

# Quantum Spin Wave Session FAQs

## **Do I have to do anything for my Quantum Spin Wave session to work?**

You will need to be fully present with your recorded session in order for it work. Otherwise nothing else is required in order for the Quantum Spin Wave session to be effective.

## **Can I focus my intent during the Quantum Spin Wave session?**

Yes. Quantum Spin Wave sessions are most effective when you focus your energy into a mental image associated with your intended matter at the beginning of the session. This also assists with recognizing progress after your session has taken place.

## **Do I need to have only one mental image?**

No. You can have multiple images, a mini movie, or collage. It is best if your images - whatever they be - have as much detail as possible. For events from other lifetimes, or moments with no recall, you can conjure any image you wish, as long as you can attach the energetic charge that you have associated with the clearing to it.

For clearing of persons, it is best to have 2 images - one negative and one positive.

## **Do I have to do anything after my Quantum Spin Wave session for it work?**

After your session, you will be processing from 72-96 hours.

It is advised to take time to breathe deeply (for 60 seconds or so) periodically, drink plenty of water, and support your body during this time.

Also support yourself, and do not force yourself into anything that will make you uncomfortable or unnecessarily vulnerable.

## **My image went away after my Quantum Spin Wave session. What does that mean?**

A Quantum Spin Wave Session clears everything associated with the topic of the spin. Not being able to find your mental image is the sign of a successful Quantum Spin Wave session.

## **Some of my image is changed, but it isn't gone. What do I do?**

Quantum Spin Wave sessions cover so much material, that it is common for partial or faded images to remain after the session. Images will continue to change and fade during the processing period. If after one week, your mental image still remains, then replay the associated Quantum Spin Wave session. Focus on the remaining image and any remnant energies that you have related to the topic.

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## What can I expect during my processing period?

Quantum Spin Wave sessions activate various brain centers. Post processing can involve behavioral tells associated with the activations of various brainwave states. Most individuals process in the same respective manner for each Quantum Spin Wave session, but processing can vary.

- Physical processing can result in the need to move, eat or deal with anger. Always have good food around to munch on so you can enjoy the possibility of binge eating during processing. If you find yourself flushing in response to social interactions, then go for a walk as soon as possible (even if its a small one).
- Emotional processing can result in a variety of feelings and emotional responses including random crying. Allow your body to cry, and allow yourself the space needed if this occurs.
- Mental processing can result as telling stories and working through it all verbally. Write, record, sing - then let it all go.
- Integration processing can result in deep sleeping and/or uncontrollable laughter (which can be one of the most entertaining forms of post spin processing). If you are tired, allow yourself to sleep and integrate. If you discover your inner comedian, then share your laughter.

## How do I know when my processing is over?

Immediately following your session, you are at an energetic peak. This is the top of one wave. Within 72-96 hours you will reach the peak of the second wave, completing the cycle of integration which follows a Quantum Spin Wave session. This second peak is the end of your processing, and it is usually demarcated by heightened intensity followed by increased perspective and/or greater clarity.

Often when at the peak of processing, it is difficult to find someone find for support. This is typical. When you focus and relax into your personal power, the processing will be over.

## What else do I need to know?

There is always something to clear, and you cannot receive a Quantum Spin Wave session incorrectly. When other memories, sights, sounds, etc. surface, let them go. If you focus on one of the little things, you will end up clearing that small thing instead of the larger topic. If you need something to focus on during your session, focus on your image as much as possible. If you find that you have cleared something other than the intended matter, then allow yourself a week for rest and integration. Afterwards you can use your recording in order to focus your intentions again.