

# Quantum Pump

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# Drop

## **DROP**

### RIGHT HAND

STARTING AT THE POSITION OF QUANTUM PUMP HAND UP 6-8 INCHES IN FRONT OF THE RIGHT SHOULDER, MOVING DOWN WITH A FLUTTERING MOVEMENT THUMB POINTING UP

STARTING AT SHOULDER LEVEL ENDING AT WAIST LEVEL, FLUTTERING DOWN, AND RETURNING TO SHOULDER LEVEL WITHOUT A FLUTTER

THUMB TIP POINTING UP PINKIE FINGER PARALLEL TO THE FLOOR

CHANGE IN THE FIELD OF PARTIALS VIBRATING IN A NEW WAY HAPPENS BOTH ON THE DOWN AND UP PART OF THE MOTION

# Half Moon

RIGHT HAND FACING FORWARD AND SCOOPING ACROSS YOUR BODY LIKE A HALF CIRCLE LOOPING DOWN AT YOUR MID-POINT AND UP ON THE LEFT SIDE OF THE BODY THE RETURN FOLLOWS THE SAME PATH CHANGE

STARTING LIKE PLATER AT THE TOP OF THE RIGHT SHOULDER SCOOPING ACROSS THE BODY ENDING AT ABOUT THE LEFT ELBOW

TRANSFORMATION IN THE QUANTUM FIELD HAPPENS ON THE PATH BACK

# Reverse Half Moon

LEFT HAND FACING FORWARD,  
SCOOPING ACROSS YOUR BODY LIKE  
A HALF-CIRCLE LOOPING DOWN AT  
YOUR MID-POINT RIGHT SIDE OF THE  
BODY AT RIGHT ELBOW THE RETURN  
MOVE FOLLOWS THE SAME PATH

STARTING LIKE PLATTER AT THE TOP OF  
THE LEFT SHOULDER SCOOPING  
ACROSS THE BODY ENDING AT THE  
RIGHT ELBOW

TRANSFORMATION IN THE QUANTUM  
FIELD HAPPENS ON THE PATH BACK

# Platter

RIGHT HAND ALWAYS ONLY ONE  
HAND BEST CHOICE IS RIGHT HAND.  
YOU CAN USE THE LEFT HAND 40%  
EFFECTIVE IN COMPARISON TO THE  
RIGHT HAND

NEVER USE BOTH HANDS AT THE SAME  
TIME

HAND ABOUT EVEN WITH RIGHT  
SHOULDER PALM FACING OUT THAN  
PALM FACING IN TOWARDS YOUR  
BODY.

TRANSFORMATION IN THE QUANTUM  
FIELD IS ON THE OUT PART OF THE  
MOVEMENT

# Ascend

RIGHT HAND THUMB TIP POINT UP PINKIE  
FINGER PARALLEL TO THE EARTH FROM  
WAIST LEVEL GOING UP TO RIGHT  
SHOULDER ON THE WAY DOWN  
MAKING A SLIGHT CRESCENT AS IF YOU  
WERE MAKING A D (NO FLUTTER)

THIS CAN ONLY BE RIGHT HAND

TRANSFORMATION HAPPENS WHILE  
FORMING THE CRESCENT ON THE WAY  
DOWN

# Spin

MOST USED IN A CLOCKWISE  
MOTION CIRCLE MOTION OF HAND  
GOING OUT AS IF TO FOLLOW A  
CLOCK FACE

COUNTERCLOCKWISE USED RARELY  
CIRCLE GOING IN

ELBOW BENT AT A RIGHT ANGLE  
WITH FOREARM PARALLEL TO THIGH,  
THUMB FACING UP MOVE RIGHT  
HAND IN A CLOCKWISE DIRECTION  
MAKING A CIRCULAR MOVEMENT  
IN THE AIR.

THE SHIFT HAPPENS IN THE ENTIRE  
MOVEMENT

# Side slide

START WITH RIGHT PALM FACING OUT AS IF YOU ARE GOING TO START PLATTER, SHOULDER HEIGHT, THEN TURN PALM FACING UP TO THE SKY AND SLIDE ACROSS THE FRONT OF THE BODY WITH A GENTLE FLUTTER, AS IF TO SWEEP OFF DUST ON A LINE, RETURNING BACK SMOOTHLY TO START POSITION WITH NO FLUTTER

TRANSFORMATION HAPPENS IN THE SOFT CHOPPING MOVEMENT



# Flutter

ONE OR BOTH HANDS AT YOUR SIDES FINGERTIPS FACING THE GROUND, PALMS FACING INTO THE BODY HAVE THE FINGERS FLUTTER GENTLY

SHIFT HAPPENS ON THE OUT MOVEMENT OF THE DOWN FACING FINGERTIPS FLUTTER MOVEMENT

# Chopping

HANDS FACING TOWARD EACH OTHER 4 INCHES APART SIMILAR TO PRAYER POSITION FINGERS ON BOTH HANDS ARE HELD FIRM - STRAIGHT DIGITS CAN BE EXTENDED OR HELD TOGETHER. THE MOVEMENT BEGINS WITH ONE HAND GOING DOWN, THE OTHER HAND BEGINS GOING DOWN AS THE FIRST HAND ASCENDS SO YOU ARE ALTERNATING ONE HAND DOWN WHILE THE OTHER IS UP ABOUT 8 INCHES OF MOVEMENT. IMAGINE BEING A SCULPTURE CHOPPING AWAY AT A PIECE OF MARBLE

TRANSFORMATION IN THE QUANTUM FIELD IS ON THE UPSWING OF EACH HAND

# Back up pumps

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# ITP Pump/flutter (inner thigh pump)

THIS IS A MILD VERSION OF THE QUANTUM PUMP WITH ARM UP. THE INNER THIGH PUMP HAS EITHER HAND EXPANDING AND CONTRACTING IN TOWARDS THE KNEE, BETWEEN THE TWO LEGS WHILE THE FORE ARM IS RESTING ON THE THIGH

BACK OF THE HAND IS FACING UP TO THE SKY

**OR**

IF YOU ARE USING THE INNER THIGH FLUTTER FOREARM RESTING ON THIGH WHILE HAND ON INSIDE OF LEG IS FLUTTERING

QUANTUM SHIFT FOR THE PUMP IS CREATED WITH THE MOVEMENT OF THE UP PART OF THE FINGERS MOVING, LIKE WHEN THEY ARE MORE CONTRACTED

# Foot pump

ONE OR BOTH FEET CAN DO THIS WHILE SITTING. GENTLY LIFT ONE FOOT AND WITH THE ANKLE CONTRACTED TOES UP THEN EXTEND THE FOOT DOWN RETURN LIFTING THE FOOT BACK TOWARDS THE SHIN USE ONE OR BOTH FEET. HEAL SHOULD BE OFF THE FLOOR A CROSSED LEG MAKES THIS EASIER TO ACCOMPLISH

QUANTUM TRANSFORMATION HAPPENS ON THE UP - LIFTING OF THE TOES TOWARDS THE SKY

<p><b>Doorknob</b>  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  Remember NEVER 2 hands it cancels out what you are doing.  Shift is on the out part of the movement</p>	<p>Spiritual interferences  Artificial intelligence  Domination field    (DNA)</p>	<p>Matter  Quantum  Amplification</p>
<p><b>Basic Quantum Pump</b>  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 parallel down to the ground, allow the hand and fingers to be loose, with a gentle rock forward and back. Movement caused from the elbow.  Shift in the field is on the up swing</p>	<p>Regeneration</p>	<p>Essence  Energy  Genesis  Quantum  Amplification</p>
<p><b>Double Pump</b>  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. Movement is from the elbow.  Shift is on the upswing</p>	<p>Regeneration</p>	<p>Essence  Energy  Genesis  Amplification</p>