

Protocol for Quantum EFT

Include the following statements as part of your tapping (not necessarily in this order as when we work on multi-dimensional levels there are no linear numbers or orders).

Tune into the issue and emotion and where you feel it in your body

- I ask my guides and higher self, where does this come from so I can process and release it and let it go all the way back to it's origin, once and for all
- All the way back to the first lifetime that I experienced this and every lifetime since, including now
- As a being of light with full free choice this is my choice
- I instruct the multi-dimensional layers of my DNA, where all of my lifetimes are stored, as well as my current physical DNA, to process and release this, all the way back to the first lifetime I experienced it, through all parts and pieces of myself, in all dimensions and all lifetimes including now and out into the future
- I thank my DNA for remembering this to protect me in some way, but this no-longer serves me and as a being of light, I command my DNA to process and release this and let it go

As part of this process, I ask people before we begin, to notice if they get any flashes of past lives as we do this process. So I stop and ask them if anything came up for them as we proceed through this process. Sometimes a flash of a past life scene will come up or an awareness of another life and scenario (sometimes a younger, present life memory comes up).

- Proceed to work on whatever comes up for them as you would with specific events using Quantum EFT – in time and space wherever it is required.
- Have their present day self, time-travel back to that soul that is them (or younger self in this lifetime) and let them know that you are their soul from the future and that they are not alone (or the grown up you if it's in this life).
- Tap on them to assist them to release whatever is going on for them in their body, emotions, beliefs etc. (Freeze all the circumstances around them while you do this and bring in other souls or resources for them if they require them – you can ask them what or who do they need to feel empowered once the fear/survival mode response is released. Tap on

others in the scenario also if required, to help them release their fear response too, especially if their emotional state is intertwined with the client's emotions/energy in the scenario).

- When tapping has released what needed to be released, (keep checking with their soul in that life), take them up above that life and that scene as high as they need to go to connect with their higher self and masters to receive the higher learning and lesson for that lifetime. You may stick to tapping only on the collarbone point whilst they do this. Also ask for the relevance of that lifetime and the higher learning for this current incarnation. You may also ask if the souls in that lifetime are also souls in the current life – for soul contracts/agreements.
- Bring the higher learning back down to the soul in that lifetime and apply the higher learning and knowledge by tapping it into them through their meridian points. Then get them to notice how their life changes – how they behave differently with this higher knowledge and see how their new belief changes everything in that lifetime. (You may follow it through to the end of that lifetime if the client is tuned in enough). Tap through any current life memories in the same way then tap as they imagine how they are changed and different in the future in this lifetime).
- Then continue tapping, saying, 'I apply the higher learning into my current DNA, (tapping through the meridians), applying the higher learning and new belief to this current biology – having it speak to the blueprint of the stem cells in my current physical body in this life.' Have them feel the re-calibration and how they move forward into the future with a different belief, behavior, posture, etc. Instruct them to go out into the future and see how different they are now in this life with the higher learning and knowledge applied. Then bring the energy back into their body and DNA, through the heart, letting them know that when they get to that place in the future, they will have a strange sense of déjà-vu having already imprinted their energy there.

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