



## QUANTUM INTEGRATION™ METHOD

Program Curriculum:

**Program Overview:** The Quantum Integration™ Method is a holistic, transformative journey towards harmony and authenticity. Navigate conflicts with clarity by anchoring your perspective and confidently lead with whole-body intuition for authentic self-expression.

**The goal of this program is for you to:**

- Explore conflicts as the beginning point of your awareness where you then transition from conflict resolution to innovate conflict solutions by integrating your Soul Self—the deepest and most authentic aspect of yourself—with your human experience.
- Lead with an authentic and effective leadership style, free from traditional models and labels.
- No longer set boundaries. Boundary setting becomes a thing of the past as you become the boundary itself and you no longer need to consciously set them.
- Lead with empowered decision-making and action-taking by transitioning from gut instinct to a whole-body intuitive experience known as Body Intuition®, thereby alleviating stress.

Three program options are available, ranging from \$2500 to \$10,000. The options include five-week intensive, 12-week, and workshop formats.



Jerilyn Ito  
Breakthrough Coach and Mentor

Jerilyn is a Breakthrough Coach and Mentor with thirty-two years of experience as a healthcare professional and has been an entrepreneur since 2015, helping clients in the realms of personal development and healing. She has a degree in Nursing and a Master of Arts in Organizational Change. Throughout her career, she has demonstrated strong empathy and commitment to serving others. She has the ability to communicate so that others feel heard and understood and is skilled in explaining concepts clearly. Jerilyn is dedicated to helping her clients connect to their inner power and wisdom, empowering them to succeed personally and professionally.



## Curriculum Outline:

### **PILLAR ONE - Introduction to Quantum Awareness:**

This is the first of the program's three pillars, introducing the foundational concepts of Quantum Awareness which begins with conflicts as the starting point of your awareness. The intention is to establish an understanding of conflicts with the Four Realms of Awareness, laying the groundwork for exploring internal and external conflicts.

#### **Module 1: Exploration of Conflicts**

- **The Experience of Conflict in Compromise:** Explore how conflicts manifest in various settings, such as interpersonal relationships and organizational settings.
  - Understand the nuances of what arises during conflict resolution within yourself.
  - Discover the feelings of unfulfillment from deep within that come from making sacrifices in compromise.
- **The Inner Experience of Conflict with Conflict Resolution:** During conflict resolution, the internal experience of conflict is experienced but often overlooked.
  - Discover the tenuous relationship between your feelings of survival and desires for personal growth when faced with conflicts.
  - Explore the experiences of reconciling your inner desires and power positioning during and after the conflict is resolved.
- **The Inner Experiences as Stress with Conflict Resolution:** Individuals become disconnected from their bodies and energy during conflicts, leading to stress and tension.
  - Explore your current stress-relieving practice, such as meditation, mindfulness, and exercise.
  - Identify your cycles of stress and your experience with them.
- **The Dynamics of Inner Conflicts in Conflict Resolution:** Inner conflicts arise from informal and formal discussions within situational conflicts that often go unnoticed or dismissed during and after conflict resolution.
  - Discover your dynamics of external outcomes with internal introspection.
  - Identify missed opportunities from conflicts that contribute to personal growth and a deeper level of self-awareness.

## Module 2: The Four Realms of Awareness - Mental and Emotional

- **The Mental Realm:** Despite the uncertainties and conflicts experienced, understanding your mental process is essential for forming your perceptions and responses to life.
  - Discover how your mind translates life experiences, seeking to understand the significance and nature of what you encounter, often through logical reasoning and analysis.
  - Understand how logical reasoning and analysis can become entangled, leading to challenges in decision-making.
- **The Emotional Realm:** We express emotions uniquely, influenced by biology, psychology, and culture, and because of its uniqueness of experience, we cannot fully experience others' emotions.
  - Understand how emotions are complex and influenced by various factors, leading us to rationalize our emotions rather than fully feel them.
  - Explore how external situations can obscure your connection to your emotions, leading to rationalization rather than allowing it to flow through your heart.

## Module 3: The Four Realms of Awareness - Physical, Energetic & Weaving of the Four Realms

- **The Physical Realm:** The connection and attunement to our body serves as the bridge between our inner and outer world and plays an integral role in shaping our thoughts, emotions and lived experiences.
  - Discover how your body plays a crucial role in translating sensory information into thoughts and emotions.
  - Learn how your body has its own intelligence and its interconnection with the heart intelligence, and the mind.
  - Learn why it is important to be fully grounded and present and how it then shapes your experiences.
- **The Energetic Realm:** Energy is a fundamental aspect of our existence. It influences how we shape our thought, emotions and bodily sensations through the other realms of awareness.
  - Learn how energy is a precursor to thought and emotion formation, manifested from the pressure activation from your soul and external energies.
  - Discover how your energy creates a unique sensory experience that shapes your perception as experienced within the mental, emotional, and physical realms
- **Weaving of the Four Realms- Intuitive Realm:** Weaving of the Four Realms creates the foundation of self-awareness as you synergize conflicts and attain a deeper understanding of your own perspective.
  - Understand how accessing intuition varies among individuals, with different forms like gut instincts or unexplainable sensations and feelings.
  - Discover how the synergy among the Four Realms of Awareness facilitates your intuition for empowered decision-making, and taking action.

## **PILLAR TWO - Introduction to Quantum Perspective:**

This is the second pillar of the program, which explores the concept of Quantum Perspective and its role in expanding one's understanding and viewpoints. It focuses on the process of merging the human and soul self to achieve a synergy of perspective, facilitating a more profound sense of self-awareness to deeply anchor one's perspective.

### **Module 1: The Human-Soul Merging Process**

- **The Comprehension and Interpretation Conflicts:** Much of our lives involve comprehending information, gathering it, and then making meaning out of it. This process is essential for understanding our experiences and the world around us.
  - Discover how you interpret information through your own perspective as you consider others' viewpoints.
  - Construct a more comprehensive understanding of how you incorporate diverse viewpoints with your own.
- **Three Choices in the Process of Comprehension:** When faced with new information, we have three distinct choices in understanding and incorporating it.
  - Discover the crucial merging points of choice, the place of potential for deepening and expanding your perspective.
  - Explore how you process information with these three choices when merging your human and soul self.
- **The Dynamic Process for Deepening Your Perspective:** Our perspective is not static; it evolves based on our experiences, knowledge, and awareness levels.
  - Discover how your understanding of information deepens and expands as you encounter new perspectives and insights.
  - Recognize and acknowledge how you deepen your perspective to solidify and anchor your perspective in interaction with others.



## Module 2: The Synergy of Perspective

- **The Concept of Synergy of Perspective:** Synergy of perspective is the process of integrating the human and soul aspects of oneself, leading to heightened awareness and a deeper understanding of one's human existence.
  - Learn how the Human-Soul merging process leads to a synergy of perspective.
  - Understand how your viewpoint evolves and transforms your beliefs and values over your lifetime.
- **The Integration and Transformation of Your Perspective:** When the human and soul self integrate, concepts, words, and past experiences transform, resulting in a deeper understanding of oneself in interaction with situations.
  - Discover how the Human-Soul merging process elevates your consciousness.
  - Learn how a deeper understanding of your own perspective can help you be more open to different perspectives and handle situations more effectively.
- **The Synergy of Perspective for Inner Peace and Resolution:** True preparedness arises from the synergy of perspective rather than just planning, strategizing, and being open to others' perspective..
  - Witness how your deeply anchored perspective enables you to engage with differing viewpoints and resolve conflicts through compromise.
  - Notice how you engage with differing views through reflection and contemplation to gain inner peace and resolution with a more anchored perspective.



## PILLAR THREE - Introduction to Quantum Expression:

This is the third and final pillar: the connection back to the Four Realms of Awareness with a strengthened connection to yourself as the merged human and soul self. It is the culmination of your integration journey, leading you to express the language of your soul authentically as defined by your inner wisdom and truth.

### Module 1: The Synergy of Words

- **Your Authenticity through the Four Realms of Awareness:** Through this integration, discover how you express yourself authentically in alignment with your inner wisdom and truth.
  - Understand how we use words in a borrowed capacity for communication.
  - Recognize how each of the four realms plays a role in how you perceive and express yourself.
- **Understand the Impact of Words:** By uncovering the authenticity of your words, you recognize how they resonate mentally, emotionally, physically, and energetically within yourself and toward others.
  - Discover how your words are more than just a language for communication.
  - Learn how words carry emotional and energetic weight for yourself and others.
- **Expanded Consciousness:** Words have new meaning and depth as we cultivate our language as an expanded conscious awareness to become our soul language.
  - Discover the positive impact Quantum Integration™ has on mindfulness, meditation and other similar practices.
  - Witness the strengthening of the connection to yourself as you express the language of your soul.

## Module 2: Your Gut Instinct and Intuition

- **The Challenges with Gut Instinct:** Gut instinct is a primal form of intuition closely linked to survival instincts, often manifesting as a physical sensation in the abdominal area.
  - Discover how you experience gut instinct.
  - Learn how gut instinct can hinder effective communication, especially in tense situations where emotions run high.
- **The Holistic Intuitive Shift:** There is an emphasis on transitioning from gut instincts to Body Intuition®, which encompasses the entire being—mind, body, and soul.
  - Learn how your heightened awareness through intuition, as experienced throughout your entire being, leads to a holistic shift..
  - Witness the positive impact of your word choices and self-expression with this shift, thereby reducing stress.
- **Empowered Decision-Making:** Observe how your whole-body intuitive experience as Body Intuition® integrates various aspects of yourself, leading to empowered decision-making and action-taking with clarity and openness, thereby reducing stress and anxiety.

## Teaching Methods and Activities:

Throughout the program, you receive personalized support and guidance from the instructor. It includes:

- **One-to-One Coaching and Mentoring:** Engage in online private sessions with your mentor to address specific desires and aspirations.
- **Client Support and Feedback:** You will receive support and feedback during and in between sessions throughout the program, ensuring that your questions are addressed.
- **Reflection and Contemplation:** You are encouraged to engage in reflective and contemplative exercises to deepen your understanding through personal growth and evolution.
- **Utilization of Proprietary Tools:** You benefit from the proprietary tools Synergistic Awareness Diagram, Quantum Awareness Integration Tool, and The Quantum Perspective Mirror.

*There is an option to customize the content according to the organization's unique needs and objectives.*



### **Assessment Methods:**

- **Client Feedback**
- **Self-reported changes in feelings of stress and work/life balance.**

### **Evaluation and Program Effectiveness:**

#### **We will evaluate the effectiveness of the program through:**

- Client and organization surveys to obtain feedback and determine alignment with objectives, program content, delivery, and effectiveness.
- Tracking of clients' progress and success rates through compilation of self-reported feedback.
- Assessing feedback from clients and organizations to determine where adjustments are necessary to optimize program content and effective delivery.

*You can connect with Jerilyn through email at [Jerilyn@soulechoconnection.com](mailto:Jerilyn@soulechoconnection.com).*

The curriculum is designed to provide a comprehensive understanding of the Quantum Integration™ Method and equip clients with the necessary tools for continual discovery and knowledge for success in their respective positions. The program's combination of theoretical learning, practical life application, and open communication ensures an engaging and valuable learning experience. Assessment methods are designed to measure the clients' learning outcomes and program effectiveness, focusing on continuous improvement to meet the evolving needs of the clients and organizations.