

Style of pump How it is done	What is it typically used for	Parts of the blueprint Most effective on these anchors
Basic Quantum Pump Typically using the right hand (this is one handed) bend the elbow and bring the hand in front of the right shoulder about 6-10 inches out in front. Thumb facing up to the sky, pinky finger facing down to the ground, allow the hand and fingers to be loose, with a gentle rock forward and back.	Regeneration and can be used for almost everything: all types of clearings and restorations. Will not replace the side slide or chakra activation	Essence Matter Energy Genesis Embodiment Amplification Cords wormholes tubes implants
Flutter One or both hands at your sides fingertips facing the ground palms facing into the body have the fingers flutter gently	Clearings of all kinds Home work Discreet pumping when out and about hiking, in a restaurant on a bus	Perception Essence Matter Energy Genesis Embodiment Amplification Seeds wormholes Nano quad alter ego holographic staples Nano novem

Foot pump One or both feet can do this while sitting gently lift one foot and with the ankle extend the foot down and then return lifting the foot back towards the shin	Fun alternate pump to use in class or with homework when the hands are tired similar to the basic quantum pump about 70% effective in comparison	Matter Energy Genesis Embodiment Quantum Amplification Seeds Cords wormholes rays Alter ego Holographic staples implants
Double Pump Using the same technique as the single pump lift both hands facing in towards each other to shoulder height 8-10 inches away from shoulder, I like to alternate pump, however it is also effective to do both hands pumping at the same time. Remember loose fingers.	Used for clearings	Essence Matter Energy Embodiment Amplification Embedding seeds Wormholes Tubes Nano technology auditory scions implants

Chopping Much like the double pump, this however is down with fingers firm straight either extended or held together alternating one hand down while the other is up. Imagine being a sculpture chopping away at a piece of marble	Used for clearings and spiritual interferences The 'big guns'	Perception Matter Energy Genesis Embodiment Quantum Amplification Embedding seeds wormholes rays Nano quad Alter ego implants
Doorknob Always only one handed, best choice right hand. Hand up about shoulder level palm facing out to the world fingers curled in as if to wrap around a doorknob than turn hand in with palm facing towards your body continue to have fingers curled in Remember NEVER 2 hands it cancels out what you are doing	Used for clearings and spiritual interferences the 'big guns'	Perception Matter Energy Genesis Embodiment Amplification Holographic inserts Embedding seeds wormholes rays Nano quad Alter ego Holographic staples Nano novem

Platter Always only one hand best choice again is right hand. Hand about even with right shoulder palm facing out than palm facing in towards your body Never 2 handed	Helps speed up clearings when one seems to have stagnation or lost momentum can do the same with regeneration if it seems like it is slowing down	Essence Genesis Quantum Tubes Nano novem
Side slide Start with palm facing out, shoulder height as in platter, then turn palm facing up to the sky and slide across the front of the body with a gentle flutter, as if to sweep of dust on a line	Clears DNA and some timelines	Perception Matter Energy Genesis Embodiment Amplification Cords Wormholes Rays tubes Nano technology Holographic staples Nano novem
Chakra activation Elbow bent hand even with elbow, thumb facing up move fingers I a clockwise direction. If you know what direction the chakra is spinning you can also use counterclockwise when needed, however clock wise works for both directions	Chakras and nadis, both for repair replace also to get the working at 100%	Matter Energy Genesis Cords Rays Nano quad Alter ego DNA splicing Nano novem Implants