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### **Informed Consent:**

The following information has been provided so you can make an informed choice regarding your health care options. Thus your decision to participate in this work as you seek to maximize your health will be an *informed* decision. If you have any questions let us discuss them before proceeding so we can both have a clear understanding of our expectations and responsibilities. What I have written is my understanding of how Quantum Energetics works. No promises or claims are made other than I will do my best, as I join you in your quest for greater quality of life.

### **My Background Information:**

In 1980, I completed a class in **Touch for Health** and began informal training in Swedish massage, working with family and friends for a number of years. In 1995 I became certified as a massage therapist, majoring in **Traditional Japanese Shiatsu** and including Swedish massage and **The Stephenson Method of massage** (Creative Healing). On my own, I have studied many techniques to help the body help itself regain balance and health including lymphology, acid-alkaline balance and an emotional release technique. I have also studied, in class and on my own, the theories behind Chinese Medicine and Tai Chi. In 1997, I was able to develop a desensitization treatment that enables the body to eliminate allergies and organisms that have impaired the immune system. In 1998, I completed a seminar in **Bio-Cellular Therapy**, which works to help balance the body's energy by stimulating and amplifying its natural electric and magnetic energy fields. In 2001, I attended a seminar for Iridology. In May of 2002 I completed the first level training of **Resonance Repatterning**, an empowering process for creating positive change. For the benefit of my clients, I offer essential oils (along with the raindrop technique) and nutritional support. As of May 2003, my clients may also benefit from the Q2 Energy Spa (formerly B.E.E.F.E.), which was created to help

realign, balance and enhance the bio energetic levels in water that is then used by the cells of all living things. In May 2004 I was certified in the application of **Bach Flower Remedies**. In June of 2005, I completed the class "**Molecules of Behavior**" for the nutritional support of the neurotransmitters. In 2012, I completed the course of study in Holistic Health Practitioner & am certified in Nutrition, Herbs and Essential Oils.

In 1998/1999, I belonged to the Coastside Awareness for Conscious Health, in Northern California. This organization was established to bring traditional and alternative medicine together and to help the community become aware of their choices.

My main focus is on Quantum Energetics Structured Therapy, which is a systematic process using subtle energy to trigger the body's natural ability to bring itself back into balance. Quantum Energetics Structured Therapy acknowledges the physical body as a complex energy system and employs a range of techniques for evaluation and healing (balance) that include muscle checking, touch, and herbal and nutritional supplementation. This technique focuses on restoring balance to injured or diseased tissue, strengthening the immune system, and early detection and prevention of potential health problems. In May of 1999, I graduated from the Western Institute of New Physiology, having completed an intensive two-year course in **Quantum Energetics Structured Therapy (QEST)**. In March of 2006, I became certified as a Master Practitioner. Currently I am on the teaching staff of the Quantum Energetics Institute.

I have been fortunate to see QEST™ change hundreds of lives, including my own. Many have had results with QEST after they have tried other therapies, and given up. Others come to QEST because they have seen results with family members or friends and want its protective and restorative benefits, even if they are not currently experiencing symptoms.

QEST has so dramatically changed my life that I am forever grateful for its benefits! I am both passionate and committed to furthering QEST through working with clients and teaching. Quantum Energetics Structured Therapy has such powerful results, that I greatly desire it to be available to more people! Please tell others about QEST, whether they just want to experience better health or if they would like to help others gain better health by becoming a QEST Practitioner.

### **About Quantum Energetics Structured Therapy (QEST™)**

#### **What is QEST™?**

We believe that QEST is a holistic, non-invasive approach of working with the energy body to improve general health. Various procedures help to re-establish disrupted energy patterns, so the body can begin needed repairs—previously delayed. Head injuries, even those that have not caused unconsciousness, are particularly significant in the disruption of energy patterns and often seem to cause problems years (even decades) later. Quantum Energetics Structured Therapy has been found to be highly beneficial in working with head injuries, as well as many other energy conditions. QEST helps with identification of energetic problems at early stages. According to our understanding, QEST allows the body to find its own innate balance, returning it to wellness and freedom from pain. Positive results have been experienced with many problems, such as structural pain / weakness, metabolic disorders and syndromes, and more. Often seen are additional benefits of improved

sense of well being and immune response, greater energy, enhanced mental clarity, and emotional stability.

### **What is the “energy body”?**

Our physical bodies are composed of matter, which we can see. Quantum physics recognizes that this matter is also energy, which most of us cannot see. However, the energy body can be seen on film through Kirlian photography. QEST practitioners believe that this energy body infuses the physical body and extends slightly beyond it—and that it forms an energy blueprint for what happens in the physical body. Because we are energy beings, we are affected by energy—in this case—energy from the QEST practitioner’s hands.

### **How is Quantum Energetics Structured Therapy done?**

QEST™ procedures are of two types: (1) Energy directed from the hands in a timed hold and (2) Energy moved in a directional manner, with breathing. (Breath is a very large part of QEST™ work.) It seems that both ways gently stimulate the healing process in a natural manner. Additionally, ingestion of certain food substances may help the body (energetically) to effect changes in certain conditions

**Analogies:** One QEST client says “Everything in the body is electricity...nerves, cells and what QEST does is help to remove blocks to this optimal energy flow.” Working with the body with QEST could be likened to hooking up battery cables to a stalled vehicle. If the cables are hooked up to the right places, and energy is allowed to flow for sufficient time, the battery will be charged. Note that just as the vehicle needs some “running time” to become completely restored after the cables have been disconnected, your body will need time for energy alignment to take place after your QEST visit.

### **Will you focus on my symptoms?**

QEST *systematically* seeks to address energetic disturbances, which seem to contribute to symptoms. There are often many factors involved—not just one! We do follow a sequence, and because various systems and components of the body are so interrelated, it is very common that working with one condition will allow for positive changes of a seemingly *unrelated symptom*. Furthermore, working with this apparently “unrelated” condition is often *crucial* for obtaining desired results. Thus, there is an order to be followed in helping your body to restore its healthy balance. However, I will look carefully at your symptoms and do my best to help you as soon as possible--perhaps doing some procedures out of order.

### **How does the QEST practitioner know what to do?**

In QEST, we have a language by which we can get “yes” or “no” answers from the body about what conditions are present on an *energetic* level. Therefore, we have a way for your body to communicate which QEST procedures should be done.

### **What do you mean by “language”?**

In our QEST Practitioner’s Handbook, we have thousands of numerical codes, which correspond, vibrationally with various conditions in the body. (Everything in nature has its own vibrational frequency. The codes have been discovered through research—rather than particular numbers just being “assigned” to a condition.)

*Numerical code (ex: 2M 440T) + Muscle Testing = Language*

QEST codes or numbers are tapped onto the body in a Morse-code fashion and immediately followed by testing a strong muscle. The result is a "yes" or "no" answer, so that we know how to proceed. Muscle testing, muscle checking, or Applied Kinesiology (AK) is not unique to our work, but it is used in various other modalities for healing. However, one thing that **is unique** about our work is the use of our *codes*, along with the muscle checking, for *getting answers from the body about what conditions exist, and therefore, what needs to be done, energetically by the QEST practitioner*. We systematically check through the codes, in numerical order. Each visit, we check new codes to determine which energy procedures should be done. Next visit, we "pick up" where we left off in the sequence, checking to determine which new energetic disturbances show up to be addressed during that visit. As a general rule, we do not have to repeat procedures.

### Where are the numbers tapped?

The codes or numbers are used in all of these ways: (a) over an area of pain or concern (b) over a body reference point or (c) over a central "switchboard" or energy center of the body.

### It is said that the conditions are present on an "energetic level". What does that mean?

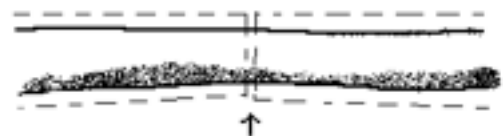
Let's explain by using some examples. Whenever the body "tells us" that a certain code/condition is present, it may be there in a "big way" or a "small way". For example, if the code *4M 909T (fracture of the femur)* tests positive, it might be present to varying degrees:



1. The bone is obviously fractured. Easily seen on an x-ray, or even by an untrained observer!

2. The bone has a hairline fracture which could very easily be missed on an x-ray unless the ideal exposure angle and intensity is used.

3. The energy (electromagnetic and more subtle energies) passing through and over-lying the bone is "broken". The strength of the **whole area** is compromised or lessened.



Here is another example: *2M 440T (Toxins in the liver)*

1. The gathering of toxins is organized into easily observable cells, analogous to the obvious fracture mentioned above.

2. There is a microscopic gathering of cells, or 'growth'. Compare this to the hairline fracture mentioned above. There, but very subtle.



3. The condition is present in the energy template or energy "blueprint" for the body. (Think of a blueprint for a house. The wall isn't "there" yet, but that is where the carpenter will build it unless you intervene and change the blueprint!)



**Important! When a code is found to be present, this "energy" level (the 3<sup>rd</sup> level) is ALWAYS involved. This energetic level alone has been found to cause many problems, so it really doesn't matter if the more obvious level(s) are present. They may also be present—or they may be absent. Therefore, we are not "diagnosing", because we do not know to what degree the condition is present—other than that it is present on an energy level. The above-mentioned codes have been used as examples. As we check and find codes which your body indicates as present, please remember this explanation, since it will apply to all other codes or conditions, such as an "avulsion of a ligament", for example.**

#### **Do the same procedures have to be done again and again?**

No—good news! There are a few exceptions (things that may have to be repeated), but the large majority of the procedures are lasting. In order to assure such results, a rapid "programming" is done after each procedure. It is much like "saving" on a computer. This unique feature is one of the things that enables QEST to achieve such powerful results!

#### **Does everyone need the same things to be done?**

Out of the many procedures that are checked, there are **two** that we find necessary for everyone. Beyond that, everyone's requirements are different. These two "universal" powerful procedures, are foundational steps upon which everything else is based. They enable the body to receive more energy for healing, maintenance and health and often have dramatic results, by themselves, even before other procedures are done!

#### **How quickly will I experience results?**

Everyone varies so much that it is impossible to answer that question. Some people do experience results immediately! Some who have been helped *dramatically* by QEST did *not* experience results quickly. They were patient, realizing that their condition did not occur "in a day" and will probably not go away "in a day". Clients often notice some changes immediately (ex: an increased sense of calmness and well-being, relief of pain, etc.) and are thereby encouraged. Some simply have a sense that QEST resonates with them and know that it is "right". How soon your body experiences results will be determined by how many "layers" of the energetic problem are contributing to the symptom. (Remember that no promises can be made with QEST or with any other modality!)

#### **Does it hurt?**

Generally, not at all! The vast majority of QEST procedures are very gentle and involve only light touching. There are just a few procedures (hernias and bone dislocations) that may be uncomfortable for some (performed only if they are indicated through testing). These procedures may seem similar to other modality's physical manipulation practices, however we view and approach our methods not in terms of manipulation, but as gentle, direct guidance to help the body to "right" and

heal itself. I will ask for your feedback and proceed as lightly as possible with these important procedures

**How long does it take to go through the “program”?**

The length of time needed to work through the sequence of codes varies from person to person (from a few weeks to more than a year). Everyone is unique. A client of QEST™ may choose to begin at the beginning and complete the entire program, or work to a certain point. Clients who drive or fly from a distance may begin QEST and resume the work later. **Previous work is not “lost.”** Once a client has completed the basic program, (s)he is considered to be more “intact.” The advantage of an intact system is that the body seems to be operating at a more efficient energy level and health, thereby making conditions favorable for health. Another advantage is that new problems may be addressed more quickly once the foundational work has been done because the initial sequence no longer needs to be followed.

*The emphasis is not to see how quickly one can advance through QEST, but rather to have QEST energy work done on a consistent basis. Once the basic program is completed, most clients want to continue being checked and worked with from time to time. New research becomes available, problems may have occurred, new conditions may have developed, and existing conditions may have previously hidden due to the body’s “layering” efforts!*

## **Agreement**

### **QEST Practitioner**

As a QEST Practitioner, I do not diagnose or heal anyone. I consider myself a catalyst, working with energy directed through my hands to your body. Our experience shows that this work seems to encourage the body to heal itself and find its innate balance. I will do my best according to my knowledge and experience to help you on your path towards better health by working with the energy body. I am committed to my own personal health and growth and continue to expand my knowledge to better serve my clients.

### **Client**

I ask that you keep the lines of communication open and inform me of other care you are receiving so that we may work cooperatively. I respect the practice of other professionals and should the need arise I expect you will seek appropriate medical help. I do not advocate the work as a substitute for allopathic medicine, but do ask you keep an open mind to a new way of understanding the body.

Realize that you may not experience immediate results. QEST is very powerful but changes are usually subtle and gradual with some normal "ups and downs" in the process. I ask you to keep me informed of both problems and progress so we can resolve the problems and rejoice at the progress!

I expect you to maintain time and financial responsibilities. If you cannot keep an appointment, *please call me with sufficient prior notice so that I may schedule someone else in that time*—at least one day's notice.

I believe that the energy work known as Quantum Energetics Structured Therapy is extremely beneficial for good health. However, we are multi-dimensional beings, and we do not get to "slide" by only paying attention to **one** aspect of our health—they all need our focus. Nutrition is important. I recommend that you may want to take good natural multi-mineral / vitamin supplements in addition to eating a high quality diet that is rich in whole, unprocessed foods. Vitamins and supplements may also be helpful. Additional crucial factors for optimal physical, emotional, and mental health and well being include the following: exercising regularly (example: walking), obtaining adequate rest, working with emotional pain and limiting beliefs about yourself, and giving attention to your spirituality.

I have read and I understand the attachment about Quantum Energetics Structured Therapy™. I have read the agreement, and with informed consent, I ask *Kathleen Krellner* (QEST Master practitioner) to work with me.

Print Name

\_\_\_\_\_  
Signed (client, parent, or guardian)

\_\_\_\_\_  
Dated