

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
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

<p>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</p>	<p>Used for clearings and spiritual interferences The 'big guns'</p>	<p>Perception Matter Energy Genesis Embodiment Quantum Amplification</p> <p>Embedding seeds wormholes rays Nano quad Alter ego implants</p>
<p>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</p>	<p>Used for clearings and spiritual interferences the 'big guns'</p>	<p>Perception Matter Energy Genesis Embodiment Amplification</p> <p>Holographic inserts Embedding seeds wormholes rays Nano quad Alter ego Holographic staples Nano novem</p>

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
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