QFF Practitioner Workshop 2 Transcript

Jenny McFadden: Okay, so we thought we'll just start, because Laura was just telling me about… she was using it with a client. Do you mind repeating?

LAURA: Okay, I'll repeat. I know Deb heard some of it, but I'll just say it again. So, Friday, I had a body coding client, and…

LAURA: there's 3 levels of codes that I use, and I never quite know. I actually have to ask my higher power which one I'm using, and so we started with Believe Code, which is very similar to what we use with the Freedom Formula.

LAURA: But usually when we identify the limiting beliefs, then it will take me to imbalances, but for whatever reason, this person didn't… wasn't having imbalances, per se.

LAURA: And so then I just asked my higher power whether or not to bring in the quantum freedom formula, and it said yes. And so we went through it, and I was telling the client that maybe this is bigger than you, maybe this is, like.

LAURA: another frequency.

LAURA: Which she wasn't sure what that meant, and so we just went through the whole process, and it was just so healing, and it just dovetailed so beautifully into what I was doing, and it was exactly what she needed.

LAURA: And it was just a nice way for me to practice, like, not…

LAURA: it wasn't, like, forced practice. It was… it was, like, me asking my higher power, and her asking her higher power, and… and I also found that with her connecting with her higher power.

LAURA: that…

LAURA: the downloads were… came a lot easier to her, so… yeah, it was like a big win for both of us, and she left very happy, and…

LAURA: And I have found that working with the quantum freedom formula.

LAURA: In conjunction with body coding, that…

LAURA: If people keep having the same things coming up again and again and again, and… like…

LAURA: like, we can't get to the root cause, that usually the quantum freedom formula will help us get to that root cause, because it's usually tied to one of the energy levels that's a little more remote, like spiritual, or genetic, or…

LAURA: One of those ones that's more like, 4 through… 10 or 11, so… Less…

LAURA: Less related to what's in your body, and more related to, like, More external things, so…

Jenny McFadden: And thinks she… thinks…

LAURA: Yeah.

Jenny McFadden: That are really unconscious to you.

LAURA: Yes, absolutely.

Jenny McFadden: Like, that's the thing, it's like, often we're working, you know, sometimes it's things we kind of remember.

Jenny McFadden: But it's… and that's really useful, but it's the ones we don't remember as well, or don't realize are connected to it, that we remember, that don't… we don't realize are actually…

Jenny McFadden: Connected to the things we're working on.

LAURA: Well, and I do… I mean, I found that myself, but she even found it, like, these ahas, like, oh, that makes so much sense. Like.

LAURA: Like we've talked.

Jenny McFadden: Yeah, the shake of connected dots.

LAURA: Connecting the dots, yes, connecting the dots.

Jenny McFadden: That's what we're talking about today. That's really, really good. Yeah, that's great. And I like what you see said, that she didn't understand the levels.

Jenny McFadden: So what did you do then? Because we're sort of doing Q&A here a bit, so like that, this helps us with

Jenny McFadden: When the client doesn't understand the levels, How did you handle.

LAURA: well… Well, I just said, Because you go through the…

LAURA: the process of, like, what do you want to work on? And usually it's something that's not going well. And then when you talk about, like, what that stirs up for you, and then

ranking those emotions that… not that there's negative or positive emotions, but I think most people, like.

LAURA: put a negative connotation on ones that don't feel so good. And so that when you're ranking them, and they rank kind of high.

LAURA: And then you're taking them right to making the spiritual connection, and then, you know, ask your higher power which energy levels that you should work on, and she's like, well, I don't know these energy levels. And I said, well, there's 11, so just ask your higher power which ones we need to look at.

LAURA: asked for the numbers, and she got the numbers just right off the bat, and there were 3 of them. I think they were, like, 5, 8, and 11.

LAURA: And then I told her what they were, and then we went to the higher power and said, what do I need to know about level 5 related to the family? And then just whatever came up for her came up for her. Yep.

LAURA: And then we did the healing piece of it, and then we re-ranked, like, how she felt triggered by those emotions, and almost all of them were a zero.

LAURA: And then I had her visualize exactly what she wanted.

LAURA: And it was interesting, because she was so close.

LAURA: Like, she really is so close. There's just this, like, little bridge between

LAURA: Where she was and where she wants to be, and for her to, like, visualize it was just so…

LAURA: like, I could feel the joy of.

Jenny McFadden: Yeah, so exciting.

LAURA: so close to that, yeah. So it was just, honestly, it was magical.

Jenny McFadden: That's great.

LAURA: What a great experience.

Jenny McFadden: for her, and.

LAURA: Yeah.

LAURA: Yeah, that's awesome. Yeah, yay for you for teaching us this.

Jenny McFadden: Wow, you know, yay for you for going out and having a go. Like, and just integrating it, you know, just trusting yourself.

LAURA: Yeah.

Jenny McFadden: doing it, you know? So thank you, thanks for sharing that. It's really, it's really good. And it lines up with my experience, too.

Jenny McFadden: It's kind of like, it never gets old. You go, wow, that was good.

LAURA: That was fun.

Jenny McFadden: You know, I'm like, wow.

LAURA: Well, the curiosity piece, too, both from my perspective and then the client, just… just be open to whatever comes up.

Jenny McFadden: Yep.

LAURA: And that's a different shift.

LAURA: in some of the other work I do, because some of the other work I do, I feel like

LAURA: you know, the person is trained to go inside and, like, dig up stuff, whereas this feels more like it's, like, just coming to them. You know, it's not forced. It's, like, really…

Jenny McFadden: Oops.

Jenny McFadden: I think we lost Laura for a second.

Jenny McFadden: Hmm… more than a second?

Jenny McFadden: Okay?

Jenny McFadden: We might have to… can you… so… Dude! Sorcha.

Jenny McFadden: How you going?

debby: Oh, I'm good. I can't believe 2 weeks has already passed. It's been…

debby: For long? Like, a flash. Yep. Lots going on in my world. I actually, I… my… I wanted to try it on my kids.

debby: And, my son's had exams, so it's been a bit of a tricky thing to try and get him pinned down. And my daughter is, yeah, I…

debby: We're apparently… we were supposed to do this last Friday night, because that's when she could fit me into her schedule.

Jenny McFadden: Alright.

debby: teenager, that didn't happen, and so she's promised me that it would happen tonight, and I really want to use practice on my children first, because

debby: I'm not as… I'm not as confident as everybody else, because you guys are all doing energy work on other people all the time. How it happens to me is just… normally it just happens when somebody comes to me at work with an issue, and then I find myself being in that situation, but

debby: Nothing's come up these last two weeks, and I haven't really been as,

Jenny McFadden: That's alright.

debby: Yeah, so I'm