

# QUANTUM FITNESS

## Internal Manifestation Process

Divine feminine is the imagination of desire. Her essence is the energy of creation. To actualize her potential she utilizes space and the infinite potential of the Universe. She is space and abundance. Her role in manifestation is desire (choice) itself. She isn't imagining from lack but the bounty of infinite possibilities at her fingertips.

She is :

Space and abundance .

Divine masculine is form, matter. His essence is density. He is real and solid. He is the vessel of experience and action. He is the seed of reality.

He is: time and freedom

How to manifest from abundance!

It seems strange that the Universe will only bring us what we have already Or what we don't need. It sure does make it inconvenient when we are in dire need or heart bleeding. But we have to understand the Universe is not a genie, it's a mirror!

The Universe is not a genie. It's a mirror!

The Universe reflects vibration. It is not singling you out, punishing you. It's not karma. It's not your religion or past that is used against you. It is a reflection. There are three mirrors the Universe reflects back to you from you.

The reflection of IS. - What you are looking at and paying attention to now.

The reflection of WANT - The lack inside creating a void or emptiness. Something is missing or something required to be you.

The reflection of NEED:- The reflection of loss, fear around being without

You will either be triggered by what you see or manifest happening to you or you will be inspired. If you feel neutral about something it's a reflection of "no charge"

Energy has an either negative charge - fear or a positive charge- love. When the energy is just flowing it is considered neutral.

Grief - neutral

Fear - negative

Sympathy - negative

Humiliation - negative

Shame guilt - negative

resentment anger - negative

Joy, love, excitement, gratitude , understanding, satisfaction, compassion, acceptance, courage, vulnerability all positive charge.

So you see if you are desiring from fear or shame, It becomes a negative charge! So you are creating with negative energy .

# QUANTUM FITNESS

## Internal Manifestation Process

None of this process of manifestation was supposed to be judged, rejected or hidden from. The Universal mirror was designed as feedback, not proof. The levels of awareness and consciousness you understand about yourself assist you in the ease of understanding this concept. If you are unconscious you will feel attacked by the mirror, blindsided, afraid, rejected and abandoned. If you are aware that the mirror of reality is merely showing you what you are vibrating as and with, you can easily go within and change the 'film' through biohacking taught in this program.

The separation we have created within ourselves is why we are so confused by the mirror. The separation from your true abundance is why you feel you are lacking what you want and need.

You have forgotten what you are, what you have within you. You have turned yourself down and abused your own truth. You have sacrificed your own awareness to be aware of others and have had to settle for joy in giving and assisting others in their quest for happiness and joy.

Have you ever wondered why it feels so much better to give than receive? Because it's more in alignment. We are in truth always desiring to share what we have. Needing anything feels wrong, it creates shame, humiliation and fear. We have lost our ability to understand our true bounty of treasures within. IF we knew what we truly had to give, to offer and to share we would be fascinated and interested in receiving what others unique offers had to share back with us. Instead we range from insecurity, rejection, jealousy and need what others have within them. The more in lack you are with something you actually have hidden inside you, the more attractive that person, place or thing will be. Now look at the word ATTRACTION. We assume attraction is a word with a positive essence. But the word is neutral and you are unknowingly attracted to both negative and positive energies within people.

The parts of yourself you reject, You will reject & judge in others. But strangely like being under a spell you will be drawn to them like a moth in a flame. You will be attracted to them and the more you are hiding a vibration within, the more obsessed you will be with them.

Let's look at how this mirror works in the case of NEED, WANT and IS.

Let's say I am attracted to narcissistic men. I consider myself a sweet giving empath. I am kind and generous to a fault. So how are we a match? Why would I be attracted to a cold, selfish cruel man?

# QUANTUM FITNESS

## Internal Manifestation Process

- I am rejecting parts of myself, He will reject me as well.
- I have abandoned myself for others. He will abandon me too.
- I have judged myself for what I am not. He will point at and push my most wounded buttons.
- I have hidden shame, he will shame me.
- I have given too much to others and rescued others most of my life. He will force me into needing rescue.
- He will take and take until I am finally empty. I have been too full of love and kindness that it has caused me to be too generous. He finally empties me. I am forced to receive. I am forced to care for myself, ask for help and focus on me. He is my best teacher.

We will attract what we need to heal. We will attract things to break us and make us. We will attract what we believe we are lacking.

But I promise when I say this, YOU LACK NOTHING! Yes you have an abundance of both light and dark information within you. It's all required and none of it is bad. These so-called dark parts are only pain and loss. The more you hide from them, the more you are attracted to darkness in others. The more that dark in others will violate you to wake you up. Things you will be attractive to you when it's time to align with ME, MYSELF and I.

- Abusive people.
- Accidents
- Money loss
- Loss of freedom
- Loss of security
- Loss of self trust
- Loss of health
- Loss of time
- Loss of support and guidance
- Rejection or denial
- abandonment
- Loss of confidence
- Loss of drive or energy

# QUANTUM FITNESS

## Internal Manifestation Process

We shall rejoice in these losses as it's only the reflection you have hit the bottom of your pain wall. And now we take that wall and turn it into a path!

So let's dive into the abyss where you put all your treasure shall we? Years of lowering your volume, sucking it all in, and locking it all up. You have put your true abundance and love away someplace. To accommodate the lack and definitions of love you were allowed to believe. You not only hid these true parts of yourself you created booby traps and security systems around them hidden in vaults in which these treasures are gone from view.

So if we are going to dive deep into the darker parts where you hid yourself, You must be prepared for the security breach you are about to make here. You are about to break in and then break yourself out.

Your security is your human ego and your spiritual ego.

Human ego " I am not good enough "

Spiritual ego " I am better than everyone asleep "

Ego has protected you from a world that doesn't accept your type of SHINE. Your raw essence and your true heart. Your ego ( alter identity ) was created to buffer you from the you that was not accepted. It was a thing called judgement that replaced intuition probably by the time you were 7 years old.

The seven year cycle works in coherence with your body's ability to regenerate itself.

1. Self awareness
2. Self exploration
3. Self discovery
4. Self understanding
5. Self love
6. Self transformation
7. Self mastery

# QUANTUM FITNESS

## Internal Manifestation Process

In order to fit in and be accepted you had to turn down your shine. You had to conform to social requirements for your own survival and self preservation.

Ego replaces: (boobie traps and security)

- Curiosity with boredom
- Self focus with selflessness
- Abundance with lack
- Demonstrating to witnessing
- Having to needing
- Inspiration into jealousy
- Creativity into chores
- Being proud of yourself becomes humiliation
- Being transparent and authentic into shame and guilt
- Being free into being trapped
- Knowing into ignorance
- Connection into attachment
- Built in wifi into needing a hot spot
- Health into illness
- Adventure into accidents
- Excitement into fear
- Certainty into uncertainty
- Ideas into beliefs
- fun into survival
- Standing out turns to following along
- Love into pain
- Desire into hunger
- Vision into preparing and anticipating
- The present is replaced with focus of the past and future
- Abundance becomes money and status
- Life is replaced by watching others live
- Support becomes invisible
- acceptance turns to rejections
- State of being becomes the state of doing.
- Value requires success ( needs to be earned)
- Praise turns into attack and gossip
- The outer world becomes the truth, the inner world disappears from awareness.

# QUANTUM FITNESS

## Internal Manifestation Process

- Deserving is based on how good you are and how hard you work
- I am worthy becomes I am not allowed
- Consistency becomes inconsistent
- Loyalty to self becomes loyal to others
- consequences of choice to self become managed by others
- Discipline ( focus ) becomes punishment
- Attraction to self becomes arrogance
- Inner communication becomes regulated by others
- Freedom becomes manipulation
- Outward action becomes secrets and hiding
- Connection to self becomes addiction to people places and things
- Choice becomes desire
- Infinite potential turns to settle for
- Joy turns into the chase for joy
- Happiness turns into depression
- Purpose turns into a job
- Wealth turns into work
- Freedom is taken through obligations and commitments
- Doing the right thing is subjective
- Pretending turns into secret fantasies
- Truth becomes lies
- Words are swallowed
- Desires are forbidden
- Sexuality become dirty
- Excitement is replaced with anxiety
- Your internal Gps replaced by outside guidance.
- Self trust turns to doubt.
- Joy becomes fear
- Dreams are denied
- Goals are survival based
- Money becomes purpose
- Connection becomes attachment

These are the security systems Ego has in front of your treasure. Now re read these again. Look through them closely

The ego has built behind your back a buffer, walls and labyrinths to keep you from you. Why would we first create an ego, give up our intuition, replace it with judgment and then create our entire identity out of these changes??

# QUANTUM FITNESS

## Internal Manifestation Process

Because our lives depended on it. Our survival as humans has everything to do with being cared for and accepted. We think that not having our basic needs met would be the ultimate trauma but we are social beings so the greatest traumas are birthed from rejection and abandonment.

The buffer walls are built from:

Resentment

Shame

Guilt

Humiliation

And fear

This ego part of you, has done its best to keep you safe. It has altered your view and understanding of yourself to survive your first 21 years.

Most of us believe this is who we are. We may feel the truth underneath but that can be utter torture if you don't believe it's coming from you. You believe that desire is coming from outside of you. It's a voice from inside that creates desire.

Your desires, identity, and personality have become a walking false truth. You are half of your potential. You use 50% of your energy to hold back who you are and you have no idea you are doing it. It requires a hell of a lot of energy to hold yourself back. But you have become accustomed to your weight. The separation of you has caused you to wait and settle.

***In order for us to break you out of jail we will need strategy. Your subconscious ego is always 10 steps ahead of you. It knows your weakness and triggers. It believes if you break free it will die. LITERALLY. So this isn't about enlightenment to the ego, it's about you surviving.***

By nature we are unlimited creators with everything built in. Truly made in the image of GOD! And of course because love is the essence of the Universe the creation of you is very specific to LOVE.

The fairy tale design of your body works like this...

Your brain is half male and half female. In love (connected) working together to give and receive from different abilities and strengths. A true partnership in every form. The desire to create love you have for yourself outwardly. (see lamp demonstration video)

# QUANTUM FITNESS

## Internal Manifestation Process

This love between brains creates a chemical reaction. This reaction sends a signal down your spine into your root. This ignites the second chemical reaction moving up through every chakra up into the Pineal gland. The third chemical reaction is this WIFI signal that includes the entire cosmos into your love. This ignites the heart and BOOM you have the big bang theory and your “baby” is your goal or desire manifested.

Steps to manifesting anything!

1. Feminine brain creates desire to share something.
2. She shares desire with masculine brain.
3. They connect in agreement
4. Together they send 1 signal down into the root chakra. This root explosion of chemicals vibrates the desire-choice into form
5. The sacral then creates the desire into a real image or idea. The idea is birthed here.
6. The solar plexus activated desire through demonstrating and matching the energy of the desire.
7. The heart is skipped and the cycle is building momentum as the heart remains outside of duality.
8. The throat chakra will vibrate a time frequency that builds desire into mass
9. The third eye will bring the vision all together as a huge building in momentum and complete manifestation
10. The energy flows back through the feminine hemisphere through an infinity vibration back through the masculine hemisphere activating the Pineal Gland turning on the WIFI and the signal is then sent to the cosmos of creation and within a billionth of a second it comes back down through Pineal gland through the brain down the root back up into the heart ..The heart IS BORN The heart will now telepathically communicate with other hearts.
11. The blood of connection becomes magnetic and is now in the state of attraction.

What you seek is seeking you! Your body is the perfection of manifestation.

The problem is usually in the blocks that accrue through trauma and pain. Physical, emotional or chemical pain begins to tighten, constrict and break down the physical body's ability to transport vital energy from oxygen throughout the entire system. The restricted blood flow from unconsciously holding our breath due to stress, injuries the fascia, spine, bones & organs. The toxic adrenaline build up halting digestion creates, ulcers, acid reflux, sleep apnea, restless leg syndrome, arthritis, headaches, temperature regulation issues (always cold or hot flashes)

Hands and feet remain cold. Cramping, bruising, random skin issues and painful periods, infertility and ED can all be a result of long term fight or flight.

# QUANTUM FITNESS

## Internal Manifestation Process

On Top of the stress reducing the body's ability to transport this Universal energy we have also had to turn ourselves down and the only way we can ever turn ourselves down is to turn down the masculine or feminine. Intern this will cause the opposing hemisphere to grow in strength and management.

So let's break in shall we??

Take your homework from last week. Look over your desire. Pick out three of them. Review why you want this and how long you have been wanting it.

Look at the ego list of separation listed above.

Write out your desires.

Example;

I desire \$100,000.

I desire my body to heal

I desire my soul mate to manifest

Let's take the money first.

Lets look at \$100k

questions; Is this a NEED, WANT or IS?

What do I need this exact amount for?

What does this amount represent?

How will I spend or use this money?

How will my life improve?

How will others benefit from this?

Is this money needed to fill a void of lack or to invest into expansion?

Are you paying for debt or investing in the future?

# QUANTUM FITNESS

## Internal Manifestation Process

Now let's look at what you already owe. Let's look at your debt.

What's the most amount of money you have ever received at one time?

What negatives will come from this manifestation?

Who will have an opinion about this money?

What are the consequences of getting this money, Such as more work, less freedom, more debt?

What do you want to spend this money on?

Who will judge that?

By having this money how will it affect your safety?

What will you be obligated to do?

What problems will the money solve?

When have you lost money before?

When have you been irresponsible with money before?

What problems has money caused for you?

What will this money give you that you do not already have?

Now to each question write the feeling that popped up.

Did fear pop up?

Did insecurity?

Did you feel overwhelmed?

Did loss creep in?

Was it shameful?

Guilt?

Did you feel resentful?

This is where we enter the basement where your pain is stored. By now you have felt the discord in your desire. The money goes from feeling joyful to scary or heavy.

Those feelings are nothing more than booby traps! They aren't real. They feel like truth

Your wall and jail cell are now in between you and your desire! What do you do? Your logic tells you to go back, work on being realistic and settle for a 10k advancement on your credit card.

But not this time! This time let's break into jail and break your abundance out!

# QUANTUM FITNESS

## Internal Manifestation Process

You see, 100k represents something you may not understand yet. It represents a you that is calling from jail. This you is saying

“I am beautiful and I want to express it

I am safe and I want to feel it

I am playful and I want to express it

I am creative and I want to make it

I am adventurous and I want act it

I am successful and I want to look it

I am fun and i want to demonstrate it

I am peace and I want to relax in it

I am free and I want to explore it

I am curious and I want to understand it

I am human. I want to taste, touch, feel it.

I am kind and I want to share it

I am spontaneous and I want to use it

I am helpful and compassionate and I want to give it

I am talented and I want the stage to show it

I am happy I want to experience it “

You see you only want the 100k to demonstrate what you already are!!

The money just makes your desires and choices real!

Now write down who is and has not allowed you to to be:

Beautiful

Joyfull

Happy

Healthy

Spontaneous

Playful

Creative

Successful

Peaceful

Fun

Safe ?

# QUANTUM FITNESS

## Internal Manifestation Process

Ego will assign blame here. There is no way you will be keeping yourself from these things right? The more aware you are the less you can blame, but your spiritual ego will use your past, your story, your parents, government or your failed attempts to prove you right about your lack and suffering.

The blame game ....

Parents

Failures

Rejections

Abandonments

Humiliations

Shame

Guilt

Resentment

Insecurity

Lack of knowledge or skill

Lack of time

Lack of freedom

Lack of credit or money

Lack of support

Lack of understanding from others

To much obligations

To many opinions you have to go through

Outside authority

Laws

Rules ....

Write the I AMS you are not allowed currently ( not the past )

I am not allowed to be spontaneous because I have kids

I am not allowed adventure because I am sick

I am not allowed a new car because I dont have credit or money.

This is all BS!!!

So let's do it!!

It's time you let yourself out of jail! But first we have to see what tools you have for your jailbreak? You will need things to break you out of jail. You will need your abundance resume! See attached resume outline

# QUANTUM FITNESS

## Internal Manifestation Process

### Step One

Take your (desire) 100K & create a symbol out of it. Let's say you want to buy a new car. That car will become your symbol for 100K

100k is for bills and kids, but also a new car! The car will be the symbol as it is tied to abundance not lack, The bills are attached to lack. The child (within you) won't help you get the momentum or energy for bills, Ego will take over that vibe and turn you into fear sacristy monster who is in a hurry to pay these bills and will make a rash choice of settling for a solution (that will create another problem within 3 months)

Remember!

Ego manifests outside you through a surrogate vibration. IT'S ALWAYS ATTACHMENT AND MORE LACK.

Inner child (hearts desire) manifests through the internal parents divine feminine and divine masculine (brain hemispheres)

Higher Self is the wifi cosmic abundance that creates the electrical surge of magnetism (interior attraction)

Take your desires regardless of the lack involved and mix in a hearts desire (this is ESSENTIAL)

- A new car
- A healed body
- A divine partner
- A new house
- Money
- 100k
- The right job
- Own business
- Family healing
- People you love healing or doing well.
- An attractive body
- lose weight
- Less stress...

# QUANTUM FITNESS

## Internal Manifestation Process

Now right down all the things about how this ..... makes you feel (without judgement or lack)

Use your chakra balls to pick a feeling for each ball (video to demonstrate)

Chakra ball work, to break the lack pattern and download new patterns.

Red - take the lack feeling and pressure it out...(SEE VIDEO)

Take the abundance feeling and pressure it in....

Now that is just one way to change the pattern! These ideas are endless!

Now, Because real secret to manifesting is to keep it all internal, we want to create a desire ( choice) from both the masculine and feminine aspects of you!

What do you want?

The feminine wants things for the feeling of it, The Masculine wants to use it and create something sustainable out of it. The feminine wants the experience.

This is a compromise!

Soul mate frequencies!

These “frequencies” are imperative in a healthy partnership.

I am loyal to you and you are loyal to me.

I am compromising with our unified desires

I am attracted to you and you are attracted to me

I am in communication with you and only you regarding this manifestation ( each other )

Take your desire and split in male and female perspectives. Remember females are short term, Masculine is long term. Quick fixes and instant gratification comes from wounds.

- A new car ..... (female - fun, pretty , comfortable)  
(male- efficient, reliable lasting)
- A healed body (red and purple )
- A divine partner (red orange)
- A new house (red yellow)
- Money( red and blue)
- The right job (yellow and blue )
- Own business (red, purple )
- Family healing (red, indigo)
- People you love healing or doing well (green and red )
- An attractive body (orange ,yellow)
- lose weight (red blue)
- Less stress... (green turquoise)

# QUANTUM FITNESS

## Internal Manifestation Process

The goal here is to use the soul mate frequencies to be desired by both of the male and female parts of you. This will bring up shadows! No worries this is the rebuilding phase of the brain!

Video to demonstrate!

Purge out the lack of the desire (make space)

Turn on cardio for the blood to be pumping and the contraction work is designed to activate the muscle and lymphatic system while detoxing the blood of grief.

After space is made.

5 belly breaths

Forward manifestation cycle to bring desire into both hemispheres.

Present both desires as you work 11 counts of 3 each position (to be demonstrated)

Rest stretch

Choose two chakra balls to focus on throughout the day