

Quantum Success

Quantum Thought and Intuition Week 2 Exercise

This exercise is for your learning only. You do not need to submit it to anyone for review. So take the time to be honest with yourself to uncover what is within you that wants to change.

From a quantum science viewpoint, what do you understand about how observation changes the outcome?

You as Observer/Commander

This exercise shows you how to take your subjective emotion or experience, place them outside of yourself (objectify them) in order to gain clarity on what you changes you want to make and what Commands you want to do.

1. Think of an emotion or experience you want to take a fresh look at.
2. Close your eyes and position yourself as the Observer. Look at this emotion or experience from the 'eyes' of the Observer. What changes? What do you notice that is different?
3. What do you want instead?
4. Form your Command(s) and then Command them into your new reality.
5. What changed for you? What new memory do you have now?