

Chapter 2

Self-help using 'Quantum K'

Issues and symptoms helped

The program can help in a number of ways. The following is only a short summary of the areas it may address because there are no limits to the symptoms, traumas, or emotional issues that might be relieved at some level:

- Traumatic events
- Disturbing memories
- Stress
- Vaccination damage
- External radiation
- Psychic attack
- Structural imbalances
- Ultrasound, MRI or X-ray damage
- Low immune function
- Poor absorption of nutrients
- Low self-esteem
- Guilt
- Old operations
- Damage from mercury fillings
- Hormonal imbalances
- Energetic attachments
- Pain
- Old injuries
- Toxicity
- Birth trauma

Helping with emotional issues is clearly crucial. Our physical health is a direct mirror of our emotional balance. Doctors know it, we know it. If you are happy and your life is in balance you will be physically healthy. Major diseases are at least in part a reflection of accumulated trauma, stress, regret, grief, betrayal and guilt.

Of the physical imbalances, some of the most important are protecting us from electromagnetic stress, removing DNA mutations and undoing the possible after-effects of vaccination.

Electromagnetic stress is a huge issue today that affects every one of us. The airwaves are full of powerful energies that damage the gentle currents flowing naturally within our own body. We are swamped by the interference from freezers in supermarkets, mobile phones, televisions, microwaves, mains wiring and PCs. Even the energy field from a battery watch subtly damages our health. When I test the loss of immune function caused by electromagnetic stress it is often over 30%.

As if this wasn't bad enough, our bodies are more susceptible to this damage than ever before. Our mercury fillings and crowns act as radio receivers and transmit these high voltage, high amperage signals via our energy meridians to various organs throughout the body.

These signals are not in harmony with the natural electrical pulse of our own nervous system. The net result is damage to the delicate way our cells communicate with each other, leading to emotional and physical imbalance.

These unnatural frequencies are also damaging to our circadian rhythm, the natural cycle of life that controls our sleep patterns, energy and hormones. This process is controlled through our tooth pegs, which have a slight negative charge to attract the positive charge of the circadian rhythm in turn during each day. This is why the Chinese '5 element theory' recognises the dominance of certain acupuncture meridians at set times during the 24 hour clock.

The 'Quantum K' programme protects us from electromagnetic stress in the environment. It also instructs our internal systems to ignore the unnaturally high voltage and amperage signals received through our fillings and any other metal in our body, a bit like 'Dolby' noise reduction on an audio tape. This helps us manage the way this metal amplifies the natural communication channels in our teeth.

The DNA section is particularly significant because many chronic diseases stem from genetic mutations, either inherited or generated during this lifetime. Scientists are starting to understand the adaptable nature of DNA and its capacity to change on replication to a different form. In the main, this capacity to change results in dysfunction and disease, but with the right intent, we can use this principle positively and reverse the harmful effects of modern living.

The research of Russian molecular biologist Pjotr Garjajev has shown that our DNA can be changed by positive intent, proving the beliefs that spiritual masters have intuitively felt for thousands of years. So while conventional research focuses on stem cell therapy and surgical transplanting of DNA, we can take a simpler view. As we know how DNA replicates, we can reprogramme it to remove any inherent diseases and malfunctions.

This system attempts to do just that and anecdotal experience is very encouraging. You will see from the technical section that there are several headings with very detailed intent, some drawn from the latest work of quantum physicists like Hal Puthoff, some based on the timeless knowledge passed down from ancient civilisations. I don't mind which one is most effective, our Higher Self will action any intent that is life force enhancing.

Moving on to vaccination, this is a controversial area which forces parents to make a very difficult decision. As well as the potential link to autism and bowel disease to consider, there is also the possibility of more subtle damage caused by the injection of toxins and viruses behind our front-line immune defences.

From my own anecdotal experiences, I have found vaccine damage to be an issue for many clients with chronic bowel, bladder, brain or skin conditions. There can be a reservoir of toxins created in the brain stem and spinal fluid, which leak out where the dura (the membrane that surrounds the brain and spinal column) is at its weakest. This is why these clients seem to battle with an ongoing predisposition to infections and inflammation. Removing this source of toxin is a crucial step in their recovery.

There is also the risk with vaccination of the viruses involved going inwards after exposure rather than being cleared out fully from the system. By allowing the immune system to work against the actual virus during childhood, we may be better protected against other diseases in later life.

At least parents now have a third option of having their child vaccinated, but with any harmful residues removed naturally afterwards using this system.

On a broader level, it is worth mentioning that 'Quantum K' is not designed simply to correct imbalances. Many of the procedures target physical, emotional and spiritual growth; expanding our being to a level beyond basic good health.

I firmly believe there are possibilities available to us in this new Millennium that have been denied to our recent ancestors. We can find a state of permanent 'bliss' in life as we co-create our own realities, helping us see the world in a new light; finding comfort and peace in even the most testing of circumstances.

This system cannot deliver all of this, but it is designed to remove the blocks that hold back our development and stop us launching into a new paradigm, a new potential and a new self. If you are already on this path, it will accelerate your journey forwards.

So, if you are reading the manual for the first time, I hope you are growing in confidence that this system might just help you in a tangible way with whatever areas of your health need support.

Of course, not all healing can be felt immediately. A heavy metal detoxification might not make you feel any different now, but could protect you from senile dementia in your dotage, or delay the onset of arthritis.

Can Quantum K help everyone?

I am often asked whether 'Quantum K' works for everyone. I honestly believe that the answer is 'yes', that everyone benefits to some extent, although miracles are rare. There are lots of possible ways you might be helped:

- Direct relief from physical symptoms
- Release of emotional traumas and stress
- Help in finding peace
- Finding meaning out of life's traumas
- Protection from future illness
- Spiritual growth

To counter this, there are two areas that I believe are hardest to help:

- Injury where the damage is severe and entrenched in the physical body.
- Spiritual, or karmic issues, where the client has further lessons to learn from their symptoms before it is appropriate for them to be released.

Of course, this system does not need to find a cure for all diseases to be worthwhile and helpful. As the old saying goes: 'if you are lucky you will be helped, if you are really lucky, you will know in what way'!

For me, life is a wonderful vehicle for growth and the evolution of our soul. It is the way we come to terms with our issues that defines the value of our journey. If this system could help us all find true peace, enlightenment and understanding, there could be no greater achievement.

It is also worth referring briefly to the wisdom of Deepak Chopra in his book "The Seven Spiritual Laws of Success" when he says that our intent should be to "relinquish your attachment to the outcome. This means giving up your rigid attachment to a specific result and living in the wisdom of uncertainty". This manual has come into your hands for a reason. Do not assume to know what that reason is, just trust that it is there and go with the flow.

How to use the system on yourself

There is plenty of detail in the pages that follow, but when you read them, please remember that the system is incredibly simple to use. You could start benefiting from it right now if you wish. It's as simple as ABC:

- A. Hold the book
- B. Give intent to draw appropriate healing energy from it.
- C. Relax for a few minutes, with your hands resting comfortably on your torso.

It's that easy.

Of course, to get maximum benefit from the manual you do need to read it. Once you have read the first chapters, you are ready to absorb the technical content. I suggest you find a quiet area where you won't be disturbed, play some relaxing music in the background if you wish and sit or lie down somewhere comfortable.

You should then read the technical section of the manual reasonably carefully. You do not need to analyse or attempt to understand each equation or harmonic, just try to 'absorb it'. Once you have done so, the entire programme is in your unconscious mind, word for word, and if your intent is to benefit from it personally, then this process will have started.

I cannot stress strongly enough that this guide is not aimed at your conscious mind but at your inner intelligence, which is unlimited in capacity with a photographic memory and reasoning capacity beyond the wildest dreams of modern computer designers.

Under quantum principles, we can even draw the energy from the system without opening the manual. I have witnessed sensitive people feel a strong energy surge just by picking it up. They are tuning into the Zero Point Field around us where its energy is stored, feeling the power of the whole process before they have consciously read a word of it. This is quantum physics working in a very practical way.

Once you have engaged with the system in some form, you may feel a tingling or energy changing within your body. This is partly the effect of the fractal equations starting to build, but is also the result of the re-ordering of your physical, emotional and spiritual self. You may even yawn or find you are breathing deeply. This sensation can last for several minutes, depending on how much energy is being released.

You should support this process by placing your hands anywhere on your abdomen in a comfortable position. This opens up the healing potential of your hands and triggers the process

After you have ‘downloaded’ the technical data, you may feel more positive and relaxed, with perhaps a lightness or sense of optimism reflecting the release of negative energies and old unwelcome emotions. Do not worry if you feel nothing at all, the system is still working!

Over the next few days, you may notice the effects of the physical changes that have been triggered. The system has many safety protocols that ensure you only release toxins once your drainage channels are fully functional, in other words, once your liver, kidneys and lymphatics can cope with the extra workload. Nevertheless, you may feel a bit tired, ‘fluey’, or emotionally unsettled at some stage, which is a good sign that changes are taking place.

You may even revisit old symptoms for a while or your current symptoms may temporarily worsen. This is not a side-effect of the treatment; anything being released comes from deep within your own body.

You will automatically choose a safe and appropriate time-scale to make whatever changes have been triggered. Some benefits are immediate, some take weeks and some even longer. The body is being asked to heal itself and this can take time.

One interesting trait I have noticed is that the client’s personality will often dictate the speed of the process. The ‘intent’ of those who are naturally impatient and want quick results will override the safety protocols within the system. For them, any detoxification required will happen quicker, yielding earlier improvements but sometimes at the cost of a poor week or so as raised glands, or cold like symptoms, emerge.

This reinforces the point that intent is everything. Within reason, your expectations and desires determine the depth and speed of the results.

In an ideal world, you should only need to use this system occasionally. In practice, we are continuously exposed to toxins, emotional challenges and environmental stress. Some of the steps within the system repeat whenever they are needed, but in the main you will need to decide if a ‘top-up’ is necessary and repeat the procedure. You will then draw from it whatever elements are needed at that time.

The beauty of follow-up treatments is that your unconscious has already registered every word of the programme and you do not need to repeat the detailed reading of it. Simply place the manual on your body as a sign of your intent to use it again and place your hands on your torso as before, until you feel that the energy 'exhaust' has been fully released. You will only draw from the system those aspects you need at that time.

You should use your intuition to determine how often to use the system on yourself, but as a general guideline I suggest the following:

- Use the system for 20 minutes on the first occasion
- For the next couple of weeks, use the system for 10 minutes every day.
- After that, use it for 10 minutes every week for 2 months.
- Thereafter, use it for 10 minutes every month.

There are three advantages of regular 'top-ups':

1. You may deal with imbalances that are yet to manifest into symptoms.
2. You will gain access to any enhancements made to the system since your last treatment.
3. As you change and grow, the same remedies may benefit you in a deeper way.

As a final word about personal use, I must stress that this programme is not designed to cause conflict with your own belief system. If you feel uncomfortable with any element of it, you need only affirm your desire to change or omit that particular section.

All I ask is that you do so with some caution as each step has been carefully researched and there is an inbuilt safety protocol that removes any element that does not work in your highest interests.