

# *Quantum Breakthrough*

**Massive Success is Closer than  
You Think**



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# **The Quantum Breakthrough Method**

**Do you ever wonder why the same experience seems to happen to you over and over again? There's a reason for the looping patterns. Your soul comes to this planet to experience all energies including the ones you hate. To experience them your soul goes through a forgetting stage. During this stage she drops into the experience and lets herself immerse into it. Your soul has been in this immersion for quite some time now and is shifting into the next phase of her evolution...the remembering.**

**The remembering is quite a journey and takes some time. It's emotional, exhausting, exciting, and in the end quite empowering.**

**As you move through the remembering process you will slough off all your old feelings, beliefs, fears, and worn out identities. Through the sloughing, you will transform until your hardened shell is cracked open and you birth your new form who is bright eyed, heart open, full of love and trust and ready to co-create with your Divine Genius in your brand new 3d-world.**



**Through my own remembering process I discovered looping patterns dissolve when I become aware and acknowledge the looping behaviors, thoughts, fears, feelings, etc. This is commonly called “shadow work.” What is shadow work? Shadow work is working with your unconscious mind to uncover the parts of yourself that you don’t want to look at and acknowledge.**

**So all it takes for the pain body to release these pent up energies is to become aware of them. My Quantum Breakthrough Method is an easy tool to allow your multidimensional self to express its present moment. Once these aspects express themselves then the knots are released and the energy is free.**

**So how do you use the statements? So Easy!**



**But first, let's start with the glossary of meanings for each statement:**

**I SEE is your present perception speaking.**

**I AM is your identity speaking.**

**I FEEL is your heart speaking.**

**I THINK is your brain speaking.**

**I KNOW is your gut speaking.**

**I ACT is your soul speaking. \*She is the great actor acting out all of your aspects.**

**I BELIEVE is your community's beliefs which include ancestral beliefs still locked in your cellular memory.**

**I FEAR is your ego speaking.**

**I EMBODY is your physical body speaking. \*Body is your soul's little sister. She embodies everything that your soul desires to act out. When you allow yourself to "embody" the energy, it then releases the tension because you are no longer resisting it.**

**I HATE neutralizes energy when used with I love.**

**I LOVE neutralizes energy when used with I hate.**

**The statements I HATE and I LOVE will neutralize intense energy like magic. It's the secret sauce. You will be amazed at how quickly these two statements can shift your world.**



**Here we go. Let your memories flow freely as we clean up the belief “I am unsuccessful” A “because” is not necessary but can help pull out the painful memory that is buried deeply within you.**

**I SEE you are unsuccessful (because)...**  
**I AM unsuccessful (because)...**  
**I FEEL unsuccessful (because)...**  
**I THINK unsuccessful thoughts (because)...**  
**I KNOW I am unsuccessful (because)...**  
**I ACT unsuccessful (because)...**  
**I BELIEVE I am unsuccessful (because)...**  
**I FEAR being successful/unsuccessful (because)....**  
**I EMBODY being unsuccessful ...**  
**I HATE being successful (because)...**  
**I LOVE being successful (because)...**

**When I complete the last statement I like to finish it off with “I transmute” to dissolve those aspects and then breathe. You can say “Amen, So it is, Thank you God,” or whatever you feel led to say to let it go.**

**Now breathe in your new truth. AHHHH!!**



**Could you feel the changes in your being as you moved through these statements? What did you discover about yourself? Did some statements resonate and others not? You may have only one aspect resonate and all others not. That's normal. One aspect that resonates or does not resonate is enough to keep you out of alignment and looping.**

**Quick tip - If you have a strong opinion and it matters to you, then it is a guaranteed misalignment. These statements will clear what matters and help them go neutral. NEUTRAL IS THE GOAL!!!**

**\*A side note about what “matters” to you... The reason it is so important to neutralize your opinions is that opinions carry a lot of energy that will then create MATTER and this is the kind of matter you will not like. It may feel good to stand on a wall about your opinions but they feed the merry-go-round. Make it “matter,” and you will go around and around and around.**



**Remember the looping patterns and the same experience happening over and over again? The energy around your beliefs, fears, thoughts, actions, etc. created matter which then became your reality. For example, you know that pain in your neck, back, or rear end? Those pains are from making your opinions matter. You are holding tension there until others see it your way. Neutralize your beliefs and your pain will dissolve.**

**You can STOP the merry-go-round by clearing the intense, misaligned energy, by using the above statements. When all the merry-go-round thoughts and stagnant energy is cleared in your being, it's like an empty plot of land, leveled, and prepared for a solid foundation. This solid foundation can then support a unique, magnificent Devine Genius co-creation.**

**Do you ever wonder why your manifestation techniques are not working? It's probably not the technique but the sewage that is still bubbling up to the surface. It doesn't matter how beautiful your vision is, if its foundation is full of limiting beliefs, looping thought patterns, judgements about self and others, hurt feelings, etc. then nothing will be able to manifest with any long lasting strength or beauty if it's resting on a pile of garbage.**





**So now that you have the clearing statements and you know why they are invaluable to you, take the list and try them when you are triggered. They will work for any pain point. Experiment with wording. Let your guidance lead you. There is no right or wrong way. It's a very quick tool to discover where you are getting hung up in your spiritual and 3D journey.**

**This is a great method to use with a pendulum. A pendulum can sense your subtle energy shifts, but if you don't have one or don't use one, you can use your body. You will feel subtle lightness in your body as you become aware and release the pain you have covered over and hidden away.**

**So, the goal for the pendulum or your body is to go neutral which means... completely still. If it moves when you are complete with the statements then there is still energy to be cleared around the subject. If your pendulum/body doesn't completely stop with "I transmute," (or a big breath out) then there is a similar energy around it wanting to clear out... which is probably the opposite. For instance, the opposite for the above example would be:**



**I SEE you are successful...**  
**I AM successful...**  
**I FEEL successful...**  
**I THINK I am successful...**  
**I KNOW I am successful...**  
**I ACT successful...**  
**I BELIEVE I am successful...**  
**I FEAR being successful/I FEAR success...**  
**I EMBODY being successful...**  
**I HATE being successful...**  
**I LOVE being successful...**

**If there is still energy around the pendulum or your body at the end of these statements, then another sequence that can knock it out almost 100% of the time would be “...matters to me.” For example,**

**I SEE success MATTERS to you.**  
**I AM making success MATTER to me.**  
**I FEEL success MATTERS to me.**  
**I THINK success MATTERS to me.**  
**I KNOW success MATTERS to me.**  
**I ACT like success MATTERS to me.**  
**I BELIEVE success MATTERS to me.**  
**Success MATTERS to me because I FEAR .....**  
**I EMBODY success MATTERS to me.**  
**I HATE that success MATTERS to me.**  
**I LOVE that success MATTERS to me.**



**I HATE and I LOVE are intriguing statements. Which one had more power in it? Much of the time it's the opposite of what you would have thought. Pay attention to the nuance and the subtle shift in your being as you acknowledge it.**

**Imagine all the balled up energy you unleash when you start looking at and acknowledging all your secrets. Once you do that, you now have freed up energy to manifest those dreams you knew were real.**

**Have fun with it!**

**I look forward to seeing you in your living dreams!**

*Cathy*

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~ This is Celestial property so please treat it with Wonder ~



**Keep this with you.  
It holds the potential to make  
your dreams a reality.**

**I see  
I am  
I feel  
I think  
I know  
I act  
I believe  
I fear  
I embody  
I hate  
I love**