

# 90 Days to Becoming Fully Human

Becoming fully human is effortless once you reach momentum. Momentum is when Eufeeling comes automatically when needed. It will take less than 90 days to reach QE momentum. How many 90 day periods have you had in your life? Think of the peace and joy you will achieve following the simple suggestions below. Starting quickly is important.

Here's what to do:

- Play with QE continuously throughout the day. In the beginning you might want to place little post-it notes on your bathroom mirror, computer, car dashboard, refrigerator, etc. What do you write on the notes? Nothing! To remind you of pure awareness and what you have to do after you become aware of Eufeeling. As you make QE a "habit" you'll be surprised how soon and effortlessly QE will manifest on its own.
- Do QE 2-3 times a day for at least 10-minutes each. Many people QE just after they wake up and before they go to sleep at night and somewhere in the middle of their day to release stress and boost energy.
- Everyday do as many different kinds of QE as you can: Basic (touch) QE, Refined QE, QE Intention, Remote QE, Emotional QE, Self QE, Kids QE, Group/World Peace QE, do QE with a pet, a stone, the sky, a candy bar...
- Do QE for others often. Give it away. You don't need their permission because you aren't doing anything. Just do it, lots of it.
- Don't look for results. Let them sneak up and surprise you. Just do QE and go on with your normal affairs.
- Have fun and enjoy QE for what it is, a natural expression of harmonious living, of being fully human. And remember: If it isn't easy and it isn't fun then it isn't QE.

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