

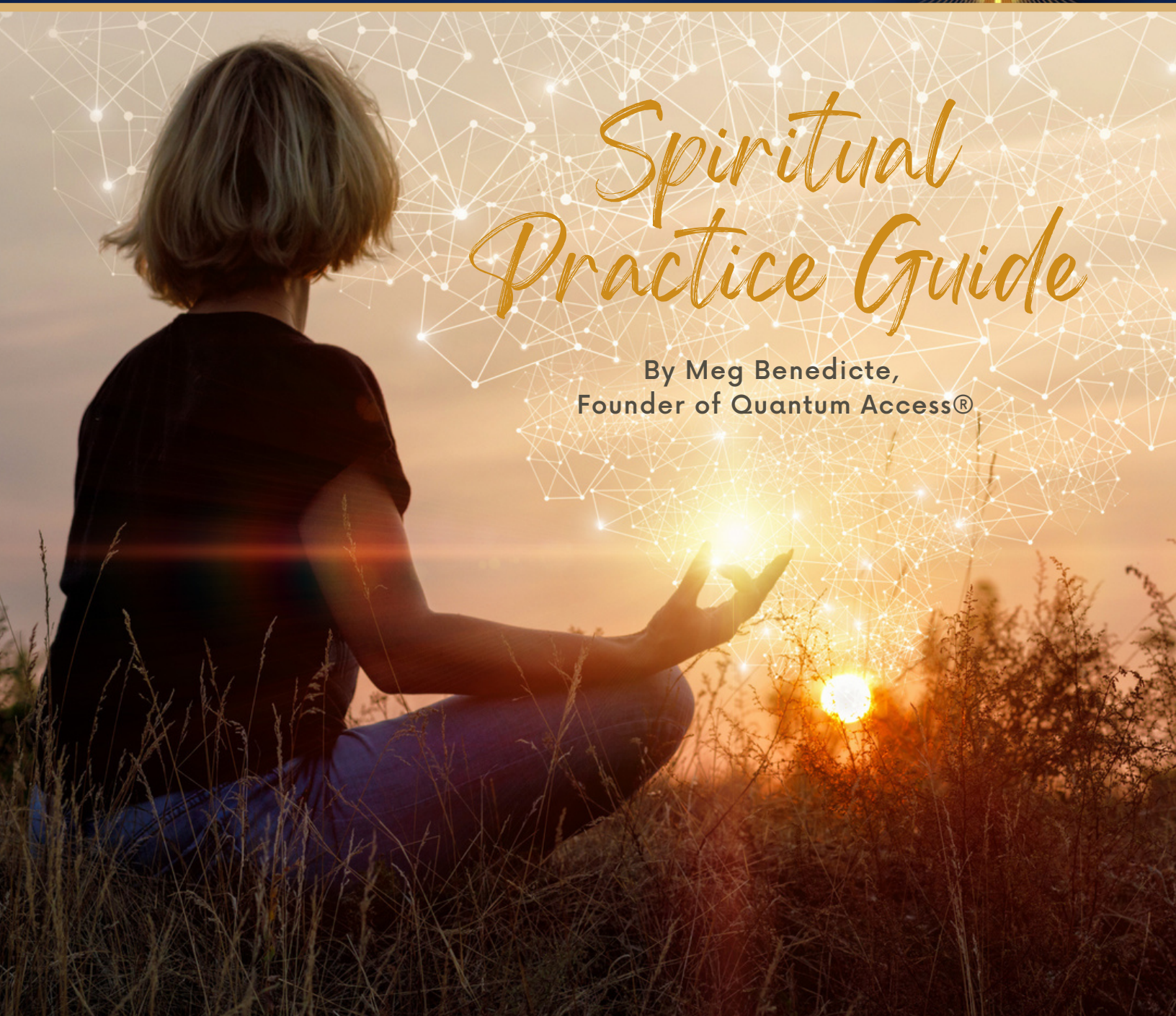


ACCELERATE SPIRITUAL AWAKENING
21-DAY MASTER CLASS



*Spiritual
Practice Guide*

By Meg Benedicte,
Founder of Quantum Access®





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I Embrace My Spiritual Self

DAY 1

We are Bio-Energetic Beings. Upon Awakening, we begin to realize that we need to care for our physical body as well as our energetic body. In the same manner that we provide nutrition for our physical health, we develop self-care habits that support our spiritual health.



STATEMENT

I AM committed to providing for my spiritual needs in my daily life. I embrace my spiritual Self with loving care and devotion.



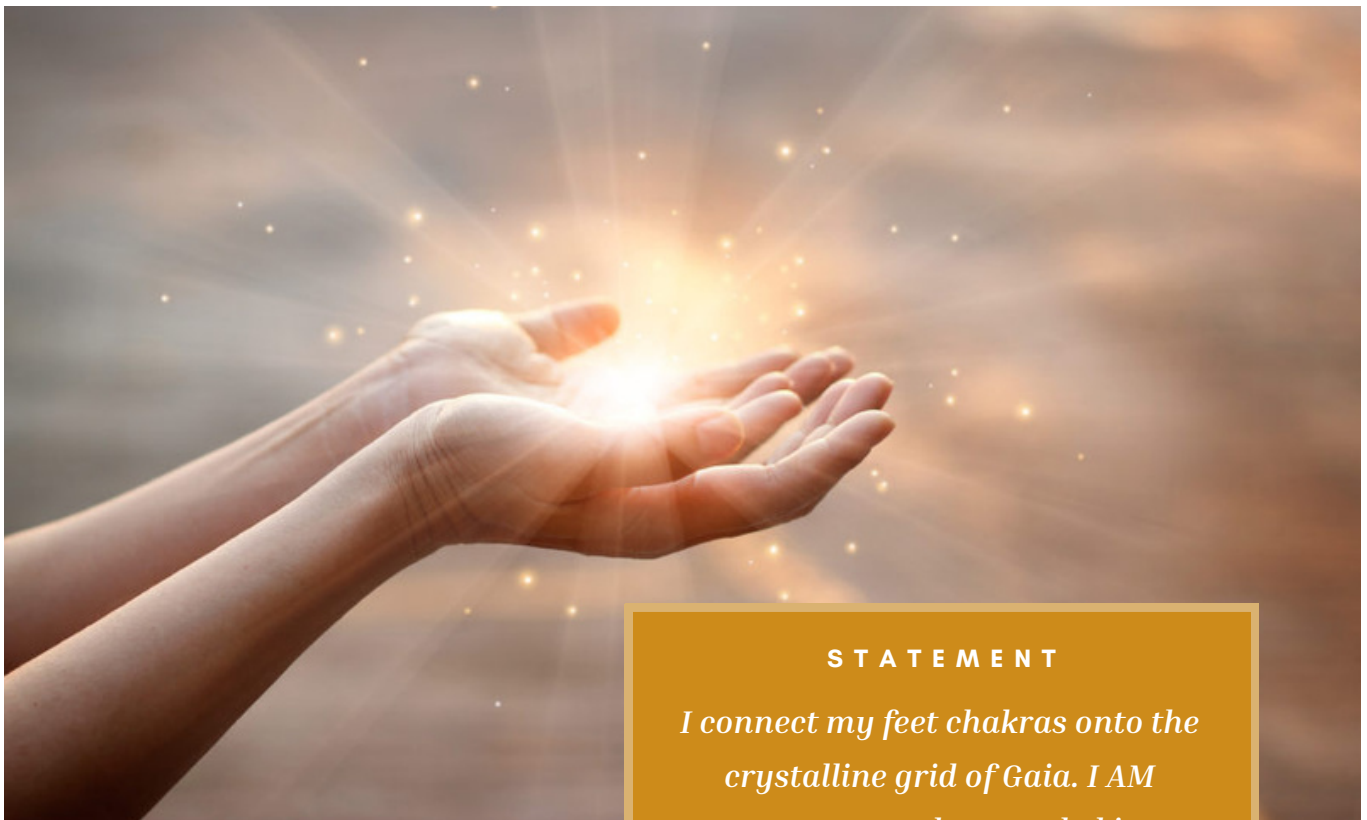
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I AM a Magnetic Being of Light

DAY 2

We are Electro-Magnetic Beings. Spiritual Awakening is a holistic, full body experience. Daily grounding is an essential protocol for being present in your Bio-Energetics and rooted to Gaia. Without daily grounding, the electrical current running in your biocircuits is at risk of overload. Without daily grounding, weak magnetic fields have depleted magnetism.



STATEMENT

I connect my feet chakras onto the crystalline grid of Gaia. I AM present, centered, grounded in my body. I AM increasing my internal Light current and Soul magnetism.



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Silence is Golden!

DAY 3

Mindfulness is your awareness of what is going on in the present moment, detached, neutral, without any judgment...being the *Observer*. We live busy human lives, full of noise, drama and distractions. Carve out some time every day to get quiet, still, mindful. Turn off the mental chatter. Breathe deeply, with slow inhale/exhale. Focus on being present in the NOW moment.

STATEMENT

I AM the Observer of my daily life. I AM Mindful of my body, my energy, my thoughts and feelings.

In the quiet stillness, I focus inward, slow deep pranic breathing, chi life force flowing through me in the NOW.





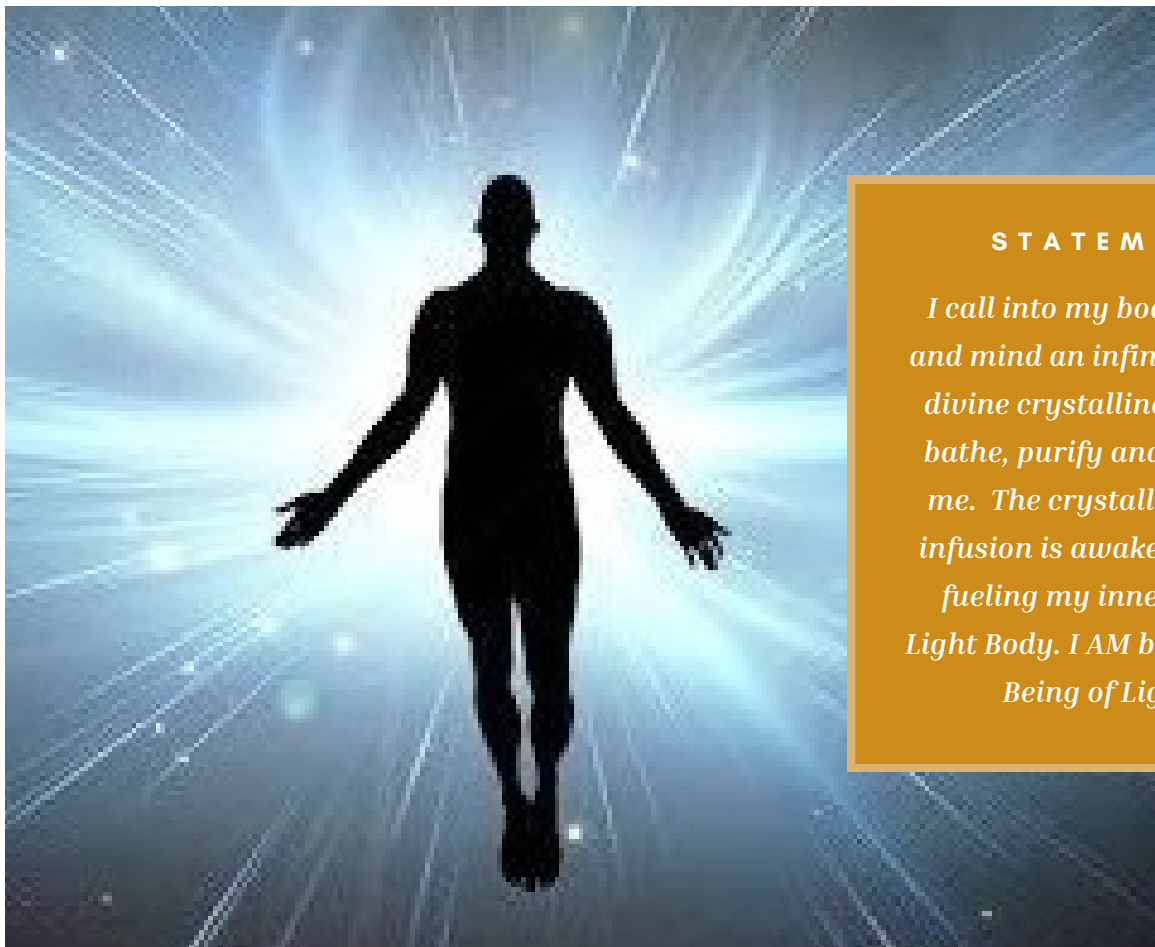
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Crystalline Light Infusion

DAY 4

Crystalline Light nourishes, regenerates and invigorates your Bio-Energetics and fuels your Light Body. As you increase your energy frequency higher, the magnetic buffers, time density and energetic veils gradually dissolve, enabling deeper Soul connection, more energy transmissions, intuitive receptivity and psychic ability.



STATEMENT

I call into my body, heart and mind an infinite flow of divine crystalline Light to bathe, purify and nourish me. The crystalline Light infusion is awakening and fueling my inner Soul's Light Body. I AM becoming a Being of Light!



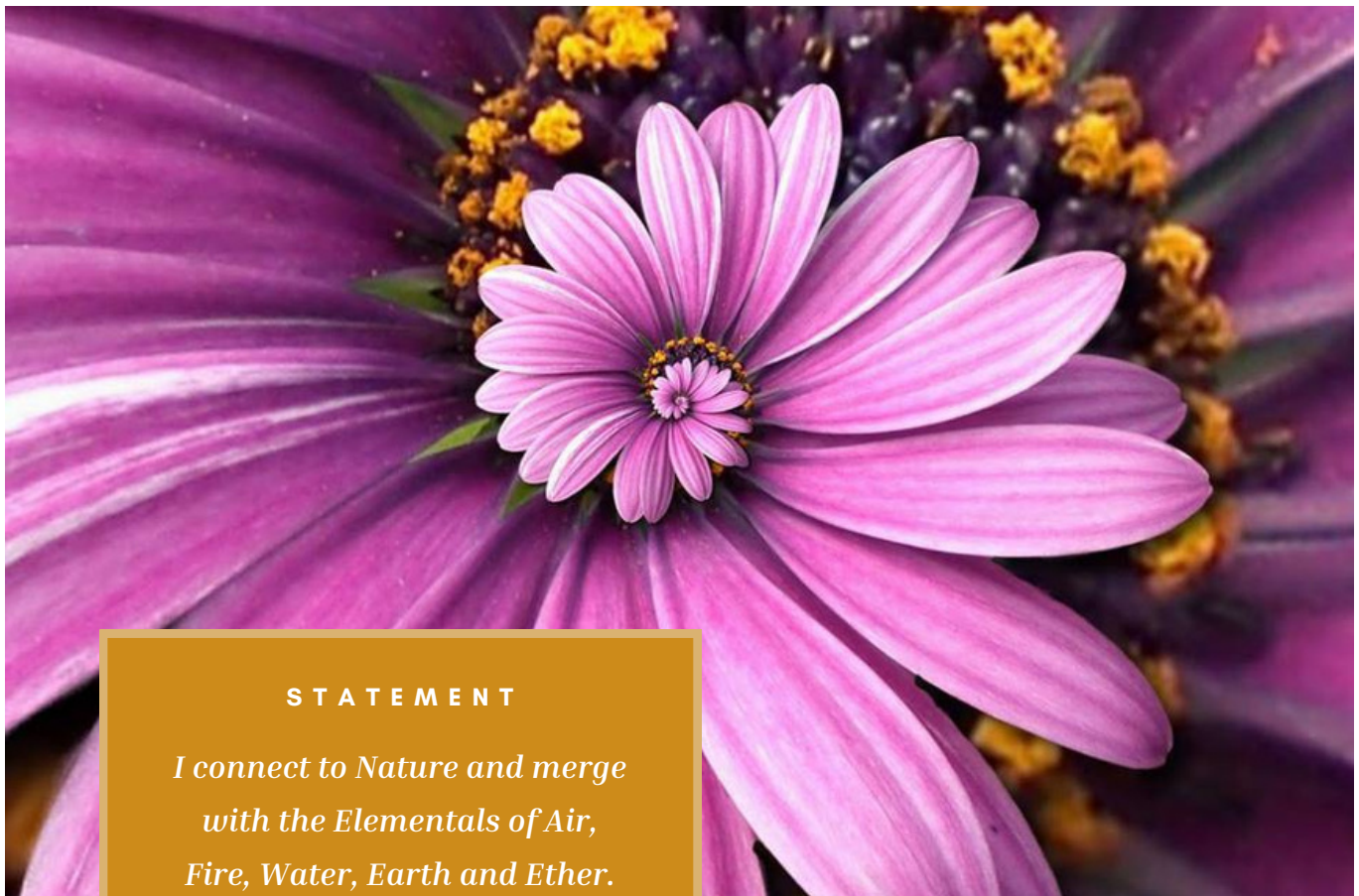
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I Embrace Nature!

DAY 5

We cannot merge 'heaven and earth' without being present in the earth plane. As you Awaken more, you connect with the Nature Kingdom, the stars, the moon, the magnificent Universe. When you merge with Nature, you step into a harmonious field of coherent order. You cannot manifest in Gaia's physical world without the Nature Kingdom, Devas and Elementals.



STATEMENT

*I connect to Nature and merge
with the Elementals of Air,
Fire, Water, Earth and Ether.
I AM ONE with Nature!*



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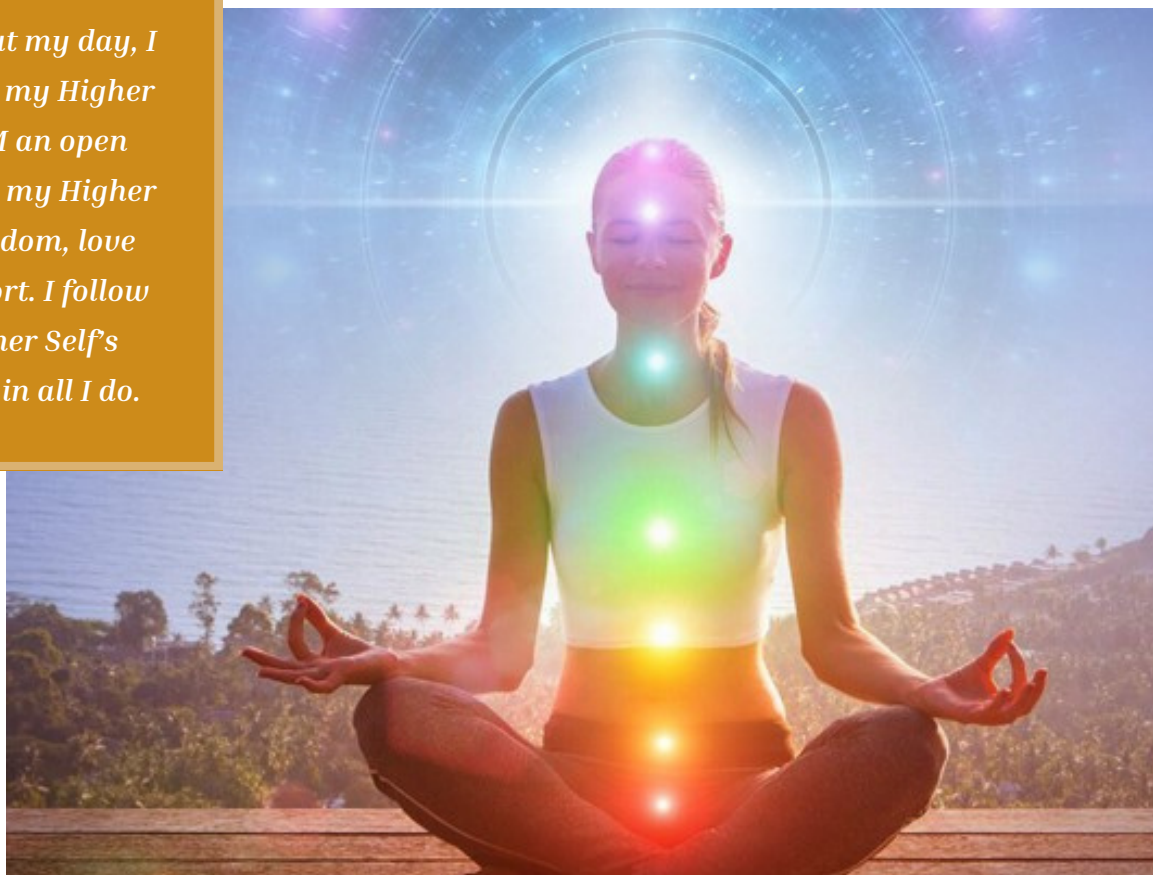
I Connect to my Higher Self!

DAY 6

The Higher Self is an intermediary aspect between your divine Soul and your human self. You connect to your Higher Self at the top of your chakra channel, at the 12th chakra gateway between the etheric plane and the godhead. Your Higher Self is the Guardian of your energy field and daily life...protecting your sacred channel in the spiritual realms.

STATEMENT

Throughout my day, I connect to my Higher Self. I AM an open receiver to my Higher Self's wisdom, love and support. I follow my Higher Self's guidance in all I do.





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I Commit to my Spiritual Practice!

DAY 7

Implement an ongoing daily meditation and spiritual practice to connect with Soul presence. This is nonnegotiable for spiritual transformation. Without meditation, the ego self will continue to control your thoughts, actions and life decisions. Make a commitment to being in silence, quiet the 'thinking mind', neutralize polarization, cleanse and clear your energy body, raise your energetic frequency, open your channel to Higher Self, receive the downloads and information, and develop your core 'zero point' balance towards attaining and sustaining quantum consciousness.



STATEMENT

*I AM committed to my personal
Spiritual Practice and
transformation. I AM a clear and
open channel for my Soul to work
through me.*



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I AM Grateful!

DAY 8

As electromagnetic beings living in a spiraling universe, our energy flows to what we focus on. Taking time during the day to be grateful, will amplify more to be grateful for. Embrace all the blessings and abundance in your life. Magnetism that is fueled with Gratitude pulls the inflow of more support, abundance and blessings to you.



STATEMENT

*I AM Grateful to be alive! I AM Loved and Supported.
I count all my blessings in life. My heart is filled with
Gratitude for the inflow of universal abundance.*



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I Surrender to My Highest Good

DAY 9

As you progressively shift internal power dynamics from ego-driven will to divine Soul will, everything improves. As you align with your Higher Self, you build trust and confidence in your spiritual guidance and intuition. You no longer focus on negativity, but gradually surrender to allowing your highest good to manifest.

STATEMENT

*I trust and accept my Soul's wisdom and guidance.
I trust my inner intuition and purpose in life. I AM allowing all to unfold for my Highest Good!*





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Emotion - Energy in Motion!

DAY 10

We are shifting from living in stuck, stagnant, dense energy, into a continual quantum flow of life force vitality. Quantum Access® method is designed for self-healing, clearing and transmutation of lower frequency energies. In this process, you process your emotions in a trauma-informed, empathic, compassionate way.

STATEMENT

I compassionately open and connect to emotional energy held within my body, heart and mind to move and flow through me. My emotions are energy in motion!



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Mental Clarity

DAY 11

In the presence of increasing light frequency in zero point null magnetics, all unconscious thought patterns, programs and mind conditioning are amplified and revealed for delayering and deprogramming. Mental fog, distortion filters, inserted projections, energetic blinders and blockages need to be removed for clear intuition and discernment.



STATEMENT

I AM the Master of my Mind. I claim my mind as my own. I attune my mind to my Soul's wisdom and communication. My mind is crystal clear and acts as a channel for my Soul's superconsciousness.



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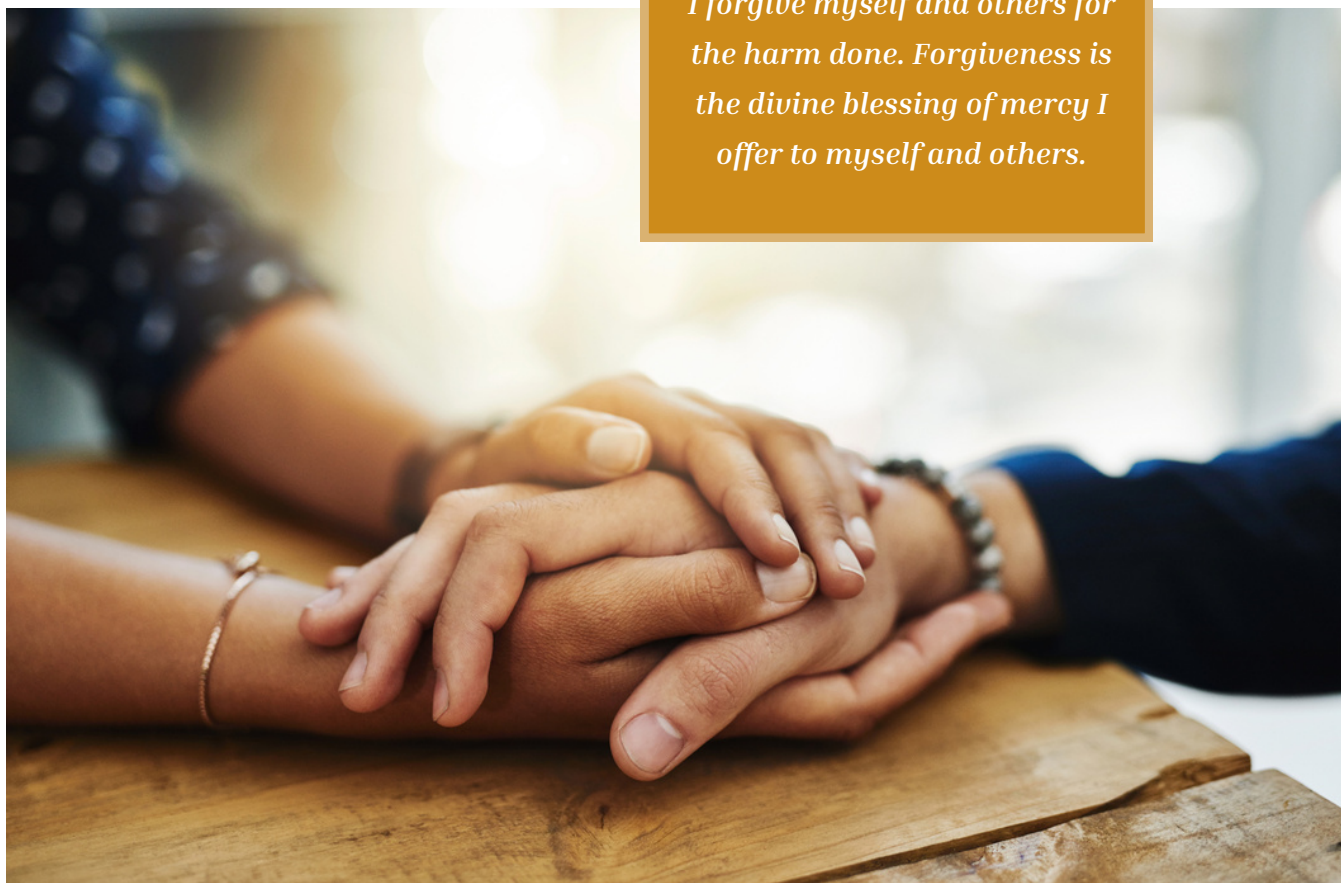
I AM Full of Forgiveness!

DAY 12

Holding onto past attachments repeats the painful experiences in a continual loop that reinforces more suffering. Forgiving others does not release them from their karmic accountability, it untethers you from your own. Forgiveness is the final step in transmuting core wounding, trauma and abuse.

STATEMENT

I forgive myself and others for the harm done. Forgiveness is the divine blessing of mercy I offer to myself and others.





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Unlock Stuck Trauma!

DAY 13

Spiritual Awakening activates dormant DNA upgrades which trigger internal clearing of old stuck density, purging layers of toxic trauma from the body, heart, mind and neurological biosystems. Trauma needs to be cleared and transmuted for the Soul to merge into the biofield.

STATEMENT

*With gentle compassion
for my human self,
I connect to stuck
trauma and call it up to
the surface for healing
and clearing. With each
exhale, I release painful
trauma from my being.
I AM feeling lighter and
freer from stuck pain
and suffering.*





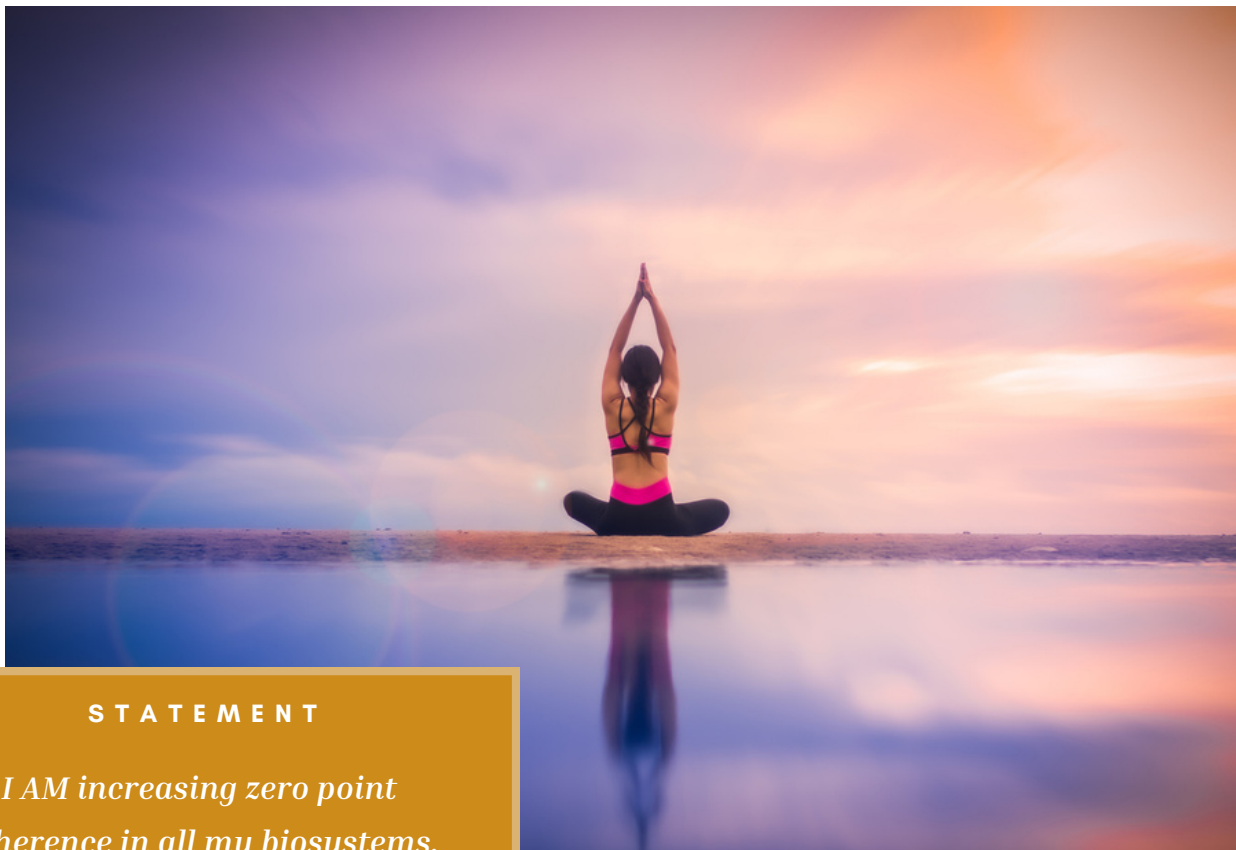
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Zero Point Coherence

DAY 14

In quantum physics when particles act like waves in an organized manner, they reach 'coherence'. The more the wave-like nature of particles are aligned, the more coherence occurs. Applying the geometrical Infinity Figure-8 activates more balance, union and harmony, disengaging polar opposites and creates more zero point coherence.



STATEMENT

I AM increasing zero point coherence in all my biosystems, on all levels and timelines. I AM in coherence with my Soul's light frequencies.



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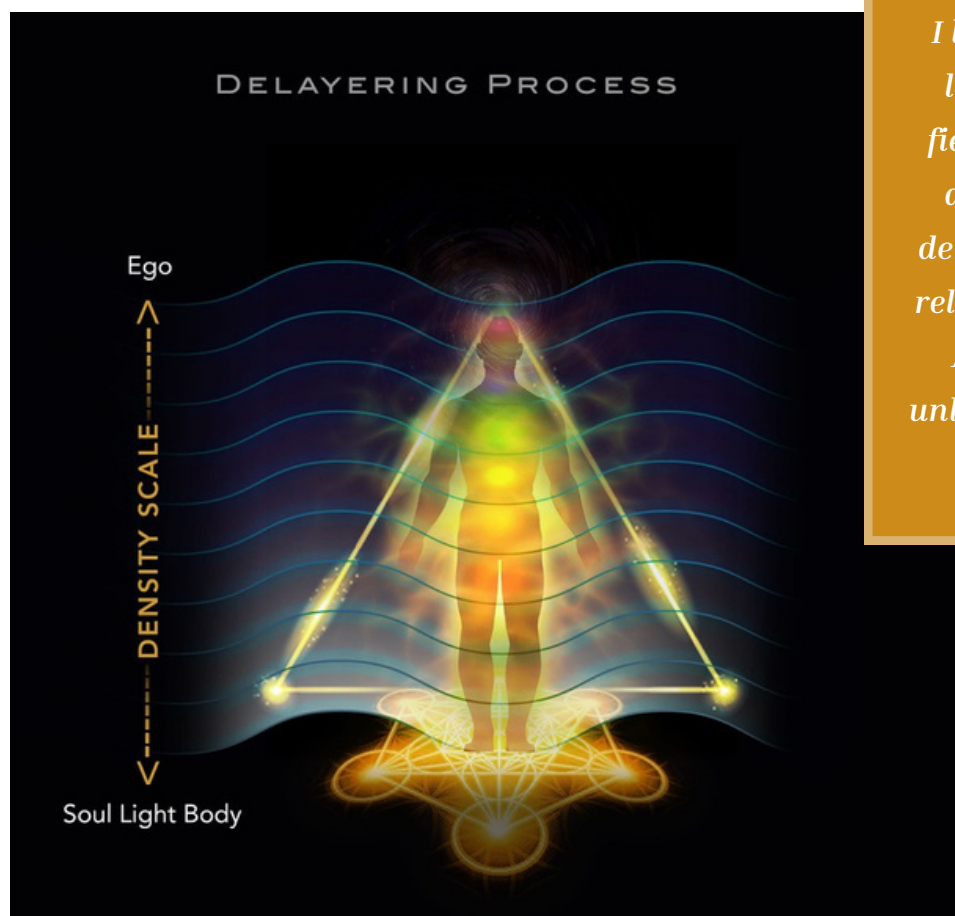
Delayer Density

DAY 15

Stacked layers of density build up in the energy field, smothering a dormant Light Body. The heavy human density outweighs the subtle wave essence of spirit. The mind is blocked by mental programming, core beliefs and incessant ego chatter, the emotions are stuck, stagnant and charged, the physical body is heavy, dense, constricted, cut off from the spirit realm.

STATEMENT

I lock my focus on heavy layers of density in my field. I stream crystalline diamond Light into the dense layers to loosen and release in the vortex spin. I AM feeling lighter as I unlock and clear each layer of human density.





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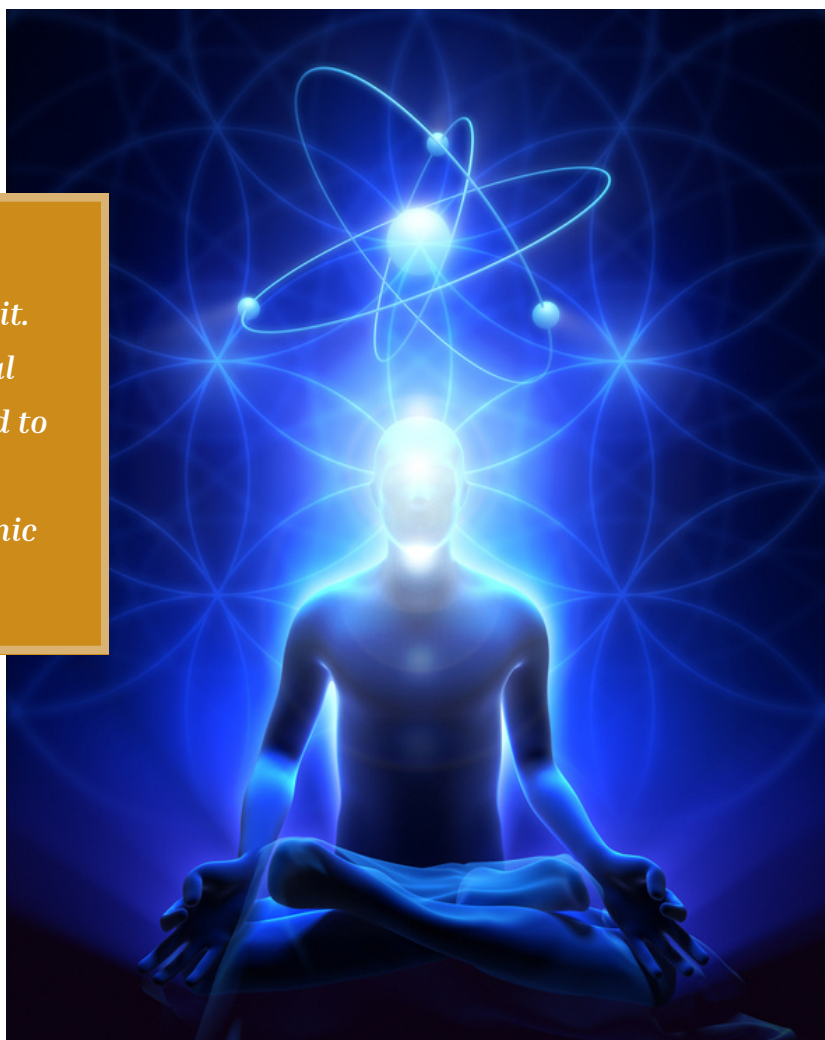
I AM a Conduit of Spirit

DAY 16

The Chakra Channel is a conduit of energy waves, Light current, and spirit. The biocircuitry acts as a universal communication network, similar to the internet, that links us to the entire cosmos. Despite the fact that a photon has no mass, it has velocity like a wave, and transfers consciousness. Photonic Light travels into the polarized nuclear particles, streams energy into the molecular structure and transfers sentient consciousness into the cellular DNA.

STATEMENT

*I Am an active conduit of Spirit.
My biocircuitry is a universal
communication network linked to
the entire cosmos. I Am a
transmitter/reciever of photonic
Light consciousness.*





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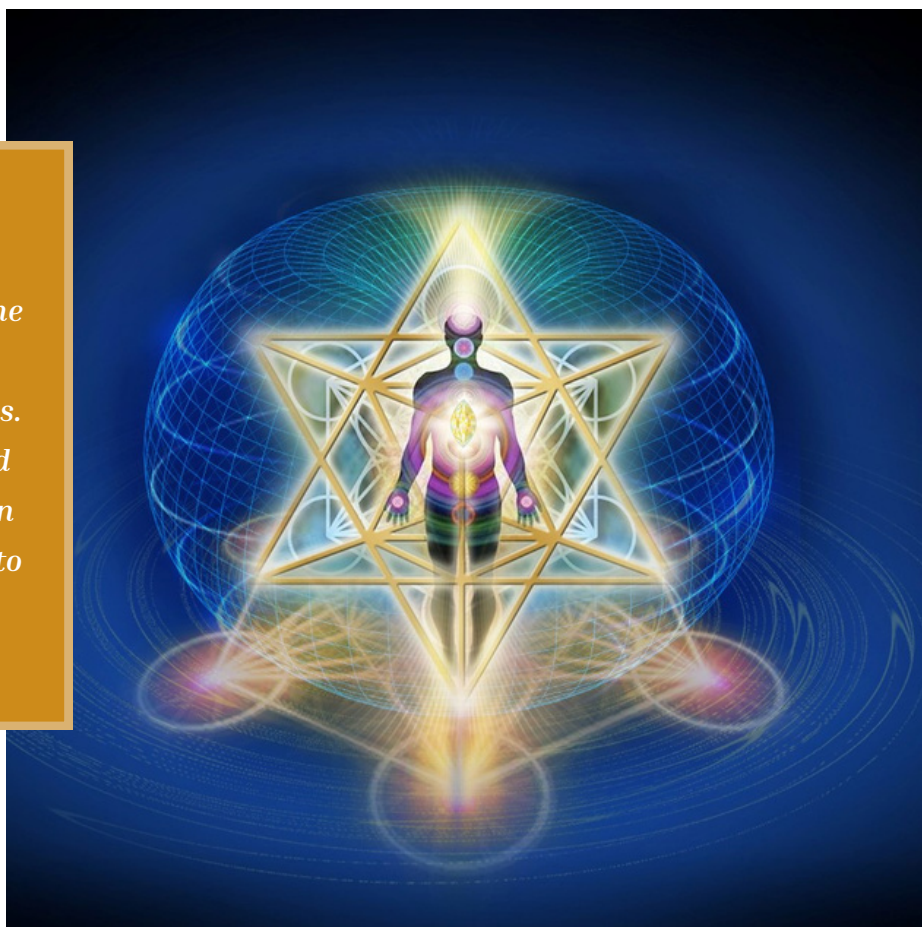
Access the Quantum Field

DAY 17

We are designed with an amazing biocircuitry, neural network and chakra sensory system. Each of the 12 Chakra Centers connect to the 12 dimensions as gateways to the quantum field. The 6-pointed star tetrahedron is the Merkabic geometry of vector acceleration and momentum in the etheric field. It is the vehicle that propels consciousness from one dimension to another. The activated Merkaba swirls our consciousness out into the universe and back into our bioenergetics.

STATEMENT

Within the Quantum Vortex, I dissolve all time barriers between the wave and particle states. I activate the 6-pointed star vector acceleration of my consciousness into the quantum field of all possibilities.





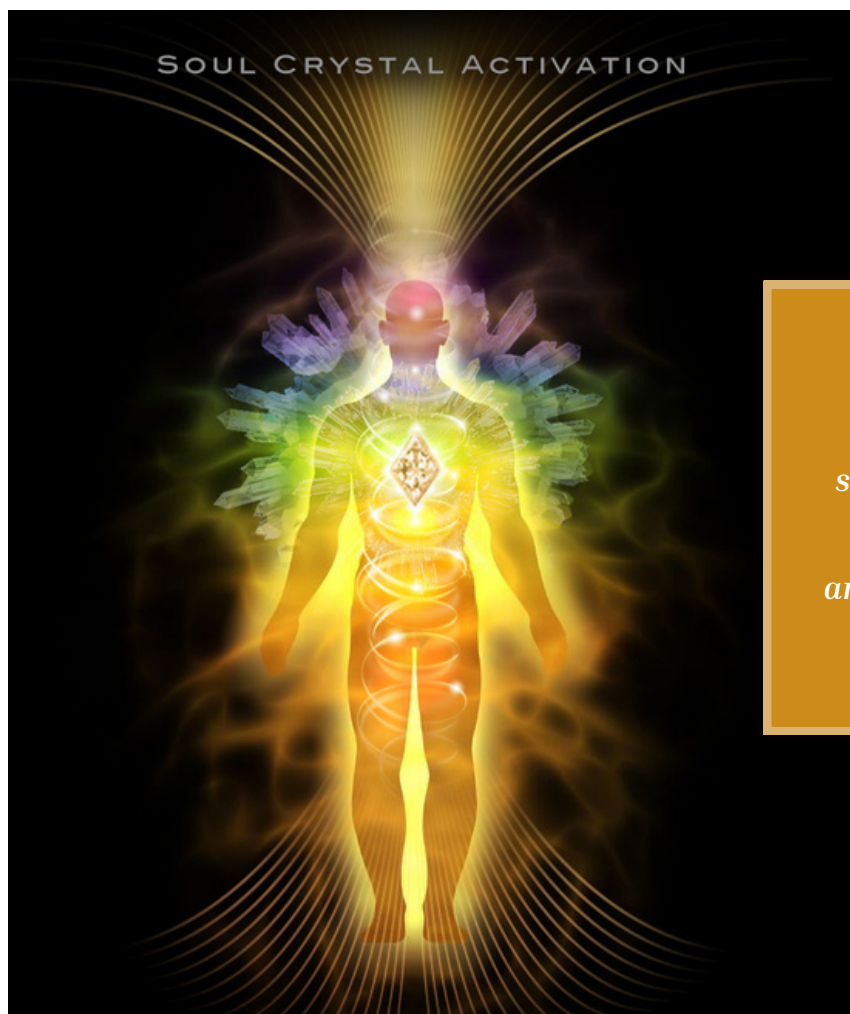
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Ignite Heart Crystal

DAY 18

The Soul's Light frequencies and home starlight activate the Heart Crystal (located in the Heart Center) at zero point coherence. The Heart Crystal operates as the engine fueling the double star tetrahedrons of the Merkaba, radiating Soul Light rays in a self-sustaining system.



STATEMENT

In the vacuum wave-pulse of singularity, my Soul Light and home starlight ignite and amplify my Heart Crystal as the engine of my Light Body.



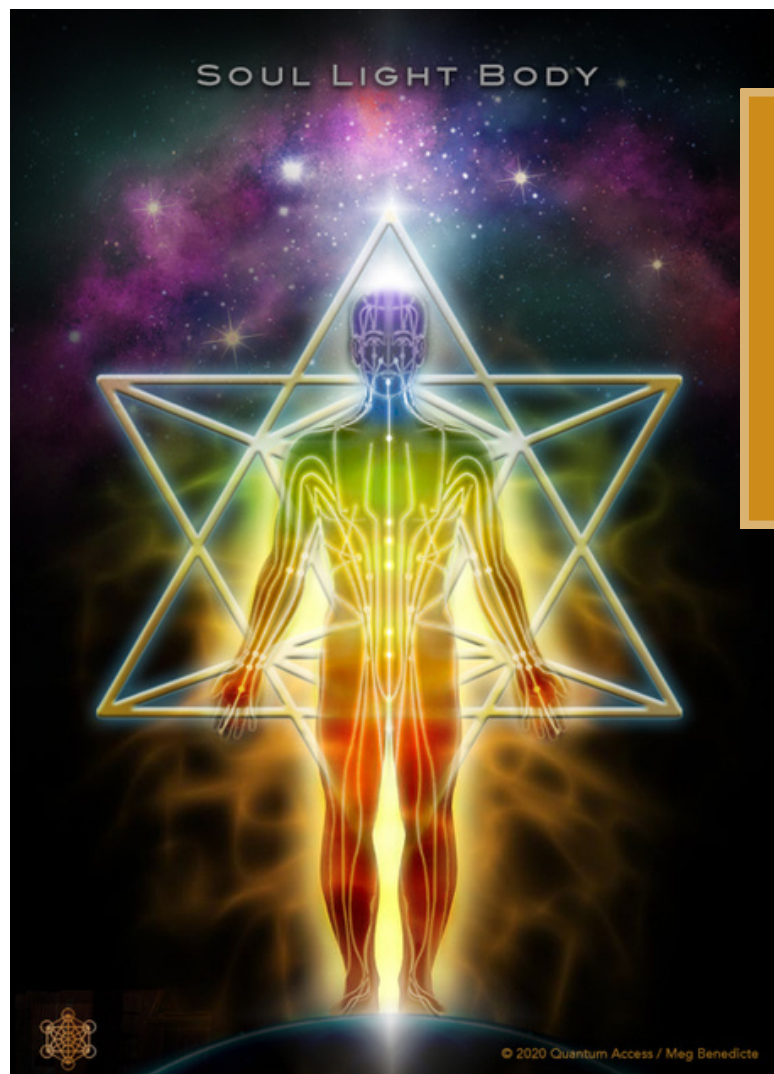
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Illuminated Light Body

DAY 19

The Light Body includes the human energy field, etheric aura comprised of a complex network of biocircuitry, the 12-Chakra Channel, the Incarnational Wheel, Akashic Records and Soul Blueprint. We are becoming Divine Humans, as Soul consciousness descends through patterns of the Golden Ratio phi spiral into the human energy field.



STATEMENT

I command my Soul Light Body to illuminate on all levels. I stream my Soul Light frequencies into my divine operating system to support my ascension. I am becoming a Divine Human!



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Activate Soul Blueprint

DAY 20

The Soul Blueprint was designed prior to physical incarnation. The Blueprint is embedded with galactic encodement, instructions, and potential opportunities for health, wealth, relationships and creative Soul expression. The Soul Blueprint specifies the overall shape of life, including assignments, soul contracts and resources available to fulfill Soul purpose and destiny.

STATEMENT

I command my Soul Light frequencies to stream into my Soul Blueprint and active my Soul life plan. I Am aligned and attuned to following my Soul Blueprint in all that I do.





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Embodied Soul Essence

DAY 21

Your daily Spiritual Practice pulls you back inside, into the silence, the stillness of divine connection. Through this process, you are preparing your sacred vessel to merge with your Soul essence. It is the unification of wave and particle, yin and yang energy, heart and mind, and Soul and human. It is living in Oneness!

STATEMENT

I Am transforming my sacred vessel to become the home for my Soul to merge into every fiber of my Being. I Am an empowered Embodied Soul!





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The Quantum Access® Academy

The Quantum Access® Academy is a contemporary Mystery School founded by Quantum Healer, Author and Educator, Meg Benedicte.

The Academy offers courses for spiritual awakening and professional certification.

Quantum Access® is a cutting-edge Alchemical Tool for spiritual activation and evolutionary transformation.

The method of altering physical reality is the sacred tradition of Alchemy that was taught in the ancient Mystery Schools. Quantum Access® is the most effective, accelerated method to unlock trapped emotional/mental/chemical density from the body/heart/mind. Through the gradual healing and clearing of trauma, energetic blockages, astral interference, ancestral patterning and core wounding, Quantum Access® assists with activating the energy body, opening communication with Higher Self and building Soul embodiment.



*Learn more about Spiritual Awakening Courses, Live Webinars
and Professional Trainings with Meg Benedicte:*

QuantumAccess.NewEarthCentral.com