

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

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

