

Instructions for Imprinting QT points

To imprint the points used in the QT codes, look at the charts of point locations, names of points and chakra points and do the following:

Touch the point location on your body.

For example, for eb touch the inner corner of the eyebrow.

Then say “eb, eyebrow” while touching this point.

For the oe, touch just off the outer corner of the eye in the indent area.

Then say “oe, eyebrow”, while touching this point.

Continue with all the other points.

For the chakra points:

Touch the area, say the point and the time saver code while you tap under your nose five times.

For example, the Halo point: Place your hand 6 inches above the head, keep your hand there and as you tap under your nose five times, say “HA, Halo”.

For the crown point, touch your hand on top of your head and while your hand is there tap under the nose at least 5 times as you say “CR, Crown”.

Continue on for the rest of the chakra points.

Now you have told your body where these points are so when you read a code, your body can be self-tapping as you read the code. Usually you will not need to tap the points unless you choose to.

You only need to imprint these points once.

You can think of this like installing a computer program into your body.