

Step and clearing or hand movement	How this is done	possible result ~ intention
<p>Pre-work Prayer and lifting energy</p> <p>Hands over heart left hand over heart chakra and right hand on top</p> <p>Recommended time 20 minutes</p>	<p>Start by inviting this process to be sacred, and ask for the help of the Divine.</p> <p>A simple prayer: <i>Mother Father God, thank you for all that is working in my body and all the DNA my body. I ask for your loving assistance as I work to improve all the DNA in my body and family programing for the better and thank you knowing how much you love me and want a great outcome and great life for me. I love you and glorify you and your wonderful works here on earth and in heaven Amen</i></p> <p>Chanting, singing, using mediation, possibly a brisk walk in nature are all things that have been known to lift and raise your energy frequency</p>	<p>Begin always at a place of your purest truest happiness place. So we move away from (I hate this part of me or I'm scared of this part of me or any other low vibration thought) which will not produce a good result to I love what I have and I know it can be even better with a bit of tweaking and help from the Divine is most welcome and optimal for me</p>

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<p>Step One Identify the challenging DNA using muscle testing.</p> <p>Challenges can range from health problems that will play out at some time in your future or have already gotten started and you are dealing with the problem in present time, integrity and wealth issues, love and relationship family rules</p> <p>Muscle testing</p> <p>Recommended time 5 minutes</p>	<p>Muscle testing can be done in a variety of ways, the method I teach is to use your right-hand ring finger extended firmly and your left-hand pointer finger pressing down between the middle of the right-hand ring finger joints. Make a specific statement for example I have Cancer DNA in my body. If it is true it will hold firm, if it is false it will drop</p>	<p>You will begin to identify problem areas in the DNA, from which you can work to remove them one by one.</p>

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<p>Step Two Clear right permission and ability to remove ~ disappear all poor functioning programs or harmful DNA in your body</p> <p>Chopping</p> <p>Recommended time 80 minutes</p>	<p>Use a double handed chopping motion and this statement to clear the way, removing obstacles for you being successful in your pursuit of transforming DNA for the better.</p> <p>Clear right permission and ability to remove ~ disappear all poor functioning programs or harmful DNA in my body removing altering amalgamated controlling damaging delusion disgust harmful Illusional observing satanic</p> <p><i>*If you have gone through the Quantum Activations Apprentice Trainings You will also have the skill to create an entire chart for each topic/statement you clear.</i></p>	<p>Clearing obstacles will definitely help make the change permanent and will help in the ease and rapidness of the shift. What I have found is DNA is fairly pliable and able to shift without too much fuss if you know what you are doing and have the right frequency when you start.</p>

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<p>Step Three Removing Poor or harmful programing in DNA</p> <p>Quantum Activation DNA Side slide Recommended time 45 minutes</p>	<p>Start with your right hand in front of your right shoulder about 8 inches palm thumb up to the sky as pinky finger is facing the earth. Turn the right hand up so palm faces the sky and shake the hand as it moves across the chest about 10 inches. Then return the hand to repeat the process many times.</p> <p>The DNA side or side slide as it is often referred to is used for only 2 types of clearing, the DNA and some timelines. As you shake and move the hand in front of the chest imagine you are scooping off the poor DNA from the DNA strand that is open before you. This is not a literal process obviously, as you have millions of cells and each on holds the DNA information and in this process, we imagine connecting with the first and main DNA strand that informs all the other DNA in the body to shift. As with Cellular neo genesis you can imagine the DNA of the original Master cell, this will be the most powerful way to shift all DNA in the body</p>	<p>As you move the hand in the side slide movement you will begin to feel a shift (if you feel things not everyone does). We know when we are done when we muscle test and make this statement getting a positive.</p> <p>The result is a permanent removal of the harmful DNA from the master DNA strand in the Master Stem Cell</p> <p>The HarmfulDNA has been removed totally from the master Cell should yield a positive result</p>

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<p>Step four</p> <p>Mirroring</p> <p>Quantum pump</p> <p>Recommended time 30 minutes</p>	<p>this is a process of using the light of the cell to relay to all other cells, and inform all other DNA in the body of the change that has happened in the master cell</p> <p>The light of cell is much like the spirit of cell and allows the reflection of the director cell to become the new basis of being for all other cells if done till the process is completed. You can know this also by muscle testing</p>	<p>The harmful DNA is disappeared not only through the one master strand, but has now been removed from all the DNA strands in the body</p> <p>You can double check you have been effective by Muscle testing</p> <p>I have no Harmful DNA in my body</p> <p>For example, I have no cancer DNA in my body</p> <p>You could also test I am totally free ofDNA in my body</p>

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<p>Step five New DNA program to replace the old problem that has been removed</p> <p>This is done with intention, as many philosophers have said if you can see it in your mind and believe it, it can change</p> <p>Envision the better version of what you have removed. Say you take out a family pattern of disrespect for women and children. You could add back once that is cleared, cherishing, loving and protecting with delight all women and children.</p> <p>Sometimes this is not necessary, for example you remove cancer DNA, nothing to add, no opposite, you've taken out what doesn't belong and you are good to go.</p> <p>DNA Side Slide</p>	<p>Create a very short statement:</p> <p>I cherish, love and protect with delight all women and children.</p> <p>DNA side Slide for 5 minutes, seeing this new program integrate into your master cell DNA strand and</p> <p>Mirror to all your DNA</p> <p>The entire process takes 5 minutes or less</p>	<p>You are successfully changing how your cells are directing you and your body to respond and react to the circumstances of your life.</p>

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<p>Step Six Resets</p> <p>Just like when technology is turned off to rest and when restarted reverts back to the old programing, so too your DNA does a restart after you have slept. When the body is at rest much of the DNA is at rest. You as a spirit are out and about doing what you do during dream time. When you return to the body, your body is basically restarted once more. Since we have now cleared the problem energy's and programming from the DNA we don't want it to reengage. This only happens about 10%-15% of the time so much of what we do up front is done for ever.</p> <p>Sometimes there is an overriding can't heal brand that gets in the way of this quantum shift. Also, occasionally spiritual interferences can mess with the transformation fully taking.</p> <p>You'll need to test at the end of your process to see if you need this step</p> <p>Doorknob</p>	<p>Once the DNA obliteration process is complete, using muscle testing check</p> <p>Here is the statement you can use for that: The clearing ofDNA is permanent and will not reset back tomorrow when I awaken from sleep.</p> <p>If you get a yes, you can skip this step. If you get a no</p> <p>Using door knob for 15 minutes clear Right permission and ability to have a full and permanent transformation in my DNA related toMy body can and will hold this shift now and forever.</p> <p><i>*If you are an apprentice you can also make a small chart related to this statement. The chart will always be different based on the person.</i></p>	<p>You have now overridden the reset mechanism in your DNA for the problem programming from resurfacing. Good job!</p>

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<p>Step Seven Retest in 4 weeks Human error and cell to cell mirroring with folks who have a low setting can rarely, but once in a while reset you back. If that is the case revisit the entire DNA Obliteration process once more</p> <p>Human error You may not have been fully complete in one or more of the steps. Depending on your accuracy muscle testing can say 100% when it is 96% for some folks ..it is an art, just keep working at it and it will get better and better</p> <p>Cell to cell mirror with others who are set lower. You can be a bright beacon of light for your family, but if you are in a low mood and start taking on their ideas of lack and suffering, you could allow the mirroring which is such a blessing when it uplifts you, go the opposite and let it pull you back, resetting you to the problem. This is only a 3% chance, but it is real, so stay positive and be around folks who have a healthy view of life</p> <p>Muscle testing</p>	<p>Using muscle testing Use this statement I havechallenge in my DNA</p> <p>A yes means start over at the top of this chart and redo the process once more</p>	<p>Clearing permanently</p> <p>If you back slide, it is good awareness to a problem you have and a way to correct it. You want to know this. It helps you take more charge and ownership in future</p>

<p>Special note: of others</p> <p>If you have had transplants or blood transfusions you will have DNA of others also in your body. You will want to pay special attention going through the process of saying 'All DNA' not just 'my DNA'. This can slow or stop your progress or continue to direct a problem even though your own DNA is corrected so be sure to use the 'ALL" and also test after each step insuring there is no DNA with the problem left.</p> <p>Use your intention Use muscle testing to discover any issues</p>	<p>Up to about 5% change in DNA Ways that your DNA could change while in body</p> <p>F 16 can inform and change DNA while in the body F 16 in the air directing entitlements to keep reestablishing them self</p> <p>G 26 Directed Energy from another overtaking your will or intention</p>	
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