

# Quantum Freedom Techniques

## The Structure Of QFT

All Quantum Freedom Techniques are based on the same process:

1. Imagine = Mental
  2. Feel = Emotional
  3. Act = Physical
- Think It → Feel It → Action It!
  - Thinking → Feeling → Action

First, you have to be that vibration/energy.

Then, you automatically experience that reality.

## The Quantum Freedom Technique

1. Imagine having the thing you want. - Experiencing it in your reality.
2. Ask yourself "what does the energy of this intention feel like?"
3. Using your imagination, amplify the energy until it is focused and intense.
4. Release the energy to your higher self along with any conditions and expectations of how it should manifest.
5. Act on the excitement of that intention. (this includes LOGICAL steps)

This is the technique that I have found to be most powerfully effective.

It's deceptively simple...

DO NOT let it's simplicity fool you:

### **The Positive Belief Technique**

1. Get a clear Vision or Intention of what you would like your preferred reality (your preferred life) to be like.
2. What would be the beliefs of someone already experiencing precisely this Reality?
3. Adopt and act on those Beliefs:
  - a. Feel the way someone would feel that is already experiencing this preferred reality.
  - b. Think the way someone would think that is already experiencing this preferred reality.
  - c. Act the way someone would act that is already experiencing this preferred reality.
4. If reflections occur that contradict these beliefs realise that there are still negative beliefs active that you can simply change and continue acting on the positive beliefs that support your preferred reality.

### **The 'Your Best Self' Technique**

1. Imagine the Very Best Version of Yourself
2. Put this "ideal you" into this preferred reality situation.
3. In your imagination, watch how the ideal you feels, thinks, and acts in this preferred Reality situation.
4. Simply COPY that behavior:
  - a. Feel the way the "ideal you" is feeling in this preferred Reality situation.
  - b. Think the way the "ideal you" is thinking in this preferred Reality situation
  - c. Act the way the "ideal you" is acting in this preferred Reality situation.
5. It's important to tell your physical body to ACT this way
6. How would you stand, breathe, walk, talk, move??? You are literally telling your nervous system the story of this preferred reality.

### **The 123 Technique**

1. You create the most vivid representation of what you want, that you can.
  - a. Get really excited about it. What REALLY EXCITES YOU?!
2. You GIVE that visualization and that excited state of being to your Higher Mind.
3. Then, you TOTALLY LET-GO of any need, that it manifest in the form you were visualizing and you act on this excited state!

## **The Maverick QF Technique**

1. You skip the bit where you visualise or imagine
2. and go straight for summoning the energy of something really exciting
3. You then amplify it and let it go
4. You intuitively ACT from this ENERGISED state!