

# 336: Harness the Power of the Quantum Field

## 10 Point Checklist

### Philipp Samor von Holtendorff-Fehling

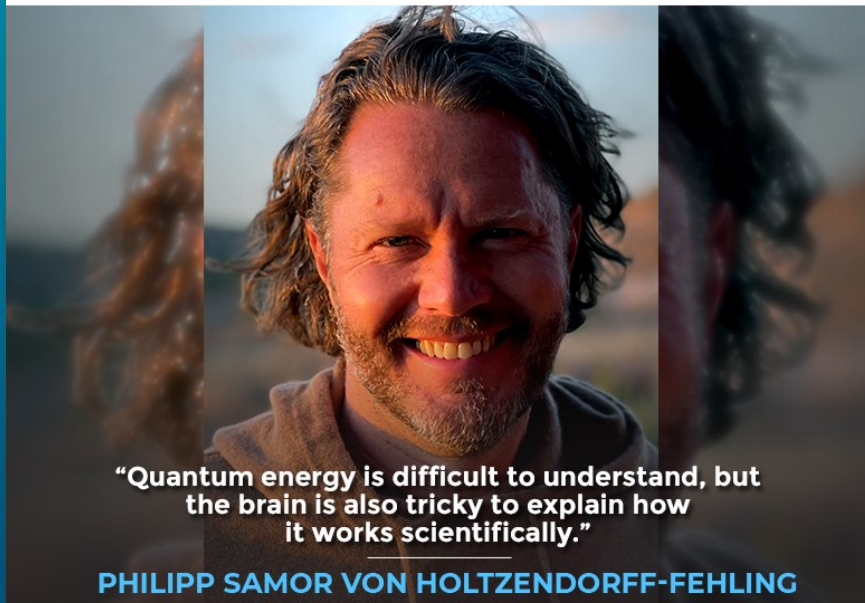
Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

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*Get* **YOURSELF OPTIMIZED**

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HOSTED BY **STEPHAN SPENCER**



**“Quantum energy is difficult to understand, but  
the brain is also tricky to explain how  
it works scientifically.”**

**PHILIPP SAMOR VON HOLTENDORFF-FEHLING**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Learn more about Leela Quantum Tech's Quantum and [Infinity Blocs](#). They are a new technology that provides a concentrated quantum energy space within the space in between the golden plates.
- Balance the energy in my space. It's essential to maintain harmony in the area I spend the most time so I feel safe, comfortable, and at peace.
- Observe the energy in homes, land, or workspaces you're about to rent or purchase. Environments produce a certain *'feel,' and they're often recognized right away through intuition or when someone is highly aware.*
- Detect areas in my home or workspace with high EMF (electromagnetic fields). There are ways that 3G, 4G, 5G, WiFi, microwaves, etc., can be neutralized.
- Research more about energetic Feng Shui. Acquiring knowledge on maximizing a specific space to emit the clearest energy can be extremely helpful in interior design. .
- Charge objects I use the most with the Quantum and Infinity blocs. It can be a wristwatch, jewelry, cellphone, etc., as long as it fits within the bloc's space.
- Pharmaceuticals should ideally not be charged or leveraged as a frequency base in the Infinity Bloc. However, if I want to charge such substances and neutralize any harmful frequencies, then look at the Quantum Bloc.
- Charge food, seeds, and plants with the help of the Quantum and Infinity blocs. Stephan emphasizes how it's important to bless food before consuming it.
- Stay in tune with my higher self and consciousness. The more in-tune I am with my Higher Self, the more likely I will achieve and experience my aspirations.
- Visit the Leela Quantum Tech [website](#) to learn more about quantum energy and browse their products.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/harness-the-power-of-the-quantum-field-with-philipp-samor-von-holtzendorff-fehling/>