



QUANTA
Reiki

QUANTA Reiki

Universe Healing
Spiritual Coaching

Level 2

100h Online Teacher Training
with Lola Lhamo

PART 5. Spiritual Coaching

Spiritual Coaching iGENOME
Neuroscience of Success

QUANTA Reiki Foundation
iGENOME Coaching

LolaLhamo@gmail.com or +44 7757093532

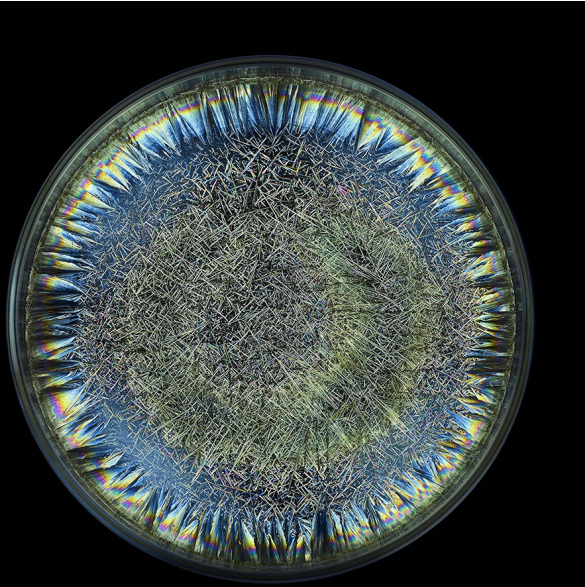
QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 5. QUANTA REIKI L2. Spiritual Coaching



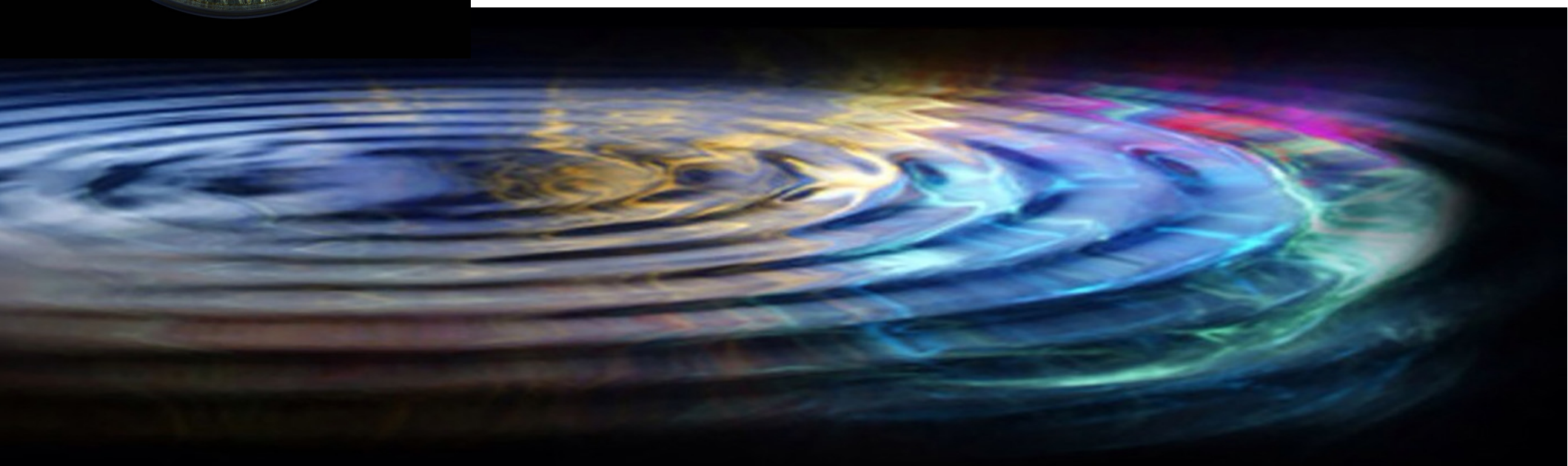
1. QUANTA Field. Distant Healing - how does it work?

Interconnectedness of the Universe: Morphic Field = Informational Field = Akasha



“Natural systems, or morphic units, at all levels of complexity — atoms, molecules, crystals, cells, tissues, organs, organisms, and societies of organisms — are animated, organized, and coordinated by morphic fields, which contain an inherent memory. Natural systems inherit this collective memory from all previous things of their kind by a process called morphic resonance, with the result that patterns of development and behavior become increasingly habitual through repetition. There is a continuous spectrum of morphic fields, including morphogenetic fields, behavioral fields, mental fields, and social and cultural fields.”

~ Rupert Sheldrake



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1. QUANTA Field

What is QUANTA?

QUANTA (plural from Quantum) – is the minimum amount of any physical entity involved in interaction, Quantization is the process of observation how energy and matter interact.

Quantum physics explain the nature and behaviour of matter and energy on the atomic and subatomic level. What is not commonly known is that the inventors of quantum physics - three great minds **Werner Heisenberg, Niels Bohr and Erwin Schrödinger**, introducing the science to public in 1920s, were great fans of Vedas, believing in correlation of their quantum physics experiments with concepts delivered in the Vedas.

Nobel Prize winner Niels Bohr had great respect to the Vedas. He mentioned, “I go into the Upanishads to ask questions.”

“Ultimately, the entire universe (with all its ‘particles’, including those constituting human beings, their laboratories, observing instruments, etc.) has to be understood as a single undivided whole, in which analysis into separately and independently existent parts has no fundamental status.”

- David Bohm



“In some sense man is a microcosm of the universe; therefore what man is, is a clue to the universe. We are enfolded in the universe.”

David Bohm

We are all linked by a fabric of unseen connections. This fabric is constantly changing and evolving. This field is directly structured and influenced by our behavior and by our understanding.

— David Bohm —

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1. QUANTA Field

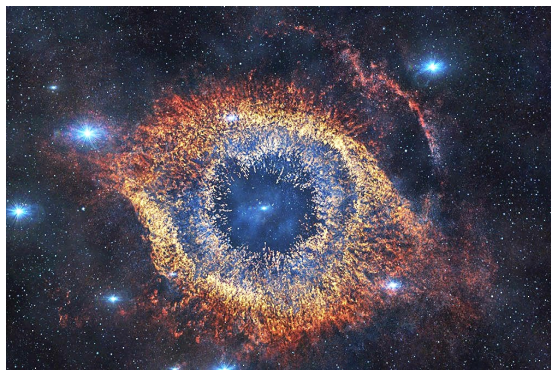
What is QUANTA?

“QUANTA is Cosmic Ocean of Energy which created everything, including ourselves, our visual and sensory reality. It's our Body, Mind, and Soul, it permeates everything, being highly conscious field. QUANTA is continuously evolving in accordance with what we thinkcreate.”

Lola Lhamo



We live in a quantum world of informational conscious cloud probabilities, which consists of dancing in cosmic rhythm subtle energetic properties – we can't see them with naked eyes, but they are visible under a microscope, and are also felt in our subconscious mind with senses that only we ourselves can distinguish (which are often not explainable with logical mind), - these are the working energies of Quanta consciousness ...



The structures of our DNA - are conscious Quanta. The body knows how to heal because of Quanta consciousness.

The epiphysis is a locator of energetic properties that are distributed by the pineal gland and other systems throughout our body, filling us in with whatever has been received or created. These energetic properties, impulses or feelings are individual, however are interconnected with the “mind of the universe” - all informational field around.

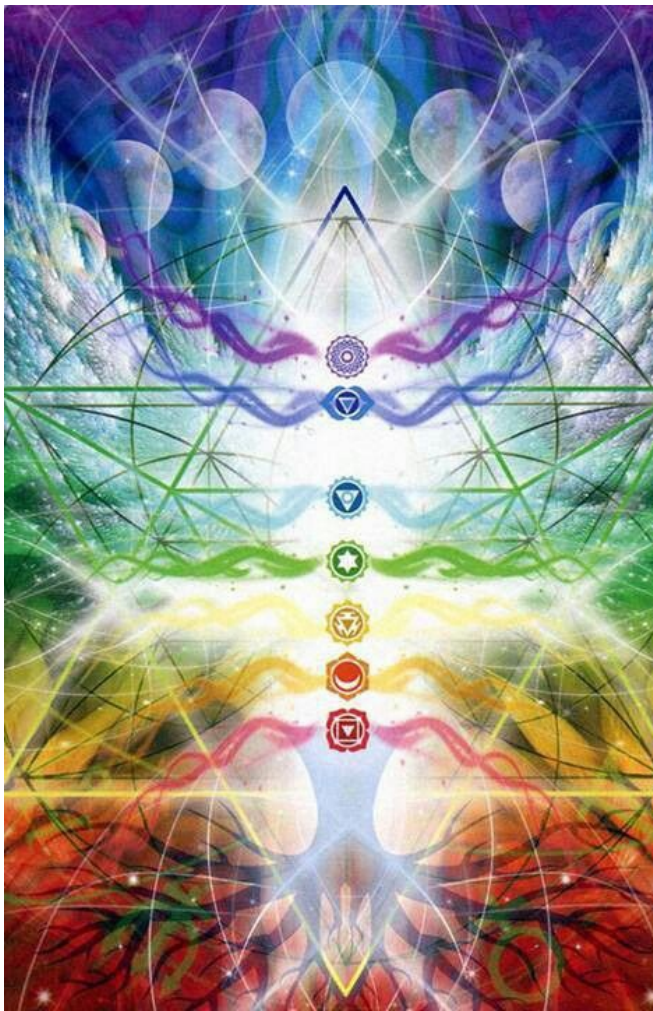
We impact this field every time the thought arises...

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1. QUANTA Field



Great news are:

We are composed of QUANTA – atomic structures of highly conscious Universe

Our body and mind are the cosmic world of quantum properties, interconnected with other worlds of the universe (and other galaxies too - may be that's why we behave strange sometimes :)

There is Universe Energy Hologram, we are part of it, we have the opportunity to travel through it, accumulating pure Universe Quanta Energy properties.

This Universe Quanta energy gives:

- the possibility to purify the body of old stagnant energies – helpful in treatment of diseases, for ourselves and other people;
- the “super human” abilities of pure vision, due to connection to the higher informational centres - the gift of foresight, mind reading, etc;
- the capacities to help others in the process of opening their energy channels to Universe Quanta energy. It's interesting that every person has all these energies within them, but they are forgotten and sleep inside the DNA atoms, and in their subconsciousness, we simply activate the process of awakening and connection of individual human mind, each by itself, and humanity as a whole.

By changing our frequency, we change the energetic, quantum properties of our planet.

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1. QUANTA Field

Interconnectedness of the Universe: Morphic Field = Informational Field = Akasha



“QUANTA FIELD is informational canvas – the packets of Light data the Universe is made of, including human beings. We can access and explore this highly intelligent consciousness, same as we surf the internet, as everything is interconnected and interdependent. We can also “code” with frequency we aim to achieve. The secret of achieving our dreams is to create with frequency.”
~Lola Lhamo

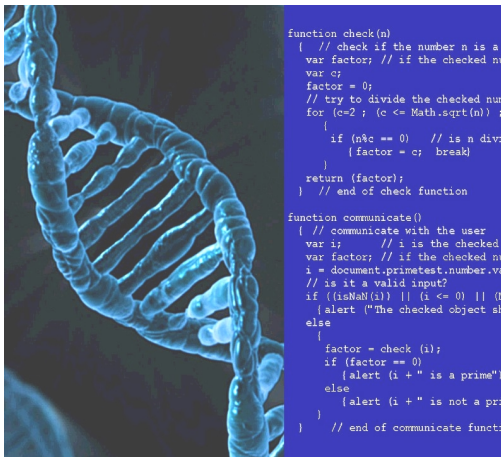
KEY 1 = FREQUENCY

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2. DNA as Informational Blueprint (IB)



DNA is Blueprint of Life.

Blueprints are informational maps which direct the construction of Buildings, DNA directs the "construction" of cells and organisms.

DNA is an informational code that directs the development and function of cells and organisms. Segments of DNA called genes code for the formation of specific proteins. The complex information in the DNA regulates which proteins are made at which time and in what quantity. DNA determines to a large degree what a person will be like.

The blueprint in construction describes which material is to be used at which points and in what amounts. By looking at a blue prints it is possible to determine what the building will look at when it is completed.

DNA is called the blueprint of life because it contains the instructions needed for an organism to grow, develop, survive and reproduce. DNA does this by controlling protein synthesis – molecular machines. Proteins do most of the work in cells, and are the basic unit of structure and function in the cells of organisms.

The cells of all living things hence contain a blueprint, in the form of a long (very long – billions of units long) ticker tape that carries the code for the proteins. The DNA molecule is the tape, and the code for the proteins are bits of DNA, called the genes.

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2. DNA as Informational Blueprint (IB)

DNA activates Hyper Communication channel

However, only 10% of our DNA is being used for building proteins. The other 90% are still considered “junk DNA” by official science.

“Living chromosomes function just like solitonic/holographic computers using the endogenous DNA laser radiation.” P. Garjajev

The truth is **human DNA is a biological internet** and superior in many aspects to the artificial one. DNA is not only responsible for the construction of our body but also serves as data storage and in communication.

When we consciously communicate with ourselves – and our DNA – we activate so called Hyper Communication channel. It was scientifically confirmed that DNA can cause disturbing patterns in the vacuum, thus producing magnetized wormholes! Wormholes are the microscopic equivalents of the so-called Einstein-Rosen bridges in the vicinity of black holes (left by burned-out stars). These are tunnel connections between entirely different areas in the universe through which information can be transmitted outside of space and time. The DNA attracts these bits of information and passes them on to our consciousness. This process of hyper communication is most effective in a state of relaxation.

This explains phenomena such as clairvoyance, intuition, spontaneous and remote acts of healing, self healing, affirmation techniques, unusual light/auras around people (namely spiritual masters), mind's influence on weather patterns and much more. .

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2. DNA as Informational Blueprint (IB) **KEY 1 = FREQUENCY**

DNA can be influenced and reprogrammed by words and frequencies

Institute of Heart Math led research “Local and Non local Effects of Coherent Heart Frequencies on Conformational Changes of DNA”. In this experiment, some human placenta DNA (the most pristine form of DNA) was placed in a container from which they could measure changes in the DNA. Twenty-eight vials of DNA were given (one each) to 28 trained researchers. Each researcher had been trained how to generate and FEEL feelings, and they each had strong emotions.

What was discovered was that the DNA CHANGED ITS SHAPE according to the feelings of the researchers:

1. When the researchers FELT gratitude, love and appreciation, the DNA responded by RELAXING and the strands unwound. The length of the DNA became longer.
2. When the researchers FELT anger, fear, frustration, or stress, the DNA responded by TIGHTENING UP. It became shorter and SWITCHED OFF many of our DNA codes!

If you’ve ever felt “shut down” by negative emotions, now you know why your body was equally shut down too.

The shut down of the DNA codes was reversed and the codes were switched back on again when feelings of love, joy, gratitude and appreciation were felt by the researchers.

These emotional changes went beyond the effects of electro-magnetics. Individuals trained in deep love were able to change the shape of their DNA. This energy appears to be a TIGHTLY WOVEN WEB that connects all matter (QUANTA). **Essentially we’re able to influence this web of creation through our FREQUENCY, VIBRATION.**

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3. Human Biofield = Human QUANTA Field

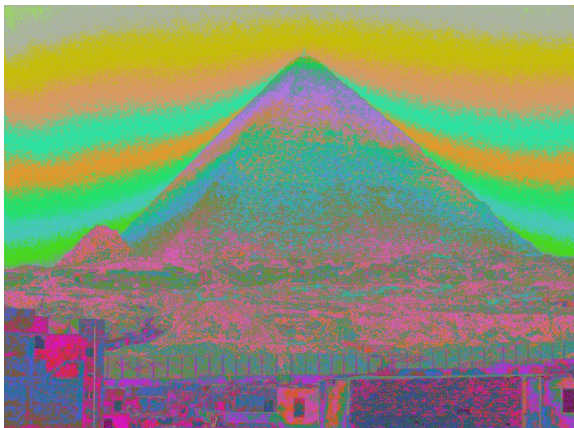


The human QUANTA Field is an aura of conscious energy that surrounds and overlays our physical selves and interacts with our mind, body, and spirit, and environment around us

FREQUENCY of YOUR DNA impacts YOUR BIOFIELD, your Aura and your Energy bodies

Your QUANTA Field

- is perceived by other beings informing them how to think and act towards you
- is perceived by the Universe informing it in further co-creative process of evolution



“Photons, particles of Light, in vacuum align and come to order in accordance with DNA”

From research of Dr Vladimir Poponin

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4. iGenome Coaching. Neuroscience of Success

Physical Body

Info-Centre
Hub of all chemicals &
Info-chains (thoughts)
sitting in the body
asking for same cycle

ACT

Emotional Body

Emotions Centre
chemical powerstation
stimulated by
glands as a result of
“thinking”

FEEL

Mental Body

Thoughts Centre
translated and structured
info, delivered by senses
shared by neurotransmitters
further down the chain

THINK

Transforming ourselves from Thinker to Master of Reality

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4. iGenome Coaching. Neuroscience of Success

Step 1. No more living in the past

Scientists discovered every day we think 60,000-70,000 thoughts, and 90% of them are the same! We literally live in the past every day! Living same old life every day

Step 2. Have clear vision of Future

Do you have clear vision of your Future? Do you know your dreams? Do you have vision bigger than you?

Step 3. Create New Reality every day

When people learn 1bit of info, they double No of neuro-connections from 13,000 to 26,000, but if this info is not reviewed or repeated, circuits are pruned apart in hours.

Creativity develops frontal lobe part of the brain – which corresponds to 40% of the brain! The rest of the brain is responsible for automatic functions!

Ask more often yourself question WHAT IF,,,? (I take another road, I visit this place, I connect with this person, I realize this dream...)

Creative Centres fires new brain connections to appear – you develop your brain with CREATIVITY

Step 4. Raise your Frequency

Embody New You = ACT FEEL AND THINK like NEW YOU

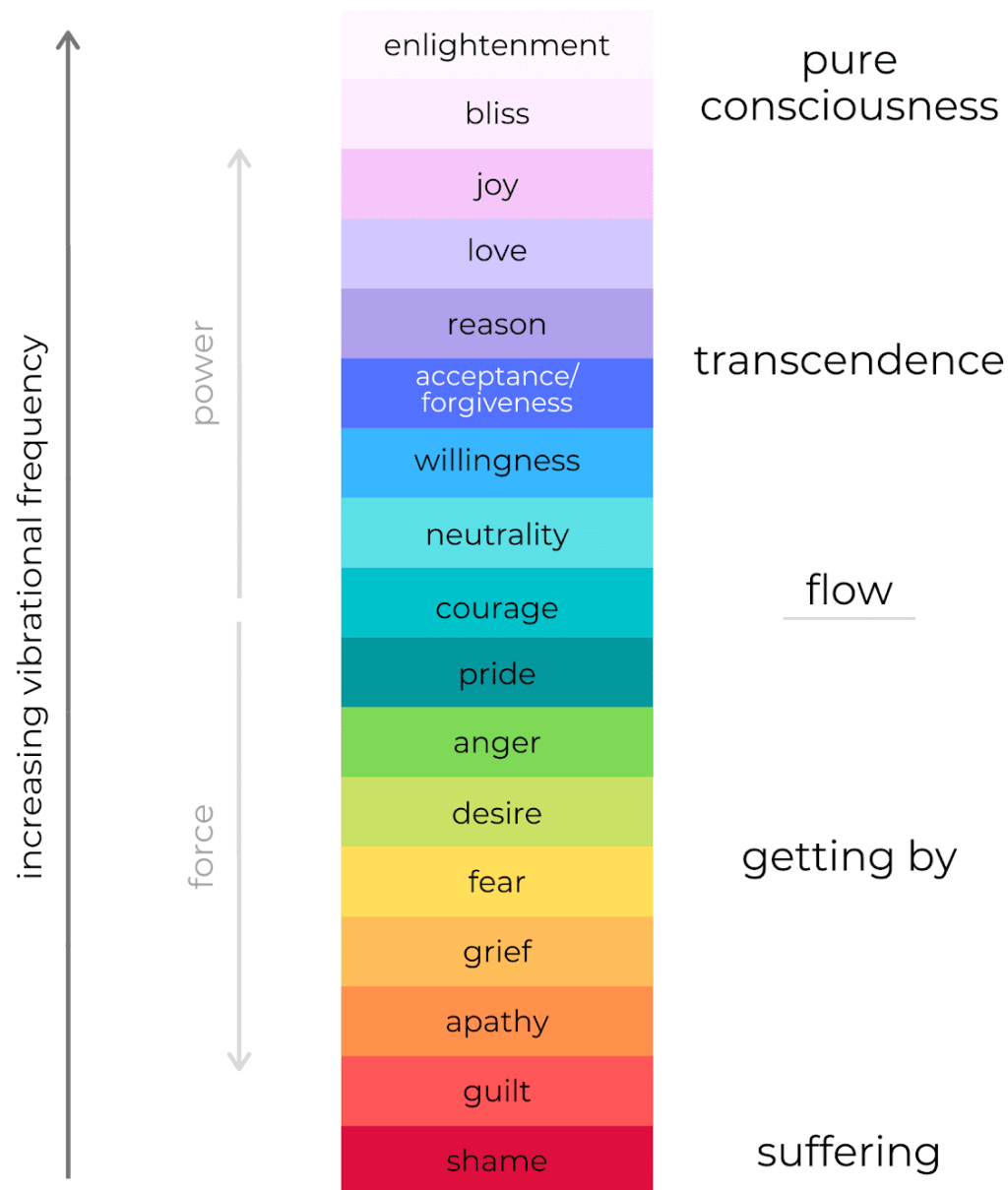
- Write things that you going to do and choices you will make
- Describe what joy you are going to feel
- Raise your frequency – and THINK from this place of inner power and harmony

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5. iGenome QUANTA Field. Increasing Frequency practice



Step 1. Awareness + transformation

Diary of negative frequencies

- Write down negative emotions as they arise on the go, describe them
- rate their frequency from 1 to 10
- which limiting believes stand behind? describe
- say “CHANGE” and change each negative emotion as it's arising by raising the frequency. Write down.

Step 2. Daily Practice

Morning, Evening, and each hour stop and raise your frequency

Step 4. Raise Frequency then Act

Before starting an important activity – raise your frequency and feel like you've already achieved the end result successfully

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6. iGenome DNA Upgrade through Connection to Higher Self



Like branches on the tree, they all lead to the trunk of the tree, the same is any teacher leads us to Inner Guru within ourselves.

There's no higher teacher than your Higher Self

We are multidimensional being, existing in many planes of the Universe, as a soul we've chosen to manifest in Earth realm to experience this dimension, yet in our DNA there are informational pathways to connect to any other dimension of the Universe, by our wish.

Very often people forget that their soul is intergalactic being, and limit themselves to experience of just beautiful Earth life, which if, of course, their choice, however, when reminded about Higher Self – we expand beyond just one dimension, becoming One with the higher realms of our and Universal consciousness, which helps to upgrade our vision and find solutions from other perspective.

Practice of Connection to Higher Self is daily practice of coordinating your life moves with more holistic expanded perspective rather than making choices from the place of being limited, and all emotional baggage that comes with it. Please, integrate it to your daily decisions.



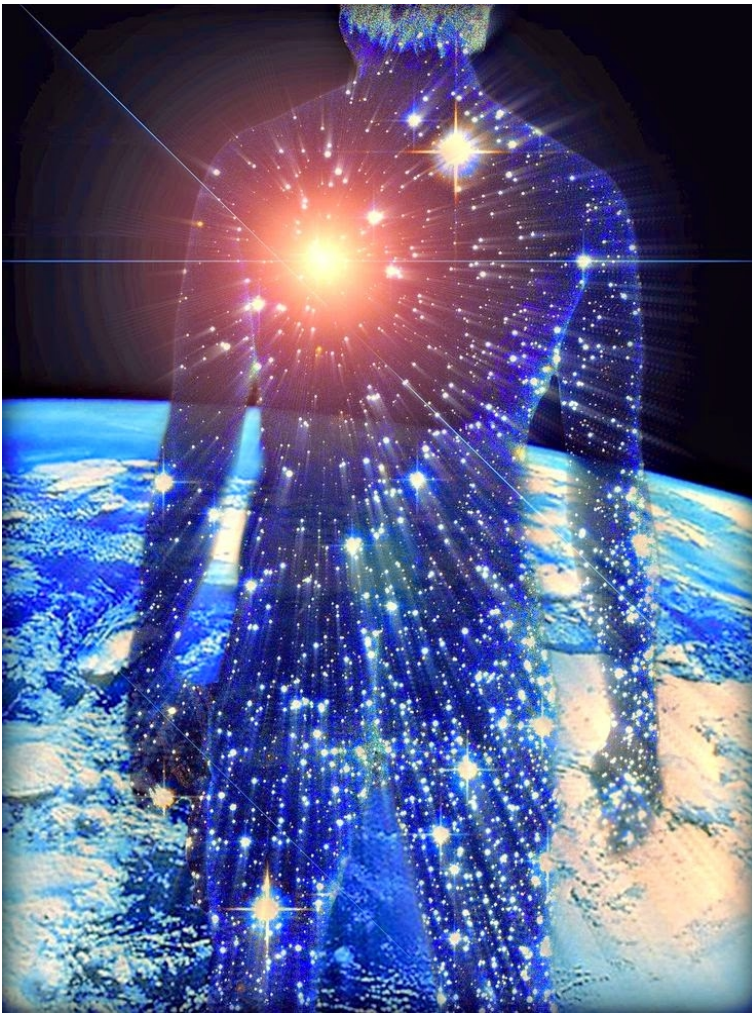
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X. iGenome Dreams Realization

iGenome Coaching. Upgrading Frequency and DNA



1. QUANTA Meditation - raising the frequency
2. Connect to Higher Self
3. Allow your Higher Self to upgrade your DNA, surrender to the flow
4. Look at Task, Goal, Dream you would like to achieve
5. Move yourself to the Future where this Dreams has been achieved.
FEEL IT FULLY with all emotions
FEEL IT FULLY with all body – senses
FEEL THE FREQUENCY of this dream happening
6. Look from that point of Future Self on your Present Self and send this frequency to yourself now.
Receive this frequency.
7. Give any suggestions (like mother to a child) from your Future Self to your Present Self
8. Create a Creative Plan with list of actions starting from the Future to Now, Step by Step

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X. iGenome Dreams Realization

iGenome Creative Plan of Actions example

Start here

Action with
Timeline

Jan 2022

0

Mandala New Earth centre Bali & the world (Spiritual Portal)

1

Like minded community creation
Physical centres +
Online platform Creators.Earth
Education in Sustainability
Conscious Leadership

Physical centres – 04.2021
Own Building by the waterfall/ocean –
09.2021
Creators.Earth platform – 06.2021
Interviews with leaders – 05-07.2021
YTT in Bali & Thailand – 09.2021

2

Vision
Teaching Programmes
Book

Online Reiki course – 02.2021
Galactic Activation programme –
06.2021
Book – 06.2021

3

Find peaceful place for work
In warm climate by the ocean

Oct. 2020

Z

London & world closure due to virus

What can I do in the next 24h?
Search for place – Thailand, China,
Portugal, Bali, Costa Rica?
Buy ticket
Find accommodation

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X. iGENOME Coaching. Model

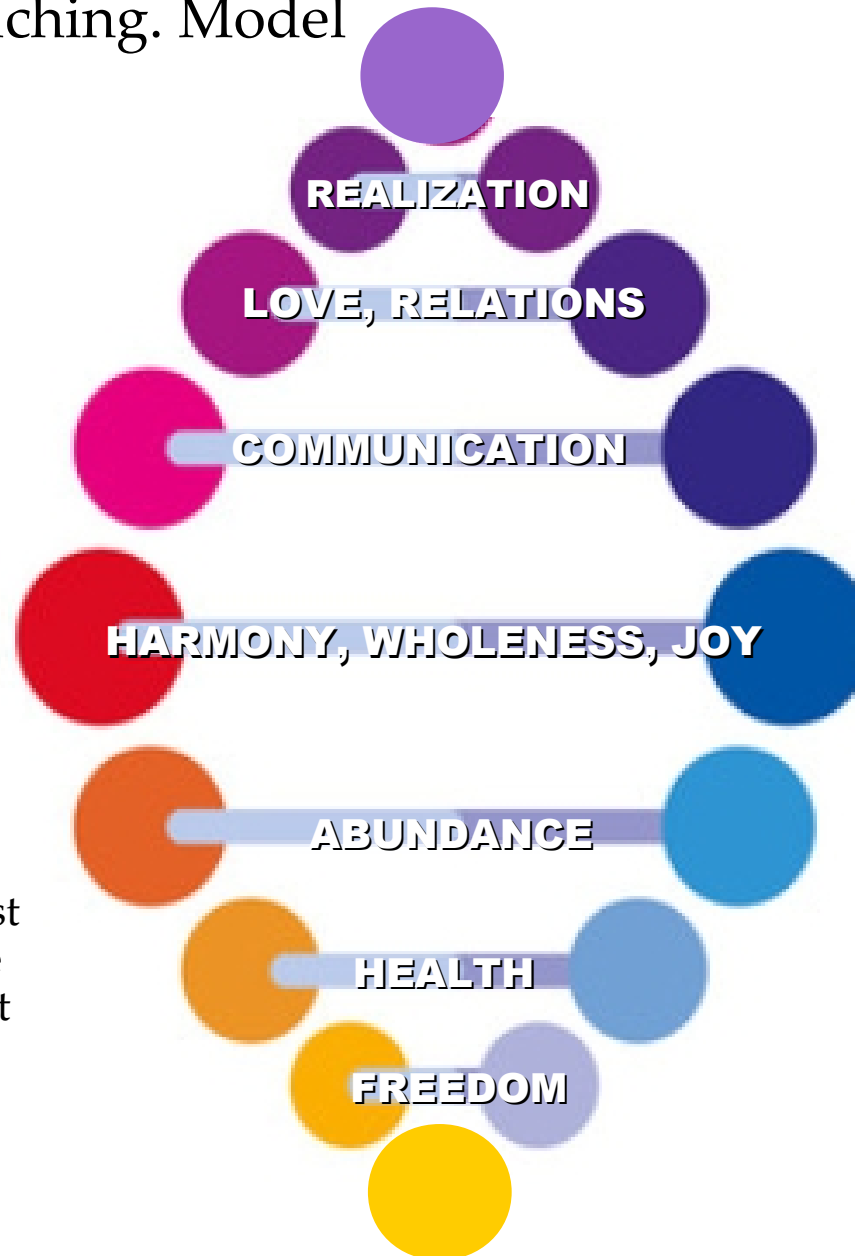
NOW

Describe what:

- you have now
- you lack now –
- limiting believes

Very often detailed description helps to look at situation in full light and bring to awareness what is hidden away, as well as be grateful for what you already have.

Scientists say that 90% of our day we live in the past – feeling and thinking the same again and again, not truly Creating our Life



DREAMS / FUTURE

Take yourself into the future.

SEE
FEEL
EXPERIENCE
YOUR DREAMS
FULLY

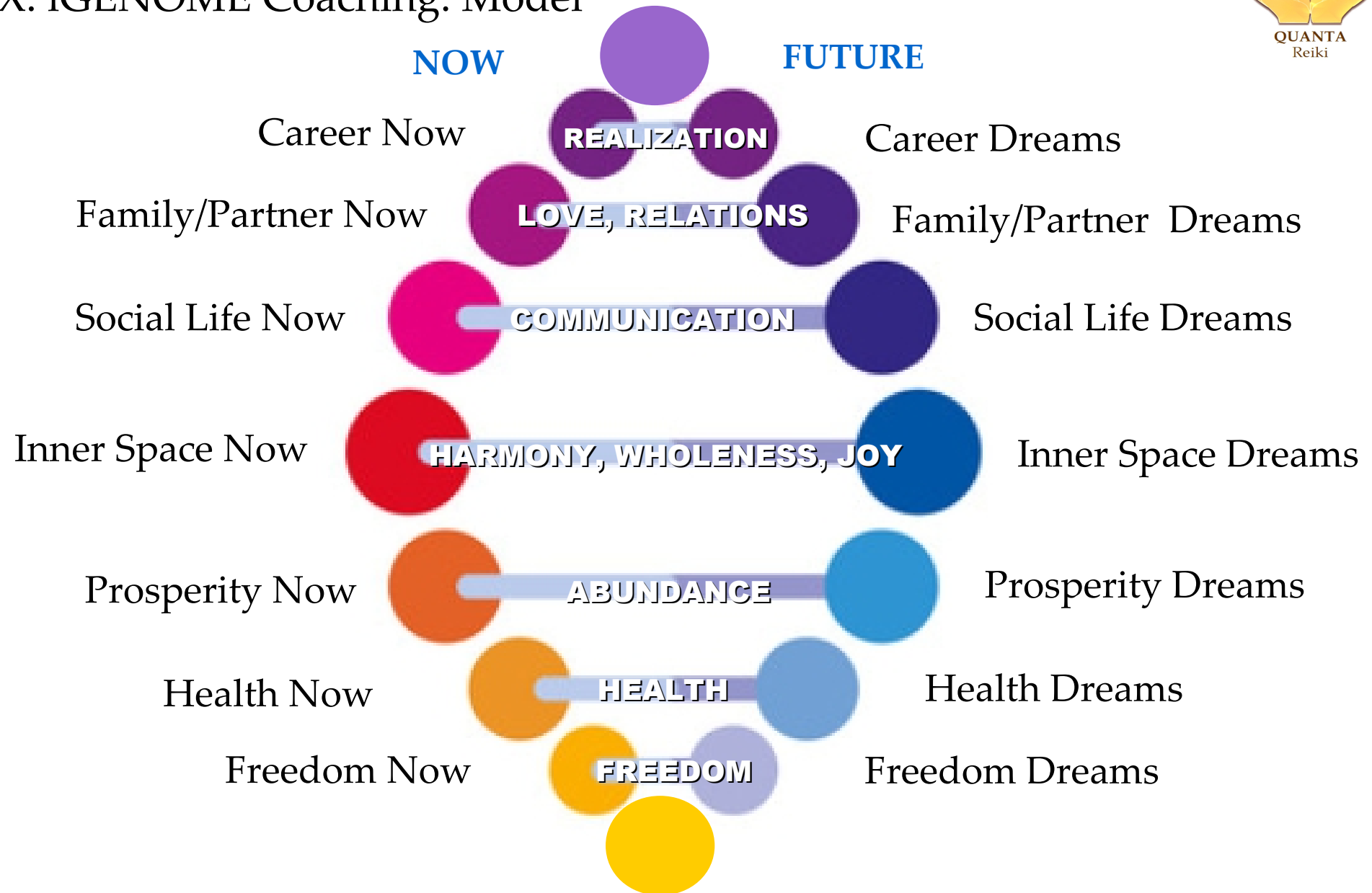
When we engage vision, integrate emotions, fully experiencing and feeling our Future, like it's already happening – we rewire the brain, creating new neuro-connections, we create NEW ME. When you know your New Me, the Universe knows too – it's easier to reach your dreams.

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X. iGENOME Coaching. Model



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X. iGENOME Coaching. Freedom

How free am I now? In %

Do I know my soul purpose?

Do I follow my heart?

Do I fulfil my innermost dreams?

Do I walk the path I want to walk?

Do I do the things I want to do?

Do I speak my innermost Truth?

Do I express myself freely?

What are my limiting believes?

What is freedom for me?

Describe. Freedom 2, 5, 10 years in the future?

What my soul wants to fulfil to feel free? Feel it

What my heart wishes to have to feel free? Feel it

What are my dreams? See them

What is path of freedom?

Doing what activity does make me feel free? See it

How shall I speak to feel free?

What shall I express to feel free? How?

How did I resolve limiting believes?

Freedom Now

FREEDOM

Freedom Dreams

**How to reach 100% Freedom?
Actions plan with timeline**

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Part 5. QUANTA REIKI L2. Spiritual Coaching



X. iGENOME Coaching. Freedom Actions Plan

How to reach 100%
Freedom?

Actions plan with timeline
From Future to Now
Step by Step

0

Freedom Future
2, 5, 10 years in the Future

Start here

1

Step before – actions to reach final goal.
Timeline. What, How, When

2

Step before – actions to reach goal 1.
Timeline. What, How, When

3

Step before – actions to reach goal 2.
Timeline. What, How, When

4

Step before – actions to reach goal 3.
Timeline. What, How, When

xx
x

Y

Step before – actions to reach goal X.
Timeline. What, How, When
What can I do in the next 24h?

Z

Freedom Now

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X. iGENOME Coaching. Health

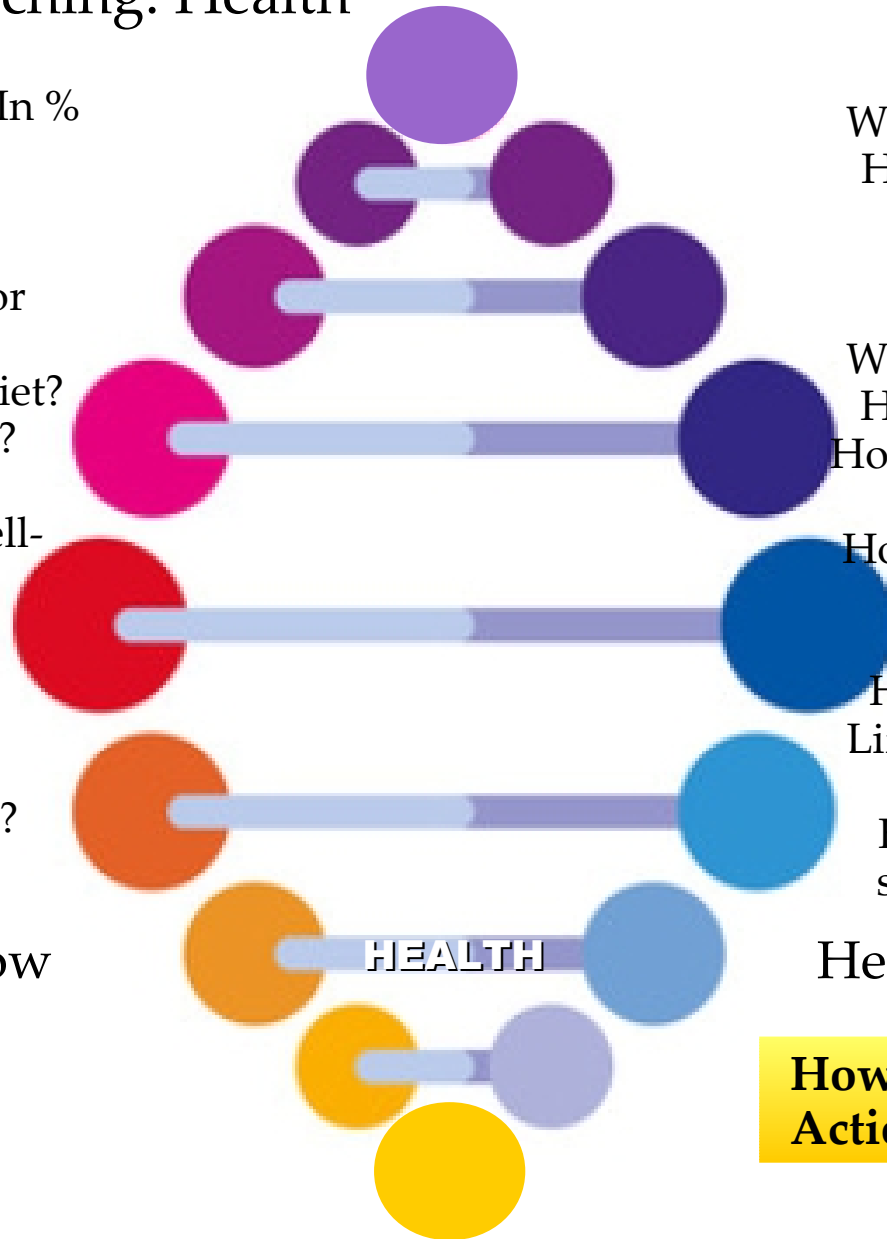
How healthy am I now? In %
Is my body healthy?

Do I exercise regularly?
Do I have enough time for walks?
Do I eat healthy? Need diet?
Do I drink enough water?

How is my emotional well-being?
Do I have enough time for rest?
Life/Work Balance?

How healthy is my spirit?
Do I do meditation?

Health Now



What means Healthy life for me?
How my perfect body looks like in my future?
What are my regular exercises bringing joy ?
Where do I have pleasant walks?
How my dream food looks like?
How do I feel with perfect weight

How does it feel to be happy and full of energy?
How do I spend time resting?
How does it feel to have perfect Life/Work Balance? My schedule

How does it feel to have happy spirit ? What is my meditation?

Health Dreams

**How to reach 100% Health?
Actions plan with timeline**

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Part 5. QUANTA REIKI L2. Spiritual Coaching



X. iGENOME Coaching. Health Actions Plan

How to reach 100% Health?
Actions plan with timeline
From Future to Now
Step by Step

0

Health Future
2, 5, 10 years in the Future

Start here

1

Step before – actions to reach final goal.
Timeline. What, How, When

2

Step before – actions to reach goal 1.
Timeline. What, How, When

3

Step before – actions to reach goal 2.
Timeline. What, How, When

4

Step before – actions to reach goal 3.
Timeline. What, How, When

xx
x

Y

Step before – actions to reach goal X.
Timeline. What, How, When
What can I do in the next 24h?

Z

Health Now

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X. iGENOME Coaching. Abundance

How abundant is my life now?

- Financial abundance in %
- Emotional abundance in %

Am I happy with abundance in my home, property?

Am I happy with abundance in my relations, love?

Am I happy with my abundance at work?

Am I happy with earnings?

Prosperity Now

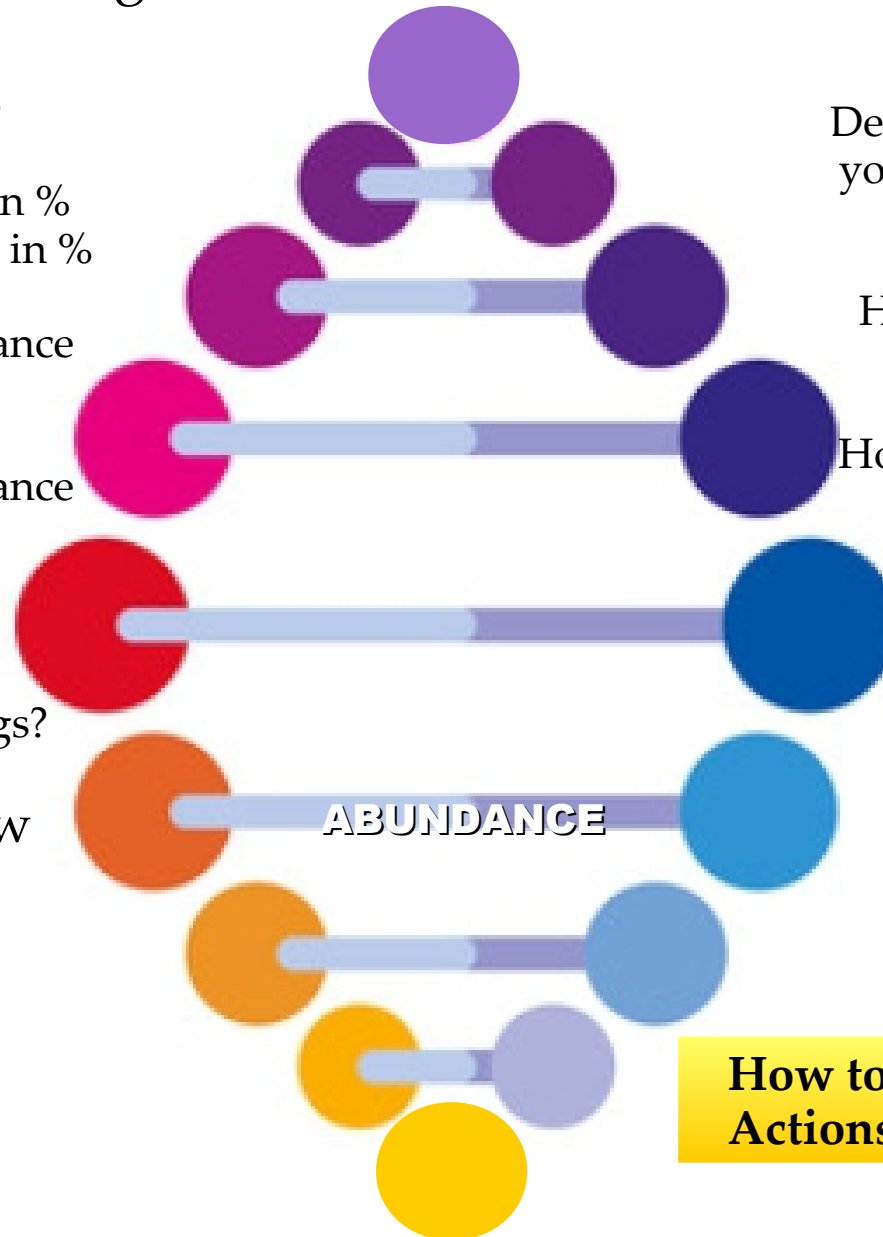
Describe what is abundant life for you? Financially and emotionally
In 2, 5, 10 years?

How abundant is you home and property in the future?

How abundant are your relations and love life?

How abundant and creative is your work?
What are your earnings?

Prosperity Dreams



How to reach 100% Abundance?
Actions plan with timeline

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X. iGENOME Coaching. Abundance Actions Plan

How to reach 100%

Abundance?

Actions plan with timeline

From Future to Now

Step by Step

0

Abundance Future

2, 5, 10 years in the Future

Start here

1

Step before – actions to reach final goal.
Timeline. What, How, When

2

Step before – actions to reach goal 1.
Timeline. What, How, When

3

Step before – actions to reach goal 2.
Timeline. What, How, When

4

Step before – actions to reach goal 3.
Timeline. What, How, When

xx
x

Y

Step before – actions to reach goal X.
Timeline. What, How, When
What can I do in the next 24h?

Z

Abundance Now

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X. iGENOME Coaching. Inner Space

How much in my life there is:

- Harmony in %
- Joy in %

Do I wake up with Joy?
What activity brings me Joy?
What activity brings me
Harmony?

Inner Space Now

Which activities I shall
exclude as they don't
make me happy?
Which relations I shall
revision as they don't bring
harmony?

Do I feel self-confident inside
to reach for my dreams?



Describe what is life full of
Harmony and Joy for you?
How does it look in 2, 5, 10 years?

Describe how you wake up with
Joy, which activities you are
leading, which bring you Joy
and Harmony

Inner Space Dreams

Describe your relations and
harmony you are experiencing in
these relations.
Describe your inner self-
confidence

**How to reach 100% Harmony?
Actions plan with timeline**

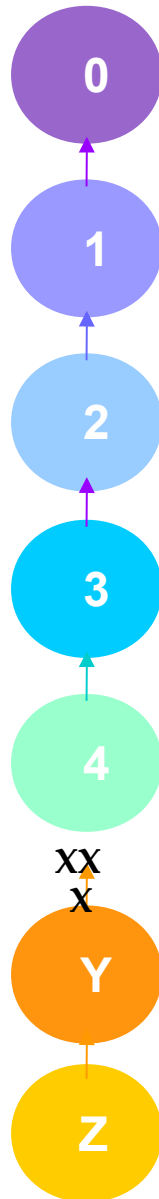
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X. iGENOME Coaching. Inner Space Actions Plan

**How to reach 100% Inner
Space Harmony & Joy?
Actions plan with timeline
From Future to Now
Step by Step**



**Inner Space Future
2, 5, 10 years in the Future**

Start here

Step before – actions to reach final goal.
Timeline. What, How, When

Step before – actions to reach goal 1.
Timeline. What, How, When

Step before – actions to reach goal 2.
Timeline. What, How, When

Step before – actions to reach goal 3.
Timeline. What, How, When

Step before – actions to reach goal X.
Timeline. What, How, When
What can I do in the next 24h?

Inner Space Now

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X. iGENOME Coaching. Social Life

How happy am I with my:

- Social life and circle in %
- My friends in %
- Possibility to express myself in society in %

Describe your dream Social Life and Friends?
How does it look in 2, 5, 10 years?

Social Life Now

COMMUNICATION

Social Life Dreams

Am I limiting myself in social life? Why?

Do I have enough time for friends?

Do I have people in my circle, that I want to avoid?

Make a list,
Send Light and Let Go

Am I happy with my communication skills and abilities to make friends?

Describe your Social Life, hobbies, activities

Describe you friends and circle

Describe your Communication skills

How to reach 100% Social Life?
Actions plan with timeline

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X. iGENOME Coaching. Social Life Actions Plan

How to reach 100% Social Life?

**Actions plan with timeline
From Future to Now
Step by Step**

0

**Social Life Future
2, 5, 10 years in the Future**

Start here

1

Step before – actions to reach final goal.
Timeline. What, How, When

2

Step before – actions to reach goal 1.
Timeline. What, How, When

3

Step before – actions to reach goal 2.
Timeline. What, How, When

4

Step before – actions to reach goal 3.
Timeline. What, How, When

xx
x

Y

Step before – actions to reach goal X.
Timeline. What, How, When
What can I do in the next 24h?

Z

Social Life Now

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X. iGENOME Coaching. Love, Relations, Family

How happy am I with:

- Love in my life, in %
- My relations, in %
- My family life, in %

Describe your dream Love,
Relations, Family?

How does it look in 2, 5, 10 years?

Family/Partner Now

LOVE, RELATIONS

Family/Partner Dreams

Am I limiting myself in
social life? Why?

Do I have enough time
for friends?

Do I have people in my
circle, that I want to avoid?
Make a list, Send Light and
Let Go

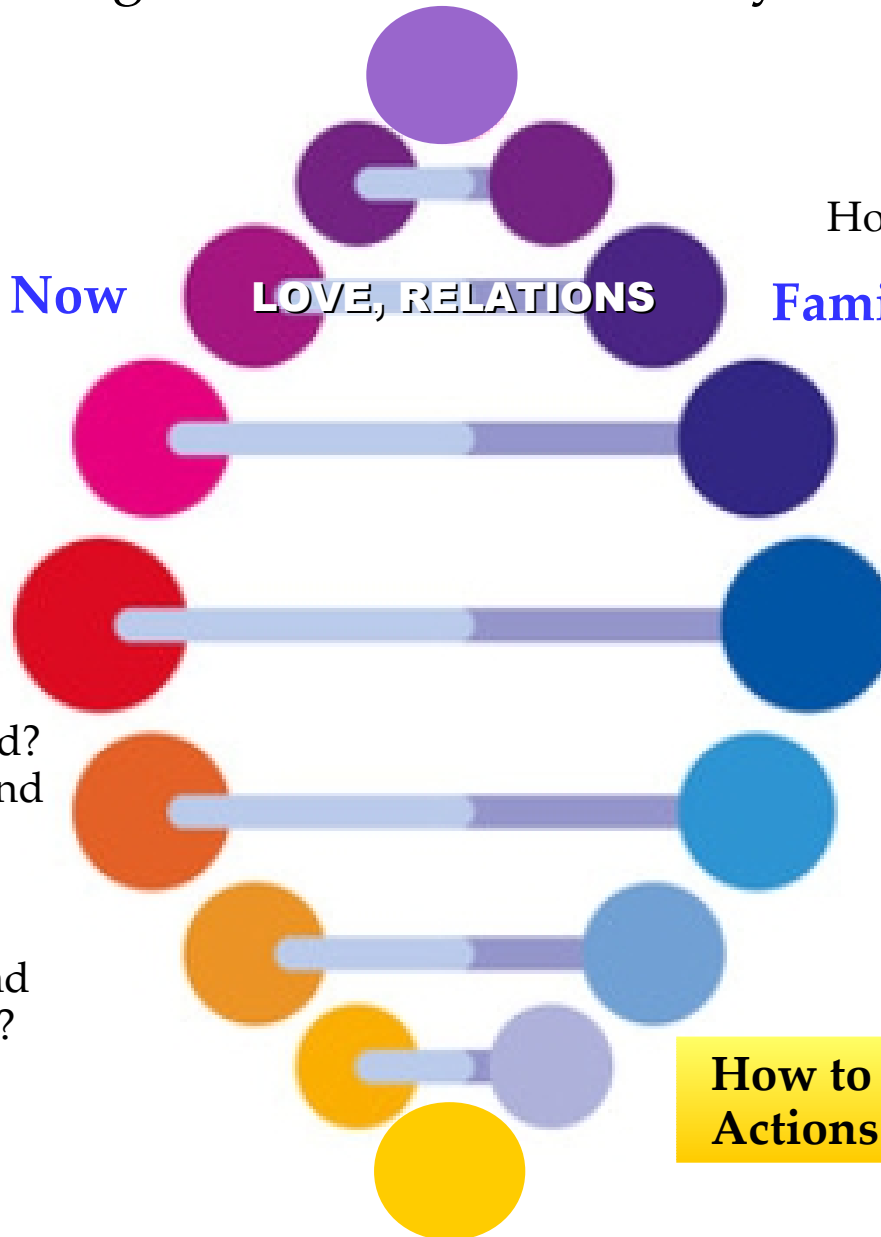
Describe your Social Life,
hobbies, activities

Describe you friends and circle

Describe your Communication
skills

Am I happy with my
communication skills and
abilities to make friends?

**How to reach 100% in Relations?
Actions plan with timeline**



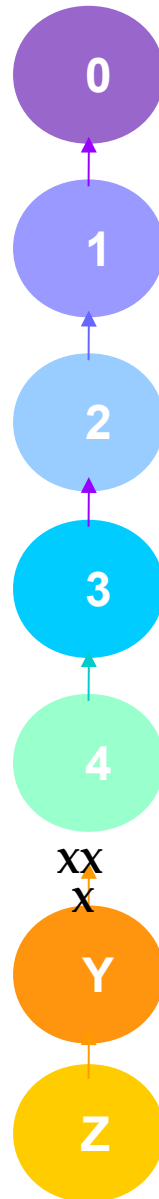
QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 5. QUANTA REIKI L2. Spiritual Coaching



X. iGENOME Coaching. Love, Relations Actions Plan

**How to reach 100% in Love
and Relations?**
Actions plan with timeline
From Future to Now
Step by Step



Love & Relations Future **2, 5, 10 years in the Future**

Start here

Step before – actions to reach final goal.
Timeline. What, How, When

Step before – actions to reach goal 1.
Timeline. What, How, When

Step before – actions to reach goal 2.
Timeline. What, How, When

Step before – actions to reach goal 3.
Timeline. What, How, When

Step before – actions to reach goal X.
Timeline. What, How, When
What can I do in the next 24h?

Love & Relations Now

QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 5. QUANTA REIKI L2. Spiritual Coaching



X. iGENOME Coaching. Career



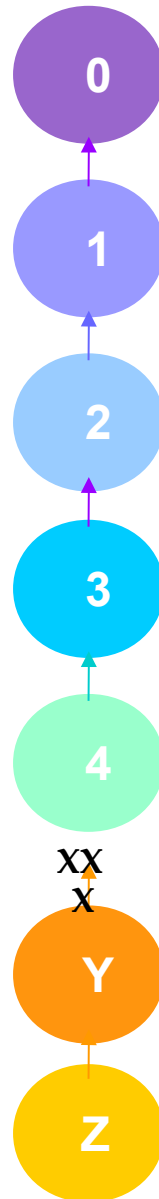
QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 5. QUANTA REIKI L2. Spiritual Coaching



X. iGENOME Coaching. Self-Realization Career Actions Plan

How to reach 100% Self-Realization in Career?
Actions plan with timeline
From Future to Now
Step by Step



Career Future

2, 5, 10 years in the Future

Start here

Step before – actions to reach final goal.
Timeline. What, How, When

Step before – actions to reach goal 1.
Timeline. What, How, When

Step before – actions to reach goal 2.
Timeline. What, How, When

Step before – actions to reach goal 3.
Timeline. What, How, When

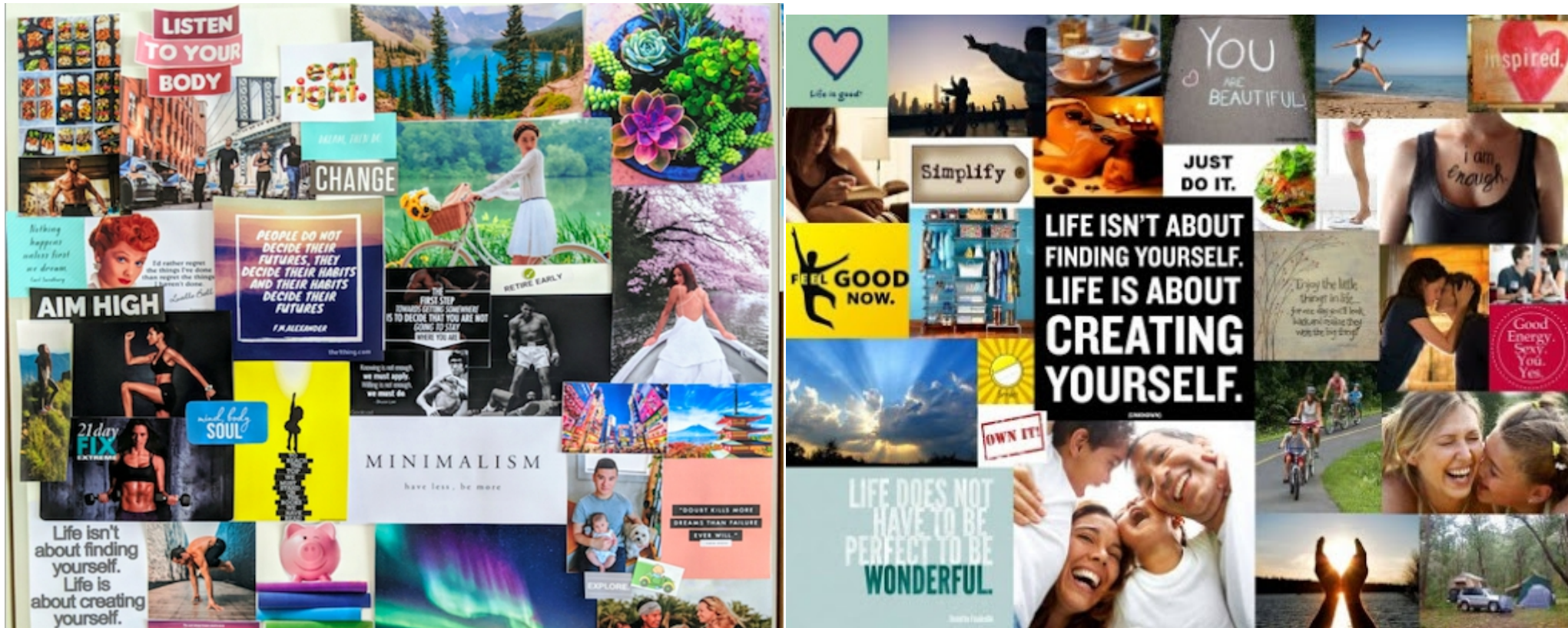
Step before – actions to reach goal X.
Timeline. What, How, When
What can I do in the next 24h?

Career Now

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This is called Manifestation. From unconscious dreaming to conscious fulfilling
It's about FREQUENCY!





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QUANTA Reiki
Universe Healing
Spiritual Coaching

Thank You

QUANTA Reiki Foundation
LolaLhamo@gmail.com or +44 7757093532