

Seven Steps to Changing Your “Quantum Resonant Frequencies” to Re-Program Yourself for Success

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Universal Laws, which are now proven by Quantum Physics, show us the following:

At the core of the Universe is a “quantum pool” of unformed stuff – waves and particles in a random dance

To create anything, your Observation, Intention and Attention must be Focused into that pool

That pool will give you whatever you “think into it” – particularly what you think and FEEL strongly

The Universe operates on Frequencies – “like attracts like” – whatever your *Frequencies* are is what you will *Attract*

In your journeys in this life, you have created around you a “Quantum Resonant Frequency” – which is the sum total of all your beliefs, experiences, and how you interpreted those experiences. This QRF (quantum resonant frequency) will determine how effective you are at Programming new Desires. To truly change your reality, you must change your QRF, which includes changing the Neuropathways in your brain.



Sounds complex, doesn't it? It is, and it isn't. The good news is, that you CAN change your QRF and the Neuropathways in your brain. The challenge is that you must DECIDE it is important enough to learn new ways of thinking, new ways of languaging and new beliefs and interpretations – creating new “filters” through which to “see” and experience the world.

Seven Step Method to Changing Your QRF & Neuropathways

1. Become conscious.

Take inventory of your belief systems, moment-to-moment thoughts, internal and external use of language and your outer world right now. Make a commitment to understanding how you have been Programmed and Conditioned and what decisions and interpretations you have made of powerful experiences in your life. The result of this inventory will tell you where your QRF is set right now – literally your “set point” – and how the Neuropathways of your brain are currently aligned.

2. Consciously examine and collapse faulty belief systems and unhappy memories.

Remember, your QRF is “set” based on those imprinted beliefs and memories. Use the NCTC clearing exercise provided to you earlier before you go to sleep. Watch your thoughts “moment-to-moment” for evidence of limiting belief systems and develop a system to instantly collapse them. Make this a life-long practice.

3. Focus on your desires and meditate daily.

Or simply learn to get into the alpha state of mind. This is the state just below beta state of mind, our waking state. This is the level of consciousness for meditation, relaxing and reflecting. Alpha's amplitude ranges between 10 and 14 cycles per second, a slower brainwave rhythm and higher amplitude than our waking beta state.



You may use a metronome if you do not meditate. But to make changes in your Neuropathways and your QRF you must do it from deep levels of mind – or you will be using a “pick and shovel” method that can take years – leaving the “logical” mind “awake” and getting in the way. While in the alpha state of mind, imprint NEW and more desirable beliefs and interpretations of your prior experiences. Release limiting beliefs and traumatic imprints and replace them with JOYful and peaceful ones. SEE and FEEL your desired reality as though you are already in it. ALLOW your imagination to show you the dreams waiting for you.

[Email us](#) if you would like some referrals for free online programs to help you.

4. Learn to “act as if.”

In every moment, BECOME the person you believe you want to be. Act “as if” you are already there. Act “as if” it is already true. Use the method that children know naturally – pretend. Imprint into your brain the FEELING of having already achieved your Desires and see the world through the eyes of that person.



5. Become a good steward of what you let into your mind.

Choose people who think positively to be your friends and associates. Disengage from TV and radio, unless they are motivational and inspirational programs. Get into nature and listen. Make a commitment to be mindful – not mindless – and do not let any negativity, including your own thoughts remain in your mind. Challenge every negative thought you think of yourself (and of anyone and anything else), and immediately “reframe” it into a more positive and nourishing one.

6. Live your passion.

If you are not living your passion, you are setting your QRF for a low frequency of “settling,” “not having enough,” “being less than.” If you don't know what your passion is make it your job to find out and then figure out how to live it. DECIDE that you *deserve* to live your passion and more, *that you deserve to be vastly rewarded for doing so.*

7. Stay in gratitude, appreciation and compassion.

Compassion, Appreciation and Gratitude erases karma – some of the Frequencies you are holding in your QRF. Look for the beauty in everything and be grateful, moment-to-moment, for what you DO have. Stay outside of judgment – of the self and others. In every moment, send understanding and acceptance. Know that you do not know why anyone else does what they do – but trust they are doing the best that they can and it is not your job to interpret their behavior and especially not to judge it. Live as though you are already Enlightened – because you are.

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I promise, that if you make a commitment to living this way that you will see HUGE changes in your thoughts, your results, and your peace of mind.

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To feed your mind the thoughts that will produce the reality you desire is an on-going “thought by thought” process. Visit <http://www.angelavatar.com> for a library of choices: MP3’s, CD’s, workbooks, e-books and private intuitive and hypnosis sessions.

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