

Chapter 1

The 'Quantum K' system

*“The harmony of the world is made manifest in form and number,
and the heart and soul and all the poetry of natural philosophy
are embodied in the concept of mathematical beauty”*

Sir D'Arcy Wentworth Thompson (1860 – 1948)

There are many layers of intelligence within each one of us. Our physical bodies are the visible gateway to the external world, engaging with our surroundings through instinct and the five core senses. This process is supported by self-regulating systems that pilot our internal 'ship' outside our awareness or control.

This ongoing stream of stimulation and information is assessed by our conscious mind, based on our education and belief systems. The filtered residue is then deposited into our subconscious mind, which keeps these records in meticulous order and detail, assessing the response to future events based on the outcome of similar past experiences.

Above all of this lies our super-conscious mind, or 'Higher Self'. This is the part of us that has access to Universal Intelligence - the all encompassing wisdom that knows the answer to every question before it is even asked.

This subtle intelligence always works with our best interests in mind, if we let it, and in an ideal world this would ensure perfect health. But this is not an ideal world. We have evolved too slowly to keep pace with modern living and modern problems.

We are confronted by a constant barrage of environmental toxins from our cosmetics, our food and even the air we breathe. Combine this with electromagnetic stress from our telephones, watches, computers and freezers and it is easy to see why the delicate communication network between our cells is often clouded.

We must also consider our emotional balance, which is determined by the reference points available to our subconscious mind from previous events. Past traumas, especially during childhood, can lead to inappropriate reactions to current situations.

If we are to find true balance and health, we must address these issues and more. In effect, this emotional and physical 'smog' has disconnected us from our Higher Selves and we are forced to survive with only our programmed reactions and left brained logic centres to guide us. If we are to re-establish this higher connection, we must remove these blockages.

This is the primary objective behind 'Quantum K'. It acts as our 'foster parent', offering temporary guidance until we can return to a life based on intuition derived from our higher intelligence. Once this has been achieved, we can reconnect with the untarnished blueprint that lies in the energy field surrounding us all, returning to the perfect state with which we were conceived.

As a race, we have created most of these problems for ourselves, so now we must take the first steps to put them right....

Why this system works

This programme is the result of years of research. It represents a combination of concepts fundamental to good health, drawn from a variety of healthcare modalities.

I have used the experience I have gained from thousands of treatments as a practicing kinesiologist to form the backbone of this system. I have then added the results of my studies of pioneers in the same field and asked for additional input and critique from a range of other healthcare practitioners, including chiropractors, acupuncturists, naturopaths and spiritual healers. This self-healing manual is the result.

The goal of a 'Quantum K' balance should be clear from the overview above. It does not look to address individual symptoms as these are intentional strategies by our body to manage issues as best it can. To simply ask for their removal would be detrimental to health and, in truth, our bodies would probably ignore such instructions.

This protocol aims to go deeper than symptom management. We must go to the underlying causes. This means looking at the emotional, physical, spiritual, environmental and quantum issues that forced our bodies to fall out of balance in the first place.

All the information behind this guide is held in the Zero Point Field, that is, the unlimited source of energy that quantum physicists recognise as the font of all knowledge, past, present and future. When you use 'Quantum K', you tune into this source of healing and energy, joining with the spider's web of connections that link each manual. As I will explain later, all healing carries consequences that extend well beyond the health of the recipient; it lights up the whole energy grid, the Planet and beyond, with unimaginable benefits to the unseen world around us. More on that later.

The procedures I have included do, on occasions, use medical or scientific terms that you may not fully understand. Do not worry. These are all commonly accepted within their particular area and the basic energetic connection between each one of us allows us to work with accurate intent. Our *cells* understand and that is all that matters.

This is particularly relevant when working with babies and young children as they will have, at best, very limited verbal communication skills. At some level they absorb the intent behind the programme. After all, babies feel hunger, tiredness and the love of their parents long before they can put these instinctive feelings into words.

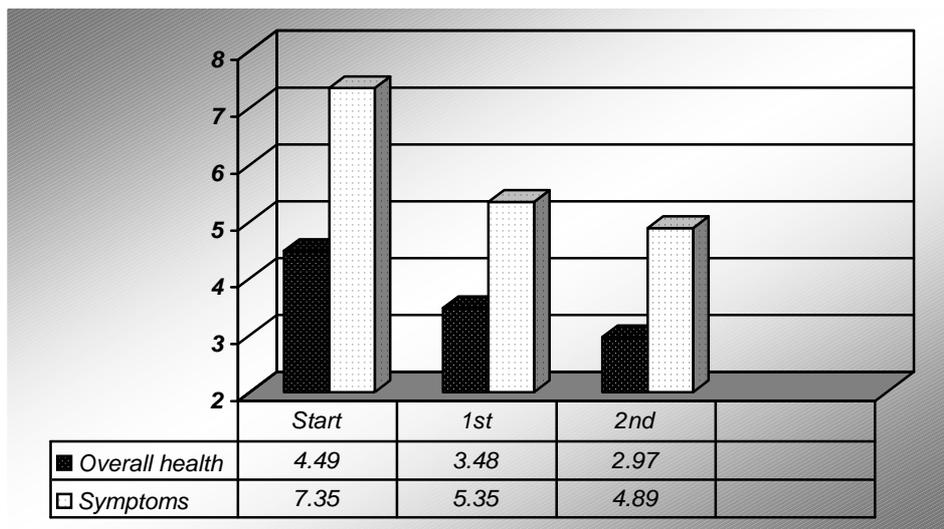
As evidence of the effectiveness of this system, I have conducted a survey of my own clients in clinic. This is not exactly the same as using the system remotely, but the only significant difference is that I use diagnostic techniques to specify exactly what toxins or negative emotions the client has. This is not essential to recovery, but for many this information is re-assuring, especially when formal medical testing has found no clinical explanation for their symptoms.

Other than that, it is just me, my clear intent, and the concepts explained in the manual. If you follow these recommendations carefully, there is no reason why you should not achieve the same results as my clients in this survey. In fact, there are several reasons why your progress should be better:

1. The survey was conducted while this system was under development, in part based on Brian Jenner's original prototype. Its potency has increased substantially since, in line with the added input from other therapists and my own developments.
2. I could assess, at most, two treatments during the monitoring period. You may use the system every day if you wish.
3. The final measurements were taken while clients were cleansing their systems. Although detoxing is designed to be a neutral process, it is not an ideal time to measure improvements.

The survey was conducted between July 15th and November 15th 2005 and includes every new client that I started seeing during this period and saw at least twice. This is a short timescale, but the 36 qualifying case studies are more than enough to produce statistically significant results.

Here is a brief summary of the results:



Each client assessed their progress at the beginning of each session, so the results of the first treatment were established at the start of the second. I used an assessment scale of 0-10, where 0 is as good as it could be over the last week and 10 as bad as it could be, so a diminishing graph is good!

I was particularly pleased with these results because the survey period was very short, with on average only 9 weeks between start and finish of the monitoring. For clients who had suffered chronic symptoms for an average period of **7 years** (with a median of 4 years), such a quick response is very significant. These treatments were not for common colds or acute injuries, but for symptoms that had defied all previous treatment and the healing potential of their own bodies.

As the system keeps working until there is no more to do, there would be further improvements in the weeks that followed. Of course, the point of this study was to prove that this system **works**, not necessarily the extent or speed of its effectiveness. I am also happy to report that not one person reported worsening health during this study, despite the risk of personal circumstances adversely influencing the results. The fact that ‘Quantum K’ is safe should not be taken for granted in an age where so many illnesses result from medical intervention.

The headline results are:

- The average overall health rating improved by over 1.5 points from its starting position, that is a **33% improvement** towards good health.
- The average symptom reduction was nearly 2.5 points, an even more impressive figure in real terms, and again a **33% improvement** from its starting position towards being symptom free.
- No-one recorded worsening levels during the survey.
- 88% of participants, that is close to **9 out of 10**, recorded improvement in their measured symptoms during the survey period (some of the remaining 12% improved afterwards). This attests to the wide breadth of this system. It doesn't matter what symptoms or underlying causes afflict you, there is a very high probability that ‘Quantum K’ can help.
- No supplements of any type were used or recommended for any clients. The improvements arose solely from the protocols in this manual, including basic naturopathic steps, such as avoiding common problem foods.
- Over 90% of participants were referrals from other therapists or clients.

The bottom line is that this system works. When you use it, have confidence that it is a powerful health support at a number of levels and be open to whatever positive changes it may bring.

If you still harbour some doubts about how simply reading a book can help you access healing energies, I fully understand. The awareness of our connection to an all-encompassing energy field is timeless but largely lost to the modern world. Ancient cultures like the American Indians and the aborigines knew how to live healthily in harmony with their environment, but as we ‘evolved’ into an industrial and commercial world, we lost track of these pure connections.

This is slowly changing as we start to recognise the truths we have forgotten. The Western world is starting to wake up to the possibilities of subtle energy healing. Crucially, we are able to do so through any media, whether television, books or lectures; we do not need a therapist to give it to us - the potential to heal lies within us all, just waiting for the call to action. Anything that gives us that 'ah ha!' moment of pure understanding resonates right into our cells and triggers the journey to healing and enlightenment.

This book has that potential for you. How did you feel last time you read a Stephen King novel, or saw a frightening film, did you have an adrenalin rush, trouble sleeping? Do romantic films or books give you a nice warm feeling, perhaps a release of endorphins from the brain?

If the answer is yes, as I'm sure it is, you are the same as everyone else - susceptible to physical and psychological change from sensory stimulation. I am simply asking you to accept that this principle can be extended to offer genuine and worthwhile long-term health benefits. It is only a small leap of faith...

If you are still not convinced, it's time to play my final card as it were.... feedback from clients who have used the manual on themselves or as a therapist. These comments were mainly received in the first few months after the first edition was released:

"I have used the system many times on myself at home. When I first received the Quantum K manual I had been feeling emotionally traumatised for a couple of weeks, and couldn't seem to find a way out of my anxieties. During my first self-treatment, my body was twitching and jumping, and I felt huge amounts of stress just leave my body. The next morning I woke up at peace – all my stress seemed to have evaporated. Of course, it could be argued that just holding the Emotional Stress Release points alone will relieve the body of emotional stress. But over the next few days my body showed clear signs of detoxing – aching and tiredness. As I continued to use the system I felt better and better, both physically and mentally". Karn

" I used it the other day when I had a very sudden onset of nausea and weakness. I was so overcome by this sudden condition that I felt I had to lie down. I just held your book while I was resting for a while concentrating my thoughts, and within an hour I was a different person. I was full of energy, the nausea had completely vanished, my appetite was back and I never came down with the bug! All thanks to your great work!" Christine

"I have been working with a few clients with Quantum K and it certainly seems a very powerful modality, the couple of clients I have worked with have gone completely cold within a matter of minutes and lots of visualisations of different colours, one person even had to go to sleep for ten minutes before they could get off the plinth. All have shown good signs of improvement with their presenting conditions." Alan Kane Dip K, M.I.G.P.P., M.K.A.I. Director, Midlands Therapy & Training Centre

"I read the 'Quantum K' manual on a Friday evening and the next day was the first day for ages where I have not had to take an enforced rest of an hour or so during the afternoon. My energy has stayed good since and is undeniably connected to using the manual". Stella

"Many thanks for the latest copy of Quantum K - it's amazing! Seems to get more and more powerful! There have been a couple of cases recently where clients at the clinic have arrived so traumatised, I've felt Quantum K was the only option to dramatically shift things and reprogram their negative patterns of belief - and in both cases the clients were like different people by the end of the treatment - like a huge weight had been lifted off them (one couldn't stop laughing, and said he hadn't laughed for months)". Karn

"Thanks for the manual Andrew – it's a great system so comprehensively put together. My fingers began to tingle even before I started reading it and when I placed it on my mother's lap her first comment was 'Gosh, the heat from it! I'm recommending it to lots of colleagues and friends". Susanne

"I want to thank you for the gift you are making to humanity with your manual. At the moment, your book is coming up in every session with my clients, so I am pleased to be contributing to its activation!" Viviane

"I have been lent a copy for a few days and feel unable to let it go. What a wonderful book, thank you so much for producing it and sharing it" Linda

"I opened the manual at the spiritual Healing section and decided, for a change, to follow my intuition rather than muscle test what to do. I read through about 10 pages and followed that by relaxing with my ESR points held. Much yawning later I feel fantastic. What's amazing though is that while I was reading the pages, they started to glow, as though lit from behind with a very white, almost UV light. I felt so 'plugged in' to what I was reading, that I decided not to be too surprised by this; I suppose it was a bit bizarre though." Anna

"I am still having amazing results with Quantum K. I use it in conjunction with my Human Design info and the results are pure magic. Many thanks for all your hard work." Nancy

"My first measurable success on a friend/client who was sensitive to the energy of a TV, of a mobile phone, of an electric razor (i.e. muscle test 'off'). After going through the electromagnetic stress page and a couple of selected items from page 73, she muscle tested strong when close to the TV and holding the 2 items switched on all at the same time. Wow! Most impressive!" John

"It is fascinating stuff! I think it will become my favourite book! It is so positive and gives out so much hope." Christine

My confidence in this system is also supported by my own access to Universal Intelligence in the Zero Point Field via muscle testing. Using 'Yes' and 'No' questions, I can ask for confirmation of whether I am on the right track and what areas need further work. I cannot access new concepts directly, that has to come from research and inspiration, but I can validate what I do develop.

This safety check is very reassuring. I like to measure the overall worth of the system out of 100, where the top score is instant and complete recovery, in other words a potential miracle. I am confident that the only barriers to this target are our lack of understanding and imagination. Thousands of 'terminally' ill people have made full recoveries and confounded the medical profession¹. What did they know that we didn't? Was it faith? Surrender? Medicine? Divine intervention? We must keep looking for these answers.

Against this lofty goal, 'Quantum K' used at home is currently 76% and my explanation of the concepts in this manual is 96% accurate. The system's effectiveness rises slightly to 80% when I use it in clinic, which is not entirely surprising as my faith in its power and my attunement to Reiki energy may add a further dimension to the treatments.

I am convinced that it will be possible to attain 100% effectiveness within the next few years, but not necessarily through continual extensions to this system. What will change is not the fundamental energy of this manual but the energy of YOU the reader. As the world changes in line with the concepts I talked about in the introduction, the same detail in this manual will gain extra power and go deeper into your DNA. So, use this system regularly over the years ahead and you will find it continues to help you as you open up to a deeper level of personal healing.

I could use the percentage scale I mentioned earlier to compare 'Quantum K' with other natural healthcare systems, but that would be unethical and my own bias might impede the accuracy of the results. However..... I couldn't resist finding an effectiveness level for conventional medicines. The score came to 15%, which reflects the fact that their goal is primarily suppression of symptoms rather than the resolution of underlying causes. Interestingly, just over half of this benefit is placebo.

This high level of placebo benefit may sound strange, but on reflection it makes sense. Many people go to their doctor just to get a prescription, confident that whatever is recommended will make them better. This activates quantum principles and their intent delivers their expected outcome.

This is a very real effect, and don't the pharmaceutical companies make the most of it! Have you noticed the life cycle of a drug? First of all there is the creation of a need,

¹ Caryle Hirschberg - Spontaneous Remission: An Annotated Bibliography

a new disease, or accepted limitations in an old (out of patent) remedy, possibly concerns about side-effects. Then, we hear of a new 'wonder drug' in the final stages of testing that will solve the issue. The public clamour for this, but it's not quite ready yet and it's very expensive, so has to be approved by the local NHS trust and even then you will have to wait for it to be released.

By now the media are all over the story and by the time you are able to get it approved you are so desperate for it and confident in its powers, it can't fail to help. Then the cycle starts over again.

This is very clever marketing, used the world over in all industries. Create demand through expectation, make your client wait, then deliver low stocks, then flood the market, then work on its replacement. The winter 2005 rush for the flu vaccine was a classic example of this. We were force fed the bird flu pandemic risk until it became hysteria, we all rushed to our GPs for a flu jab, which of course is totally ineffective against it, then supplies ran out.

Apologies for this short diversion, but I think it is important to reaffirm that although conventional medical attention does have an important role to play, especially with accidents and emergencies, a combination of the best of both worlds is the optimum route.

So, please use this manual and any other therapy you have confidence in. If you want to use appropriate herbs, homoeopathic remedies, acupuncture etc they will all aid your recovery. Your internal intelligence is more than capable of processing supportive help for the work in this manual that will aid, rather than duplicate, remedies that are already in hand.

Of course, I must stress that nothing in this system is designed to constitute medical advice or treatment. You may wish to include its use within a treatment plan devised by a qualified healthcare practitioner. It is also advisable to remain under your doctor's supervision throughout any major health challenge.