



**Kerry Krellner, QEP, CMT**

45787 Creekside Way

Temecula, CA 92592

**951 . 768 . 3697**

Kerrbear1211@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 Kerry Krellner**

At 4 years old, spinal meningitis nearly killed me. At age 10, fearing for my mother's life every day for over a year created emotional trauma. Then I was diagnosed with gallstones and by age 17 I also had borderline diabetes.

These negative life experiences created in me a desire to share with others what I so greatly appreciated for myself—greater physical and mental health. Curiosity about my own family dynamic led me to study the mind and human behavior and in 2005 I earned a B.A. in Psychology from Cal State San Marcos.

Wanting to help people in a more physical way led to the study of bodywork at Vitality College of Healing Arts in Solano Beach. Now I'm a massage therapist at two spas in Temecula, CA.

Watching my mom's journey to strength, health and wellness and seeing first-hand the effectiveness of Quantum Energetics made me realize that I want to help others in this way, too. In 2005 I began studying to become a practitioner and also began seeing private clients.

At the same time I began training in Resonance Repatterning (RR) and this allowed me to begin transforming emotional trauma and releasing blocks for myself and others.

Also in 2005 I became a certified Bach and Healing Herbs Flower Essences Practitioner. These subtle energies are a gentle and effective tool for balance and healing and they often come up in Quantum Energetics work both for myself and for my clients.

After awhile I started utilizing QE techniques and principles in my massage work. Muscle testing has been invaluable for quickly prioritizing which body parts to work on for maximum effectiveness in the allotted time. And working with the physical body has allowed me to better understand how thought patterns and emotions become stored there.

QE and RR work is fascinating and as unique and individual as each client. I am passionate about sharing health and wellness with others and VERY fortunate to be able to share with my mom in this work.

## 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?

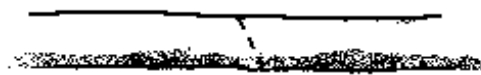
The codes or numbers are used in all of these ways: (a) over an area of pain or concern (b) over a body reference point *or* (c) over a central “switchboard” or energy center of the body.

### 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:

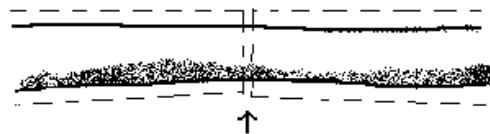


1. *The bone is obviously fractured. Easily seen on an x-ray, or even by an untrained observer!*



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.*

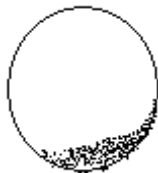
3. *The energy (electromagnetic and more subtle energies) passing through and over-lying the bone is “broken”. The strength of the **whole area** is compromised or lessened.*



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 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 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