



# WELCOME TO QUANTUM UPGRADE!

## CONGRATULATIONS ON SUBSCRIBING TO QUANTUM UPGRADE!

You are about to embark on an exciting journey towards enhanced well-being, higher consciousness, and a more vibrant life. This guide will help you get started, understand the benefits of Quantum Upgrade, and make the most out of your subscription.





## GETTING STARTED: ACTIVATING YOUR SUBSCRIPTION

### 1. Set Your Time Zone

- Go to "**My Account**" → "**My Subscription.**"
- Select your active subscription and find the "**Time Zone Settings.**"
- Choose your time zone and click "**Update.**" This step is crucial to ensure that you receive the appropriate quantum energies at the right time of day.

### 2. Your Unique Identifier

- Using the unique identifier you provided, you will be placed in the quantum field. Whether it's for yourself, your pet, or any other entity you subscribed for, the energy will flow as long as your subscription is active.

### 3. Setting the Power Level

- You can control the power level using the Hawkins Scale of Consciousness. For beginners, it's recommended to start with a level of 600 during the day and no more than 500 at night. Gradually adjust based on your comfort and experience.

### 4. Using Boosters

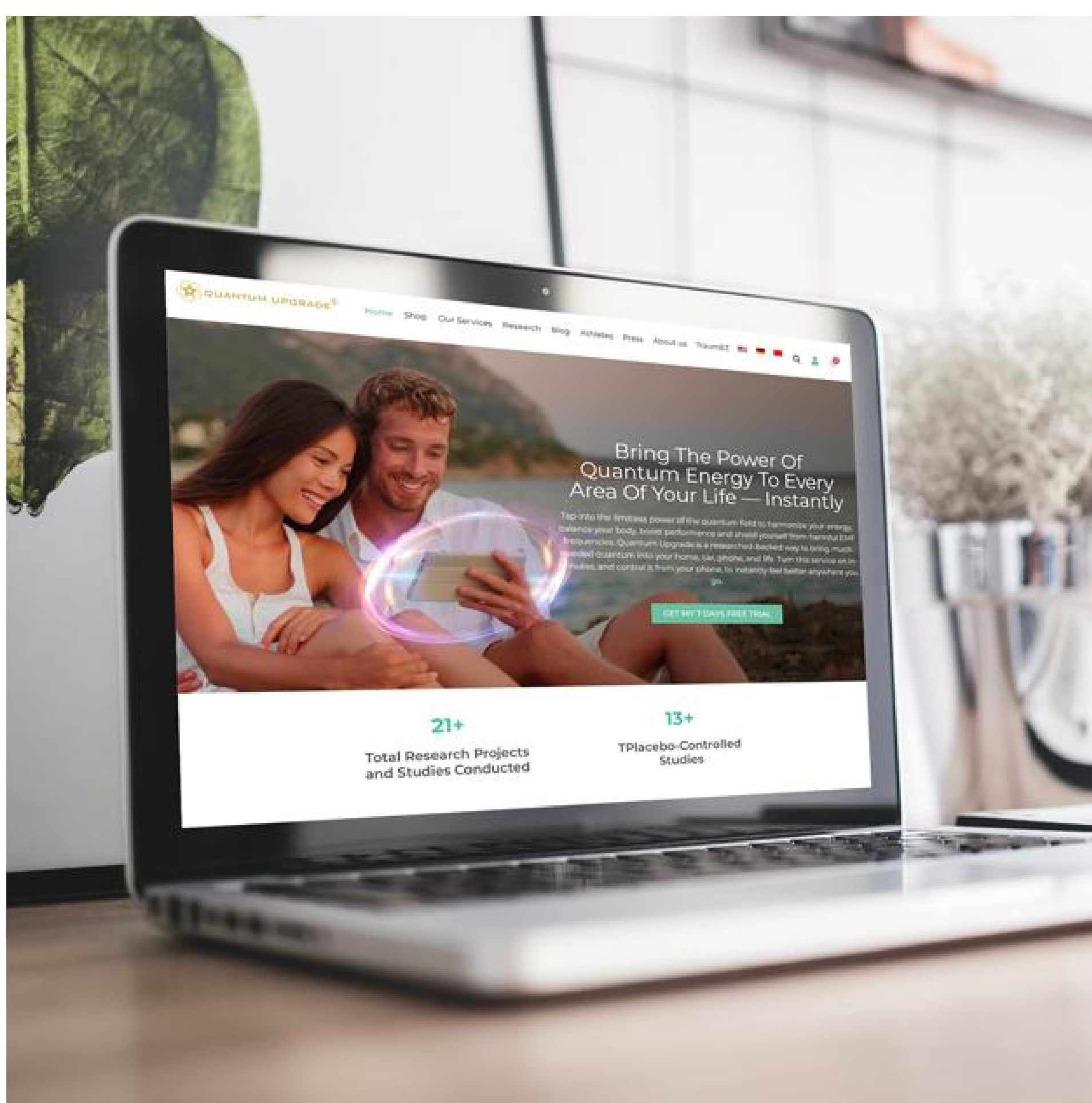
- Boosters increase the energy level for short periods. Start using them once a day to enhance your energy levels. Over time, you can adjust the frequency and intensity of these boosters as per your needs.

### 5. Frequency Bundles

- Enhance your experience with frequency bundles like HEAL, Abundance, or Source. These bundles can be added to your subscription for additional benefits.

### 6. Pausing Your Subscription

- You can pause your subscription or set night pauses at any time through the "**My Account**" section.





## BENEFITS OF QUANTUM UPGRADE

*Quantum Upgrade offers a holistic approach to enhancing your life. Some of the key benefits that were found by the third-part studies include:*

- **Improved Cell Protection:**

It was found in the study by Dr. Robert Sheaff, PhD, that ATP production can be enhanced by 20-29%, supporting cellular health and energy.

- **Accelerating Wound Healing:**

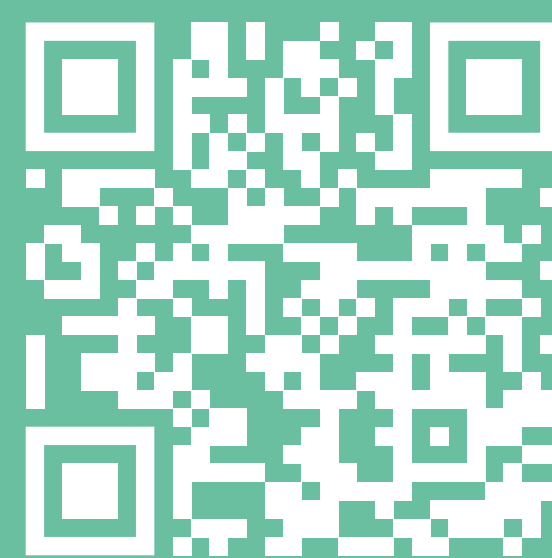
Dr. Robert Sheaff, PhD, found significant improvements in the rate of wound healing. His experiments showed healing accelerations ranging from approximately 50% to 100%.

- **Harmonization of EMFs:**

Quantum Upgrade neutralizes and harmonizes the effects of electromagnetic fields on your body.



You can find all studies at the International Association for Quantum Energy Technology & Frequency Medicine (IFQTF) platform:



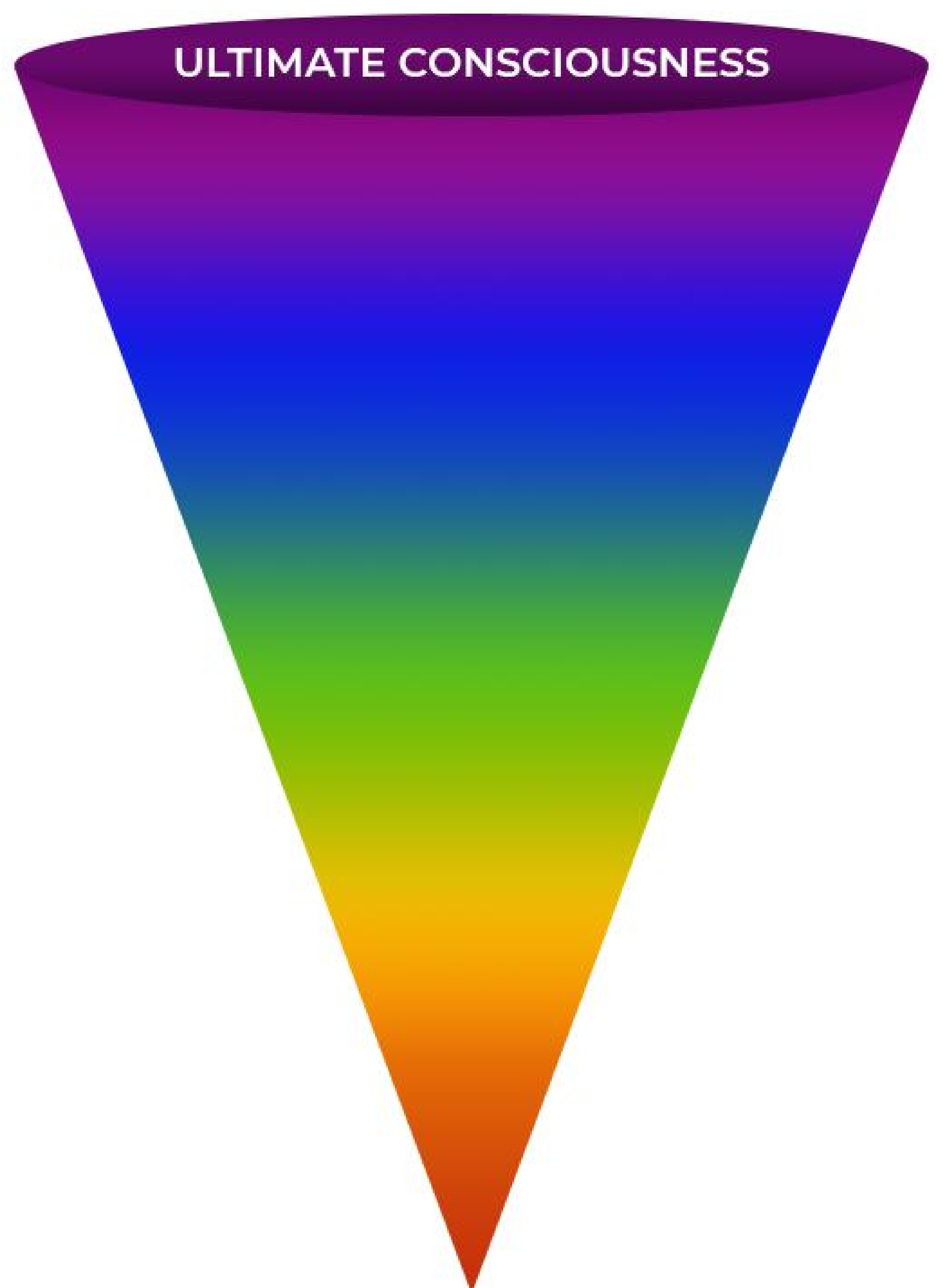
[ifqtf.org/tag/quantum-upgrade/](https://ifqtf.org/tag/quantum-upgrade/)



## UNDERSTANDING THE HAWKINS SCALE OF CONSCIOUSNESS

The Hawkins Scale of Consciousness, developed by Dr. David Hawkins, is a logarithmic scale that measures levels of human consciousness. It ranges from 1 to 1000, with higher numbers indicating higher levels of consciousness and spiritual enlightenment.

700+	●	Enlightenment
600	●	Peace
540	●	Joy
500	●	Love
400	●	Reason
350	●	Acceptance
310	●	Willingness
250	●	Neutrality
200	●	Courage
175	●	Pride
150	●	Anger
125	●	Desire
100	●	Fear
75	●	Grief
50	●	Apathy
30	●	Guilt
20	●	Shame



**Note:**

*This table is inspired by the pioneering work of Dr. David Hawkins and his exploration of consciousness levels. For a detailed understanding of his original concepts, refer to his books 'Power vs. Force' and 'The Map of Consciousness Explained.'*



- **Below 200:** Negative states such as fear, anger, and grief.
- **200-499:** Positive states like courage, neutrality, willingness, and acceptance.
- **500-599:** Higher states of love and joy.
- **600-1000:** States of peace, enlightenment, and beyond.

Higher consciousness levels correspond to greater well-being, improved vitality, and enhanced spiritual growth. You may ask why Quantum Upgrade services can be calibrated at even higher levels than 1,000.

The reason is that when Hawkins wrote his books and set up the scale, it wasn't possible on the Earth (yet) for any normal living being or physical object to vibrate at higher levels than 1,000. So he also couldn't look beyond this at that time.

However, the Earth's energy and consciousness level has significantly shifted since then, which has paved the way for an increased level of consciousness and higher vibrations.

As a matter of fact, the technology we're using calibrates at over 2,200 on the Hawkins Scale. And we know we'll be able to increase that over time as needed.





## TIPS FOR MAXIMIZING YOUR QUANTUM UPGRADE EXPERIENCE

Your Quantum Upgrade subscription is more than a service — it's a path to a higher state of existence. As you continue your journey, you will discover new levels of consciousness, improved health, and a greater sense of well-being. Remember, this is a personal journey, and everyone's experience will be unique.

### 1. Stay Hydrated

Drinking plenty of water helps your body adjust to the higher vibrations and flush out toxins, especially in the first two weeks.

### 2. Listen to Your Body

Start with the recommended power levels and adjust based on how you feel. It's essential to tune into your body's signals and adjust the energy levels accordingly.

### 3. Use Boosters Wisely

Boosters provide an extra energy boost for short periods. Use them when needed, such as before important meetings or during intense activities.





#### 4. Explore Frequency Bundles

Enhance your experience by subscribing to different frequency bundles like H.E.A.L.<sup>®</sup>, Abundance, and so on. Each bundle offers unique benefits and can be tailored to your needs.

#### 5. Join the Community

Join Quantum Upgrade's community on Telegram, share experiences, ask questions, and learn from the collective wisdom of fellow subscribers.



[t.me/+Tk6Hil\\_PAIVmYjZk](https://t.me/+Tk6Hil_PAIVmYjZk)

Feel free to reach out to our support team at **support@quantumupgrade.io** if you have any questions or need further guidance. We're here to assist you on your path to fully realizing your potential.

**Welcome to a new level of  
consciousness and well-  
being with Quantum  
Upgrade!  
Enjoy your journey.**



# APPENDICES

Appendix A:

## Default Consciousness Levels & Boosters

Subscription	Field Size	Hawkins Level	Booster Level
Location	Boundary of the Property (or a unit in a building)	500-1400	1000 - 2200
Business	Covers the entity as a whole	500-1400	1000 - 2200
You	Covers your energy field (aura)	500-1400	1000 - 2200
Animals	Covers their energy field (aura)	500-1400	1000 - 2200
Car	Covers the entire car and extends out 16 feet / 5 meters	500-1400	1000 - 2200
Phone	Covers the phone & extends out 16 feet / 5 meters	500-1400	1000 - 2200



## APPENDICES

### Appendix B:

#### Quantum Upgrade Booster & Day Time Energy Levels.

Higher Booster & Day Time Energy Levels are unlocked the longer you are subscribed.

Day	Booster Level Milestone	Day Time Level Milestone
Day 30	Unlock the power of the 1,200 booster level	Unlock the power of the 1,000 booster level
Day 60	Elevate further with the 1,300 booster level	Unlock the 1,100 level for the day time
Day 90	Reach new heights with the 1,400 booster level	Unlock the 1,200 level for the day
Day 120	Discover the depth of the 1,500 booster level	Unlock the 1,200 level for the day
Day 150	Embark on the 1,600 booster level journey	Unlock the 1,300 level for the day
Day 180	Achieve the 1,700 booster level milestone	Unlock the 1,300 level for the day
Day 210	Ascend to the 1,800 booster level	Unlock the 1,400 level for the day
Day 240	Explore the profound 1,900 booster level	Unlock the 1,400 level for the day
Day 270	Break through with the 2,000 booster level	Unlock the 1,400 level for the day
Day 300	Surpass boundaries with the 2,100 booster level	Unlock the 1,400 level for the day
Day 330	Culminate your year-long journey at the 2,200 booster level	Unlock the 1,400 level for the day



## GLOSSARY

- ***Quantum Field:***

A highly concentrated form of supportive energy that influences matter and biological systems.

- ***Hawkins Scale of Consciousness:***

A logarithmic scale measuring levels of human consciousness.

- ***Boosters:***

Short-term increases in energy levels to enhance performance and well-being.

- ***Frequency Bundles:***

Add-ons that provide specific types of quantum frequencies for various benefits.

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### **Disclaimer:**

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