

## Hosting a QE Practice Group

Quantum Entrainment is always more fun and much more powerful when shared with others. Remember the  $N^2$  effect? Your results will multiply with the number of people you share QE with. Not only that, Quantum Entrainment Practice Groups tends to foster deeper, more meaningful friendships amongst the group's members. This deeper bonding comes from sharing on the deepest level of human interaction, the level where all differences dissolve, the level of Eufeeeling.

What you hold in your hands is a guidebook to living fully both sides of your life; the inner and the outer. Following the suggestions and performing the techniques within these pages will assure you live your life to its fullest, from a depth yet unplumbed. This book has introduced you to sweeping concepts and powerful practices in a gentle, clear and practical way. In it you have learned how to clear your mind of thought in seconds, to do the QE Triangulation technique providing rapid and deep healing in seconds, and where to find Eufeeeling, your inner essence and the hub around which all creation revolves. You learned how to do Quantum Entrainment at a distance, for physical and emotional discord, for finances, relationships, athletics, travel, food, chronic illness, creativity, tools which effect every area of modern day living. You learned to find the absolute stillness of Pure Eufeeeling and there softly create a QE Intention for outer prosperity while at the same time unfolding your inner essence deep an true. You even learned how to teach the next generation, our children, to find their "happy place" insuring peace and harmony throughout their lives into the next generation and beyond.

This book is a practical guide to happiness, fulfillment, and prosperity. It is a toolkit filled with tools that build bridges to your dreams. But there is more for there is yet something missing that will greatly speed your success, something that will multiply your practice exponentially while adding joy and fun and comradery. What is that missing ingredient? Simply this, the Quantum Entrainment Practice Group. Sharing QE with a group of others, either in person or remotely. The QE Practice Group is the fastest, most enjoyable means to realize the world you would create. Joining or even hosting a QE Practice Group is an exciting and inspiring event

open to anyone. Following I will explain more about what a Quantum Entrainment Practice Group is and how can benefit by it.

What is the Quantum Entrainment Practice Group?

The QE Practice Group is a group of people who gather to practice the various techniques and applications of Quantum Entrainment. It is lively, and vivacious, and fun. It is healing and harmony amplified and reflected back to you through the presence of those of like minds and hearts. It is a chance to discuss with others what you learned and in turn share with and in their experiences. In short, the QE Practice Group is rocket ride to becoming fully human.

How big is a Quantum Entrainment Practice Group?

Two or more people constitute a Quantum Entrainment Practice Group. Obviously the more people in the group the greater its influence on all the members. The  $N^2$  effect is very much in evidence with just two people doing Quantum Entrainment. Imagine what benefits you will enjoy when you join a group of hundreds.

Can the Quantum Entrainment Practice Group be done remotely?

Yes! Remote QE Practice Groups are very popular and practical. It is always good to physically join other QE'ers when possible. There is nothing like sharing QE in person but Remote QE Practice Groups are just as effective and for many the only practical way to gather with others. My suggestion is to be a member of both and quadruple your fulfillment. Why limit yourself?

Who can attend a Quantum Entrainment Practice Group?

To join a QE Practice Group you must first know how to do Quantum Entrainment. *There is absolutely no teaching taking place in any QE Practice Groups.* The practice group is designed around the practice of Quantum Entrainment and its applications. Therefore you must at least have learned and practiced on your own the QE Triangulation technique and Refined QE. If you want to learn Quantum Entrainment in a group you must take a Quantum Entrainment Basic or Advanced workshop. But you do not have to learn in a group. The very book you are reading is all you need! Just make sure you have read and *practiced* the QE Triangulation Technique and Refined QE before you attend your group.

When you arrive for your first group session it will be necessary to show up a few minutes early. Before the group begins you will be asked to perform the basic QE Triangulation technique on another member to demonstrate your grasp of the QE Triangulation. If you do not know the basic QE Triangulation technique you will be asked to wait to join the group until you have had a chance to learn it. So by all means learn and practice this simple system before you arrive.

If you have questions about how to do Quantum Entrainment then you can contact a Certified QE Facilitator. They are trained to conduct QE Practice Group sessions and answer any questions you may have. You can also refer to the Frequently Asked Questions on the Quantum Entrainment website. You will find a list of Certified Quantum Entrainment Facilitators and the Frequently Asked Questions on the QE website at: [www.KinslowSystem.com](http://www.KinslowSystem.com).

You can also learn Quantum Entrainment by doing the following:

By reading my other books on Quantum Entrainment including, *The Secret of Instant Healing, The Secret of Quantum Living, and Eufeling!* Or if you like to learn by listening there are several CD's available on the Quantum Entrainment website. (You will find a complete list of QE books, CD/DVD's, and other products are listed at the end of this book.)

As a QE Practice Group member it is wise for you to continue reading and practicing QE between group sessions. I also encourage you to enjoy the benefits of the *90 Days to Becoming Fully Human* program. ( *90 Days to Becoming Fully Human* is available for download at [www.KinslowSystem.com](http://www.KinslowSystem.com) ) You will find it unlike any regimen you may have done before like dieting, exercising, musical instrument, etc. This program is only successful when you do not try.

How long do the Quantum Entrainment Practice Group sessions last?

Typically group sessions last from 1 1/2 – 2 hours. However shorter versions are quite common and may last as little as 10 minutes. There are many factors that determine group meeting time such as number of people, location, time of day, etc. QE Practice Groups should not exceed 2 hours.

Who can host a Quantum Entrainment Practice Group?

Anyone who has learned the Quantum Entrainment Triangulation and Refined QE techniques and has practiced them with another person (in person) can host a QE Practice Group. It is of the utmost importance to understand that the person hosting the QE Practice Group is NOT a teacher but only *organizing* the QE Practice Group. He or she is not an authority as there is no authority in the group setting. All members are on equal footing no matter how many books they have read or how much experience they have had doing Quantum Entrainment. It is recommended that hosting be rotated among the group members. Rotating hosts keeps the focus on the group and not the host. Remember: there are no authorities in a Quantum Entrainment Practice Group.

If there is a difference of interpretation of technique between members during the group session then there is no need to be concerned. Don't spend much time debating or trying to find an answer. This is not necessary during the meeting. Let the discrepancy stand until the next meeting. Between meetings you can find the answer in several ways:

- Reading directly from one of my books or listening to my answer from a CD/DVD. I suggest you find two or three references to help make the point clearer.
- Consulting a Certified QE Facilitator. QE Facilitators are specially trained and have years of experience with QE. They can help you find your answer and may even make suggestions to enrich your QE Practice Group experience. QE Facilitators are also available to meet with your group and actually facilitate one

of your QE Practice Group sessions. QE Facilitators also host their own QE Practice Groups so you may consider joining their group as well. You will find a list of Certified Quantum Entrainment Facilitators on the Quantum Entrainment website at: [www.KinslowSystem.com](http://www.KinslowSystem.com).

- Go to the *Frequently Asked Questions* on the QE website or view my Q&A videos on YouTube.
- Address your question to [Info@KinslowSystem.com](mailto:Info@KinslowSystem.com). Because we answer each question personally it may take some time before you receive an answer from us. Consider finding your answer using this option only if you have not had success with the choices above.
- Join one of our social networking sites like Facebook or Twitter.
- Inquire about attending a Quantum Entrainment workshop in person or online

What material is covered during a Quantum Entrainment Practice Group session?

During a Quantum Entrainment Practice Group session only QE material is practiced and discussed. There are hundreds of excellent philosophies, systems and techniques available today. They all have their benefits to be sure. The QE Practice Group is interested in only one system, Quantum Entrainment. The single focus of the group is to practice QE. We savor our time during the group experience and therefore we *never* discuss or practice other systems. When this rule is broken QE Practice Groups quickly become diluted and breakdown and the QE benefits are lost. It is suggested that if some individuals wish to compare and contrast QE to other systems those individuals meet separately outside the sanction of the Quantum Entrainment Practice Group. During the Quantum Entrainment Practice Group session keep on topic and follow the outline provided below and you will avoid the confusion and occasional harm that can result. I cannot stress this enough.

How is a Quantum Entrainment Practice Group organized?

Below is the outline for a QE Practice Group session. Honor the times suggested and you will derive the greatest value from you group session.

- Start with a 5 minute Self or Remote QE session
- Practice section (30 minutes)
  - Read a specific technique or experience exercise from a QE book or listen to it on a Quantum Entrainment CD or DVD
  - Follow the directions exactly
  - Practice the process (Do not introduce more than one technique and one experience exercise per group session)
  - Discuss experiences, results and testimonials (Do not socialize at this time.)
- Philosophy section (5-10 minutes)
  - Listen quietly to an interesting excerpt from a book/CD/DVD
    - Note the “listen quietly” part above. It is of paramount importance. We do not entertain discussion during the philosophy segment. One person reads or you listen to a CD/DVD. At this point all listen quietly until the passage is finished. Then, without discussion, move on to the next session. This has two very strong benefits.
      - Because of the previous activities the listener is already in QE Awareness. That means the knowledge is understood and assimilated best in that comfortable silence. It is as if the knowledge is a seed that is planted that bed of silence. It this way that seed of knowledge becomes most fertile. It will gently bear fruit in the weeks and months ahead.
      - It eliminates confusion which can come from discussion with others who may have misunderstood the material. Without an authority there to point out the subtleties of the teaching much confusion leading to frustration and disillusionment may ensue. However, to remedy this you can invite a Certified QE Facilitator to sit in on your group. They are highly trained and are most helpful in explaining the fine points of the QE system.
- Group/World Peace Session (5-20 minutes)
 

(You will find the outline for the Group/World Peace session above in the chapter entitled: *Group/World Peace QE* )
- Socializing
  - This is a time for all to come together and enjoy each other’s company. It is a time to share QE experiences, talk about family or work or just the weather. Discussion of QE philosophy and technique is okay but only if it comes up naturally in

conversation. Discussion of other systems is still discouraged. This is meant to be an easy time of giving and receiving the joys of being fully human in QE Awareness.

### Altering the Quantum Entrainment Practice Group Session

If there is a time restraint you can abbreviate the Quantum Entrainment Practice Group session to meet your needs. If you only have a few minutes then just do the Group/World Peace session. If you have a half hour then start with a few minutes of Self or Remote QE and then practice one of the QE techniques or experience exercises. You can adjust your group activities to meet your schedule but never change the rules which guide your group and you will always enjoy an enriching and inspiring group session.

### Keep in Touch

Let us know what you are doing. We love to hear about you and your Quantum Entrainment Practice Group. We can support you and may have suggestions to help get the most from your QE Group experience. If you or any of your group members would like to become a Certified QE Consultant or Certified QE Facilitator then it is important that we know about your group experience. Address all e-mail to: [Info@KinslowSystem.com](mailto:Info@KinslowSystem.com)