



Kathleen Krellner, QEMP, CMT

45787 Creekside Way

Temecula, CA 92592

951 . 587 . 2949

kathleenqep@yahoo.com

blossomhealthandwellness.com

Informed Consent Information

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.

About Kathleen Krellner

As a teenager, I had little energy to keep up with peers. My mother took me to a homeopathic doctor and so began my journey to find strength and good health. In my early 30s, shortly after marrying, a co-worker told me about **Touch for Health** which works with the principles of Chinese Medicine and the relationship of muscles to organs. In 1980 I completed a class in Touch for Health. My mother-in-law taught me a little Swedish massage and I began to work on family and friends.

Life was fairly normal until my early forties, when with 2 small children and 25-30 extra pounds, I began sleeping 12 hours a day and struggling to get through the other 12 hours. Horrendous debilitating headaches left me disabled. After many tests including CAT scans and four medical doctors later I was left with, “There is nothing wrong with you, Mrs. Krellner — just take this painkiller.” This did not impress me very much since headaches are a warning signal that something is dreadfully wrong.

In the early 1990s a friend directed me to an Alternative Medical Doctor in San Francisco, who diagnosed Chronic Fatigue Syndrome (CFS). However, after 5 months of treatment and \$2000 out of pocket (over and above what the insurance company paid) there was little or no improvement. Another friend put me in touch with an HHP (Holistic Health Practitioner). She did testing and vitamin therapy. However, after 18 months at \$250 a month, there was no progress. I later found out that I was allergic to most everything, even vitamins. Meanwhile, I was seeing a chiropractor for chronic all-over pain. Because I held the adjustments for only a few hours, he sent me to a massage therapist. She was learning Quantum Energetics (QE) and said that it might help me. What could I lose? Nothing else was working. So she began treatments, half QE and half massage. My body was in pain after each treatment but in a few days I seemed to feel a little better each time. The light at the end of the tunnel began to be visible. This convinced me that I must learn this fascinating technique and share it with others. However, the classes were some 1,300 miles away outside of Denver, and it would be a few years before I was well enough to travel to take the classes that span nearly 2 years.

Another friend told me about an OMD (Oriental Medicine Doctor) who does a technique called NAET, which is an allergy elimination treatment. Using acupuncture she was able to eliminate my reactions to many substances, including the vitamins.

Now that I could take vitamins, I returned to the HHP that I had gone to some years earlier. Since I was very interested in helping others with their health, she suggested that I start by learning Shiatsu massage. She explained that this would be more therapeutic than Swedish. So in 1995 I became certified as a massage therapist, majoring in **Traditional Japanese Shiatsu** but including **Swedish** massage and **The Stephenson Method of Massage** (Creative Healing). Other techniques captured my attention that would help the body help itself to regain balance and health and I continued studying. These included lymphology, acid-alkaline balance, an emotional release technique, theories behind Chinese Medicine and Tai Chi. Since allergy elimination was something that was especially significant (second only to QE) in my progressing to health, I embarked on the task of developing a technique that would change the incorrect message our brain has received in response to stress. In 1997 KAET (a desensitization treatment that enables the body to eliminate allergies and organisms that have impaired the immune system) was born. It has been my pleasure to teach many how to do this desensitization over the last 10 years. About the same time this technique was in the developing stages, the teachers of QE came to teach in a nearby town.

Since **Quantum Energetics Structured Technique** was still in my plans, I began classes and graduated from the Western Institute of New Physiology in June of 1999. It seemed to me that it was necessary for this technique, still in its infancy, to be made available to as many people as possible. So the next step was to become a teacher and a Master Practitioner, and this came to pass in March of 2006. Currently I am on the teaching staff of the Quantum Energetics Institute.

Other seminars that have added to my knowledge of how the body works are **Bio-Cellular Therapy** (which works to help balance the body's energy by stimulating and amplifying its natural electric and magnetic energy fields), **Iridology** (different zones of the iris correspond to specific parts of the human body), **"The Biology of Belief"** with Bruce Lipton, Ph.D. (the new sciences quantum physics and epigenetics define the molecular pathways connecting the mind and body), **"Molecules of Behavior"** (nutritional support of the neurotransmitters), **Bach Flower Remedies**, **essential oils**, **Raindrop Therapy** and **Resonance Repatterning** (an emotionally empowering process for creating positive change).

Quantum Energetics has changed many lives, including my own. Many people have results after they have tried other therapies and given up. Others come to QE because they have seen results with family members or friends and want its protective and restorative benefits. I am so grateful for the positive changes that QE has made to my quality of life and I've made it my mission to share it.

About Quantum Energetics™

What is QE?

We believe that QE 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 has been found to be highly beneficial in working with head injuries, as well as many other energy conditions. QE helps with identification of energetic problems at early stages. According to our understanding, QE 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. QE 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 QE practitioner’s hands.

How is Quantum Energetics done?

QE™ 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 QE™ 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.

Working with the body with QE 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 QE visit.

Will you focus on my symptoms?

QET *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 QE practitioner know what to do?

In QE, 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 QE procedures should be done.

What do you mean by “language”?

In our QE 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

QE 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 QE 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?

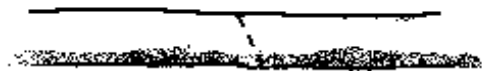
The codes or numbers are used in all of these ways: (a) over an area of pain or concern (b) over a body reference point *or* (c) over a central “switchboard” or energy center of the body.

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:

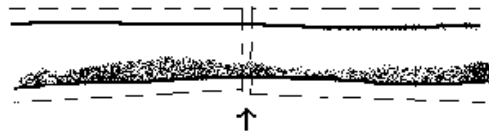


1. The bone is obviously fractured. Easily seen on an x-ray, or even by an untrained observer!



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 blue-print 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 3rd 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 QE 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 QE 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 QE 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 QE or with any other modality!)

Does it hurt?

Generally, not at all! The vast majority of QE 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 QE™ 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 QE 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 QE, but rather to have QE 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

QE Practitioner

As a QE 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. QE 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 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.™ I have read the agreement, and with informed consent, I ask *Kathleen Krellner* (QE practitioner) to work with me.

Signed (client, parent, or guardian)

Dated