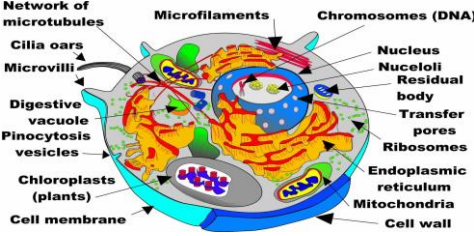
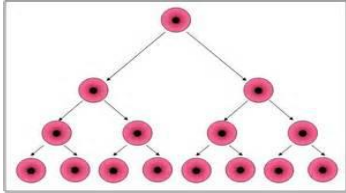


1. Eye area, forehead, face in general and neck
2. Upper arms, thighs, hands and full limb attention
3. Breasts/chest, belly and back.

Process	Best Style of pump	What are we shifting Parts of the blueprint that were affected by this step	How to tell when this part is complete
Pre-work: Clear Prior to regeneration we are clearing our right permission and ability to regenerate (what we are regenerating) removing the nature of the problem for why it is not in top performance. The chart includes programs, brands and labels, as well as timelines, emotional anchors and spiritual interferences with anchors. It is good to pray, ask for assistance in clearing and preparing for regeneration, and use your mind to visualize a great result.	Clearings are typically either doorknob or chopping. We discover what we do by muscle testing which is best. Using the quantum pump, any version is a gift. It works with setting an intention or focus of transformation in the mind and using one of the specific moving hand gestures to activate the quantum field of transformation or what we sometimes refer to as the quantum pleasure field. We are all already part of the quantum field. I also like to think of it as the field of oneness. Think of it as a field that everything exists in or particles vibrating. The transformation we seek happens in the higher frequencies of the quantum field. We are essentially rearranging how the particles are vibrating for a better result	Clearing a space in the area to be regenerated that is free of obstacles so that there is receptivity for new cell growth and new vibrant health to return. Perception Essence Matter Energy Genesis Embodiment Amplification And we used quantum to cause the shift!	Using muscle testing is reliable. I I also notice I can feel it; my hand seems to stop the clearing process, like the hand knows (not everyone may have this skill).

Process	Best Style of pump	What are we shifting Parts of the blueprint that were affected by this step	How to tell when this part is complete
Step one: Master and Stem Cell upgrade in the actual regeneration is pumping both the master and stems cells up to 100%. The master and stem cells are very special cells that contain the regeneration details and when stimulated can return to 100%. Why? We are matching the blueprint details that are in the perfected state.	Quantum pump Double pump And Platter are at different times used for this process. Again, I muscle test what is best, but you will always have a great result with just the plain quantum pump. It may not be the fastest, but it is rock solid as a regeneration tool! 	Using the quantum field with our thought or intention to regenerate and our hand technique (pump) we are restoring or typically for the first time pushing the function of the stem cells and master cell to 100%. This takes a bit of time. We are restoring all the elements in the cell to 100%: nucleus, absorption, elimination mitochondria and all aspects of the cell. Essence Matter Energy Quantum Amplification We also activated the process of Re ~ Genesis which is part of the supporting field of Genesis.	Muscle testing. The statement you would use: My stem cells and master cells for (-----regeneration) are all now at 100%.

Process	Best Style of pump	What are we shifting Parts of the blueprint that were affected by this step	How to tell when this part is complete
Step two: Mirroring Upgrading surrounding cells In this step we are using the light of cell to reflect the new 100% function to all the surrounding cells that are not stem cells, so that these cells at much lower function can get a nice uplift, and function at a much higher rate. The light of cell is much like the spirit of cell having the gift of reflecting using amplification and genesis.	Platter Quantum pump You typically won't even realize when you are moving through this step unless you are testing for the end of each process. If that is the case, you are likely doing the quantum pump. 	We are shifting the low and poor functioning cells that are not stem or master cells up to a higher performance. They will test at 100%. You have to imagine these are the worker cells, formed in low function. When I see it in my mind's eye they are smaller, less potent than the new cells we start generating in our next step. This however is an important step because they create the cozy hospitable environment for the brand new 100% functioning cells to be housed in. Perception Essence Matter Energy Genesis Amplification We used quantum to activate the mirroring.	If you were aware of this shift you could muscle test. It isn't that noticeable; however subtle, you'll feel things do lighten up in the area of regeneration during this step.

Process	Best Style of pump	What are we shifting	How to tell when this part is complete
Step three: Cascade of new cell growth. This is where we often think, "ahh we are done!" And in many ways, we are. We are pumping to activate the cascade of new cell growth, which is measurable and can be observed with muscle testing immediately. I often show a chart in this process which has an example of one cell, then two cells under it, and four cells under that showing how the cascade begins small and over time can build to hundreds or even thousands of newly regenerated cells all functioning at a very high rate, from very intelligent high functioning master and stem cells.	Double pump Platter  Singing is often a good way to raise the energy and help the process along if you are getting tired and a little sluggish from a lot of pumping. Keep your energy up, happy and hopeful while you are moving through each step, and you'll do just fine.	This part of the process uses the mitochondria, a small organelle known to produce the fuel of the cell and also what we know is the impetus for cell regeneration and the cascade of new cell growth. I say imagine this little fella is a caterpillar, and you are tickling his belly. He giggles and out pop the first new cells! We are causing, from your own rebooted master and stem cells, a cascade of new growth that will go on for many weeks if we did it correctly. I've seen up to 200 days of new cell growth, which is fantastic! Matter Genesis Amplification And we use quantum to activate the process.	There are two things you can test for here: 1. That the process is completely started. It doesn't take very long once all the other steps are complete. Then 2. How many days will this process continue? Depending on the area, 42-200 days are the kind of results we are hoping for. The shorter days would be on things like smaller glands and less complex structures, while the longer days are on bigger organs, especially the brain, which is the longest.

Process	Best Style of pump	What are we shifting Parts of the blueprint that were affected by this step	How to tell when this part is complete
Post regeneration quantum field requirements: We are looking at the time from regeneration where we started the cascade of new cell growth through to it's completion. Those days are very important days. You'll want to keep you diet clean, no narcotics or pain meds and minimal alcohol if any. Getting out in nature, breathing deeply, enjoying life, no images of killings or death on movies or television. This startles the body and can stop or hinder regeneration. And of course, please use one of my meditations once or twice a day, the 30-minute ones. This way you'll get into the quantum field of transformation frequency at the very least during the times you are actively meditating. Most of my meditations are set above 900. Do this daily through the entirety of regeneration days.	Meditation If you test you have dropped off or are not experiencing the cellular neo genesis before the end of your days, please check what stopped or hindered it and avoid that activity until you are complete use Platter for 30 minutes to get a jumpstart and back on track with the regen once more.	You are literally growing and replacing all the cells in the area over a period of time. Essence Matter Energy Genesis Quantum Amplification	Ask with muscle testing. A good statement, "My (....) has regenerated fully" Test here. "and is now at 100%." Test again. If you get yes on both you are good to go. If you get a yes on 1 and a no on 2, you might want to check 90%, 80% ...on down. Depending on how badly your body had degenerated prior to the first regeneration session you may need multiple regeneration processes to accomplish a high score on number 2.

Process	Best Style of pump	What are we shifting Parts of the blueprint that were affected by this step	How to tell when this part is complete
Completion of regeneration round next steps: This may be the end of your process and you may be good to go. If that is the case take great care of yourself, exercise, eat right, drink enough water, enjoy outdoor activities and avoid violence, and cell killing ingestible. If you have tested lower on step 2 of our previous chart you can start another round of regeneration by following the directions above. The clearings will be much shorter, but we are still looking for the longest days of regenerations we can possibly get. More days is better. For example the adrenals can go 43-72 days...try to get the longer ones. You can learn about days of each area by attending Our Year of Miracles, or by attending classes I teach on regeneration (which are many). Don't forget to be grateful and appreciate, say a prayer of thanks for all you have accomplished so far and remain hopeful.	Keep meditating. Breathe in pink and gold and have a great life!	Time to get more active and involved in your passions and enthusiastic life. Perception Essence Energy Embodiment Amplification	Muscle test