

Style of pump How it is done	What is it typically used for	Parts of the blueprint
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. Shift in the field is on the up swing	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
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. Shift is on the upswing	Used for clearings and regeneration	Essence Matter Energy Embodiment Amplification
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 hands more in front of the heart chakra closer together, about 4 inches apart Shift is on the up swing	Used for clearings and spiritual interferences The 'big guns'	Perception Matter Energy Genesis Embodiment Quantum Amplification

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 Shift is on the out part of the movement	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 we use it in cellular neo genesis for mirroring process and can be used for specific types of clearings	Essence Genesis Quantum
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 Shift is on the out part of the movement	Used for clearings and spiritual interferences the 'big guns'	Perception Matter Energy Genesis Embodiment Amplification
Chakra activation Elbow bent hand even with elbow, thumb facing up move fingers In 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 The shift happens in the entire movement	Chakras and nadis, both for repair replace also to get the working at 100% Very rarely used for a clearing	Matter Energy Genesis
Side slide Start with right 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 off dust on a line Shift happens in the soft chopping movement	Clears DNA and some timelines	Perception Matter Energy Genesis Embodiment Amplification

Flutter One or both hands at your sides fingertips facing the ground palms facing into the body have the fingers flutter gently Shift happens on the out movement of the down facing finger flutter movement	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
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 either one or both feet heal should be off the floor can be cross legged Shift happens on the up the lifting of the toes towards the sky	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
ITP Pump (inner thigh pump) This is a mild version of the quantum pump with arm up. The inner thigh pump has either hand pumping in towards the knee and between the two legs while the fore arm is resting on the thigh Movement where shift happens is on the up part of the fingers moving, like when they are more contracted in	Used for everything and used for when the circumstances of any normal or recommended pumping is not possible because of a disability for example arm pain weakness etc.	Essence Matter Energy Genesis Embodiment