do you do seminars? Our seminars are the DVDs and digital downloads that are available in our store. And now QT Elite Program offers new audios every month. That is our way of doing seminars and bringing the work to you.

Dr. Stephen Daniel: That is available to anyone in the world who has a computer and a phone. I live in Maui and I'm not that interested in traveling to Chicago or LA or New York every year and doing training. I'd rather stay in Maui and do it remotely.

Beth Daniel: We can't drag him off this island!

Dr. Stephen Daniel: Well not very often or very successfully; this is where I'm supposed to be. So, we want to say again, there are so many entry points and levels. You're in personal crisis, go on our website, look under “Practitioner Sessions”, you can get a session with somebody in 24 hours. Someone is on call in our group at least three hours a day, seven days a week, pretty much. Maybe, one or two days a year no one is on, like Christmas. So there is someone there for you, part of everyday if you want to reach out and touch. There are boatloads of free things on our website. There's over a hundred and twenty hours of free Mp3 downloads.

Beth Daniel: I think it's a lot more than that now.

Dr. Stephen Daniel: We have a huge numbers of DVDs, CDs, Mp3s, digital downloads. We have a QT Elite library we're building for advanced training, so whatever level you are willing to heal at and what level are you ready to study at, we've got that for you.

Beth Daniel: And we do an almost monthly Q&A with Steve and I where we answer questions that you've sent in. You can do that on our home page as well where it says, Ask us a question, where you can send us a question, and we will respond to those on a teleclinic like this one. We do that about once a month. We send out the questions we’re going to ask via email ahead of time so you know if your
question is going to be answered as well. So that's something else that we do to help you.

**Dr. Stephen Daniel:** If you're in crisis, call us for a session. Don't send us an email for the Q&A teleclinic. We've had someone say, well, "my husband is having heart failure, can you help me?" Well, I don't see that question for three weeks. That's not an appropriate use for that situation; that's for conceptual questions. You have a health crisis, call 911, or if you want to call us (from the hospital), get that history to us and page us, someone will get back to you immediately. But don't send a question for a Q&A if you have an immediate crisis, that's inappropriate and we won't be able to service you well.

**Beth Daniel:** Email us through the website, email the practitioner you want to work with directly through the website if you have a burning question or if something is that's urgent. But for general questions, we do offer the Q&A format.

The other thing with subscribing to our elist, which is of course free, is we don't sell your name and information. You will receive monthly emails and we usually give away a free gift like some kind of code for your healing, or some kind of tip from one of the experts on our team about natural health, etc. We'll send you weekly schedules of all our events, so it's really worth while to sign up.

Thank you for tuning in. This has been Quantum Techniques 101. And we're really pleased to have you listening in with us this evening. Check us out at QuantumTechniques dot .com.

**Dr. Stephen Daniel:** Blessings from Maui.

**Beth Daniel:** Aloha.

**Dr. Stephen Daniel:** Aloha.
Supplemental

There are 4 common paths to learning QT, which depend on your interest and intent:

**Learning about Quantum Techniques**
Free Start-Up Kit
Sample Treatments:
- Trauma Code
- Profound Love Code
Getting Started Quick Charts
The QT Demonstration DVD
Interviews with our founders, Dr. Stephen and Beth Daniel:
- News for the Soul
- Unbreak Your Health Radio
- Free Teleclinic Replays

**Teaching you to heal yourself**
Learn to Self-Test
- Truth Techniques Volume I
- Self-Testing Techniques
Use Universal Codes
- QT Client Manual, a Free Download
- Truth Techniques Volumes 2-4
- Quantum Techniques Teleclinics
- Basic Foundations - Learn to Build a Code

**Becoming a Master Practitioner**
When have mastered self-testing and know how to test all 3 levels for toxicities & dietary intolerance, continue your studies with:
- Basic Foundations - Learn to Build a Code
- Physical Scan: Level 2
- Other Teleclinic Topics
- The NonPhysical Field Teleclinics
- Internal Parts Teleclinics
- Chronic Illness Teleclinics
- Evolution Series
- Elite Program
Personal sessions or consults for yourself and your clients, as needed, with our founders, Dr. Stephen and Beth Daniel.

**QT Spiritual Journey**
Guy Finley
- Spirituality & Consciousness Teleclinics
- Recommended Readings