With Jenny McFadden

The Quantum Freedom Formula

Intuition and Healing Evolution

Foundation Practitioner Training 2026

Workshop 1

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The Quantum Freedom Formula

10-Step Outline

Step 1: Pre-Session Snapshot

Gather a few clear statements of where they're at right now - the presenting issue, feelings and thoughts. Rate the charge on each (e.g. out of 10 or 100). These get rechecked at the end, so they need to be clean and specific, not story.

Step 2: Connect In

Connect with Guidance. Check 100%. Drink water, use breathing.

Step 3: Map the Frequency Levels

How many frequency levels are involved? Which ones?

Step 4: Pinpoint the Pattern

Discover the unconscious memory within each. Ask questions to open the energy.

Step 5: Connect the Dots

Notice how each pattern relates to the current issue - what reflection do you notice?

Step 6: Ask for transformation

Ask the Guide to transform the energy of the patterns into something beneficial. Then let go.

Step 7: Heart Activation

Activate the heart field. Be the observer of the transformation. Let energy run until yawn, cry, sigh.

Step 8: Reprogram your field

Use your new frequency to reprogram your field – using visualisation “as if” you “are” and “have now”.

Step 9: Experience the Magic

Go back to the original Step 1 emotions and statements and re-rate the charge. This is where the shift becomes measurable, visible, felt. Magic happens.

Step 10: One Practical Next Step

Client asks their Guidance for their next practical step forward – easy, doable and measurable.

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The Frequency Levels

Like radio stations – broadcasting on a frequency band.

1. **Physical**: dense vibration, physical symptoms possible.
2. **Energetic**: etheric layer around the body, felt sense.
3. **Emotional**: patterns with significant emotional charge.
4. **Family**: your experience or belief/story passed on to you.
5. **Spiritual**: pattern with a spiritual significance.
6. **Genetic/epigenetic**: DNA/gene-altering experience.
7. **Soul Awareness**: pattern that links with your soul purpose.
8. **Fractal**: the same pattern repeating across dimensions.
9. **Parallel world**: experience occurring in a parallel world.
10. **Stem Cell**: _____
11. **Soul Separation**: _____

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QFF Practitioner Training

Step 1: Asking Quality Questions

The beginning of the QFF session is very important for **gathering a clear and specific picture of what the person is feeling and thinking, that's underneath the "story"** of what's going on.

The purpose of doing this is so they can **come back and review these highly charged feelings and thoughts** – and re-rate them at the end - the **magic moment** of proof of change – and freedom!

As you gather this information you are:

- Creating awareness of the specific thoughts (most of us are only aware of our feelings),
- Helping the person identify and name exactly what they are feeling,
- Focusing attention on the **internal** process (and away from external blame on people, circumstances, events etc).

The questions you ask are very important to help elicit the important "before" picture:

- Choose a specific scenario or situation,
- As they tell the story listen "below" it for how they're feeling and what they're telling themselves in that situation,
- Find the emotion(s) then ask what the thoughts are that relate to each,
- Ask specific questions (see below),
- Ensure to write down the thoughts in their words.

Basically you are focused on digging deeper to get clear answers to 3 things:

- What have you been doing
- How have you been feeling
- What have you been thinking

The truth of the matter: *What **we** do and think determines how we feel - not what others do, and not what the world does or did, or what we did in the past.*

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Quality Questions

In your conversation at the start of the session when you determine the focus of the person, listen carefully so you can go as quickly as possible to the questions.

*** No need to reveal the whole situation, just some of the details to begin. The whole story isn't required, can drop the client's energy and time is important.

When they are describing the "issue", focus in on the specific situation of concern and ask:

1. "**When** this occurs, how are you **feeling**?"
   Write down the ones they can identify until you have the strongest ones (2-4 usually)

2. Ask the client, **for each of the feelings** written down:
   "**When** you are feeling this, **what** are you **telling yourself**?"

Eg: "so when you're thinking about (leaving your job) and feeling anxious, what are you telling yourself?"

Often it will start with:
I can't...,
I'm worried that...,
What if it's not...,
What if I'm not...
I think people will think...,
I'm not....

- **Write down as many thoughts about each feeling as the client can identify,** in **their** words, in full.
- **Rate each** feeling and each thought.
- "How much charge does this feeling/thought have? Out of 10?
- You are looking for a couple of the thoughts to be at least 8 or 9.

TIP:
Sometimes people will tell you all *the good things* about "why it's ok" to justify feelings or actions. Or they will say – "on the one hand this thing is great"- because they're wanting to be positive, but shy away from addressing the negative side (which is what you need for Step 1)

In that instance, recognise the two sides – "Yes, there's definitely a positive side, now tell me about the other side – what's the other part of you feeling/thinking?

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