

QUANTUM TECHNIQUES®

“Parts” Theory & Treatment Protocol



Reuniting “Parts” into a
Team for Healing

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Disclaimer

Disclaimer Overview

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.

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 bioenergetic system. QT and its *Quantum Techniques® practitioners* 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 coaching sessions.

Some statements on the Quantum Techniques, LLC / Healing Solutions, LLC web site, manuals and products represent working theory rather than accepted science. *Quantum Techniques*® practitioners practice as bioenergetic consultants, not as licensed medical doctors, psychologists, psychotherapists, chiropractors, lawyers, nutritionists, or naturopaths. Although these techniques are being used by therapists, health professionals and lay people worldwide, the practice of QT and bioenergetic consulting is not currently regulated by any licensing board in the United States. Any spiritual counseling provided by *Quantum Techniques*® practitioner is not part of any recognized religion.

We have not personally experienced any adverse side effects when applying the gentle techniques of QT when the treatment protocols and suggestions were followed. This does not mean, however, that you will not experience or perceive negative side effects. If you use these techniques on yourself or others, you must agree to take full responsibility for your own well-being and you are required to advise others to do the same.

You must understand that while an energy healing approach is a safe self-treatment method, with a substantial body of clinical experience showing no serious side-effects when properly administered, it is possible, with any form of healing, that unresolved memories and related emotions and sensations may be brought into your awareness. It is possible that this emotional material may continue to surface after the coaching session and require further self-treatments or coaching sessions. It is also possible that previously traumatic memories may lose their emotional charge, and this could adversely affect your ability to provide legal testimony that carries the same impact as it might have prior to treatment. In some rare cases, clients with chronic illness have reported some mild healing reaction symptoms as their body releases stored toxins. Typically this is short lived and can be addressed with another coaching session or self-treatment protocol.

Hold Harmless Agreement

You must agree to hold harmless Stephen Daniel and Beth Daniel, the originators of Quantum Techniques, LLC and Healing Solutions, LLC , all *Quantum Techniques*® practitioners, and anyone affiliated with QT from any claims, liability, or loss incurred directly or indirectly by you (or anyone you may teach or seek to help using QT) as a result of the use or application of any techniques or methods learned from a *Quantum Techniques*® practitioner or Quantum Techniques, LLC / Healing Solutions, LLC product.

Dedication

This work is dedicated to the wonderful heroes inside of Beth and Stephen. Without these gifted parts, we would not be alive today. We thank them for helping us survive the trauma of our childhood and adult lives. We thank them for forcing us to deal with the pain and trauma in our lives so we could be fully free to experience the wonderful love and healing we have with each other every minute of every day. We thank them for this gift we can now give to others to allow them the same healing of their past and present, their bodies, souls, emotions, and relationships.

To my heroes within:

Thank you for the life you salvaged for me:

For holding my pain so I could survive the un-survivable;

For wrapping yourself around the pain so I could still find moments of laughter, beauty, joy and love in the world;

For allowing me to keep a part of my mind sane;

For holding my pain so I could still learn to love;

For protecting my heart so that one day we could put the pieces together and tear down the walls around my heart.

Thank you for calling me back to your pain,

So we could begin healing together,

Love together,

Find wholeness, completeness,

Beauty, joy, and love once again.

Thank you for the gift of life,

Without you I wouldn't have made it.

It is now time we work together,

Let us go back and unwrap the pain you hold,

The tears you hold,

The unviewable pictures,

The unhearable words, the unspoken cries.

We can do that now without remembering the words,

Without reliving the cries,

Without being a victim once again.

Join me in this healing journey as none of us have to carry our pain alone.

It is time to put an end to the pain,

Time to put an end to being separate and alone

Time to live life fully,

For the first time ever.

Thank you for all of my life.



"Parts" Theory and Treatment Protocol

Reuniting "Parts" into a Team for Healing

Introduction

Dissociation is a powerful tool that allows those with dissociative potential the ability to survive the unsurvivable. If there is significant trauma before the age of five, in the absence of perceived environmental support, those who are bright enough and creative enough create internal parts or heroes to manage the trauma for them. Once this occurs, it becomes the preferred way of dealing with trauma, neglect, stress, etc. as life progresses. While dissociation is a powerful survival tool, it often gets stuck on auto-pilot, and the person loses conscious awareness of the internal parts. This treatment protocol is a method for reuniting the parts into a team for healing. Unlike hypnosis and EMDR, this requires little to no re-traumatization, remembering and or reliving of the trauma; hence it removes most blocks to healing. Traditional therapies require the person to remember and relive almost all aspects of the original trauma until it no longer carries a charge. This is very traumatic for both the client and therapist. Stephen practiced for years as a clinical psychologist where he had many very dissociative face to face clients. Today, we can do in a few of hours on the phone what would take at least two years of 90 minute sessions, twice a week, using hypnosis and EMDR to accomplish.

So What Are Parts?

Parts are our creations in this physical lifetime, it appears they can even be created in utero. They are ego states that are created by the infant and egoic mind of the self. This means they are caricatures of how the infant views people at different ages and different genders. It is important to note these are parts created by the small child or infant mind. These "parts" have the attributes of older parts as seen and understood by the small child or infant mind. All parts are created to take on some aspect of trauma and separate off from the rest of the personality. Parts then exist to protect us. From their perspective, everything they do is to protect us. A core belief in every part, is that they cause or allow pain and suffering today, to protect us from a greater pain and suffering they believe is inevitable in the future. Parts exist in a time warp. They do not have memories. For parts, everything is a current event. Every part believes "their reality" is the only one that matters in keeping you safe. The problem is: the beliefs that underlie their truth were created under severe trauma conditions in the mind of a small child. For example; all men are bad and dangerous instead of that one man was bad and dangerous.

A core part of healing your parts is to stay connected into today's reality and invite, love, drag, demand, do whatever you have to do, to get your parts to join you in today's reality. We must become conscious of our automatic thinking and behavior to start the process of moving with our parts to live in the present moment. We have to convince all of our selves that it is safe to fully exist in the present. In reality, this is always the only true choice we have.

The Power of Now

I am going to use the great work of Eckhart Tolle, in his book "The Power of Now," in describing parts. Many, many people have commented on what a great book "The Power of Now" is, but they don't know how to "do it". This is largely because people contain many dissociated parts. They are simply not aware of the automatic programs created by the egoic mind that run their life.

A great teacher once said that our bodies (and I would add our unconscious minds) are largely robots programmed by someone else before we reach the age of 5. Parts are ego states, constructed by the egoic mind as a response to early trauma. Parts hold the belief that by separating off, and holding your suffering for you, they protect you and allow you to survive. As Tolle comments, **suffering is always an attempt to**

control the future. Pain is a natural part of life and is unavoidable. Suffering is somewhat optional and always involves creating separation within myself, between myself and others, and between myself and the Divine. In working with parts, our job is to stay firmly rooted in the present, and reach back using energy therapy techniques and help our parts dissolve the frozen trauma fields. At Quantum Techniques, LLC and Healing Solutions, LLC, we have several tools for doing just this.

As long as we stay connected to our senses in the Now, we can help our parts heal. If, however, we get pulled back to their reality and suffering without being conscious of it, then we strengthen their attachment to their suffering, and become largely unconscious in our daily lives. Parts create separation between ego states, the body, and the emotions. They believe this makes it possible to survive the unsurvivable. But this very process makes it very difficult to completely heal a trauma and be fully present in the Now. Tolle talks about a different type of separation and identification. Instead of identification with some aspect of the egoic mind, or the body, he pushes us in the direction of all the spiritual teachers. That is to identify with the Spirit within, the timeless, formless part of us that is always at one with all of creation, others, and the Divine. He suggests we “come to our senses” instead of being lost in our thoughts. A wonderful healer and friend of ours, Joel Friedman M.D., claims it is just a case of mistaken identity. We have mistaken our form identity for our true identity. From this mistake flows all fear and anxiety, because the form identity is subject to death, decay and loss. From this identification with the true self, he suggests that we watch, or be aware of, the egoic mind: the automatic internal dialogue that is always taking us away from the present moment, the spirit, and into the world of suffering and the form identified self. We are all co-creators of this existence in our limited physical bodies. Our true existence did not begin with these physical bodies, neither will it end with our physical death. We are foremost, spiritual beings, taking on a limited physical form, and are all on our journey home. In maturity we need to accept that a certain amount of pain is inevitable. Suffering is mostly about the story I tell myself about the pain.

As Eckhart Tolle so accurately states; the unoccupied body is an open invitation to disease and other lower frequencies such as other’s rage, envy, etc. Health really begins when we fully occupy our body with love and gratitude for what is, at this moment, no matter what.

It becomes our responsibility as conscious beings to become aware of the unconscious automatic thinking, emoting, and behaving patterns of our parts. We must stay in the present as we become consciously aware of these patterns and lovingly deconstruct the trauma field holding our internal parts in a time warp of the past. Parts will recreate the same destructive patterns of the past in our present day relationships. This is because the known, even if it is painful, feels more comfortable than being free and living the unknown aspects of the Now. Remember, in their infantile mind, parts exist to protect you. They believe they can do that by holding, recreating, and causing suffering today to protect you from something, like this past trauma, happening again in the future. You must accept the parts and the thoughts, emotions, physical symptoms, and automatic ways of being that you created in the moments of trauma with your parts. You were not conscious at the time of their creation. You were an infant, a child. You can now intentionally choose to be present in this Now and invite your parts to join you for healing in this Now! This will require you to be loving, and may also require you to be very confrontive, with those parts of you who are shaming or angry or punishing parts.

A useful tool is to step into your Spirit when you are suffering and ask, “What is the part of me that believes this suffering will protect me in the future?” Is this suffering really protecting me? Can I really be sure that this suffering will actually occur in the future (as it did in the past)? I have been wrong as many times as I have been right when I have predicted the future. I can choose to be fully here now, and release this belief and the suffering attached to this belief. In my wholeness and connection to all that is, I can survive and move through any pain this moment presents. Bill Clinton has said, “The greatest wounds in life are always self-inflicted.” It is time to stop hurting and punishing myself. It simply doesn’t work to keep me safe.

We are created to stay connected with all of our self. Then, when we experience painful emotions or trauma, it is only for a few moments, then; it leaves us and doesn't return. By separating off a part with the belief it is protecting us, we lock a part of ourselves into that painful trauma and memory for all time. Our unconscious keeps calling us back to that trauma with symptoms, behaviors, emotions, etc asking for healing.

My purpose as a conscious human, as a healer, is not to take on the wounded and broken parts of others. It is to heal all the separate parts within myself and between myself, others, all creation, and the Divine. My purpose, then, is to simply live this wholeness and oneness in the world with joy and peace each day.

It is helpful to understand that the core directive of internal parts is to keep you safe at ALL costs. It is to keep you safe now and in the future from the trauma you experienced in the past. Keeping safe in order to survive is the proper directive when we are children. However, as adults we need to shift our prime directive to seeking the truth and seeking transformational experiences. Most people with chronic illness are still living out the life command of their unconscious in an attempt to be safe and protected. This is most clearly shown in the case of people with environmental illness. For these people, and many others, there needs to be a deep healing of the unconscious trauma that occurred in their lives before the age of five. Because of the overgeneralization from trauma (all men are seen as bad because one was bad) the beliefs in the unconscious color the perceptions of the individual in the present day. They see everything as a threat. Everything is unsafe, and capable of causing them harm. Examples include the woman who is very overweight to avoid attracting sexual looks and energy, or the person with environmental illness who is so sensitive they cannot leave their house. Both are "safe" in their self made prison.

Conceptual Issues

The word dissociation and "parts" is frightening for many people and brings up images of the movie Sybil. Sybil was portraying some one with a multiple personality disorder. Dissociation runs along a continuum and all of us are somewhere on that continuum. A "multiple" like Sybil is at the extreme end of the continuum, which can heal very quickly using this protocol. Dissociation is not a disease, and it is not progressive. Ninety eight percent of the population can be hypnotized; this is just one aspect of dissociation. If you wake up one day with clothes in your closet you don't recognize and have lost track of days (without substance abuse), you may be a "multiple". Even in the case of a multiple personality disorder, however, this work allows for almost painless and very rapid healing.

Most true multiple personality disorders are in therapy seven years before proper diagnosis. They usually carry several physical and psychological diagnoses. "Multiples" are rarely responsive to treatments that do not utilize internal parts. Once you begin working with internal parts through this protocol, the prognosis is excellent. It provides rapid results and healing to those willing to do their work.

The wounded part's beliefs and emotions may flood the client via body symptoms or emotions with no memory attached to them. When the amnesic barriers leak, they can leak in one or more of the following areas: the actual memory of the trauma, the emotions of the trauma, blocking beliefs, or the body sensations of the abuse. When this happens, often the client is confused and begins a logical search for a "here and now" because that does not exist.

- Dissociation is very common; almost all of us have internal parts.
- Having parts does not mean you are mentally ill or a multiple personality disorder.
- Internal parts are phenomenal resources for survival. Once you know how to work with your parts, they are an enormous aid to healing.
- In abuse situations, we always internalize the abuser.

Getting 100% of the Field and 100% Internal Cooperation

We have treated several thousand people using *Quantum Techniques*®. The majority of clients come to us with “autoimmune disease” and all Western medical treatments and most alternative therapies have failed. To date, all of our clients with chronic illness of any type had a significant degree of dissociation that had to be addressed for him or her to heal. To heal any chronic issue, you must get 100% internal cooperation for healing. We have almost always obtained 100% internal cooperation by using this protocol and being loving and respectful of the client’s internal parts. If you find a situation that is different, call one of the authors for a consultation. You can reach us through our pager numbers on our website at www.quantumtechniques.com. It is rare to need much information about the trauma event for the person to heal when using this protocol in conjunction with energy therapies such as *Quantum Techniques*® (QT), Emotional Freedom Techniques (EFT), or Thought Field Therapy (TFT). If muscle testing shows you do not have 100% of the information needed for healing, ask the following:

1. Is there a blocking trauma? After each additional bit of information, ask if you have 100% of the information for healing. Once you get a yes, stop asking questions. Often the client wants to know more consciously than is healthy for his or her healing at that moment in time. Typically you might need to know: How many traumas? What age was the client? Who was involved? Rarely do you need even this much information. We have rarely, if ever, found a need to know what actually happened.
2. Is there a blocking belief? These are some of the areas in which to look for blocking beliefs:
 - a. I am bad, unlovable. I need to be punished, etc. (beliefs about myself)
 - b. People are untrustworthy, unsafe (beliefs about others).
 - c. The world is dangerous (beliefs about the world).
 - d. God is out to get me. God has abandoned me (beliefs about God).
3. Is there a blocking emotion? If so, test to see what emotion it is. Is it rage, hate, fear, shame, etc.?
4. Is there a blocking vow? These are typically conscious vows the person made to him or herself. These usually start with “I will never...”. An example of a conscious vow blocking someone’s ability to be in an intimate relationship would be “I will never get married again. It is too painful.” An example of an unconscious vow was a client who came for help in breaking a destructive relational pattern. The client was an attorney who came for help with his new wife. He had been married six times before, each following the same pattern. In the beginning of the relationship, he was loving, warm and charming. However, soon after the marriage, he changed into a distant, cold and rejecting husband. In doing parts work, a trauma came up with a vow attached to it. At age two his mother had placed him on the kitchen counter, telling him to fall back into her arms and that she would catch him. He fell back, and she let him fall to the floor, thus, splitting open the back of his head. As he lay dazed and in shock, she stood over him and yelled, “Let that be a lesson. Never trust anyone ever!” It clearly wasn’t safe to “fall in love.” The trauma and its message were dissociated prior to the session. Traditional therapy attempts had not broken the power of the vow. We used this protocol and the QT code to gain 100% of the information and cooperation to heal this trauma and to heal the pattern in the marriage. The client is now years into his first successful love relationship.

Dissociation structures itself in layers much like an offensive football formation. Each line of players represents a line of dissociated parts. The linemen are first, then, a couple of backs. Behind them is the quarterback. The ones in the backfield know about the ones in front of them and know about each other. The ones on the line may not know about those behind them. Initially ask for 100% internal cooperation, meaning cooperation from 100% of the parts you have access to at that time. As more and more parts heal, others will

come forward for healing. The person's unconscious only creates as many parts as it needed to handle the trauma in his or her life. As a therapist, you will most likely need to repeat many of the steps in this protocol as additional parts come forward for healing.

Another helpful metaphor for dissociative internal parts is that of an internal family. For most of us, whatever family member comes over and stands next to us (in our internal world) is the one whose emotions and perceptions we express at that time. If that is an adult part, you have adult coping skills being expressed. It may also be a 3-year-old part with all the emotions and impulse control issues of a wounded 3-year-old. The ages of the family members inside are dependent upon at what age they were arrested in their development. When the intensity of current emotional symptoms does not fit the intensity of a current situation (e.g. others may tell you "you are over reacting" or are "too sensitive"), you have activated younger internal parts that resonate with the current situation. They are calling you back to heal an old trauma. Just as in a family, you can't bring healing to any part of yourself you cannot love, respect, and communicate with.

It is common for internal parts to hold live viruses and bacteria in the body. For some people, when they were sick as a child, they received nurturing or were safe from being attacked. Later in life, whenever danger is perceived, the parts will often attempt to protect the person by releasing a bacteria or a virus and making them sick. When this occurs, you need 100% internal cooperation from the involved parts before giving the treatment. Upon treatment, the parts are able to heal and kill the virus or bacteria immediately.

- **Internal parts work is needed to completely heal most chronic illness.**
- **Parts are structured in layers and often don't know about the other parts "behind" them.**
- **Parts are like an internal family. They have different developmental ages.**
- **You need 100% cooperation to heal.**
- **You need 100% of the informational field to heal.**

Indicators That Parts Work is Needed

Some indicators that this work is needed include: having polarity reversals come up when treating trauma (see **The Role of Polarity Reversal (PR) in Health** on Page 20 for an understanding of reversals), physical or emotional non-healing issues that seem to have no definite origins, frequent unexplained viral or bacterial infections, environmental illness and chemical sensitivities, auto-immune problems, seeming self-sabotage, severe trauma before the age of five, and/or ego dystonic behaviors. Another common indicator that parts work is needed is repeating a pattern of failed relationships, particularly love relationships, with people with the same personality types over and over. This often comes out of early abuse by an opposite-sex perpetrator, where the victim continues to be attracted to others of a similar personality in efforts to unconsciously heal the original perpetrator. For example, this seems to be why many daughters of abusive alcoholics marry or date abusive alcoholics themselves. In addition, most chronic non-healing issues involve a belief at a cellular level that the world is a dangerous place.

An extreme example of this belief in action is anyone who has environmental illness or multiple food or chemical sensitivities. The belief that the world and everything in it is dangerous is why the body is reacting to common foods and other things as though they were life-threatening. We thoroughly believe that trauma preceded this belief. An example would be someone who has a chemical or mold exposure as an adult and becomes very ill. Obviously, not all of us exposed to such things become ill. What is the difference? With the people who become ill, the exposure seems to have activated a pre-existing belief from early childhood that the world is unsafe. Not only does the individual become sensitive to mold, or to the chemicals, but the sensitivities and subsequent reactions generalize to unrelated substances. Environmental illness is progres-

sive, because the true trauma creating this belief is unknown to the conscious mind. The conscious mind identifies more and more things in the environment as dangerous in a forlorn attempt to find safety. The original trauma could even have been a trauma in a previous generation. In homeopathic terms, it would be called a miasm, a generational component that perhaps made the person inherit the food sensitivities. The trauma could have also been in utero, or it could have occurred in his or her lifetime. This deeply held belief that the world is unsafe, must be addressed for those with environmental illness, autoimmune disease and chronic non-healing issues in order for complete healing to occur. **A person must feel safe in his or her body in order to move from a place of fear and protection to one of healing.**

Almost all chronic non-healing illnesses have significant dissociative aspects that are blocking healing. In the same way we split off an ego state or internal hero to contain the emotional trauma, we often contain the trauma and resultant dysfunctional beliefs in a particular body tissue or organ system. Everyone tends to have a preferred organ whereby the unconscious tries to communicate. That organ becomes the most vulnerable organ in the body. It is the first signal that the body is under stress. Western medicine attempts to medicate away the symptom, much like simply unscrewing a flashing instrument light on your car dashboard, thus, hoping that the underlying problem will go away. What is your organ of communication through which your unconscious attempts to communicate? Bowel problems, headaches, sexual dysfunction, sinus problems, breathing problems, skin disorders?

Eventually, this sets up a non-healing issue in the body. Often there are stored viruses, bacteria, spider and insect venoms, toxin residues, etc. locked into that part of the body which also act to prevent healing. **Remember, that often the cause of a problem is not what is keeping it from healing.** For example, an athlete has a non-healing joint from an initial injury. What is often blocking the healing is a hidden virus or bacteria in that joint. At Quantum Techniques, LLC and Healing Solutions, LLC, we have found a way of pulling out the frequencies of virus and bacteria so the body can identify it and heal it. Using *Quantum Techniques*®, we show the body the underlying issues so the body can heal itself.

Divisions within the self are essentially why positive affirmations do not work. By themselves, positive affirmations are simply putting a thin veneer of good thoughts over a core of negative beliefs, unhealed trauma and internal parts. For affirmations to achieve their healing potential, the trauma, negative beliefs and internal parts must be brought to a place of healing so that 100% of the person is saying and holding the positive intention.

Bruce Lipton, Ph.D., cell biologist and former Research Fellow at the Stanford University School of Medicine, has proven that 95% of people are born with good DNA. For this 95%, their illness is a product of their perceptions of the environment. Lipton has shown that your perceptions and beliefs create your reality and are manifested in your physical body. Perceptions are largely formed in utero through the age of five. Thus, your core perceptions of the world are formed through taking in your parents' belief systems and your life events prior to age five. PET scan research has shown that the brain and the limbic system, in particular, develop differently in a child raised in a traumatic environment from a child raised under "normal" conditions. Those raised with trauma create an ingrained neural pathway in the limbic system which results in a state of hyper-arousal, impulsivity, distractibility and often explosive emotions. In the movie "What the Bleep Do We Know?," there is a clear explanation of this, using animation. One of the movie's interviewees correctly states that "how you fire is how your wire." (is your wire correct?) When we relive a traumatic memory in an attempt to find healing, whether consciously or unconsciously, our body responds as if the event is actually recurring. As this pattern continues, the body's resources shift into a fight or flight mode and are not available for healing. You begin to look for confirmation of your beliefs (e.g. that the world is dangerous) in your current environment and come to expect danger, even when it is clearly not there. Every time you turn the corner, you are falling into the same rut. At Quantum Techniques, LLC and Healing Solutions, LLC, we know that these perceptions are based on traumatic unconscious memories that are frozen in time. QT treatments heal this trauma.

- **Environmental illness and other autoimmune diseases involve parts holding the belief, on a cellular level, that the world is a dangerous place.**
- **Parts often attempt to signal their needs through a preferred target organ.**
- **Parts often release the frequencies of virus and bacteria when they feel threatened.**
- **Unhealed parts block affirmations from working.**
- **For 95% of us, our perceptions of the world eventually create our illness or health.**

What Do Symptoms Mean?

There was an original conflict/trauma that started the dissociation as a preferred coping mechanism for dealing with conflict/trauma. The original trauma was perceived by the client as overwhelming and they perceived an absence of environmental support. The conflict was survived by the person by creating internal parts. The core conflict was "resolved" by dissociating parts of the personality that had conflicting information, pain, or trauma. Once this pattern of resolving conflict by dissociation is established, it becomes the preferred operational strategy for handling future conflicts or traumas. Here are some important questions to consider and muscle test for yourself or your client:

1. Has the original conflict been resolved, or has it been recreated today? An example is when a woman had an alcoholic abusive father. Has she recreated the conflict by marrying a similar person, or is she now married to a healthy person?
2. Do your parts know the conflict is resolved and that it is over? For example, do they know you are safe today and not married to your alcoholic father or someone like him?
3. What boundaries, and other healthy ways of getting your needs met, are in place in your current life so you no longer need to live and cope with conflict by dissociation and symptoms?

Overwhelming fear and terror are, literally, life-threatening. We cannot live in an ongoing state of severe terror and panic. Symptoms and dissociation are coping mechanisms. They give us time to resolve the trauma/conflict in our lives and allow us to survive the fear and terror.

Chronic illness is always an attempt at communication. The body or mind will continue to be sick as long as illness is the only way to communicate with the conscious personality. Chronic symptoms, whether physical or emotional in nature, are communicating an interpersonal message to someone in the client's past or present. This is often an intra-personal communication to them as well. Until these issues are uncovered and healed and the underlying needs are met, the body will not heal. The message the symptoms are screaming is one of the following:

1. **A need to set a boundary. A need to say "no" to someone or something, past and/or present.** For example, every time Mary's extremely critical mother-in-law came over to her house to "advise" her on every aspect of her homemaking; Mary became nauseated and threw up. This forced the mother-in-law to leave. Mary cannot "stomach" her mother-in-law's "help". As a dutiful daughter-in-law, within her culture, she cannot say "no", so her body does it for her. As with many symptoms, this became generalized to whenever Mary felt criticized or stressed. After a Mayo Clinic workup found nothing, she came to Quantum Techniques. Upon resolving the original trauma and setting conscious limits on her mother-in-law's "helpful" suggestions, Mary's symptoms went away. In other instances, the symptoms are trying to say "no" or set a boundary with yourself, or a part of yourself. Are your chronic headaches an attempt at telling the workaholic inside of you that it is time to rest? Is illness the only way you can tell yourself

“no” to something you want to do or feel you “have” to do?

2. **A cry for a need to be met.** Andrea developed “Multiple Sclerosis” in her mid 30s. Upon a psychological interview at her neurologist’s request, one of the authors noticed the phenomenal degree of attentiveness from her engineering husband to her every need and whim. The author commented to Andrea that he had never seen an engineer so compassionate and attentive to others. Andrea replied “Oh, it wasn’t that way for years! I had to beg for anything, and it still didn’t matter! I thought I would die for lack of love and affection!” When asked when her husband’s behavior changed, she replied, “When I developed MS.” Andrea truly wanted to get well. She completely released her symptoms as she was able to dialogue with her husband to get her needs met. Her body no longer had to produce symptoms. She continued to dialogue with her husband when she was healthy.
3. **A cry to go back and heal an old trauma in the person’s life.** Often symptoms are actual body memories of a past trauma. Steve had suffered from intense migraines for years. He had a number of significant head and neck injuries that weakened that area of his body. Healing did not occur until all of the internal parts carrying multiple childhood, adulthood and in utero trauma came forward for healing. After many layers of parts were healed, there was a significant change in his migraines. Headaches are the most common symptom and signal that the conscious mind is trying to block emerging memories from coming into the person’s awareness.
4. **A demand that the person addresses and resolves a conscious conflict in their life.** Marylyn’s mother died of breast cancer. Marylyn developed breast cancer at age 41. It became abundantly clear that she was living in a conscious conflict. She had a 19-year-old drug addicted son living in the home. He was stealing from the family and being emotionally and physically abusive to Marylyn and his siblings. Because a good mom would never kick out her son, she refused to tell him to leave. The emotional suffering of being abused by him and watching him hurt others was unbearable. It was “eating her up”. Marylyn’s cancer became terminal and provided the solution to the “unsolvable” dilemma that her conscious mind was unwilling to address.

Being willing to address and resolve a conscious conflict had quite different results for Scott and Amy. They were caretakers for Scott’s elderly and ailing parents in a home owned by both Scott and his parents. Scott developed cancer in his pancreas and colon. Scott immediately began QT treatments and supportive nutritional products. The key to Scott’s recovery was in dealing with an unforgiveness issue with a family member and resolving the conscious conflict in their home. Scott and Amy spent their days taking care of his parents and left no time for themselves. The day after learning of the cancer, Scott and Amy committed that they were willing to put his parents into a care facility, if needed. They made plans for an extended vacation and hired care providers during the day time. Today, Scott has no evidence of cancer and has used no other forms of treatment.

5. **A symbolic representation of an internal part’s belief that is blocking healing.** Some examples of these beliefs would be:
 - a. **Pain** – “I must be punished for being a bad person.”
 - b. **Blindness** – “I must turn a blind eye to mom’s behavior and manipulation.”
 - c. **Hearing loss** – “I can’t stand to hear criticism or someone’s screams.”
 - d. **Vaginal discomfort/infections** – “I am not safe in sexual relationships.”
6. **A Part is punishing the person.** This is most often to keep the person safe from an external abuser. The internal part may also believe the person deserves to be punished.

If I had a sadistic parent who attacked me for taking a cookie from the cookie jar, I will often create an internal part who is created as an internal parent to protect me from the sadistic external parent. Then if I even think about taking a cookie, the internal parent will punish me with pain, fear, etc. This way I stay in control and protect myself from external punishment. If I have internal parts who believe I have hurt someone they love, they may also create pain or anxiety to punish me. I may also have parts using symptoms to punish someone I am with.

7. **Symptoms are calling a person back**, to learn how to feel safe and accepting in feeling and expressing their emotions. Many times it is helpful to look at what “normal” emotions are missing in the client’s life. For example, most of our environmentally ill clients are some of the nicest people in the world. Few, if any, of these clients ever feel or express anger. They never get outwardly angry if their boundaries are violated or their needs are not met by their family members. They are expressing these “normal” emotions with their illness. In almost every case of chronic illness, there is some key “normal” emotion that is not expressed or being felt in the client’s life.

It is important to understand that the same symptom serves different needs for different parts. It may be serving one or all of the above needs. Chronic symptoms are almost always caused and maintained by many issues. You may have to heal many physical and emotional issues before the symptom goes away for good. Migraines may have food toxins, inhalant toxins, blood sugar issues, structural issues, fungal and viral frequencies as well as the nonphysical aspects of trauma. Do not give up because a chronic symptom doesn’t go away even after doing several good healing sessions. This doesn’t mean you are not doing good work, it just means there are many aspects or layers to the issue.

Always look at the metaphorical meaning in the particular symptom or organ affected in the illness. Is there a chronic bladder problem because you are “pissed off” at someone in your life? Are you carrying so much old pain you have a “broken heart?” Is terminal cancer a solution to an unsolvable dilemma in a person’s life? Is your spinal instability (i.e. inability to hold chiropractic adjustments) due to the instability and lack of support you feel in a relationship?

Often the attempt at communication is meant for someone in the past. The internal parts live in a time warp and may not have any current information available to them. **For internal parts there are no memories; everything for them is a current event.** You will find many cases where the symptom is no longer needed once the body realizes the person is safe and not a small helpless child anymore.

An example of a communication to someone in the past is the following:

Alice developed blindness in one eye and many other “MS” symptoms. The neurologist could not make a clear diagnosis. Alice came to QT to seek answers. Her mom had been cruel to Alice as a child and felt ashamed that her daughter had become a psychologist. Alice, being a dutiful daughter, tried to turn a “blind eye” to her mother’s verbal attack at her chosen profession. When Alice came to therapy with QT, she had been blind in one eye for three years. Her mother had died two years previously. When asked what would change if she fully recovered, she replied that she would return to her chosen profession. We used this protocol and an individualized Quantum Techniques® code to treat the blocking beliefs, shame, trauma, and various physical components of her “illness”. We also had Alice complete a grieving ritual releasing her mom. Alice called back three months later, after a single session of QT, reporting that her neurologist had given her a clean bill of health. She no longer needed the symptoms to protect her and send her mother a message.

- **Chronic symptoms are always communicating a message. These messages include:**
 - a. **Expressing a conscious conflict.**

- b. A need to set a boundary.**
- c. A cry for a need to be met.**
- d. A cry to heal an earlier trauma.**
- e. A symbolic representation of a blocking belief.**
- f. An attempt to punish the client or someone else.**
- g. Calling the person back to express normal, healthy emotions.**

Processing Your Unconscious Truth

You do not have the option of **NOT** expressing your truth. You only have the choice of **HOW** that truth is expressed. When you express your truth consciously, with words, this allows you to heal. When you do not express your truth consciously, then the truth is often locked up in your body, frozen in time, and cannot move. This often results in physical symptoms. In chronic illness, your symptoms are typically an attempt to tell someone from your present or past your silent truth.

Energy therapies, like *Quantum Techniques*[®] (QT), can heal all aspects of trauma without having to relive the trauma or have any conscious memory of the trauma. Many times this is all that is needed for complete healing. In other situations, usually involving chronic illness, a silent truth must also be expressed consciously in order for complete healing to occur. After healing the trauma with QT, it is often necessary for the client to take active steps in their life to express and resolve their current life conflicts. They can no longer live by simply dissociating their current conflict(s) away.

An example of the truth that needed to be expressed in a current day situation is: Two teenage daughters lived with their father full time. They were required, by law, to spend a certain amount of time at their mother's house as well. When it was time to go to their mother's place, the older daughter went there willingly and always returned home with a severe headache and in the midst of a panic attack. The younger daughter became physically ill with a sore throat and stomachache prior to going to her mother's house. Usually, she called her mom, reported she was sick, and ended up avoiding the visit altogether. The girls' symptoms, although different, were an attempt to tell their mother an interpersonal truth.

With QT treatments, the symptoms subsided, and the previous trauma was healed. However, every time the day would come to go to their mother's house, the symptoms returned. While the previous trauma had been healed, there had to be a verbal conscious expression of "I am not safe at mom's house" in order to heal completely. After a few months, the girls knew they had to speak their truth to their mother in order to stay healthy. Once they told her their truth, which was that they did not feel emotionally safe with her and that they were absorbing her anger and depression by being around her, the symptoms stopped for both of the girls. The girls and their mother are now working on how to have a healthier relationship with one another.

Speaking and following your truth is not always easy, but it will set you free.

What is the message your symptoms are sending to yourself, God, or someone in the past or present? Again, chronic illness always contains an interpersonal message to someone. In most cases of chronic illness, you must find a way to consciously express and process your truth in order to heal.

In cases where all aspects of the problem do not disappear, some of the client's cells are still existing in a fear/protect state. For these clients, some truth is still being expressed with symptoms. It will probably require the client to consciously recognize and process the truth of their unconscious to heal completely.

An example of the truth that needed to be consciously recognized and processed for complete healing of a chronic issue is: Linda had a history of choosing unsafe men over and over and ended up sabotaging her intimate relationships with men. The unconscious truth was that she had been a victim and had been molested by men at ages 3 and 7. Her unconscious truth and belief was that she was still a "victim" and that "all men are molesters and unsafe." After healing all aspects of the traumas with QT, Linda needed to process her unconscious truth to completely heal; the truth was that she had been a victim in the past, and that the molesters were unsafe. Her new world view included the processing that she had survived the molestation and had grown into a confident powerful woman. She was no longer a victim. Linda was, then, capable of making healthy choices to be in relationship with safe, loving men.

You must acknowledge your truth and, in doing so, change your perception of yourself and the world to heal completely from a chronic illness.

Techniques for Working with Internal Parts

This section contains specific dialogues as well as techniques for mastering parts work.

The Role of Polarity Reversal (PR) in Health

Polarity reversal is a change in body polarity that blocks healthy energy flow and prevents any treatment or natural healing from occurring. For example, in your forearm, one end of the bone has a negative charge, and the other end has a positive charge. If you break your arm, there is normally a positive and a negative charge on each side of the break. Like magnets, the opposites attract, and the body heals the break. When trauma causes both broken ends to have the same polarity, it is called a green stick fracture and will not heal. Doctors, who do not know about our simple techniques for clearing reversals, use batteries to run electrical charges across the break to clear the polarity issues and promote healing.

When you are reversed in an area, nothing works to change it or heal that area no matter how hard you try. We will show you how to test for and correct reversal. While using one of the self-testing methods make the statements "I want to be healthy," then "I want to be sick." You should obtain a strong response, then a weak response, in that order. If not, you are reversed. You must clear your reversal before you can accurately test yourself or someone else with kinesiology.

Most reversals clear by tapping the side of the hand on the karate chop spot five times. If this does not clear the reversal, tap under the nose five times. The only times we have seen that this will not clear a reversal is if you are currently inhaling or touching something that is toxic to you, such as perfume, laundry soap, etc. or if you are in an electromagnetic field that is toxic to you (e.g. under halogen lights or close to a computer). Try taking off the clothing on your upper body or showering to clear an offending inhalant or contactant toxin. Re-test for a reversal prior to putting on any personal care products. **In muscle testing, have the client place the fingertips of one hand on the abdomen, two inches above the navel, during all testing to avoid polarity reversals. You can also place your own fingers on your abdomen as a surrogate for the client if you master a one-handed testing technique.** To date, this has always cleared reversals and kept the person from reversing while testing. If the reversal still does not clear, call one of the authors, and we will help you to discover the problem issue.

The Use of Kinesiology

Kinesiology is a simple muscle testing procedure which links traditional Chinese ideas of energy flow, found in acupuncture, with Western-style muscle testing. When you bring a toxic substance or a toxic statement into the body's energy field, it interrupts the electrical connection to the muscle. The purpose in using kinesiology is to bring about balance and the free flow of energy or Chi within the body. Applied Kinesiology (AK) was first discovered by George Goodheart D.C. and is now taught throughout the world to health care practitioners. Kinesiology, when done properly and without attachment to the results, is comparable to the use of a high quality lie detector in the hands of a skilled examiner. While you cannot predict the future, you can learn to ask almost any question and obtain the truth about the health and needs of the body. These simple techniques allow you to directly access information about the unconscious parts of yourself or a client. By mastering one of these techniques, you can dialogue with your client's field by using the test on yourself as a surrogate. You never need to touch the client.

It is possible to work with internal parts without knowing how to muscle test for the client, but it is much more difficult. Clients with many internal parts have had profound boundary violations in their lives. Using yourself as a surrogate with one of the following self-testing methods is preferred over using standard AK <https://www.quantumtechniques.com>

arm testing by touching the client. Learning a simple self-testing method is the best way to glean 100% of the information and cooperation for healing. Without this, you are relying on your intuition as a therapist and client feedback. Remember, you are dealing with dissociation. By nature, the client has very limited conscious information with which to guide you.

If you cannot master one of the self-testing techniques from this manual, go to our website at www.quantumtechniques.com and order the **Truth Techniques Volume I**. If after viewing the video, you are still unable to master one of the techniques, return it for a refund. In all of these tests, try to isolate one muscle for testing. Stop as soon as you feel tension in a muscle. Try not to mobilize additional muscles to force the same response to "I want to be healthy;" "I want to be sick." **The key is to be able to tell the difference between a strong and weak muscle response.** Almost anyone can effectively master this skill with repeated practice. It is rare that a person cannot master one of these techniques. The vast majority of the time, the difficulty is a toxin blocking their testing. It is usually something they are wearing. The other issues are usually resolved by having the person look away from the testing hand and focus on feeling the first sign of tension (instead of focusing on how far they can move the affected muscle). This helps bypass the overachiever part of their personality.

"O" RING TEST

In all self-testing, begin by correcting any reversals. Tap the side of your hand and then under your nose five times. In this particular test, you form an "O" touching one of your fingers to the end of your thumb. If you have powerful hands, you may have to form an "O" with the little finger and the thumb. Try to consistently maintain the same amount of pressure when forming the O. While saying, "I want to be healthy," place the index finger of your other hand inside the O and try to pull it through the O, breaking the contact between the thumb and finger. It should be too strong for you to break the O. Now, keeping the same degree of pressure, again place the index finger of the other hand inside the O. Try to pull the finger through the O while saying, "I want to be sick." The O should be weak, allowing you to break the contact between the thumb and finger. If you are successful, then you may be able to use this technique. Practice until you can easily discern the difference between a strong and a weak response.

VARIATION ON THE "O" RING TEST

In this variation, the thumb and forefinger of the right hand is placed inside the O made by the thumb and forefinger of the left hand. (Handedness can be reversed if more comfortable). Attempt to spread open the O when saying the statement, "I want to be healthy." The O should remain strong and closed. Then, it should be attempted again with the statement, "I want to be sick." the O should weaken enough to allow the O to be broken.

THE HAND FLIP TECHNIQUE

In this technique, you keep the fingers flat and together while bending at the wrist. Place the forearm and palm flat on a desktop or other flat surface. Say, "I want to be healthy," while bending the hand back at the wrist. See how far you can make the fingers go back. Then say, "I want to be sick," while bending the hand back at the wrist. There should be a noticeable difference between the outcome of the two statements. Once you master this technique, you no longer need a flat surface. You can use it with the arm hanging straight down from the shoulder, with your hand at your side.

THE THUMBS-UP TECHNIQUE

Lock the elbow of either arm and make a fist with the thumb up, much like an artist looking past their thumb at a landscape. Turn the thumb all the way to the left, while saying, "I want to be healthy." Put the thumb back into the "thumbs up" position. Turn the thumb all the way to the left again, while saying, "I want to be sick." There should be a noticeable difference between the outcomes of the two statements.

How to Make Sure You Are Getting Accurate Information

To ensure accurate information, you must be certain the client is not reversed and that there are not any blocks or spiritual deception in your testing. Dark spiritual energy frequently attaches to early trauma that the parts are holding. This can interfere with testing. We believe this is because darkness will do whatever it can to keep a person in bondage. Darkness would have the person believe the lies that love is not available to them and that they were alone in their earlier trauma because God abandoned them. It is necessary to frequently check for spiritual deception in the testing and to use affirmations in healing the internal world. At Quantum Techniques, LLC and Healing Solutions, LLC, this is how we address this issue:

1. Have the client, or you as a surrogate, hold all the fingertips of one hand on the abdomen, two inches above the navel.
2. Say, "I want to be healthy." This should test strong. Say, "I want to be sick." This should test weak. If not, tap on the side of the hand and under the nose five times to clear the reversal and retest.
3. Say, "I am 100% over any blocks to accurate testing." This should test strong. If not, tap the side of the hand five times and retest.
4. Say, "I am 100% free of any deception in my testing." This should be strong. If not, say the following affirmations aloud and retest:

Affirmations:

- * My body is made to self- heal. By changing my belief system, I choose to remove any blocking beliefs and release all of 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, molds, 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.
5. Retest #4 above. If the response is strong, you can now trust your answers. Review this procedure frequently to make sure you continue to get good data.
 6. Gather your information until you get 100% of the information necessary and 100% of the cooperation necessary to heal this issue (by using the following sample "Parts" dialogue). Gather only as much conscious information as needed to build a complete field and give a healing code. Often the unconscious only wants to heal the issue at hand. The unconscious does not want to give additional information to the client regarding the trauma until after it is healed, if at all.

***NOTE:** Many times when your testing shows that you do not have 100% cooperation, and you have gone through the process of doing a couple of trauma sessions for your parts, looking at what symptoms mean, etc., you do not have the cooperation because the parts know that you are missing a physical component of the healing. If neither you nor the client can figure out what the physical piece is, call a Quantum Techniques® practitioner for a consultation.

These issues can be so complex that you may occasionally get stuck and not know where to go (for example, if you can't get a "yes", or strong response to #3 through #6 above). At Quantum Techniques, LLC and Healing Solutions, LLC, we offer support over the phone, both to professionals with their clients and directly to clients themselves. A list of Quantum Techniques® practitioners is also available on line with their direct pager numbers at www.quantumtechniques.com.

Questions to Help You Get Started

Here are questions that you may want to ask to assist you to gather more specific information about these internal parts that will make your work with them more accurate and flow more easily:

1. How many parts are there?
2. Are these parts new?
3. Have you worked with them before?
4. How old are they? This question is important, as it allows you to tailor the solution to the age of the particular part. A three year old part will need a very different intervention from a sixteen year old.
5. Do these parts know who you are today? If not, you can give them pictures of who you are today.
6. Do they know that you are safe?
7. Do they know who you are living with today? If not, you can show loving memories of the person with whom you are currently living.
8. Do they know who you are sleeping with at night?
9. If there something you need to say or do today for your parts? This could include setting a boundary with someone, meeting certain personal needs, showing them pictures, etc.

You may need to do an affirmation to clear any darkness blocking full perceptual accuracy of all your parts as to:

- The true nature of Divine Love
- Who you are today
- Who you are with today

Can All Parts Heal At One Time?

It is possible for all parts, layers and aspects of a problem to heal instantly in a single treatment. This has not been the typical experience in doing parts work. However, as therapists, it is critical that we do not allow our belief systems to block our clients' abilities to heal all aspects of a problem instantly. There will be times when the client states that all of their parts want to heal at once. Always introduce the concept that all parts can heal in one treatment for any client. At the same time, inform them that different people have different paths to healing. Some may take a single treatment, and some may heal in layers over a period of time. The following healing procedure is very similar to Gary Craig's concept, from EFT, of borrowing benefits.

Ask all of the client's internal parts to follow along as the client concentrates on the current issue for healing. Ask that every part focus on his or her own particular issue. It can be a symptom, emotion, specific trauma or blocking belief. Instruct each part to include every aspect of their problem and 100% of all blocks to

healing that problem instantly in one treatment. Then, ask for an internal part to write the treatment down on an internal whiteboard, so that every internal part can see and access what they need for healing. The parts can use this same treatment for healing future issues that arise.

Instruct the client to focus on the issue and have him or her tap or read the QT, EFT or TFT code for trauma. Have him or her repeat the code until all aspects of the problem have resolved and the Subjective Units of Distress Scale (SUDS) level is zero. Once the SUDS is zero, have the client run a short movie of the memory they are trying to heal. At any sign of distress, stop the movie and repeat the healing code until the SUDS is zero. Keep repeating this process until the client can run the movie without any distress whatsoever. While the client is playing his or her movie, each internal part can simultaneously play his or her own movie to heal all aspects of his or her own problem at the same time.

If any issues come up in the future, the parts can go to the instructions and healing code on the internal whiteboard and repeat the procedure for instant and complete healing. Inform the client that this can happen unconsciously without him or her ever having to know the healing is taking place.

“Parts” Dialogue

In introducing the client to the concept of parts, “decriminalize” it. We tell the client that we have many parts, they are our friends and that we wouldn’t be here without them. It is important for the client to understand that parts are natural, common and can be a great asset to healing. Before using any dialogue in this protocol, use muscle testing to test the client’s field to determine if it is in their best interest to continue.

When dealing with a complicated case, frequently check the client’s field with muscle testing to see if parts work is needed. Assuming you start getting some reversals, especially when trying to clear a trauma or an emotional pain, test for usage of the following parts dialogue. Any time you test and obtain repeated reversals on any issue (physical, emotional, trauma, etc.), parts work is indicated. Consider this dialogue:

When we are little, we may have experienced trauma. This does not mean abuse; it simply means trauma. It can be the birth of another sibling, the death of a pet or a transformation in the family. It can be actual neglect or abuse of the child or of another person. When you are bright enough and creative enough, and clearly from my work with you, I have been able to determine that you are, we have internal heroes inside that separate off. They wrap themselves around that pain or trauma. Then they pull an amnesic blanket around themselves so that we can live and thrive and go about our day being largely unaware of the emotional impact of the trauma or of the whole trauma itself. I want to thank your heroes inside. They have done a fantastic job of helping you to survive and to manage your life, your pain and your trauma.

Without these parts, you would not have survived. However, the problem is that as we age, those amnesic blankets begin to leak. The internal parts exist in a time warp. Memories are only memo-

ries to the conscious mind. To the internal parts, they are current events. Furthermore, it takes a lot of energy to maintain those blankets. That is energy that is not available for healing or creativity or other things.

I want to thank those parts inside for the great job they have done. They have already seen how quickly and powerfully we move with QT, EFT or TFT. These are the only known therapies that do not require the parts inside to go back through their painful memories, to be re-traumatized by those events or to share them with you.

In a minute, we are going to go back to the issue on which we just go a reversal and say, “I want to be over this.” I would like for the parts to let go of any old pain or trauma that they are holding for you. I would like for them to tap or read on the inside while you tap or read on the outside. I want to thank them ahead of time for their cooperation. I also want to let them know that I have been doing this work for many years and, to date, I have never lost or manipulated a part.

My job is simply to give you choices and options for healing. A part can stop tapping or reading at any point, if they want to, to remain in control. A part can always choose to remain in the shadows, unseen, for as long as they need to, if it helps them be comfortable and safe. But, as they do tap or read, and as they let go of old pain, trauma,

shame, rage, fear, depression and whatever is tied up there, I want them to breathe in deeply and take in greater and greater strength, creativity, peace and comfort. In no way do we want to lose them. We want to give them a better job.

Once you have 100% of the information and cooperation needed to heal, identify how many parts are involved. Ask the parts to go back inside and look to the right, left, behind, in front, above and below and in the shadows to find any other parts that hold any of this pain and trauma or that resonates with any similar pain. Then, check and see how many additional parts join in. Thank the new parts and then ask them to go back inside and look for more parts. Repeat this process until no new parts are coming out. Give a code to heal this trauma field and the parts involved. Always be respectful and thank the internal heroes for their work and cooperation. Our group at Quantum Techniques, LLC creates a unique code for each client on each issue as needed. You can also use our generic trauma code below or the EFT code.

The Quantum Techniques® trauma code is: eb if lf sh eb e mf sh if oe a c

Ask the client to go back to the previous thought field and say, "I want to be over this." Typically, you are going to find more layers of tapping or reading without polarity reversals. The "parts" have done a lot of good work.

Humanizing the Angry Part

There is a second level. After you have cleared all the trauma and parts you can find, ask, "Is there more?" while muscle testing the client. If the answer is "yes" (strong muscle), then you may have the following dialogue. Always test to see if this dialogue is needed for your client. This particular technique is called "humanizing the part," as it reconnects the parts to the profound love they have for the client.

There is a part inside that has paid the highest price for you. That is the part whose job it is to keep an eye out and to make sure you are not getting caught. I am sure that part has done a great job watching us now and making sure that this was not some manipulation. That part has been the one who has paid the highest price for you, because it is the one that has held the greatest pain, and anger and rage. I know something about that part. It is incredibly lonely, not allowing you to get close to it, to play with it, to love it. You have had a hard time just loving, accepting and honoring the angry part of you, not realizing what a great job that part has done for you (typically, regardless of the gender of the client, this part is a 13-17 year old male). I want to thank that part, especially for the high price it has paid in its loneliness. I would like it to let go of that

loneliness right now. We especially need it to be part of the team. We need its strength and stamina and courage. We will never take away its ability to get appropriately angry when injustice has happened. That is not what we are talking about. But, we know that if we can lift all the old hurt, anger and rage that this part is holding, it can do its job better and it does not have to be lonely anymore. A warrior is always stronger and better at their job once they are healed of their injuries. Once it has surrendered the old anger and rage that it holds, then all the parts inside will be better able to love, honor and play with that part. I am going to ask the part that has done that job so well to work with us right now.

Ask the client to say, "I want to be over any old pain, anger and rage." Invariably, any polarity reversals are

gone and you have more layers to treat.

Healing Parts That Believe the Client Needs to be Punished or Killed

In almost every case with chronic pain and non-healing issues, you have this serious issue to deal with. Test to see if there are one or more parts that believe they need or have to kill the client. Remember, that from some "time warped" perspective, every part does what it does to protect the person. If, in the womb, I felt my mom's desire for me to abort because she didn't want kids, then I will almost always have this issue. **If early trauma was so severe that I believed death was only moments away, I will have this issue. The most common behavioral symptom is unrelenting depression with suicidal ideation, or severe unrelenting pain, most often headaches. If a part's reality is that it is imminent something will occur, even death, then the terror of anticipating the event is worse than when the actual event occurs. "If I know I am going to die any minute, I can at least avoid being helpless and powerless, and I can end the terror by killing myself now."** These parts live in a time warp and may not even realize that by killing the client they would also die! A case example of this concept is:

There was a woman who was raised by her grandparents on a large estate. They often traveled and left her in the care of a housekeeper. The housekeeper often left her alone, and she was repeatedly raped by the gardener. Since this was a regular occurrence, she would become terrified and hide as soon as she heard his truck. Since he always found her, she eventually just went to her bed and waited. In her healing, she had terrible guilt. She felt she deserved the abuse and deserved to die, because when she first heard his truck, she was filled with terror and would go wait in the bed. Once he actually began to molest her, the terror would go away and she would relax. She believed it was because she wanted it. The gardener, like most child molesters, told her he was only doing it because she wanted it and that her grandmother had asked him to do it because she was bad. In this example, once the abuse started the terror was over, and another part came out to take the actual physical experience. This client had severe headaches and had tried to kill herself many times. The headaches and suicidal thoughts stopped as all the layers of her parts were healed.

When you find there is a part, or parts, that believe they must kill or punish the person, use an affirmation to clear any deception caused by darkness such as: "I deeply and profoundly love and accept myself even if I have parts that believe I need to suffer or be punished."

Then use the following dialogue:

I know that if you believe you are going to die at any minute, it is better to take charge and end the terror to feel in control yourself. I know you have held tremendous pain and tried very hard to protect the client from that terror. We need other parts inside to come and stand next to this part, or parts, now and release their memories of strength, beauty and love.

If there is still some problem remaining, and it may be reflected in reversals, despair, suicidal ideation, pain or a Heart Rate Variability scan that is collapsing in for no known reason, say to the client:

I would like to talk to that part that still believes it must punish or kill you. I know something about your origins. I wonder if you can remember back, right before you first came into awareness, that a little person (depending on the sex of the client, a little boy or a little girl) was in pain and terror, and

you loved them so much that you came and took all of that onto yourself. Your only purpose for being was because you loved them and wanted to protect them. I am going to ask you to work out of that love right now. I'm going to ask you to surrender the pain and the trauma that you hold for

this person, and as you surrender that, to also surrender the belief that the only way to protect them is to choose punishment or death. In a minute, we're going to focus back and I'm going to ask this person to think about those feelings. I want to thank you and honor you for the work you've

done in preserving them, but I'm going to ask you to release the trauma and belief on the inside, and again, to tap or read on the inside while we tap or read on the outside.

Then ask, while muscle testing, if that part is willing to give up its belief and the trauma it holds. Sometimes the part needs a code for doing this, sometimes not. It is important to remember the metaphor of the football formation. Parts exist in layers. All or some of the dialogues may need to be repeated as additional parts join the healing team.

Next, ask the part or parts to do one more thing. Ask them to turn quickly and look in their shadow to see if there is another part holding the same belief. Most frequently, this is the case. Repeat the above process with any new parts until no new parts come out to heal. Direct the client into that thought field and tap or read the codes until the field and SUDS level is completely clear.

The Monster Suit Technique

It is important to remember that internal parts are created by the infant and very young child. That is why internally punishing parts are actually caricatures of people that were in the young child's life. They look very different than they really are. This technique is a fun and quick way to break through to these parts. Have the client close their eyes and imagine going inside themselves to look for the angry or punishing part. When they find that part, have them describe what they see. It is usually a frightening image. Ask them for a strong volunteer inside the client, another part who is further along in their healing. Ask this helping part to quickly run around the angry part, and notice the zipper at the back of the neck. Ask them to quickly pull down the zipper and notice the two or three small child parts inside the "monster" or "anger" suit. They are standing on each others' shoulders to support the suit and appear frightening. Invite the young parts to come out, and be held, loved and comforted by the present day conscious self of the client.

The Fractionation Technique

Often there are internal parts in the client who are very isolated and alone. The conscious self and others inside are fearful of getting to close to these parts and being overwhelmed by their painful emotion(s). It is very hard to be close and loving to a part whose reality you cannot accept. There is a simple way to move through this and allow the conscious self to stay rooted in today. Have the adult client dialogue with the scared, hurt, or angry part inside. Make sure the conscious self is willing to feel, for a short period of time, the pain and trauma the internal part has been holding for years. Ask the client how long are they willing to hold that pain? It only needs to be a minute or less, 30 to 60 seconds is enough. Then ask if the conscious client is willing to feel 100% of the emotion, or do we need to filter it and only feel 50%, 25%? By talking through to the wounded part, get an agreement that the wounded part will release the pain for the conscious self to feel for 30 to 60 seconds. Then count the client down from 5 to 1 and tell them you will time the release. Then allow the client to feel the intense emotion of the wounded part for the agreed upon time. Then have the wounded part stop releasing the pain. Have the client dialogue with that part inside and express appreciation for helping them cope and survive their life. Thus begins the process of breaking down the barriers to internal sharing and healing.

Communication with Parts in the Language of Origin

This is something to consider for people who speak or spoke a language other than English, especially when they were young. You may be very fluent in English but there may be younger parts who do not know English and may need a translation into the language of origin. I do not think this is always necessary but if there is a sense of younger parts who are stuck, confused, unresponsive, and afraid, then take the essence of our work and speak to the parts in the original language they understand. Some people go through more than one major shift in language as they grow up so test the time frame for the parts and the language they understand.

For example, if there is an early childhood trauma that is not healing you might speak to the parts in the language of that time, reassuring them that it is 2009 and that they are safe, that they did not do anything wrong, that you love them, that God loves them, that they made it through the trauma and are safe now in 2009, that you love them and welcome them to safety in 2009. Touch your heart gently and lovingly and invite them to come forward to the perspective of 2009. Invite the parts to gather together and hold hands. Say that you are going to count from 1 to 5 and while you do that they can come forward in time, perhaps to 2009 or some other time in life that feels particularly good, but certainly to the perspective of 2009, that is that the trauma is over and that they are safe. When I am doing this on the phone with a client, I count back with the client in the original language. This seems to diminish some of the fear that the younger parts have. I also encourage the client to sing lullabies to the younger parts in the original language and to let their creativity flow in communicating with their younger parts. While this is not necessary much of the time it can be very helpful if younger parts are not responding.

(Contributed by Dr. Robert Austin)

Working with an Internalized "Abuser"

Every client with an abuse history has created an internal part or parts to take the place of the abuser. This is called identification with the abuser. This is an attempt to gain control of the abuse and comes out of the magical thinking of the child. For example, if I was beaten by mom for taking a cookie, it is adaptive to create an internal mom. To protect myself from the external mom, the internal mom will be even more punitive. She will internally attack me if I even think about a cookie, thus taking control internally in an attempt to protect me from external abuse. This is why there is so much self-sabotage in dissociative clients. For example, if I believe that abuse from a male is inevitable, living with that fear while in a relationship is unbearable. If I do something to trigger the abuse, then for a while I can relax, even while being abused. The terror of waiting for the abuse is much harder to bear than the actual abuse itself. These are examples of how parts cause suffering now in a magical belief that it protects you in the future.

Giving Parts a New Job

After the above process is complete, count how many parts have been carrying the belief that they need to punish or kill the client. The number of parts doesn't really have any significance, but you need to ensure that you have 100% of the parts involved. The body only created the number of parts it needed to contain the trauma and pain. Ask how many of these parts want a new job. Typically, 70 to 100 % want a new job. Since they know everything there is to know about causing the current symptom, i.e. headaches, digestive issues, sexual problems, etc., ask if they are willing to make sure the client never has headaches, digestive issues, etc. again. Then, ask how many parts are willing to take this new job and if there are some parts who will stay awake at night to protect the client from the symptom over night. Ask the client what would be a more preferable, benign symptom to serve as a signal from their parts that they need to do some parts work. Perhaps a tingling sensation in the forehead or a finger could be such a signal. Once you have a signal, ask

if there is 100% cooperation with that signal. If the answer is yes, ask the parts to give that signal now, so you know you have good communication. Once this is achieved, always thank the internal parts. Remember, as in all steps with parts, this will likely need to be repeated a few times until all the internal parts are on board with the new healing team.

Breaking Taboos, Healing Myths: How to Move Past the Limits of Societal and Familial Taboos

Frequently you will find blocks to full and immediate healing, because 100% of the client doesn't believe they deserve to heal. Typically, this is because the parts inside believe the client has broken family or societal taboos and have made themselves "bad." Because of our society's condemnation of homosexuality, for example, you almost always will find this issue with homosexuals. It often becomes a major block to healing AIDS, as the parts don't believe they deserve to heal.

For anyone to become truly healthy, he or she will need to grow past who he or she was "supposed" to be. This requires moving through and beyond the taboos and myths of your society and family. Here are some common taboos:

1. You cannot leave the family business.
2. You cannot leave the family religion.
3. You cannot be in an interracial or inter-religion marriage.
4. You must be heterosexual.
5. You must always obey your parents.
6. You cannot achieve success beyond your father or mother.
7. Be good and successful, but do not achieve something so special it will call attention to yourself.
8. Never reveal your mistakes or uniqueness for fear of what the "neighbors" will think.
9. Never tell the family secrets.
10. Never heal if that means you must address the emotions your family denies.
11. Never love a step parent.
12. You must provide your parents with grandchildren.
13. You must give sex to your partner on demand, regardless of the emotional status of your relationship.
14. Never get divorced.
15. Never live together without marriage.
16. Never leave the career your family paid to educate you for.
17. A good person never says "no."
18. A good person always takes care of others first and themselves last, no matter what it costs them.
19. My own truth is not a truth until someone else agrees with it (never leave the herd).

To determine if taboos and myths are blocking the client's healing, test to see if 100% of the client's parts believe they deserve the following: God's full protection and love, abundant health, abundant prosperity, abundant love and joy in relationships and life. Test to see if the client has parts that punish them for breaking one of the above taboos or another taboo in the past or present. Test to see if parts are punishing the client for setting healthy boundaries and saying, "no" (because this is breaking a family taboo). Does the client have 100% cooperation in asking for their needs to be met in healthy ways?

To illustrate this concept, note the following example. One of the authors was raised in a family of religious workaholics. His parents were Depression-era kids. It was never acceptable to ask to rest or to ask for a vacation. His mom would arrange for a yearly break by requiring psychiatric hospitalization for a four to six week "vacation" every year. The only acceptable way to ask for family resources was to be ill or incapacitated. The family model was to use medications to extend one's physical limits instead of listening to the body's need for rest. Therefore, parts would come out to punish the author if it was time for a vacation, because vacationing was breaking a family taboo from childhood. The only time it was emotionally safe as a child was if he was working, studying or ill.

To gather further information for healing this issue, ask the client the following questions while muscle testing:

- Was being ill the only way to ask for affection or attention in your family?
- When did the client feel safe and loved as a child?
- Was being ill the only way to set a boundary and say, "No" to others' needs or demands?
- What was the family model for getting your needs met? The family model for saying, "No"?
- Was there an appropriate way to say "No" to your parents?
- Is there a healthy way to say "No" to your parents or family today?
- If you won a five million dollar lottery today, how would you deal with your family's expectations? This may open up the beliefs that are blocking abundance.

Besides healing the broken taboos, trauma and beliefs with an energetic healing code, the client must come up with a conscious solution to get his or her needs met today and in the future in order for the body to release the symptoms. A 15 year-old client repeatedly told her mother, for months, that she wanted to live with her father and stepmother. Her mother refused to listen and refused to allow the client a voice in her own life. The client developed teeth grinding, sleeping problems, spinal and shoulder pain, anxiety and depression. Her body was screaming to be heard. Ultimately, the client had to confront her mother and refuse to go back to her mother's home after a vacation at her dad's. This conscious solution, as well as Quantum Techniques® codes to release trauma, resulted in the healing of the physical and emotional symptoms. Prior to the client coming up with a conscious solution, treating the trauma and emotions alone resulted in only temporary relief of symptoms. Complete healing did not occur until a conscious solution was found and the resulting actions took place.

Dealing With Entities That Pretend To Be a "Part"

There are often spiritual complications in parts work. Many times we encounter spiritual entities masquerading as internal parts. Most frequently, in the original trauma, there is a dark entity that attaches to the wounded infantile part or parts by promising them they will never have to be alone again. Healing this requires the client to recognize the dark entity and to tell it to leave, thus canceling the original contract of

allowing it inside to avoid being alone. When the client feels stuck, the following is a simple way to check each part to make sure it is truly an internal part of the person or that it is an entity that serves light and love who is working for the client's healing. Whenever a new internal part shows up, have the client say:

“I want you to stay and help me if you are a part of me, but in the name and power of (Christ, God's light and truth, etc.), if you are not of me or do not serve (Christ, God's light and truth, etc.), then leave me and never return.”

If the part disappears, great! The problem is over. If the part stays, have the client say:

“Thank you. I am glad you are a part of me! I really need your help, and I am glad to have you on the team, but we are checking every part inside.”

Have the person check in the shadow of that part to make sure there are not other parts, or entities, hiding there. If you find a part or entity there, repeat the process. Many times we have encountered a spiritual presence that is of light and is an internal resource to help the client heal. Always thank them for their hard work and relate to the client how loved they must be to have a special “angel” sent to help their healing.

This is often difficult work for the client, as they have almost always felt abandoned by God. They believe if God was there, the abuse/trauma would not have occurred. Whenever you encounter negative entities, always ask the client to fill that space with God's healing light, love and truth.

In dealing with darkness it is important to remember that darkness only has power through deception and creating a fear state. It is critical to never create a fear state in yourself or a client in dealing with darkness. This metaphor is helpful in understanding how to approach darkness.

Whenever I find an ant in my office I do not go into a fear or terror state. I thank the ant for showing up and watch it until it reveals the hole in the wall or screen it came through. I then kill the ant and seal the hole, knowing that nothing will ever get through that hole again. Over time I feel safe and confident knowing that the ants will eventually show me all the holes they enter through and I will eventually seal all the open doors. Dealing with darkness is the same thing. Darkness must have an open door to enter and attach. Search for the open door. What is the belief, trauma, emotion that allows darkness to enter? Is it fear, blame, rage, shame? Beliefs are in one of three areas:

- About myself. I am unlovable, bad, deserve punishment, etc
- About others. Others are untrustworthy, unsafe, unloving, punishing, abandoning, etc.
- About God or the universe/world. God or the universe or the world is scary, bad, punishing, unloving, has abandoned me

Help the client identify the open door and clear it with the Quantum Techniques® trauma code and an affirmation. If you need further assistance in healing this issue or creating an affirmation, call a Quantum Techniques® practitioner for help. There are many other techniques and aspects we use in dealing with other spiritual issues. Those will be discussed in depth in a future project.

Steve's Case History

Steve is an example of very complex parts work. At age 50, Steve had suffered from severe almost daily migraines for 30 years. There was a family history of migraines for three generations. His mom suffered from anxiety and depression and was on psychotropic medication all of her adult life. His mom had not wanted kids due to her health and migraines, but she had kids because that was expected in her generation and in her role as a pastor's wife. Steve's "role" as a healer, beginning in utero, was to heal his mother's depression.

In addition, Steve had several severe neck and head injuries during adolescence. His migraines began one year into his first marriage. His first wife was very similar to his mom, presenting with anger, depression and emotional coldness. Typical of most clients who come to QT, Steve had tried all Western medical treatments as well as most alternative health treatments while in the midst of a migraine that lasted seven years. During those seven years, Steve chose to live each day for his kids, giving himself permission to end his life the next day if he could not handle the pain. When he first began QT, he was on 21 medications or nutritional supplements for migraines from a highly-esteemed homeopathic physician. These medications and supplements tested good on an EAV machine. These machines do not pick up the level of testing for toxins done by using the Quantum Techniques® protocol. Nineteen of the 21 were toxins which reversed Steve.

The constant pattern was severe migraines which would wake Steve up between 2 and 4 a.m. Even in childhood, he always awoke at that time. Later, it was learned his parts did not feel safe to sleep if there was an unsafe adult female awake in the house. During his first marriage, if he was away on a business trip, he did not wake up with a migraine. At times, some new therapeutic interventions would bring some level of relief, but within 10 to 14 days, the pattern of severe daily migraines would return. The headaches had become progressively worse over the course of his 27-year marriage.

There were many food toxin issues involved as well. These foods needed to be avoided for a period of time during the healing. The food sensitivities developed out of trauma in the marriage where food was served daily full of resentment and anger. Many of the food sensitivities were generational, but were activated in his life due to the lack of emotional safety and presence of emotional trauma around food in his marriage.

Steve was faced with a conscious conflict. He was in an emotionally barren and abusive marriage, but he had promised himself he would die before putting his kids through the trauma of a divorce. It was not safe emotionally in the marriage. His body woke him with a migraine every morning to be awake and have his defenses in place prior to his wife waking up. Like his mom, his first wife was angry, depressed and emotionally abusive. He lived in internal conflict, because he had "failed" in his job as a healer, as neither his mom nor his wife would allow him to assist their healing.

Steve made a choice to leave the marriage and pursue a marriage with a very loving and emotionally giving lady, who was the opposite of his mom and first wife. There was a "honeymoon period" of two months with no headaches. Then the headaches returned. It was discovered that there were several parts that were punishing him for leaving his first wife. These parts did not believe that he deserved the love and affection in his second marriage. His mom triggered these parts by announcing, "I would rather bury you than see you divorced." Those parts came forward with 100% cooperation for healing.

The pattern of early morning migraines also returned. It was discovered that there were several parts that did not know his second wife was not his mom or his first wife. As these parts came forward, he was asked to share four memories of love and safety from his new marriage. Parts inside were recruited to share these loving memories of his second wife with any newly emerging and struggling parts. Healing codes were given as needed.

Other parts came forward who believed they needed to punish or kill Steve. Their belief was that they were never wanted and needed to die to end mom's depression. Remember, these parts exist in a time warp. As with other aspects, these parts came up in layers. As each layer came up, they were asked to search inside for any other parts holding the same or similar belief. As all parts came forward for healing, they were offered a new job. Because they knew everything there was to know about creating headaches, they took the job of preventing headaches. Some parts elected to stay awake all night, thus protecting Steve from headaches during the night. They developed numbness in an index finger as a signal that there were more parts that needed to work. There were over 1000 parts holding the belief they needed to punish Steve. As all parts were healed, the 30 year pattern of daily migraines stopped! As this healing progressed, many of the food sensitivities also resolved.

It is important to note that this client had done many years of traditional psychotherapy, hypnosis and EMD/R. Many years had also been spent on parts work. Only when the last levels of this work were developed did the headaches completely heal. It took three weeks to discover that 100% of the parts did not know his current wife was not an abuser from his past and to get 100% of the parts to release the belief they needed to punish or kill him. During that time, there were mornings where the headaches were actually more intense as parts came forward for healing. Once the issue seemed largely healed, a severe headache was triggered when his wife wore socks to bed, something his first wife always did. There was no conscious awareness that this was a problem, but, during the night, the parts that had not come up for healing before were activated and came forward for healing.

This is a fairly typical example of a complicated case using the parts protocol for healing. Do not get discouraged and give up just because there may be many layers to each of these core issues. For ongoing physical symptoms, you must also uncover the physical pathways and issues that parts are using to create the symptoms. This is what we teach in the **Quantum Techniques® Physical Scan Level II DVD Set**. These physical issues include toxins, pathogen frequencies, brain-organ communication and more.

Creating Internal Resources for Parts

In creating internal resources, we never ask the client to do something they have not already proven the ability to create. Each internal resource uses its proven skills in dissociation but places them within reach of the conscious mind and all internal parts.

Creating a Safe Place

A useful tool is to create inner resources that any part can access. One of the most useful metaphors is a safe place. Ask the client to imagine the safest place they can; it can be real or imagined. Sometimes it is a beautiful garden. A Jewish man who had survived the German death camps imagined a bunker where he was protected by an entire battalion of Israeli troops. Once you have helped the client create a safe place, leave them with the instruction that any part can go there at any time for rest and healing. For example, sometimes when dealing with difficult traumas, you can ask that an older part take all the young child parts that are uninvolved in the trauma to the safe place. This keeps the young parts safe and away from the trauma while it is being healed. This is helpful when you are healing from past sexual abuse but still want to have sex with your love partner to preserve the relationship.

Creating an Internal Library

An internal library is a place where all previous treatments are stored, especially those for trauma, anger, rage, depression, fear, virus and bacteria. This is also a place to store loving memories and memories showing strength and mastery from the client's life. Any part can go and do the healing work they need to do internally without the host personality being aware of it.

Creating a Bank Vault to Lock-Up Trauma

Sometimes an internal part has trouble with trauma coming up in the middle of the night when no one is around to help them. This may be coupled with a belief that the trauma is too big to handle alone. The following is another significant tool. Have the client look inside until they find a big stainless steel bank vault door. If you make the suggestion, the client will be able to find and create the resource. Once he or she finds it, instruct him or her to see how well it is balanced, that the smallest child part can easily open it with one finger. Have him or her open it, go inside and view all the safety deposit boxes. If any trauma comes up that they feel unable to handle without you, the parts holding the trauma can go and lock the memory up in the bank vault, then set the timer on the door for five minutes after your next contact. Never ask a person to do something he or she has not demonstrated the ability to do. You know that he or she has the ability to lock up the trauma as it is clear he or she has done so for years. I am simply giving the conscious part of him or her a metaphor that allows him or her to access those dissociative resources at will. We never lock up a part, only the trauma and painful symptoms.

Talking Through

Another technique is called talking through. All that this means is that no matter what is going on, you can talk to any part inside. The part may not acknowledge they are present, but they are always listening. This may seem strange at first, but clients readily accept this very useful technique.

Sharing Internal Information

Once in awhile, it is valuable to use specific techniques to help parts share information for healing as well as to “grow up” a young child part to be older so that he or she can handle more mature issues. For example, if a girl was molested only at night by a family member acted normal during the day, dissociation was the only way to cope. The parts that took the abuse at night, probably have no knowledge of the “good person” that the client sees during the day. Their total information about males, for example, would be that all males are bad and hurtful. At the same time, the conscious part of the client that lived out the daily existence may have no memory of the “bad person”. When this woman marries, she may have trouble sleeping at night with her husband or having satisfying sexual experiences. This is because 100% of the internal parts do not know their husband is not one more abusing perpetrator. It is often very beneficial to have an older part, with current memories of the client’s adult behavior, new strengths, ability to set boundaries and loving memories of their spouse, stand next to younger parts and release these new memories and strengths. This transfer of new information allows the younger parts to feel safe releasing the symptom and pain. One of our very creative clients calls this the “Memory Transfer Technique”.

Often the client does not have the painful memories, so they have walled off the “red flags” about abusive males. They are much more likely to repeat relationships with abusers for the following reasons:

1. Parts with the information about the abuse and their “red flags” are walled off.
2. Abuse forms very powerful bonds.
3. Often the unconscious is trying to call the client back to heal the original wound by reconnecting with someone with similar energy as the original abuser.

Growing Parts to an Older Age

A critical issue in our development is that of object constancy. A young child is amazed when you put a toy behind your back and then bring it out into their field of vision. When it is out of their sight, they have no awareness that it still exists. This is important information in dealing with internal parts.

When have two and three year old parts, they do not have object constancy. Even if they know who your partner is, and know they are safe and loving, they believe they must do something to keep them engaged and with you all the time. When your love partner walks out of the room, goes and plays golf, etc, they believe you have been totally abandoned and may often create symptoms to force your partner to stay at hand all the time.

These young parts also do not understand death. Since people magically appear and disappear, they do not understand that an abuser who is dead or in prison cannot just magically appear.

Here is a simple technique to solve this problem. As with all parts techniques, it may need to be repeated as other parts of this developmental age come forward for healing.

Do the following affirmation, “In the love and light of the creator I command any dark energy blocking all of the two and three year old parts from hearing the truth of my love to leave and never return.”

Then say,

“I want to speak to all the wonderful two and 3-year-olds inside. You have been two and three for a long time. There are many things you are too young and too small to do. I imagine all of you want to grow up and have a bigger and stronger

body and be able to do big boy and girl things. I have a way for all of you to grow bigger and stronger and be able to do more things with a new, bigger stronger body.”

I then ask them to go back inside and search for any other young parts that want to grow up but are too shy to come forward (we never force any part who is not ready). I then ask all the two and three year olds inside to come forward, form a circle and hold hands. "Now close your eyes, if you are comfortable, as I count out loud to 5. When I reach 5 open your eyes and look down at your new, stronger, bigger body." I then count slower from 1 to 5. At 5, I have all the parts open their eyes and we have a party to celebrate this new birthday. I test to make sure all the parts were able to accomplish this without difficulty. Often it is helpful for the client to have some type of celebration that a 5, 6, 7, or 8 year old would enjoy over the next couple of weeks.

Test to see if all the parts know that their loved ones are still there even though they cannot see them and that they are safe from the original abuser.

I retest later to see if any additional parts have come forward for healing and repeat the above as needed. This way the internal world can move past this developmental issue and hold the love around them for growth and healing.

You will also find this helpful for many parts who suffered abuse at a certain young age. Given the choice, many parts will choose to grow to an older, more powerful age when they were past the age where the client suffered the trauma.

Clearing Blocks to Current Relationships

A critical treatment issue with anyone with early trauma is that 100% of their parts do not know that their present partner is not their abuser. 100% of their parts also do not know that you, the therapist, is not the abuser. If you test, you will find that a person with unresolved issues with a parent has at least a few parts that do not know that their spouse is not their parent. In second marriages, you often have parts that do not know that the current partner is not the past abusive partner. This leads to many unresolved physical and emotional symptoms as the parts are trying to signal their pain and fear to the client. It is important to test the client with the statement, "100% of my parts know my partner is not...my abuser, my parent, my abusive ex., etc." Then ask a part that has all the positive memories of love and affection with the current partner to stand next to the affected parts and release that information to them. Occasionally, you will need to do a trauma code at the same time. There have been cases where new parts were coming out at night and triggering severe symptoms such as pain, migraines, panic attacks, etc., due to the fact they did not know their sleeping partner was not their abuser. When this occurs, ask the parts holding the good memories of their spouse to make a movie of all of these good memories. Play the movie non-stop while the client is sleeping. This allows any new part coming out to have immediate information about who is in their bed and that they are safe and loved.

After you have used the above dialogue to heal the trauma, ask if there is any other trauma preventing the parts from sharing all their information, positive strengths and abilities. If the answer is "Yes," use the trauma code to resolve the issue until you have 100% cooperation and information to accomplish this goal. Have all the parts stand in a circle, hold hands and release their information and strengths to each other.

The Question of Integration

Any time you are dealing with parts work, the subject of integration always comes up, and most often it comes up prematurely. Never push for integration. Integration, especially early on, terrifies the internal parts with the message that they are not wanted. Only address integration when the client brings up the subject. Some integration happens naturally as all the old traumas are healed, and there is no longer any need for separateness. It is useful to reassure your parts that they can keep all the attributes they like about

themselves and bring them forward as they grow older or chose to integrate. When someone asks about integration, this is a useful response:

“When the healing reaches a level where there is no longer any need for separateness, then integration is an option (if all or some of you desire that option). Once all the internal information and internal resources have been shared, some or all parts may want to join together. This means they never have to experience separateness again.

This is much like baking a cake. In baking, you take the flour, sugar, butter, eggs and milk and mix them together. Once the cake is baked, you can never separate them out again, but you have lost nothing. Every aspect of each part has been blended perfectly so that nothing is lost.”

When, and if, some or all parts desire to integrate, have them form a circle internally and walk toward each other in a group hug, slowly counting them down from 10 to 1. When they reach the center and the number 1, the parts integrate. **Never push parts to integrate unless they want to integrate. Also, what appears to be the final integration is never the final integration.** There will always be parts who watch the process from the shadows and may decide to integrate later. When that occurs, repeat the process. There is some research that suggests people who do integrate are less vulnerable to relapse. Even if a person, over time, has 100% integration, they never lose their ability to dissociate if needed to survive. A powerful affirmation shared by one of our clients is: “I unite myself with all my beloved parts. We are of one mind, one heart, one spirit and one body.”

Case Management Issues

There are several unique case management issues in working with dissociative clients. Sometimes people ask if they should be doing this type of work with their clients. If they have complex cases, they are already working with dissociative clients; the question is whether or not they want to work effectively with them. This protocol is by far the most effective treatment when combined with energy therapies such as QT, EFT and TFT, compared to any other method of healing we have encountered. Dissociative clients have an excellent prognosis and phenomenal internal resources for healing, once you know how to enlist them in the healing process.

Stephen and Beth Daniel, and all of the Quantum Techniques, LLC and Healing Solutions, LLC group practice as a team. Our entire practice is remote, working with clients over the phone. This has several advantages in working with clients with internal parts. The first is: the clients have easy and quick access when needed (when the issues are "hot"), instead of scheduling appointments. Second, it is much easier for clients to trust us, as they have complete control and can hang up at any time. Third, because they do not see us physically, most of their issues of fear around physical closeness and sexuality are not activated by working with us. This avoids the typical sexual transference issues that may often come up. Fourth, we view each client uniquely, as God's child. We want them to work with whoever is best for them at that stage of their journey. Many times a client specifically needs a female therapist or a male therapist to have the fastest most effective treatment. Sometimes they find it helpful to switch from Stephen to Beth, for example or vice versa during part of their healing journey in order to work with different issues related to males or females from their past or present.

If you have not done your own healing, working with clients with internal parts, like any other client, will activate your own issues. If you find yourself emotionally reacting to a client, get supervision and allow your own healing to continue. None of us works well with every client. Give yourself permission to not be the therapist for every client or for every part of a client's journey. If you find yourself dreading a client's session or call, you have a boundary issue you need to address with the client. They could be taking too much time, not paying their bill or be too demanding emotionally. It is very easy to get seduced into the role of savior for these tough clients. If you do, it won't be helpful for you or the client.

There is one last caution about working with individuals with dissociative issues. With true Dissociative Disorders, there are strong boundary issues. If you are considering doing something with a dissociative client that you could not or would not do with every one of your clients, then you are risking the crossing of a line that is going to be harmful to you or to the client. Whether that is giving the client your home phone number, giving the number where you are away on vacation, eliminating your fee, etc., it will become a problem in the therapy for both the client and you, the therapist. Remember the movie "What About Bob?", and don't go there!

Many of you who are reading this are using good and powerful techniques like our trauma code above, EFT or the TFT trauma code. You will attempt and be able to do much of this work on your own. In almost every case, you will hit parts of the journey where your internal parts will want someone else to shepherd you through the rough spots in your healing journey. Feel free to use this material with your own therapist or call one of our *Quantum Techniques*[®] practitioners for a consultation. You can read about each practitioner on our website, www.quantumtechniques.com.

This manual is one of several tools we use in teaching people to heal the non-physical aspects of a problem. Others include these teleclinic series: **The Symptom Intention List teleclinic**, **Taking EFT and QT to the Next Level**, and **Chronic Illness**.

How to Reach Us

Quantum Techniques® practitioners are a group who practice a new and exciting form of bioenergetic healing. You can find out all about us on our website at www.quantumtechniques.com. You can sign up on our website for announcements for new products 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 does not experience significant relief within 24 hours. If an individual does not experience significant relief within that 24-hour period, he or she 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 many layers and aspects to the problem).

Should you wish to make an appointment with a Quantum Techniques® practitioner, contact the *Quantum Techniques*® practitioner of your choice at www.quantumtechniques.com. You can request a free email copy of the current ***Quantum Techniques*® Client Manual**. It has many self treatments and explains all about our fees and billing system.

We Appreciate You!

Thank you for participating in *Quantum Techniques*®. We appreciate your trust in us and our work! One of our primary goals is to provide you with the coaching, tools and confidence for you to heal yourself physically, emotionally and spiritually.

At Quantum Techniques, LLC and Healing Solutions, LLC, we are continuously developing new products and methods. Many of these new techniques are borne of experiences we share with our valued and diverse client base. We truly treasure these relationships!

For the very latest developments, we encourage you to take part in our weekly teleclinics. The easiest access to the current schedule for these events is through our web site at www.quantumtechniques.com. Here you can also review our latest products and information, join our Affiliate Program or simply ask us a question or provide a comment. Thank you and blessings!