

| Style of pump<br>How it is done                                                                                                                                                                                                                                                                                                    | What is it typically used for                                                                                                                     | Parts of the blueprint<br>Most effective on these anchors                                                                                                                    |
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| <b>Basic Quantum Pump</b><br>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<br>Matter<br>Energy<br>Genesis<br>Embodiment<br>Amplification<br><br>Cords<br>wormholes<br>tubes<br>implants                                                         |
| <b>Flutter</b><br>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<br>Home work<br>Discreet pumping when out and about hiking, in a restaurant on a bus                                       | Perception<br>Essence<br>Matter<br>Energy<br>Genesis<br>Embodiment<br>Amplification<br><br>Seeds<br>wormholes<br>Nano quad<br>alter ego<br>holographic staples<br>Nano novem |

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| <p><b>Foot pump</b><br/>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</p>                                                                                                          | <p>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</p> | <p>Matter<br/>Energy<br/>Genesis<br/>Embodiment<br/>Quantum<br/>Amplification</p> <p>Seeds<br/>Cords<br/>wormholes<br/>rays<br/>Alter ego<br/>Holographic staples<br/>implants</p> |
| <p><b>Double Pump</b><br/>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.</p> | <p>Used for clearings</p>                                                                                                                               | <p>Essence<br/>Matter<br/>Energy<br/>Embodiment<br/>Amplification</p> <p>Embedding<br/>seeds<br/>Wormholes<br/>Tubes<br/>Nano technology<br/>auditory scions<br/>implants</p>      |

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| <p><b>Chopping</b><br/> 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<br/> The 'big guns'</p> | <p>Perception<br/> Matter<br/> Energy<br/> Genesis<br/> Embodiment<br/> Quantum<br/> Amplification</p> <p>Embedding<br/> seeds<br/> wormholes<br/> rays<br/> Nano quad<br/> Alter ego<br/> implants</p>                                        |
| <p><b>Doorknob</b><br/> 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<br/> Remember NEVER 2 hands it cancels out what you are doing</p> | <p>Used for clearings and spiritual interferences<br/> the 'big guns'</p> | <p>Perception<br/> Matter<br/> Energy<br/> Genesis<br/> Embodiment<br/> Amplification</p> <p>Holographic inserts<br/> Embedding<br/> seeds<br/> wormholes<br/> rays<br/> Nano quad<br/> Alter ego<br/> Holographic staples<br/> Nano novem</p> |

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| <p><b>Platter</b><br/> 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<br/> Never 2 handed</p>                                                                            | <p>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</p> | <p>Essence<br/> Genesis<br/> Quantum<br/><br/> Tubes<br/> Nano novem</p>                                                                                                                               |
| <p><b>Side slide</b><br/> 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</p>                                               | <p>Clears DNA and some timelines</p>                                                                                                                     | <p>Perception<br/> Matter<br/> Energy<br/> Genesis<br/> Embodiment<br/> Amplification<br/><br/> Cords<br/> Wormholes<br/> Rays tubes<br/> Nano technology<br/> Holographic staples<br/> Nano novem</p> |
| <p><b>Chakra activation</b><br/> 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</p> | <p>Chakras and nadis, both for repair replace also to get the working at 100%</p>                                                                        | <p>Matter<br/> Energy<br/> Genesis<br/><br/> Cords<br/> Rays<br/> Nano quad<br/> Alter ego<br/> DNA splicing<br/> Nano novem<br/> Implants</p>                                                         |

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| <p><b>ITP Pump (inner thigh pump)</b></p> <p>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</p> | <p>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.</p> | <p>Essence<br/>Matter<br/>Energy<br/>Genesis<br/>Embodiment</p> <p>Lucifer stops<br/>portals<br/>vessels<br/>mechanisms<br/>Starts<br/>Rays<br/>Nano quad<br/>Alter ego<br/>DNA splicing<br/>Nano Novem<br/>Scions<br/>Nano bots<br/>Nozzle<br/>Trauma spring<br/>Glangary systems implants<br/>Naniet spirals</p> |
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