Quantum Freedom Formula - Client session notes.

Name **Date** **In person / online**

Pre-session snapshot: 3-4 clear statements. Where they are right now, presenting issue, thoughts and emotions? Current charge 0-10 / 0-100. Aim for high charge. Re-check charge at end of session.

Connect with Guidance, check 100% online - drink water, use breathing - Who / what is their guidance today?

Map Frequency levels - How many, which levels (1-11)? Check order of priority?

Pinpoint the pattern - Discover unconscious memory in each. What age? What is this about? Ask guidance to assist; bring insight/awareness.

Level **Priority 1,2,3 etc.** **Age** **Emotion** **Experience** / **memory** / **insight**.

1 - Physical

2 - Etheric (Energetic)

3 - Emotional

4 - Family

5 - Spiritual

6 - DNA / Epigenetic

7 - Soul Awareness

8 - Fractal

9 - Parallel World

10 - Stem Cell

11 - Soul Separation

Connect the dots - Reflect back to client and unpack how it relates to the current issue.

Ask for transformation - Ask guide to transform the energy and patterns to something beneficial. Then let it go.

Heart Activation - Client activates their heart field; becomes the observer of the transformation. Let energy run until the client shifts by yawning, crying, or sighing.

Reprogram your field - Use the new frequency to reprogram your field; visualise as if you are; have it already now.

Experience the magic - Go back to **Step One:** check emotion, initial statement charge and re-rate.

One practical next step - Client asks their Guidance for one practical next step forward - easy, measurable, doable.