The Quantum Freedom Formula

Steps 1–10 — Practitioner Script & Notes

Step 1 - Pre-Session Snapshot

Find out what the person wants to focus on. Is the starting point something physical or something else.

Physical issue (e.g. pain, digestive issue, headaches)

Suggestion: muscle test using the kinesiology five element emotion chart. Find the most highly charged emotion associated with the physical issue. You can also ask/test to see whether the emotion relates to themselves, to someone else in particular, or to an area of their life.

What you say to the client:

> *What does this emotion mean to you? In your own words, what's the meaning of "x".*
>
> *Does this remind you of anything that's been going on for you?*

Use your own intuition to sense whether you're in the right area. You may dig a little deeper in your quest to establish what emotions and thoughts are underlying the physical issue. A clue: when you sense the person has a strong emotion about the topic, you'll get an intuitive nudge.

Once you sense you're in the right place:

> *So tell me, how are you feeling about what's going on?*
>
> *What emotions come up?*

Life issue (e.g. decision, resistance, procrastination, anxiety, self sabotage.)

Ask questions to get clear on exactly what they're struggling with. Be curious. You're looking for where the 'stuckness' happens.

What you say to the client:

> *So when you think about this whole situation, where do you find yourself getting stuck?*
>
> *Where do you suddenly pull back and find yourself resisting or procrastinating?*
>
> *You've obviously been dealing with this for a while, where does your body shut down or say no, I can't do it?*
>
> *And when you think about doing the thing you really want to do, what do you feel inside? (e.g. lack of confidence, fear, anxiety, anger, frustration, hopelessness)*

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Discovering the specific feelings and thoughts:

Refer to the other resource page for the specific questions to discover the thoughts associated with each emotion.

Quick summary: Write down two to four emotions.

> *And so when this happens (or in this situation) when you're feeling [X], what are you telling yourself?*

Write down a client's thoughts exactly as they say them.

The first thought is often surface-level. Don't accept just the first one.

> *And when you're feeling [X],* ***what else*** *are you telling yourself?*

Or, you might sometimes need to suggest a thought they might be having:

> *So when you're feeling x, are you thinking something like [xxx]?*
>
> *How would you say it?*

If they don't give you an emotion (eg l feel like it's not fair") you ask:

> *And when you say it's not fair, how do you feel? What's the emotion you feel?*

Rating the charge:

What you say:

> *Let's go back and get a rating on each of these feelings and thoughts, so we can see which ones are the strongest.*
>
> *We're not going to try to fix anything, what we're doing here is creating a "before" picture, so we can know for sure what's changed, and by how much, at the end of this session.*
>
> *Then we'll know is there more to do or has it all transformed? If there's more to do, we can look at that next time, because there may be layers to the transformation required.*
>
> ***So in this situation, when you're feeling*** *X - out of 10, how strong is the charge? (repeat for each emotion)*
>
> *And when you're feeling X and thinking [statement], how strong is the charge on that thought, out of 10? (repeat for all statements)*

Ensure you have at least three or four statements high in charge (e.g. 8–10), and the same with the emotions. If you haven't got a couple that are highly charged, go back and dig deeper.

> *You say:*

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I think there might be another statement or two that are even deeper than the ones we found. My intuition is saying let's look at [emotion Z] and dig around a little bit. What we're looking for is a thought that feels really powerful, that's probably a little deeper down, related to this feeling. Let's have a look and see if we can find anything before we go any further.

Step 2 - Connect In

What you say:

Now we're going to connect into your intuition and find out who your Divine Guidance is for today. It could be The Universe, God, Source, Nature, or a particular Guide.

Remember, just be curious, open - like when you're a kid about to play a game.

At any time if you find yourself not getting an answer, or stuck in your head, or doubting yourself, first have a drink of water.

And I recommend you use the words, "I wonder... what's going to happen next?" Because it allows you to get out of your head, and your whole energy relaxes and expands, and it just makes it so much easier.

See separate resource sheet with 3 tuning-in methods andcheck they're 100% tuned in.

Once complete you say:

Okay great, now you're tuned in, good job.

Now let's find out who your Divine Guide is for today. So just ask someone to step forward, or notice what name pops into your head (it might be Source or the Universe, for example, or it could be a personal guide that you may or may not know, just be open to whoever shows up).

And when you're ready, let me know the name of your Divine Guide.

Step 3 - Map the Frequency Levels

What you say:

Now we are going to ask your Guide which of the 11 frequency levels we're working with today. They already know exactly what we're doing.

Can you please ask your Guide - How many of the 11 levels are our priority to transform in our time together today? (They know what the levels are, even if you don't)

And which levels are they? Between 1-11, in order of priority?

If their Guide says there are a lots of levels, write them all down and then ask:

What does your Guide say are the top (three) priority levels for today?

Practitioner note: alternately, you intuit the number of priority levels yourself.

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You say: I'm *getting that there are (three) levels we're working with today. Can you please ask your Guide which ones they are, in order, out of the 11? For example, is it numbers 7, 5, and 1?*

Step 4 - Pinpoint the Pattern

Now they have the levels help them be aware they don't need to understand exactly what each level means. (Refer to the other resource page with information about each frequency.)

Explaining the Levels. What you say:

> *I'll give you a little bit of information about each level, but you don't need to understand everything about it, because that would be getting too much into your head.*
>
> *It's designed to help your brain understand what information you're receiving, especially if it's information about a life that you have absolutely no knowledge of.*
>
> *It also focuses your intention and your consciousness on a certain frequency band where these memories and experiences are. It's like a radio station, a frequency band, and that's all you really need to know.*
>
> *What we're doing here is looking for a memory that's like the song that's being played on that radio station, and your intuition will do the work, your guidance will provide the information. We'll find out what it's about, and how it's related to what you're experiencing at the moment.*
>
> *Many of the levels will be related to experiences in this life, so a lot of the time the first question I'll ask you to ask your guidance is, "How old was I?"*
>
> *If you get a number, you'll know it's this life. If there's no number, it's probably going to be a different life.*
>
> *There are other levels that will be ancestral experiences or other lives, where you will have no idea what those experiences could have been, that's when you'll feel like you're making it up, that's exactly how it feels.*
>
> *Just trust yourself, and I'll help you through it. Remember, you're just playing a game here!*

> ***What to do:*** *Now let's go to your Guidance and find out exactly what memories or experiences have been unconsciously contributing to you feeling stuck, resistant, anxious.*
>
> *All you need to do is ask your Guidance to help you see, know, or understand what this charged memory is. Remember, just be curious, it will come to you. Let your Guide do the work.*
>
> *Ask the question, then let it go, and just wait. Let your mind go blank, and then something will occur to you, it might be a visual, it might be a feeling, it might be just knowing. It'll come through in your own way.*
>
> *So when you're ready, go ahead and ask you4 Guide: Please show me the memory or experience…*
>
> *Let me know once you start to get something coming through.*

Practitioner note:

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Ask more questions about the memory or experience, until you sense intuitively that enough has been observed. Imagine it's like opening up an egg that's contained this information for a long time, and the power of their consciousness is opening and observing what's within.

You may need to assist with further questions, particularly ones that ask them to stand outside themselves, shift position, and look at the experience and themselves, to fully observe how they felt, what decision they made about who they are, about life, or a belief they formed. It's much easier for them to see it if they stand and look from the outside.

(See the resource sheet for this that contains sample questions.)

Step 5 - Connect the Dots

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

Practitioner note:

As the person is sharing the information about the pattern or memory, listen for phrases and words and emotions that relate to their initial snapshot. Look back and look for any match.

Your observation is extremely important because you are sitting out outside at the experience and have the global view of everything. The person is within the experience and often can't see or make the connection between that pattern and where they started.

When you can notice a connection or something that you into it or sense is somehow related, feed that back to the person as an observation and allow them to comment and make the connection themselves.

If there's an instance where you/they can't make any connection/get any insight – then take it as a message that it's not necessary and move to the next. The pattern will transform anyway!

What you could say:

I'm noticing a connection between what you said about (the emotion/the story etc) and where you started … when you (said/described)… does that resonate in any way?

Do you see a connection? What do you notice?

Can I just offer you something that's coming to me about how this pattern connects with what you said earlier? Does that make sense to you, how do you connect with that?

Are you getting any insight as to how this experience is related to where you started?

This experience has remained active in your field because it's job is to keep you safe (from ever doing /experiencing this again)… how does that make sense to you?

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Step 6 – Ask for Transformation

What to say:

Now, ask your Divine Guide: "Please transform the energy of these patterns into something else that's beneficial and beautiful for me, across all time, space, and dimensions. Thank you, thank you, thank you." Submit that request, give it to them, and let go. Once you've done that, nod to let me know, and I'll take you through the next step, which is to activate the power of your heart field.

Step 7 - Heart Activation

What to say:

Now bring your awareness to your heart. If you like, you can put your hand on your heart and breathe into your heart energy. Take a big breath in, and do a nice long breath out.

Now bring to mind someone you're really grateful for in your life, whether it's a family member, a friend, an animal, someone here, or someone who's crossed over. Think about them and say to them how grateful you are for them in your life. Say, "I love you, I appreciate you in my life. Thank you."

Pause.

As you do that, you'll notice your heart energy begin to soften, relax, and expand. It opens up and flows outward. Just notice it doing that, growing bigger and bigger, powered by your heart energy.

As it expands you're able to have a sense of sitting inside your heart field, like sitting in a room, maybe you're sitting in a comfy chair looking out, or maybe you just feel surrounded by the energy, you sense a real feeling of peace.

Pause.

Now you can look out and watch what your Divine Guide is doing with those energy patterns. Just notice the feeling of peace and calm and observe what's happening. Stay in that beautiful place, noticing whatever you notice. Perhaps it's a vision of what your Guide is doing, or perhaps it's just a sensation of something occurring. Whatever you notice is perfect.

Remain there until you yawn, cry, or sigh - that's your way of knowing the energy is shifting. Stay there until you feel complete and the energy has run through.

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Step 8 – Reprogram Your Field

Once that part is complete, and there's been time to breathe, have a drink, and wipe any tears, we move to the next step, which is informing the field of the new frequency.

What you say:

> *Now that those energies have been transformed, you are free to choose who you want to be.*
>
> *When you stand in that space, you are aligned, strong, and congruent in your intention and your ability to manifest.*
>
> *Your frequency is what creates your reality, and your frequency is determined primarily by your thoughts and feelings.*
>
> *Now you can choose who you want to be, how you want to feel, and what you want to have happen, knowing that those safety patterns are no longer causing sabotage.*
>
> *What situation do you think you'd choose - and how would you be feeling?*
>
> *You'll need to take a moment to really bring that feeling online, because every feeling you want already exists within you, it's just this time it's going to be more aligned, powerful and safe to feel those things.*

For example - adapt the following for your client – what did they say that wanted at the start?

(this example follows a client who lacked confidence putting themselves out there):

> *So what if you were to imagine… (standing in front of an audience, being received with applause, and feeling excited, open, amazed, and thankful, thinking to yourself, this is incredible, I'm so lucky to be here, this is amazing, I feel so good and so aligned doing this.)*
>
> *Take a moment and think about what it is you really want. Then, in a moment, I want you to put yourself in that situation and imagine you're there right now.*
>
> *You're in your body, looking out of your own eyes, seeing in colour, and it's like a movie, everything is moving. You can look around, you can hear yourself thinking, and you can feel those feelings.*
>
> *And then, I want you to turn up the volume, just like you would on your phone.*
>
> *Turn up the sound. Turn up the colour. Turn up the brightness.*
>
> *And more importantly, turn up the feelings.*
>
> *I'm going to give you a couple of minutes to do that on your own.*
>
> *Take as long as you'd like, and let me know when you're finished.*

Once they've opened their eyes and had a moment:

> *What did you experience?*

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Practitioner note - sub-modalities matter:

It's really important that you actually name the colour, the sound, the feelings, and the movement, these are sub-modalities, used in NLP to ensure someone can gain full access to an experience as if it's happening to them. It's important they see it through their own eyes, not looking on from the outside.

The reason: in that moment, they need to be telling the quantum field exactly who they are now and allowing the quantum field to respond to match that frequency, because that's how manifestation works.

When you're already the person you want to be, and already experiencing it through your own eyes, there's no difference to the quantum field – it speaks back to us in ways that match that frequency.

This doesn't mean you necessarily get exactly the thing you're imagining. But you WILL get something that matches your frequency, something that gives you more of those feelings, because how we feel and what we're thinking is really the key to creating or reality - it's how manifestation works.

When we transform a bunch of unconscious patterns that have been trying to protect us, we've moved a whole lot of blocks and obstacles out of the way.

Step 9 - Recheck the Charge. Experience the Magic!

What you say to the client:

> *Now let's go back right to the start, and I want you to think about the **same exact situation that you started with,** which was [insert their specific situation]. Take a moment to really bring that back online. Have you got it?*
>
> *Okay, you said when you thought about this before, you felt [e.g. angry, 9/10]. What do you notice now? Is it the same? Has it dropped down?*
>
> *And you said you were thinking, "I can't do this anymore, it's not fair," and you rated that a 10 out of 10. Where are you now?*

(Continue to check the rest of what they originally rated.)

Practitioner note - what the ratings tell you:

In the majority of cases, the ratings will drop significantly, often to 0, but not always.

If something doesn't drop down, it tells you there are more patterns related to this issue that haven't been accessed yet.

The physical body can only handle so much change at once, it has to shift its frequency, and you don't want the person to feel very uncomfortable or have symptoms of adaptation, like headaches or extreme tiredness (it can happen).

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Sometimes someone can be extremely tired afterwards, partly because working in the quantum field means working with your multidimensional self, which is a different frequency, and partly because the body has to adapt to those changes.

Step 10 - Ask Guidance for the Next Practical Step

What you say to the client:

> *The very last thing we need to do now is ask your guidance about your next step. We want to know how to ground these changes, and exactly what to do next.*
>
> *Often I'll just ask for one next step, but can you go to your guidance and ask how many follow-up steps there are?*
>
> *These will always be easy to do and practical. Our intention is you'll know exactly what to do, and for how long.*
>
> *So close your eyes, and just ask your guidance, how many next steps are there?*
>
> *What's the first one about generally, in a word or two?*
>
> *What are the details of what you are to do? And how long are you to do that for?*
>
> *What's the next one about, in a word or two? (repeat for each step)*
>
> *And finally, a big thank you to your Divine Guide.*

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