

*There's a version of you that already exists.  
You just haven't fully accessed her... yet.*



# THE QUANTUM LEAP PORTAL™

A 3-day activation  
experience



KARINA SCHUIL  
[KarinaQuantumMastery.com](http://KarinaQuantumMastery.com)

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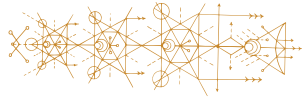
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# INTRODUCTION

Start here



# ▽ Welcome

You didn't land here by accident.

You're here because -as someone who senses deeper -an intuitive, a leader, a builder of what's next- you've already felt the intensity of these times- you feel the shift.



And maybe you also feel this...

That despite everything you've already done -the growth, the awareness, the inner work- something still doesn't fully land.

You see your next level.  
You've felt it, even briefly.

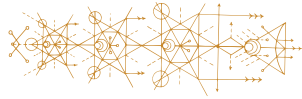
But you don't consistently live there.  
It's because something in your system is not yet holding it.

That's what this work is about.

Not doing more.  
But becoming available for what is already there in the space of quantum allowance.

*Karina*

- Karina Schuil  
Quantum Guide | Frequency Architect  
[www.KarinaQuantumMastery.com](http://www.KarinaQuantumMastery.com)  
@Karina\_QuantumMastery



# We Are Vibrational Beings

Everything -your thoughts, your emotions, your breath, your choices- emits a frequency. And it is constantly interacting with the quantum field: the invisible web of unlimited, unmanifested potential that connects all things.

**You don't need to *understand* this. You've already *felt* this many times.**

When your frequency is incoherent -fragmented by stress, emotion, or overload- your reality reflects that back to you: your clarity drops, your energy leaks, and you lose direction flow.

But when your signal is clear -energy becomes available again. Your body calms. Your mind follows. Synchronicities and opportunities start to show up.

This is the quantum principle: you make this leap instantly. It is not because you're "doing" more, like we are told what is needed if we want to achieve more. It is happening because you are being the version of you who's already aligned with your next timeline: your quantum self.

**You don't *attract* what you want. You attract what you are being - right now.**

This is exactly what this work is built for.

But it is not where it ends.

When you begin to see what's actually shaping your reality -and what becomes possible when your system shifts... you stop observing. And the deeper work starts.



# Before We Enter...

This work is not about becoming someone else.  
It's about accessing what already exists within you.

A version of you that holds more capacity,  
moves at a different frequency,  
and relates to reality from a different level of consciousness.

Throughout this process,  
you may notice a tension arise-

between where you are  
and what you feel is available to you.

This is the gap.

Not something to fix,  
but something to learn to hold.

Because the moment you can stay present  
inside that space-

you begin to bridge it.

This is where self-actualisation becomes real.

As a lived, embodied shift  
in your biology. Your identity. And your energetic field.



# YOUR QUANTUM LEAP

## Day 1 SHIFT

Clear old residue-thoughts, emotions, patterns -all that no longer serves you to make space for the next version of you. Today is about the shift in you that allows this to happen.

## Day 2 RECALIBRATE

When your field is fragmented, your energy scatters in too many directions. Today is about coherence, gathering yourself back into center. The part of you that is still & wise.

## Day 3 MOVE

Anchor your future. Amplify your signal. This is the day you move into embodiment. Where you start emitting- and become the frequency you seek.

**Each day builds on a decision you are making in real time.**

## + QUANTUM LEAP ACTIVATION

With this meditation that you can listen to on any (and preferably all) of the days, you enter the field. You broadcast your future signal into the quantum now.

This is not a visualization. It's an activation of your future self.



# QUANTUM LEAP AUDIO ACTIVATION

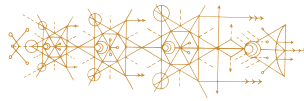
**This is the portal into the work.**

Not a visualization. A quantum field transmission. Guiding your system into a new state where new timelines become accessible. You see it. You feel it. You witness what your system is already capable of holding.

Return to the activation over the next three days. Each time, your will go deeper. See more. Recognize more.

## **This is where the work begins**

This activation can be downloaded with your original purchase.



# Shift

## Day 1 Morning Practice – Reset & Clear

Today is about coming back to yourself. By slowing down enough to notice what is already there



### 4-7-8 BREATH RESET

Practice: 3 rounds of 4–7–8 breath to soothe the nervous system, release tension and restore balance.

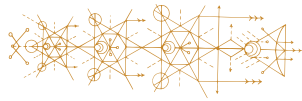
- Inhale 4 counts.
- Hold for 7.
- Exhale slowly for 8.
- Repeat while visualizing your field expanding with golden-white light.

### GENTLE INTUITIVE MOVEMENT

Preferably after this morning's journaling: Stand and sway gently side to side, eyes closed. Imagine shaking off old stories, stagnant energy, or tension. Let your body move however it wants: jumping, kicking, shaking, maybe very subtle. Voice it if you need to: cry, shout, burp, yawn...Welcome it all in.



P.S. This is where most people stay on the surface. Don't.



# Shift

## Day 1 Evening Practice - Ground & Integrate

### ENERGY VISUALIZATION

Close your eyes and imagine an energy shower and envision a crystalline waterfall of pure golden-white light pouring over you. Washing away everything that is not in alignment. Flowing from the crown of your head, down to your feet, clearing your field. Let it wash through organs, joints, chakras, the field around you. Nothing to fix, just pure release.



### ENERGY TAPPING

We use a simplified form of EFT (Emotional Freedom Techniques, a healing technique that combines gentle tapping on meridian points with spoken affirmations) to release any stress, tension, or emotions:

Tap lightly on your collarbones and cheekbones, saying repeatedly:

“I release. I am safe. I return to my own field.”

You don't need to force a shift. Notice what already changed.



# ✧ Journaling Day 1

Journal after the Quantum Leap Activation Audio in the morning. Be honest here and take your time. This is where the pattern becomes visible. Let it be raw or soft. You're emptying the field.

## Morning

What am I ready to release today? Where in my life am I holding what I no longer need? Where am I not living up to my highest capacity yet?

## Evening

What cleared today? What feels softer, quieter, lighter in my field? What did I see that feels beyond my current capacity to hold consistently?



# ✧ Journaling Day 1

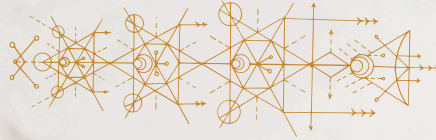
## Awareness

Where in my life do I already know what my next level looks like?

Where did I feel expansion recently... and then pull back?

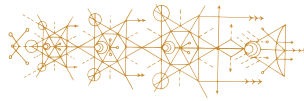
What did I avoid - even though I knew it was aligned?

Where am I still choosing what feels familiar over what feels true?



The quantum field  
responds not to  
what we want - it  
responds to who  
we are being.

Joe Dispenza



# Recalibrate

## Day 2 Morning Practice Back To Center

When your system becomes quieter it reveals what was always there but not yet fully recognized



### 5-5-5 BREATH OF COHERENCE

The 5-5-5 Coherence Breath regulates your nervous system & heart rhythm. It brings your entire energy field into a calm, aligned state.

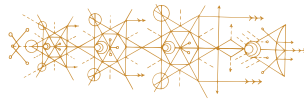
- Breathe in and out through the heart.
- Inhale for 5 counts, exhale for 5 00 counts, slowly and evenly.
- Visualize breath entering and leaving 00 your heart in a golden loop.
- Repeat for 3–5 minutes.

### TODAY'S FREQUENCY FOCUS

Today, you practice emitting your own signal, rather than picking up on those around you.

Notice during the day when you lean toward others' pace, tone, or fear. Feel when your field contracts in reaction. Pause and ask: "Is this mine, or am I syncing with someone else's distortion?" Choose to hold your frequency steady. Feel the difference. You are not here to be a mirror for noise. You are here to broadcast clarity & authenticity.





# Recalibrate

Day 2

## Evening Practice - Field Calibration

### EMBODIED PRACTICE

Stand or lie down in silence. No music. No agenda. Breathe into your back body (your spine, your kidneys, your root). Feel what it's like to exist without adapting.

Speak this over yourself, not as a ritual, but as a recommitment:  
"I restore the space within me that was occupied by noise."  
"I restore the rhythm I forgot to trust."  
"I restore the signal of who I actually am."



### FREQUENCY ACTIVATION

Listen to this [432 Hz Cellular Cleanse track](#) I created. 432 Hz is a healing frequency -also known as "The Miracle Tone"- that harmonically aligns with natural frequencies of the universe and the human body. It has a calming effect on the nervous system. Play once, or more, or let it run throughout your day with the volume on near zero.



# ✧ Journaling Day 2

Listening to the Quantum Leap Activation. Then write slowly.  
Let the answers rise from your subconscious - subtle but true.

## Morning

What helped me feel supported, safe, and restored today? Where in my life do I need softness or nourishment right now?

## Evening

What cleared today? What feels softer, lighter in my field? What did I see that still feels stretched beyond my current capacity?



# ✧ Journaling Day 2

## Awareness

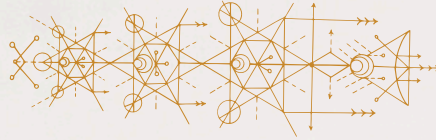
When do I feel most like my expanded self?

And what happens right after?

What changes in my body, my energy, my choices?

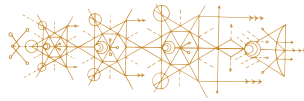
Where do I start adapting, shrinking, or doubting?

What am I trying to regulate or avoid in those moments?



The state of  
your nervous  
system is the  
state of your  
frequency.

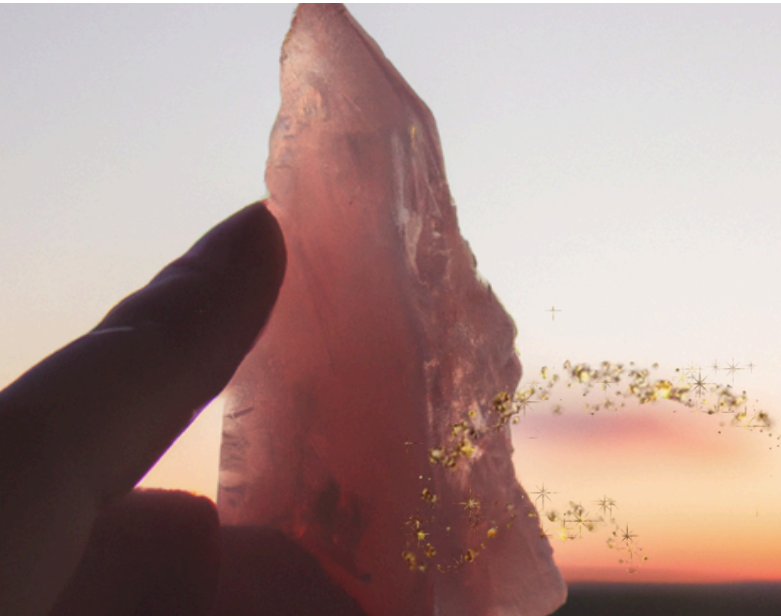
Karina Schuil



# Move

## Day 3 Morning Practice- Anchor your future

Today is about recognizing what is already yours and allowing your system to align with it



### TESLA QUANTUM BREATH

The 3-6-9 breath is a powerful technique that unlocks universal flow and quantum coherence by tapping into Nikola Tesla's sacred number code.

Inhale for 3 seconds, slowly and consciously.

Hold for 6 seconds while you center. Exhale fully for 9 seconds, letting go of tension and resistance.

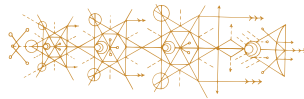
Repeat for 6-9 rounds.

### WALK AS HER

Today as you move through your day, do this powerful embodiment practice where you consciously step into the energy, posture, and presence of your future self-now. This exercise is a Quantum Leap by itself.

Close your eyes and call in your future self: the version of you who already lives your vision. Start walking with presence as you imagine you would walk when you were already that person that was healthy, balanced, wealthy, successful.





Move

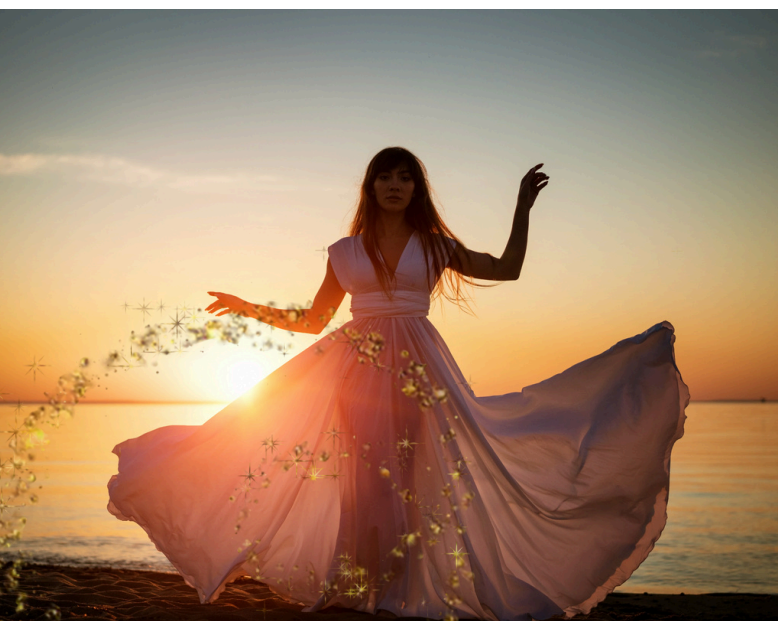
## Day 3 Evening Practice - Timeline Lock-in

### LIGHT ANCHOR:

Sit in candlelight or soft natural light. Hold a crystal or symbol that represents your future timeline (if none, use hands over heart).

Close your eyes and review the day as your future self.

- What choices felt aligned? Where did she show up fully?
- Breathe golden-white light through your heart. Let it ripple.



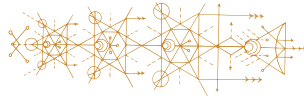
### LOCK IT IN

Speak the following phrases into existence:

“I choose this timeline now.”

Now finish with the Quantum Leap Audio and the letter to yourself on the next page.

♡ It is done.



Day 3

And this is where it  
becomes real

*This Is It.*

YOU ACCESSED HER

You felt her.

But can you stay there...  
when your system is under pressure?

When fear comes up?  
When things move faster?  
When you are seen more?

This is where most women don't fall  
back because they don't know...

They fall back because their capacity  
can not their new version.





## ✧ Journaling Day 3

Listen to the Quantum Leap Audio one more time.

You've met her now. You've felt what is available to you.  
And maybe you also noticed that even though it feels real,  
it's not yet what you consistently live.

This is where honesty matters.

Not to judge yourself.  
But to see what your system is still learning to hold.

Journal on where this shows up in your life.



# Quantum Leap Letter From Your Future Self

Now write a letter to yourself from the version of you who already lives this reality. The version of you who can hold it.

Let her show you:

- what feels normal to her now
- what she no longer tolerates
- how she moves when things feel uncomfortable
- what she had to become available for

And also...

what she sees in you,  
that you might still be holding back from.



# Quantum Leap Letter From Your Future Self



**Read it back slowly, and notice:  
Where does this already feel true...  
and where does your system still pull you back?.**



This is where your capacity is  
revealed...

You've felt what is available to you.  
And maybe you noticed something...  
You can access this version of you.  
But you don't consistently live as her.

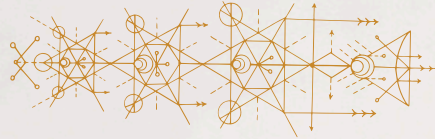
You've felt this before.  
And you've also felt yourself fall back.

Not because you don't know how.  
Not because you're not ready.

But because your system returns  
to what it knows how to hold.

And unless that changes...

You will keep touching your next  
level without ever fully living it.



Your next level  
is not limited by  
vision  
– but by what  
your system  
can hold.

*Karina Schuil*



# WHATS NEXT

What you experienced is real.

But what happens next...  
determines whether it becomes  
your reality.



# This is just the beginning

Before you move forward...

You can use these tools to begin stabilizing what you've accessed. To start holding it - in small, daily moments.

## FREQUENCY FIELD CHECK-IN™

Track where your energetic field is open or contracted - so you can respond with precision instead of guessing.

## FREQUENCY RECALIBRATION

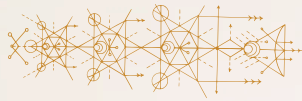
Quick, high-impact recalibrations to shift your frequency and return to coherence and alignment.

## THE ALIGNMENT CODES™

A potent 8-step map to return to coherence, intuition, and your authentic field.

**Most people stop at the experience.  
This is where you begin to hold it.**

These bonus protocols can be downloaded with  
your original purchase.



# Where this work continues

Most people choose this unconsciously.

What you accessed is real.

**But without capacity - it does not sustain.**

## Path 1 -

### Stay where you are

You felt the shift.

But your system returns to what it knows.

You revisit this experience... without truly stabilizing it.

Your next level remains something you touch - not something you live.

## Path 2 -

### Take the actual leap

You expand what your system can hold.

You stop falling back after expansion.

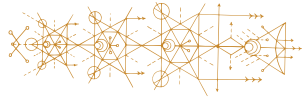
Your nervous system, energy, cellular capacity, and identity recalibrate.

Your next level becomes your baseline.

**If you're ready for Path 2, this is where we begin:**

→ Private Quantum Alignment

→ The Quantum Capacity Reset



# Real Experiences. Real Shifts.



“My Quantum Session with Karina Schuil was truly amazingly profound. From the very first moment, she felt exactly what was going on and knew exactly how to strike the right chord. She held up a mirror to me in a loving and honest way, which gave me deeper insights into my own processes.

The frequencies seemed to find exactly the sensitive spots, which touched and released blockages. I felt the healing energy immediately-as if I was floating in a deep state of peace and awareness.

The effect of the session extends much further than the moment itself. Unconscious processes became clear, and I notice that the transformation is still working on multiple levels. Karina has a unique gift to guide you in your healing process in a gentle, but effective way.

I am incredibly grateful for this experience and can heartily recommend her sessions to anyone who wants to delve deeper into themselves and is looking for real transformation.”

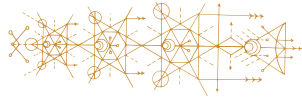
Ayla, The Netherlands

“As humans and beings of light, we are constantly growing, changing, and evolving. As we do, our interest and business focus changes too. When you are ready to look at your business on an energetic level, Karina is your person. Her sessions are next level. Not only does she work with some incredibly stunning frequency healing techniques, she is also truly powerful herself. Being able of feeling exactly where the energy is not flowing in your business and in you.

After working with her you will be able to take a quantum leap being able to serve in higher timelines. For me personally, it helped me to let go of more limiting beliefs.

Feeling confident and comfortable to be my authentic self, expressing myself in ways I turned away from before. It also resulted in an updated service offering.”

Jacky, United Kingdom



▽ You've seen what is possible.

- Private Quantum Alignment
- The Quantum Capacity Reset

If something in you recognizes this...  
you already know your next step.

Karina

