

GET YOUR SHIFT TOGETHER IN 21 DAYS

PROCEED AT YOUR OWN PACE (AND YOUR OWN SHIFT)

By Cathy Slaght

INTRODUCTION: THE SHIFT

In *Get Your Shift Together*, we're going to talk about a strange little "first-of-its-kind" technology that happens to look like a pen. If you do a quick search for "frequency pens," you'll find plenty of inexpensive gadgets often from overseas—sometimes loaded with gemstone chips and marketed with big promises. People have experimented with versions of these tools for years.

This is not that.

What I'm introducing takes the idea to a completely different level: a device programmed with precise, digitally encoded frequency formulations representing more than 40 years of research and development by Dr. Gary Kersey. That means we're dealing with *information-patterns* delivered through a system designed to interact with the human biofield.

Reality Check: The Invisible World

Frequency? Digital? Energy? If those words automatically translate in your mind to "bad," "occult," or "magic," then I fully support you stop reading right now. But also please be consistent and throw in your cell phone, your Wi-Fi router, your earbuds, your smartwatch, your Bluetooth speaker, and—just to be safe—your neighbor's doorbell camera. Maybe the internet too. (*Good luck locating it. If you find the internet, please notify the rest of us.*)

Point being: we already live in a world where invisible signals carry usable information—phones, Wi-Fi, pacemakers, hearing aids, TENS units, and ultrasound. Living systems—humans, animals, even environments—respond to information.

The **Quantum Shift Transmitter** (also known as the **SHIFT Pen**) is built around a simple premise:

When you introduce coherent, intentional information into a stressed system, the system can begin to reorganize. Sometimes subtly. Sometimes dramatically. Often in exactly the way you didn't realize you needed.

Anatomy of the Transmitter

So what is it? The Quantum Shift Transmitter is a compact, hand-held tool engineered with:

- **Gemstones** representing the seven foundational color frequencies.
- **Crystal components** reflecting major 3D crystal structures (cubic, orthorhombic, trigonal/rhombohedral, monoclinic, triclinic).
- **An Orgone-based transmitter** at the tip—think of it as the "broadcast point."

These elements are then electromagnetically imprinted with structured frequency formulations designed to support balance in the flow of life-force energy. People use the QST for many reasons—body, mind, emotions, performance, recovery, clarity, spiritual grounding, even to boost income—but the goal is singular: **restore coherence**. Tip the scale toward self-repair. Help your system find its way back to its own intelligence.

Here's the best part: you don't need training to get started because the real "technology" is **you**—your intention, your awareness, your willingness to realign. The QST is simply a tool that helps deliver coherent information into a system that's ready to change. This 21-day protocol will help you build consistency, discernment, and trust in your own inner guidance. And for those who feel called to deeper mastery, the official Quantum Shift Transmitter training manual can become a true companion.

A NOTE FROM DR. GARY KERSEY: WHY SHIFT

Most of us are flooded with advice: eat this, don't eat that, take this vitamin, try that protocol. It's no wonder people feel overwhelmed. The missing piece is simple: you aren't a one-size-fits-all body. You're a living field—physical, emotional, mental, and spiritual—expressing as energy, frequency, and vibration.

Modern physics reminds us that matter is energy in form, and many wisdom traditions have said the same for millennia. A line often attributed to Nikola Tesla captures it beautifully:

"To understand life, think in terms of energy, frequency, and vibration."

When we approach our lives this way, a pattern appears: wherever there's discord—stress, symptoms, stuck emotions, repeating life patterns—there's an energetic imbalance that can be brought back into coherence. That's the heart and promise of the Quantum Shift Transmitter—what we affectionately call QST.

LAST EXIT BEFORE THE RABBIT HOLE

(Nothing against rabbits, of course.)

What is the Quantum Shift Transmitter (QST)—and what does it cost?

(Some of us are tired of spending thousands on gadgets and various therapies, so let's get right to it.)

\$199.

The Quantum Shift Transmitter is a handheld instrument that supports energetic balance. Inside is a curated gemstone matrix (for crystalline structure and color spectra) and a small orgone generator at the tip. These are pre-loaded with hundreds of balancing signatures—from Ayurveda and Traditional Chinese Medicine to affirmation fields and subtle electromagnetic patterns developed over decades of practice.

Think of it as a "tuning fork" for your biofield. You set a clear intention; the QST helps your system remember a more coherent signal. It pairs beautifully with real-world care—nutrition, movement, labs, and wise counsel—so changes can land deeper and last longer, without the price tag of devices in the thousands.

Note: The QST is not a medical device and does not diagnose, treat, cure, or prevent disease. It is intended as a supportive wellness tool to complement professional care.

WHY THIS BOOK NOW

Get Your Shift Together in 21 Days is a field guide to energy sovereignty and 5D frequency living. Over three weeks, you'll clear energetic clutter, reclaim attention from fear loops, and align with the life you're truly here to live.

Each day offers a compact practice with the QST, simple breathwork, and a few lines of reflective journaling. Whether you're new to energy work or a seasoned frequency explorer, the goal is the same: restore coherence so your natural intelligence can lead.

This is practical information. No dogma—just repeatable steps you can feel. You'll learn how to set clean intentions, imprint water, support the nervous system, and stabilize higher-state awareness in everyday choices. We'll touch on 3D/4D/5D language only as it helps you live better now.

Welcome to your 21-day reset. Let's shift—on purpose.

DEDICATION

This book is dedicated with gratitude to **Dr. Gary Kersey**, whose vision and dedication to energy technology inspired QST and the work within these pages. His guidance has been invaluable to my work.

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OPENING STORY: THE MYSTERY ENVELOPE

One day, out of the blue, I received an envelope in the mail from Dr. Gary Kersey. Inside? Just a pen. No instructions, no note—just... a pen.

Naturally, I called Dr. Kersey and said, "Thanks... but what is this thing?" He simply replied, "**Just wave it around in front of yourself.**" That was it. No further explanation.

So that night, I did exactly what he said—no ritual, no expectations, just a curious wave of this mystery pen in front of me and my dog, Sir. The next morning, I woke up with two crystal-clear thoughts:

1. Start sealing your aura every day with this pen.
2. Go to your office and empty your wastebasket—you'll find that check.

Sure enough, there it was: a check I had already written off as gone forever. It had been stuck in a flyer I'd thrown away. **That was my first "Shift" moment.**

Later, Dr. Kersey explained that this little pen wasn't really a pen at all. It was a frequency tool—programmed with decades of research—designed to help people shift their energy field and restore coherence. That's when I knew I had to share it with as many people as possible. Back then, the pen cost \$350—now it's been reduced to \$200 so that as many people as possible can work with it—so now is the time to really share.

And because this is so much more than a "pen," there's a new name: the **Quantum Shift Transmitter (QST)**. Orgone has also been added to help amplify its field effect.

PART I: ENERGY FOUNDATIONS

Shift 1: You Are Energy

You are an energy being in a physical body, surrounded by an invisible field sometimes called the aura, and often referred to in wellness circles as the biofield. When this field is strong and clear, you feel grounded, creative, balanced, and resilient. When it's leaky or cluttered, life can feel chaotic.

The Analogy: Your energy field is like the front door to your home. Open it when you choose to connect; close it when you need rest and protection. Learning to manage your energy is like brushing your teeth—it's basic hygiene.

Shift 2: Opening Your Energy

Opening your energy field is like flipping on your inner light system. It prepares you to connect and create with clarity.

1. **Intention:** Decide what you want to do (heal, meditate, connect).
2. **Activation Code:** A prayer, symbol, or signature feeling that activates your highest ability.
3. **Light Body Visualization:** Imagine yourself as a light bulb with a dimmer switch. Gradually turn the light up until you are shining brightly inside and out.

Shift 3: Closing Your Energy

Staying "open" all the time is exhausting. Closing your energy after interactions or public exposure helps protect your field.

1. Close with gratitude for what has come to pass.
2. Visualize your light dimming gently while staying grounded and connected to the Divine.
3. Say aloud: *"I am closed, safe, and at peace."*

Shift 4: Raising Vibration & Protection

When your energy is coherent and elevated, it becomes harder for heavy or chaotic influences to stick. We also need to talk about curses, ill wishes, and gossip—forms of negative energy sent intentionally or unintentionally that can affect sensitive people. *(More on this in the manual.)*

Key Takeaway: Raising your vibration and closing your energy field are two of the best ways to reduce interference.

PART II: THE QUANTUM SHIFT TRANSMITTER

Shift 5: What the QST Does

The QST is designed to support energetic coherence. People commonly use it to:

- Help release non-supportive energetic "noise".
- Amplify benevolent, grounding intentions.
- Support inner knowing and calm.
- Assist with clearing perceived cords/attachments.
- Help shift stubborn habits and repeating patterns.
- Support balance in energy channels and grounding.

Shift 6: How to Use the QST (Core Techniques)

- **Clockwise Spiral:** Amplify or build supportive energy.
- **Counterclockwise Spiral:** Release heavy or stagnant energy.
- **Ferris Wheel Hold (Phase Inversion Hold):** Filter and clean heavy energy, and amplify supportive energy.
- **Reflex Sweep:** Sweep palms, soles, and ears for ≈ 16 seconds to balance hundreds of reflex points.
- **Photos:** Shift your home, car, and even properties by using photos.
- **Dowse:** The QST can be used as a pendulum—not so much for "yes or no," but to measure and support energetic balance.

Shift 7: What to Shift

Shift everything you use or touch: screens, electrical systems, bed, food, clothing, vehicles, wallets, jewelry, doors, pets—and most importantly, your own energy field at least twice daily. (For the full checklist, see Appendix A.)

Shift 8: Forgiveness & Emotional Release

Holding regret, shame, or grudges drains energy. Forgiveness frees stuck energy and shifts frequency at a deep level.

Quick Heart Technique:

1. Hold the QST at your heart.
2. Picture something you regret or a hurt you carry.
3. Say:
4. "I now understand that in order to fully love who I am, I cannot hate the experiences that shaped me. I forgive myself and others, across all timelines, fully and completely."
5. Allow any feelings to move, shift, or release.

PART III: THE 21-DAY SHIFT PRACTICE

Each day of this program includes a **Voltage Check**. The QST can be used as a pendulum. Consider doing a brief clockwise spiral to "amp up," then re-check how you feel.

Day 1 — Sealing Your Aura & Starting Fresh

- **Energy Focus:** Seal your aura to maintain clear personal boundaries.
- **QST Technique:** A clockwise sweep around the entire body three times is perfect—if you can spin like a rotisserie chicken. Since that's not practical, try this instead: Hold the QST at heart level and rotate your body clockwise one full turn, three times, to "lace" the field—or zip the field closed.
- **Affirmation:** *"In God's order, my field is sealed, coherent, and protected—no open doors."*
- **Journal Prompt:** What am I ready to let go of today?

Day 2 — Releasing Judgment

- **Energy Focus:** Release judgment of self and others.
- **QST Technique:** Counterclockwise spiral over the heart center.
- **Affirmation:** *"I release all judgment and open my heart to understanding and love."*
- **Journal Prompt:** Where do I tend to judge myself or others the most?

Day 3 — Clearing Unseen Attachments

- **Energy Focus:** Remove energetic cords and unseen attachments.
- **QST Technique:** Figure-eight motion sweeping around head, torso, and feet.
- **Affirmation:** *"I am free, sovereign, and whole."*
- **Journal Prompt:** Where do I feel most entangled or drained?

Day 4 — Emotional Detox

- **Energy Focus:** Release stored or stagnant emotions.
- **QST Technique:** Counterclockwise spiral over the solar plexus.
- **Affirmation:** *"My emotions flow freely, and I feel light and balanced."*
- **Journal Prompt:** What emotions am I holding onto that I'm ready to release?

Day 5 — Forgiveness Flow

- **Energy Focus:** Practice forgiveness for self and others.
- **QST Technique:** Clockwise spiral at the heart while repeating the affirmation.
- **Affirmation:** *"Forgiveness frees me and restores my energy."*
- **Journal Prompt:** Who or what am I ready to forgive today?

Day 6 — Grounding & Stability

- **Energy Focus:** Anchor and stabilize energy.
- **QST Technique:** Sweep downward from head to feet three times.
- **Affirmation:** *"I stand strong and supported by the Earth."*
- **Journal Prompt:** What helps me feel safe and grounded?

Day 7 — Mental Clarity Reset

- **Energy Focus:** Clear mental fog and sharpen focus.
- **QST Technique:** Figure-eight motion over forehead and crown.
- **Affirmation:** *"I have clarity of thought and focus of mind."*
- **Journal Prompt:** What distracting thoughts can I clear today?

Day 8 — Energy Vitality Boost

- **Energy Focus:** Increase vitality and stamina.
- **QST Technique:** Clockwise spiral over lower abdomen.
- **Affirmation:** *"My body and energy are vibrant and strong."*
- **Journal Prompt:** What choices today will boost my vitality?

Day 9 — Heart Expansion

- **Energy Focus:** Expand love and compassion.
- **QST Technique:** Clockwise spiral at the chest while visualizing light radiating outward.
- **Affirmation:** *"I live in love and radiate compassion."*
- **Journal Prompt:** Where can I show more compassion today?

Day 10 — Resilience Protocol

- **Energy Focus:** Strengthen resilience and immune function. *(Hope this amping up is becoming a daily habit!)*
- **QST Technique:** Spiral clockwise over thymus and heart center.
- **Affirmations:**
 - *"My strong infection defense supports my body's natural resilience."*
 - *"I quickly bounce back after stressful situations."*

- *"My mind is sharp, even when I am tired."*
- **Frequency Codes to Dowse In (Optional):**
 - Fight off infections: 66350624
 - Detoxification: 254008608
 - Balance glucose: 83390192
 - Regular exercise: 78217905
 - Intestinal balance: 89406778
 - Circulatory system: 71359343
 - Blood circulation: 67021249
 - Reduce cardiac inflammation: 65661851
- **Journal Prompt:** What does "bouncing back fast" look like for me?

Day 11 — Emotional Balance

- **Energy Focus:** Harmonize emotional state.
- **QST Technique:** Figure-eight across heart and solar plexus.
- **Affirmation:** *"My emotions are balanced and harmonious."*
- **Journal Prompt:** Where am I feeling emotionally off balance?

Day 12 — Joy Amplification

- **Energy Focus:** Amplify joy and gratitude.
- **QST Technique:** Clockwise spiral over heart and crown.
- **Affirmation:** *"I choose joy and gratitude in every moment."*
- **Journal Prompt:** What brings me joy today?

Day 13 — Creativity Unlock

- **Energy Focus:** Activate creative flow.
- **QST Technique:** Spiral over the sacral chakra (just below the navel).
- **Affirmation:** *"Creative energy flows through me easily and effortlessly."*
- **Journal Prompt:** What do I feel inspired to create today?

Day 14 — Fear Release

- **Energy Focus:** Release fear and anxiety patterns.
- **QST Technique:** Square counterclockwise spiral over the root chakra.
- **Affirmation:** *"I am safe, and fear has no hold on me."*
- **Journal Prompt:** What fears am I ready to release?

Day 15 — Abundance Alignment

- **Energy Focus:** Align with abundance and prosperity.
- **QST Technique:** Figure-eight motion around both hands.
- **Affirmation:** *"I am aligned with abundance and prosperity."*
- **Journal Prompt:** What does abundance look like for me today?

Day 16 — Spiritual Connection

- **Energy Focus:** Deepen connection to Source.
- **QST Technique:** Spiral clockwise over the crown chakra.
- **Affirmation:** *"I am deeply connected to Source energy."*
- **Journal Prompt:** How do I feel when I'm spiritually connected?

Day 17 — Release Resistance

- **Energy Focus:** Remove energetic resistance to change.
- **QST Technique:** Counterclockwise spiral over the solar plexus.
- **Affirmation:** *"I let go of resistance and welcome flow."*
- **Journal Prompt:** Where in life am I resisting flow?

Day 18 — Nervous System Calm

- **Energy Focus:** Relax and soothe the nervous system.
- **QST Technique:** Figure-eight over heart and crown.
- **Affirmation:** *"I am calm, peaceful, and centered."*
- **Journal Prompt:** What brings me a sense of calm?

Day 19 — Healthy Boundaries

- **Energy Focus:** Strengthen boundaries for self-care.
- **QST Technique:** Sweep downward around the whole body while imagining protective light.
- **Affirmation:** *"I honor my energy and set healthy boundaries."*
- **Journal Prompt:** Where in life do I need stronger boundaries?

Day 20 — Higher Perspective

- **Energy Focus:** Expand awareness and perspective.
- **QST Technique:** Spiral clockwise over the third eye.
- **Affirmation:** *"I see life from a higher perspective."*
- **Journal Prompt:** What new perspective is emerging for me today?

Day 21 — Integration & Celebration

- **Energy Focus:** Integrate all shifts and celebrate your growth.
- **QST Technique:** Clockwise spiral around the whole body, imagining all lessons locking into place.
- **Affirmation:** *"I celebrate my growth and integrate all I have learned."*
- **Journal Prompt:** What is the biggest shift I've noticed over these 21 days?

Congratulations—you are now a fully charged human. (LOL)

CONCLUSION

You did it—21 days of consistent attention to your energy. You opened and closed your field on purpose, chose higher perspectives, and proved you are a living transmitter. You set the station.

APPENDICES

APPENDIX A: Full "What to Shift" Checklist

Energy sticks to everything—objects, spaces, even food—and can influence mood and vitality. *(Reminder: the tassel on the QST turns it into a pendulum for dowsing.)*

For starters, there's growing awareness that our digital environment can be... well... less than friendly to mental and physical well-being. And yet we love our technology. Give up cell phones, internet, TV? Probably not going to happen. *(Though moderate use—less addiction—might not be a bad idea.)*

Tip: 15 seconds per item or photo is usually enough to clear it. Use the following checklist to maintain your everyday spaces:

Category	Items to Clear & Shift Daily/Weekly
Personal & Pets	<ul style="list-style-type: none">• Your energy field (at least twice daily)• Pets (weekly—they absorb household energy)
High Touch Tech	<ul style="list-style-type: none">• Cell phones, TVs, computers, tablets• Anything plugged into an outlet (especially routers & kitchen appliances)
The Household	<ul style="list-style-type: none">• House (using interior/exterior photos)• Electrical box and meter• Air conditioner and hot water heater• Furniture and air vents

Bed & Bath	<ul style="list-style-type: none">• Your bed, sheets, and pillows• Towels and washcloths• Toothbrush, bathtub, sink, toilet, and toilet seat
Kitchen & Dining	<ul style="list-style-type: none">• Kitchen table and chairs• Silverware, plates, cups, and dishes• Canned goods, veggies, fruits, and all beverages
Daily Essentials	<ul style="list-style-type: none">• Wallet, purse, and car keys• Clothing (especially before wearing new items)• Office supplies (chair, keyboard, mouse)• Watches, jewelry, necklaces, rings
Property & Entry	<ul style="list-style-type: none">• Doorknobs and doors (especially the front door)• Your car (steering wheel, buttons, switches, engine, photos)• Garden tools• Front/back yard, trees, and plants (via photos)

Decor & Utilities	<ul style="list-style-type: none"> • Wall decorations and paintings • Lightbulbs (hold factory frequencies) • Washer, dryer, dishwasher • Phone and electrical lines
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APPENDIX B: Forgiveness & Emotional Release

Forgiveness restores harmony and frees energy that may have been locked up for years.

Quick Forgiveness Process

1. Hold the QST at your heart chakra.
2. Picture the incident or person you need to forgive—including yourself.
3. Say aloud:
4. "I now understand that in order to fully love who I am, I cannot hate the experiences that shaped me. I forgive myself and others, across all timelines, fully and completely. And so it is."

Expanded Forgiveness Commands (Optional)

- I now untie from all negative, damaging thoughts and beliefs about myself.
- I forgive everyone in my past for all perceived wrongs and send them loving energy that washes these perceived wrongs from my aura.
- I now have the desire for forgiveness, and I no longer attempt to block or escape from any intense emotions that surface, allowing them to lift from my energy field forever.
- From the Lord God of my being, I now forgive myself and others on all levels, from all lifetimes and all realities... and so it is.
- I release all fears of the consequences of my actions and any belief that I am unworthy of forgiveness.
-

Energetic Support Array

- **Flower Essences:** Willow, Buffalo Gourd, Canyon Grapevine, Cota, Oregano, Senita Cactus, Sacred Datura, Ruby Red Rose, and others known for releasing guilt, shame, and fear.
- **Crystals:** Amethyst, Rhodochrosite, Sugilite, Diopase, Blue Agate, Lepidolite, Peridot (to amplify forgiveness work).
- **Acupoints for guilt and forgiveness:** Liver 3, Yin Tang, Gallbladder 26-28, 41, and Liver 41.

Superconscious Forgiveness Request

"Superconscious, by the force of grace, manifest the essence, performance, and embodiment of the highest possibilities of forgiveness for others who I perceive have harmed me, and for myself for all things I have done or not done, in all lifetimes and realities, both known and unknown. Let the power of forgiveness manifest fully in my experience. And so it is."

APPENDIX C: Resilience Protocol & Frequency Codes

These specific numeric sequences may be used in tandem with the QST to support physical resilience and systematic well-being:

- **Fight off infections:** 66350624
- **Detoxification:** 254008608
- **Balance glucose:** 83390192
- **Regular exercise support:** 78217905
- **Intestinal balance:** 89406778
- **Circulatory system support:** 71359343
- **Blood circulation:** 67021249
- **Reduce cardiac inflammation:** 65661851
-

APPENDIX D: Advanced Techniques

Phase Inversion Hold (Ferris Wheel Hold)

1. Hold the QST with both hands as if gripping the front bar of a Ferris wheel.
2. Speak the phrase: **"NINETY TEN CONNECT SCAN CORRECT."**
3. Relax and allow energy to flow for ≈ 30 minutes. This "scrubs" heavy frequencies and amplifies supportive ones.

Moving Into Divine Consciousness Protocol

Move the QST over these key areas, spending roughly 15 seconds on each location unless specified otherwise:

1. Inside of each foot, just below the ankle bone
2. Inside knee joints
3. Low back (≈ 20 seconds)
4. Each shoulder (back and forth)
5. Breastbone (up and down)
6. Back of neck (up and down)
7. Top of the head (back and forth)

Deep Emotional Release Focus

1. Have the individual consciously recall an experience from their past they wish they had not done.
2. Hold the QST directly in front of the heart chakra.
3. Recite clearly: *"I now understand that in order to fully love who I am, I cannot hate the experiences that shaped me."*
4. Relax and allow any rising feelings to clear naturally.

ABOUT THE AUTHOR

Cathy never planned on writing a book about quantum transmitters and frequency shifts—although she did want to stop losing checks in the trash. But once she discovered how a simple tool could transform energy (and life), she couldn't keep it to herself.

When she's not shifting energy fields, she's most likely experimenting with frequency codes or drinking water that has been lovingly swirled for exactly 16 seconds. She believes in miracles, laughter, and good coffee (not necessarily in that order).

There once was a pen, quite a hit,
But "Shift Pen" just didn't quite fit.
It's now Quantum Transmitter,
A true frequency lifter—
Order now, feel the wow... get your hit!

To order: call Cathy 727-804-0422

*Thanks so much for reading *Get Your Shift Together*—and one last thought: keep your QST close, your sense of humor closer, and remember that the fastest way to un-shift is to try to do all this perfectly!*