

# 90 Days to Becoming Fully Human

Becoming fully human is effortless once you reach momentum. Momentum is when Eufeeeling 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 Eufeeeling. 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.

*Remember: If it isn't easy and it isn't fun it isn't QE.*

A Forum Member's testimony for the 90 day program:

"I am on Day 31 of the 90 Day QE Program and I am enjoying my QE sessions more than ever. The "chore" of doing it is out of the way and I actually look forward to the next session. I do tackle the bigger issues in life that I "think" I have and then let go and let pure awareness do its thing or nothing if that's what it has to do. Deep inner peace is so relaxing it does not matter to me at this point as to what results I get. I tried other ways to "just let go" before, but this is by far the most effective because it makes it really effortless. It allows you to accept things how they are. So there really is no effort at all about the subject of letting go. This is no minor statement because I recently lost 5 of the most important people in my life in 2 weeks. My world was devastated to say the least. I couldn't eat, sleep or think. I was severely depressed and lost 50 pounds! I started doing QE and here I am. Finding solace in peace and letting go of the anger, sadness, despair that I "thought" life had brought me. That is the key word "thought." With QE I've learned to accept all that as a gift so I finally find inner peace. My thoughts are of gratefulness instead of blame. I love this stuff! I'm now enjoying doing sessions for others even more than doing it for myself. I feel so self-liberated. I love the fact that the other person doesn't even have to be aware of it. QE is fun!!! It put the Love back in my life when I could find nothing but self-pity. I could go on and on but you get the point. I'll just keep doing QE. I know there are many more gifts in store. I just know it!"