

Month 6 Check List For Total System 2.0 Members

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Where Should You Be After 6 Months?

- Increase in sensitivity
- Steady Qi build up
- Ability to change the feel of the Qi
- Regularly adding affirmations and autosuggestions into your training
- Understanding Hypnotic Protocol
- Deeper Relaxation Skills

Sensing Colors

- Start out with black and white paper or objects
- Don't put pressure on yourself
- Set aside a couple of minutes per week/day to sense colors
- Believe in your skills

Sensing Objects

- Start out with large objects
- Different types of textures and shapes
- Sense objects while in your lying down meditation
- Believe in your skills

Qi Distillation

- Keep the Qi cool/yin
- Control the feeling of the Qi- keep it euphoric and blissful.
- You are in control of how it feels
- Believe in your skills

Getting In Tune With Your Energy

- Begin to know how you feel when charged up and when not.
- Become more aware of the energy around you.
- Learn to feel others energy and interpret how it feels
- Tap into your subconscious more

Hypnotic Influence

- Are you beginning to feel your influence power growing?
- Are you aware of how well the simple patterns are working?
- Take time to understand the concept of instant commands
- Drill your ideas into your subconscious and others subconscious minds

Conclusion

Keep Training Daily To
See Incredible
Results...