



Quantum Matrix Training (QMT)

QMT is a unique system that is designed for emotional and physical rejuvenation through the use of the Acupuncture Meridian Circuit system.

The QMT system is built from the foundation of Chi Gung, Meditation, and Exercise. The essence of each style is based on energy (Chi or Prana). The movements are based on simplicity but the knowledge is very steep.

Everybody has an energy body. The energy body is what gives power to the organs for the body to function properly. It is similar to an electric company (PGE) for example. If one of the power transformers on the power line short circuits many homes will be without electricity known as a black out. When the technician repairs the transformer and when the power is restored every house will have electricity again.

The power lines in your body is the acupuncture meridian circuit system. The power transformers are the acupuncture points. When your acupuncture meridian circuits get unbalanced and out of harmony, one to several acupuncture point(s) are used to rebalance the acupuncture meridian circuit(s) and harmonize the entire circuit system. This internal energy is also known as internal power or Chi in Chinese kung fu.

QMT combines the activation of the acupuncture points, proper affirmations, deep breathing, focus, concentration, active meditation, and movements. The training begins in the classroom first. Then simple movements are done to restore the internal power and brought to the external body. This is what the masters of the martial artist have treasured for life. It is truly rejuvenation of the emotion and physical body.

QMT activates the cranial sacral system and strengthens the connective tissue that keeps the elasticity of the entire body. The most important of the connective tissue is the dura matter. Dura matter surrounds and cushions the brain and prevents it from shock.

QMT uses the contraction of the leg muscles to help return of the blood and lymph to the heart. This eases the work load on the heart and thus better circulation. Better circulation leads to better health and longevity.