

TIMELINE TECHNOLOGY

A. Pre talk

1. Introduce client to the model of the world of the unconscious mind.

- In a moment I will ask you a series of things..., some of it might sound rather funny to the conscious mind..., and that is great! Because I'm not going to speak with your conscious mind...right now it's your unconscious mind that will hear everything I say.
- Trust and know that your unconscious mind is like a five year old child...and if it believes in Superman, Wonder woman, or Mr India that's great...just go with it...even if you don't believe in it consciously...the most important thing is that you go along with whatever feels right... ..right?
- Just like as if your unconscious mind...a 5 year old child...tells you that your car keys are in the 'Castle of the Princess'...you will just ask them to "Take me to the Princess then", wouldn't you?!

2. Explain the process

- This process is GREAT! Since you don't need to have any conscious awareness of the events, you don't need to relive them or tell me anything about them...
- The best thing is it's easy and fun...since we're engaging you're unconscious to release all the negative emotion while preserving all the positive learning's from each event.
- In order to make this work, we will ask questions extremely quickly and you can just give whatever answer comes up first. Regardless whether it makes sense consciously...your unconscious mind know the truth...so it makes sense, right?

3. Reiterate prime directives of the unconscious mind.

- Runs and preserves the body
- Stores and organises all your memories
- Represses some of those memories with unresolved negative emotions
- Is highly symbolic
- And your unconscious mind realises the truth...that holding onto negative emotions is in direct conflict with the most important directive of the unconscious mind which is to "preserve the body".
- So have you ever locked your keys out of your car or your house? Are you still beating yourself up over it or have you pretty much moved on? Why? Because you learned to keep your what with you...(twisting your hand as if holding keys). Once you get the learning, the pain goes away.

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- So it makes sense then, that if we're still dragging pain with us from the past, we haven't learned from it yet. But once you get the learning's, then there's no reason to keep holding on to it and you can let go of all the negative emotions.

4. Explain "Pearl Metaphor"

- The unconscious mind stores information symbolically....and it stores all memories just like a string of pearls... We have a separate string of pearls for every emotion...
- We have one for all the HAPPINESS, one for all the LOVE and one for all the COURAGE you have... and we also have strings of pearls for all the negative emotions... ANGER, SADNESS, FEAR, HURT and GUILT...as all negative emotions boil down to one of these five.
- Now picture one of those old pearl necklaces...what happens when you cut off that very first pearl from end of the necklace? All the remaining pearls will simple fall off and all the negative emotion represented by the pearl itself will be... (snap your fingers as they finish the sentence) "GONE!"
- ...and notice that the event - the string itself - stays right there... It's only the negative emotion, represent by the pearl that that will be... (snap your fingers as they finish the sentence) "GONE!"
- What's most important though is to find the VERY FIRST PEARL.

5. Elicit Time Line and Take Them on a Test Flight

- Now since we're going to be working with your time line, I want to discover how you organise time. So if I ask you to point to your past, do you have a sense that it's behind you or before you or to your left or right or in some other direction? (Get them to point) Great! And now please point to your future. (If they have trouble seeing their time line, ask them to think about a recent event, such as brushing their teeth that morning.) You have a picture, right? Now point to that picture. (Same for an event in their future that they are looking forward to.)
- And you probably have a sense of a line running from your past to your future which passes through you or beneath you or above you. Whichever way it looks for you is great.
- Now that we've established your timeline, we can go for a test flight, so I want you to float up out of your body up towards the ceiling. And looking down at us sitting here, oh hang on, I want to fix my hair...does that look better now? So now float outside this room, and through the door - please be careful around the fans and the air conditioning vents - that can get messy. (Take them for a quick flight, using your environment as a prompt and then bring them back). And now float back into your body and open your eyes feeling great.

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- So now that we know how your timeline works and you've experienced how easy it is to fly along it, forward and backwards, let's go and get rid of those negative emotions.

B. Removing The Negative Emotions

6. Elicitation of the VERY FIRST EVENT connected to ANGER

- Is it all right for your unconscious mind to release this old feeling of ANGER NOW and for you to be aware of it consciously?
- If you were to know unconsciously... was it before, during, or after your birth?
 - AFTER: "What age are you?"
 - BEFORE: "In the womb or before?"
 - If WOMB ask: "What month?"
 - If BEFORE ask: "Was it a past life or passed down genealogically?"
 - a) Past Life: "How many lifetimes ago?"
 - b) Genealogical: "How many generations ago?"

SPEED IS KEY! Don't allow client to use their Conscious Mind to answer.

The Unconscious Mind take in 2-4 bits per second

So trust it has the answers the instant you ask.

7. Timeline Technology Removing Anger

#1 - Now I want you to float up... nice and high, nice and high above your time line, and over the past to the very first pearl, that very first event when you felt that old emotion of Anger and see the knot on the end of the string. Let me know when you're there... Ask your unconscious mind... "Is there any other pearl before this event?" (If the answer is YES, repeat #1).

#2 - Now float up above the event, as high as you need to feel safe so you can breathe in... all those positive learning's and let your unconscious mind learn everything that will allow you to let go of this old emotion easily and effortlessly... .. the learning's of which you can keep in that special place in your heart, so in case you ever need it in the future, it will be there for you. Rely on your gut feel. You don't need to get it consciously. I want you to trust that your unconscious mind knows exactly what to do. And when your unconscious mind has learned all you need to know, then you simply say.... OK I finally GOT IT!!



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IF NEEDED: EMOTIONAL BLOW OUT, CHANGE PAST EVENT, PERCEPTUAL POSITIONS, PHOBIA CURE, ADVICE FROM WISE PERSON OR MENTOR

#3 - Now float up above your time line, X hours and X minutes before the event... and every subsequent event... and as you turn and face the future, and all those past emotions fall away, see that everything turned out just great and looks even that much brighter... and as you look down at that first event, ask yourself, "Now where is that old emotion of Anger?" Is it there, or is it ... (Click fingers and wait for them to say GONE).

#4 - Go ahead and float down inside the event... looking through you own eyes and see if you can find that past emotion. There may be other emotions there and that's great because we'll come back and deal with those too. But is there any Anger? Or is it simply... (Snap Fingers) GONE? There might be other emotions there and its completely ok and we will come back to them in a moment.

- Come back to now... floating nice and high above your time line... only as quickly as you need to ... stopping XX hour/s and XX minutes before each and every subsequent event, preserving the learning's and letting go of all the negative emotions until they're all gone... click click click ... all the way back to now... floating back into your conscious mind, FEELING GREAT!

#5 - Test and Future Peace

- Can you remember any event in the past where you used to be able to feel that old emotion... go back and notice if you can feel it, or you may simply find that you cannot... (they must convince you) GREAT!
- Come back to now and float into the future... to an unspecified time in the future that you can NOW create... which if it happened in the past you would of experienced that unwanted emotion of Anger and notice if you can find that old emotion, or you may find that you cannot (make sure once again that the client convinces you), GREAT! Come back to now feeling wonderful.

8. Elicitation of the VERY FIRST EVENT connected to SADNESS

- Since your unconscious mind already knows this process, and how wonderful and easy it is... what's the root cause of this negative emotion, this NOW no longer required feeling of Sadness ... let's locate the very first event which, when disconnected would allow all subsequent emotions to easily and effortlessly fall right off... and disappear!

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- If you were to know unconsciously... was it before, during, or after your birth?
 - AFTER: "What age are you?"
 - BEFORE: "In the womb or before?"
 - If WOMB ask: "What month?"
 - If BEFORE ask: "Was it a past life or passed down genealogically?"
 - a) Past Life: "How many lifetimes ago?"
 - b) Genealogical: "How many generations ago?"

SPEED IS KEY! Don't allow client to use their Conscious Mind to answer.

The Unconscious Mind take in 2-4 bits per second

So trust it has the answers the instant you ask.

9. Timeline Technology Removing Sadness

#1 - Now I want you to float up... nice and high, nice and high above your time line, and over the past to the very first pearl, that very first event when you felt that old emotion of Sadness and see the knot on the end of the string. Let me know when you're there... Ask your unconscious mind... "Is there any other pearl before this event?" (If the answer is YES, repeat #1).

#2 - Now float up above the event, as high as you need to feel safe so you can breathe in... all those positive learning's and let your unconscious mind learn everything that will allow you to let go of this old emotion easily and effortlessly... .. the learning's of which you can keep in that special place in your heart, so in case you ever need it in the future, it will be there for you. Rely on your gut feel. You don't need to get it consciously. I want you to trust that your unconscious mind knows exactly what to do. And when your unconscious mind has learned all you need to know, then you simply say.... OK I finally GOT IT!!

IF NEEDED: EMOTIONAL BLOW OUT, CHANGE PAST EVENT, PERCEPTUAL POSITIONS, PHOBIA CURE, ADVICE FROM WISE PERSON OR MENTOR

#3 - Now float up above your time line, X hours and X minutes before the event... and every subsequent event... and as you turn and face the future, and all those past emotions fall away, see that everything turned out just great and looks even that much brighter... and as you look down at that first event, ask yourself, "Now where is that old emotion of Sadness?" Is it there, or is it ... (click fingers and wait for them to say GONE). There might be other emotions there and its completely ok and we will come back to them in a moment.

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#4 - Go ahead and float down inside the event... looking through you own eyes and see if you can find that past emotion. There may be other emotions there and that's great because we'll come back and deal with those too. But is there any Fear? Or is it simply... (snap fingers) GONE? There might be other emotions there and its completely ok and we will come back to them in a moment.

- Come back to now... floating nice and high above your time line... only as quickly as you need to ... stopping XX hour/s and XX minutes before each and every subsequent event, preserving the learning's and letting go of all the negative emotions until they're all gone... click click click ... all the way back to now... floating back into your conscious mind, FEELING GREAT!

#5 - Test and Future Peace

- Can you remember any event in the past where you used to be able to feel that old emotion... go back and notice if you can feel it, or you may simply find that you cannot... (they must convince you) GREAT!
- Come back to now and float into the future... to an unspecified time in the future that you can NOW create... which if it happened in the past you would of experienced that unwanted emotion of Fear and notice if you can find that old emotion, or you may find that you cannot (make sure once again that the client convinces you), GREAT! Come back to now feeling wonderful.

10. Elicitation of the VERY FIRST EVENT connected to FEAR

- Since your unconscious mind already knows this process, and how wonderful and easy it is... what's the root cause of this negative emotion, this NOW no longer required feeling of Fear ... let's locate the very first event which, when disconnected would allow all subsequent emotions to easily and effortlessly fall right off... and disappear!

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- If you were to know unconsciously... was it before, during, or after your birth?
 - AFTER: "What age are you?"
 - BEFORE: "In the womb or before?"
 - If WOMB ask: "What month?"
 - If BEFORE ask: "Was it a past life or passed down genealogically?"
 - a) Past Life: "How many lifetimes ago?"
 - b) Genealogical: "How many generations ago?"

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So trust it has the answers the instant you ask.

11. Timeline Technology Removing Fear

#1 - Now I want you to float up... nice and high, nice and high above your time line, and over the past to the very first pearl, that very first event when you felt that old emotion of Fear and see the knot on the end of the string. Let me know when you're there... Ask your unconscious mind... "Is there any other pearl before this event?" (If the answer is YES, repeat #1).

#2 - Now float up above the event, as high as you need to feel safe so you can breathe in... all those positive learning's and let your unconscious mind learn everything that will allow you to let go of this old emotion easily and effortlessly... .. the learning's of which you can keep in that special place in your heart, so in case you ever need it in the future, it will be there for you. Rely on your gut feel. You don't need to get it consciously. I want you to trust that your unconscious mind knows exactly what to do. And when your unconscious mind has learned all you need to know, then you simply say.... OK I finally GOT IT!!

IF NEEDED: EMOTIONAL BLOW OUT, CHANGE PAST EVENT, PERCEPTUAL POSITIONS, PHOBIA CURE, ADVICE FROM WISE PERSON OR MENTOR

#3 - Now float up above your time line, X hours and X minutes before the event... and every subsequent event... and as you turn and face the future, and all those past emotions fall away, see that everything turned out just great and looks even that much brighter... and as you look down at that first event, ask yourself, "Now where is that old emotion of Fear?" Is it there, or is it ... (Click fingers and wait for them to say GONE).

#4 - Go ahead and float down inside the event... looking through you own eyes and see if you can find that past emotion. There may be other emotions there and that's great because we'll

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come back and deal with those too. But is there any Fear? Or is it simply... (Snap Fingers) GONE? There might be other emotions there and its completely ok and we will come back to them in a moment.

- Come back to now... floating nice and high above your time line... only as quickly as you need to ... stopping XX hour/s and XX minutes before each and every subsequent event, preserving the learning's and letting go of all the negative emotions until they're all gone... click click click ... all the way back to now... floating back into your conscious mind, FEELING GREAT!

#5 - Test and Future Peace

- Can you remember any event in the past where you used to be able to feel that old emotion... go back and notice if you can feel it, or you may simply find that you cannot... (they must convince you) GREAT!
- Come back to now and float into the future... to an unspecified time in the future that you can NOW create... which if it happened in the past you would of experienced that unwanted emotion of Sadness and notice if you can find that old emotion, or you may find that you cannot (make sure once again that the client convinces you), GREAT! Come back to now feeling wonderful.

12. Elicitation of the VERY FIRST EVENT connected to HURT

- Since your unconscious mind already knows this process, and how wonderful and easy it is... what's the root cause of this negative emotion, this NOW no longer required feeling of Hurt ... let's locate the very first event which, when disconnected would allow all subsequent emotions to easily and effortlessly fall right off... and disappear!

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- If you were to know unconsciously... was it before, during, or after your birth?
 - AFTER: "What age are you?"
 - BEFORE: "In the womb or before?"
 - If WOMB ask: "What month?"
 - If BEFORE ask: "Was it a past life or passed down genealogically?"
 - a) Past Life: "How many lifetimes ago?"
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13. Timeline Technology Removing Hurt

#1 - Now I want you to float up... nice and high, nice and high above your time line, and over the past to the very first pearl, that very first event when you felt that old emotion of Hurt and see the knot on the end of the string. Let me know when you're there... Ask your unconscious mind... "Is there any other pearl before this event?" (If the answer is YES, repeat #1).

#2 - Now float up above the event, as high as you need to feel safe so you can breathe in... all those positive learning's and let your unconscious mind learn everything that will allow you to let go of this old emotion easily and effortlessly... .. the learning's of which you can keep in that special place in your heart, so in case you ever need it in the future, it will be there for you. Rely on your gut feel. You don't need to get it consciously. I want you to trust that your unconscious mind knows exactly what to do. And when your unconscious mind has learned all you need to know, then you simply say.... OK I finally GOT IT!!

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#4 - Go ahead and float down inside the event... looking through you own eyes and see if you can find that past emotion. There may be other emotions there and that's great because we'll

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come back and deal with those too. But is there any Hurt? Or is it simply... (Snap Fingers) GONE? There might be other emotions there and its completely ok and we will come back to them in a moment.

- Come back to now... floating nice and high above your time line... only as quickly as you need to ... stopping XX hour/s and XX minutes before each and every subsequent event, preserving the learning's and letting go of all the negative emotions until they're all gone... click click click ... all the way back to now... floating back into your conscious mind, FEELING GREAT!

#5 - Test and Future Peace

- Can you remember any event in the past where you used to be able to feel that old emotion... go back and notice if you can feel it, or you may simply find that you cannot... (they must convince you) GREAT!
- Come back to now and float into the future... to an unspecified time in the future that you can NOW create... which if it happened in the past you would of experienced that unwanted emotion of Hurt and notice if you can find that old emotion, or you may find that you cannot (make sure once again that the client convinces you), GREAT! Come back to now feeling wonderful.

14. Elicitation of the VERY FIRST EVENT connected to GUILT

- Since your unconscious mind already knows this process, and how wonderful and easy it is... what's the root cause of this negative emotion, this NOW no longer required feeling of Guilt ... let's locate the very first event which, when disconnected would allow all subsequent emotions to easily and effortlessly fall right off... and disappear!
- If you were to know unconsciously... was it before, during, or after your birth?
 - AFTER: "What age are you?"
 - BEFORE: "In the womb or before?"
 - If WOMB ask: "What month?"
 - If BEFORE ask: "Was it a past life or passed down genealogically?"
 - a) Past Life: "How many lifetimes ago?"
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15. Timeline Technology Removing Guilt

#1 - Now I want you to float up... nice and high, nice and high above your time line, and over the past to the very first pearl, that very first event when you felt that old emotion of Guilt and see the knot on the end of the string. Let me know when you're there... Ask your unconscious mind... "Is there any other pearl before this event?" (If the answer is YES, repeat #1).

#2 - Now float up above the event, as high as you need to feel safe so you can breathe in... all those positive learning's and let your unconscious mind learn everything that will allow you to let go of this old emotion easily and effortlessly... the learning's of which you can keep in that special place in your heart, so in case you ever need it in the future, it will be there for you. Rely on your gut feel. You don't need to get it consciously. I want you to trust that your unconscious mind knows exactly what to do. And when your unconscious mind has learned all you need to know, then you simply say.... OK I finally GOT IT!!

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#3 - Now float up above your time line, X hours and X minutes before the event... and every subsequent event... and as you turn and face the future, and all those past emotions fall away, see that everything turned out just great and looks even that much brighter... and as you look down at that first event, ask yourself, "Now where is that old emotion of Guilt?" Is it there, or is it ... (Click fingers and wait for them to say GONE).

#4 - Go ahead and float down inside the event... looking through you own eyes and see if you can find that past emotion. There may be other emotions there and that's great because we'll come back and deal with those too. But is there any Guilt? Or is it simply... (Snap Fingers) GONE?

- Come back to now... floating nice and high above your time line... only as quickly as you need to ... stopping XX hour/s and XX minutes before each and every subsequent event, preserving the learning's and letting go of all the negative emotions until they're all gone... click click click ... all the way back to now... floating back into your conscious mind, FEELING GREAT!

#5 - Test and Future Peace

- Can you remember any event in the past where you used to be able to feel that old emotion... go back and notice if you can feel it, or you may simply find that you cannot... (they must convince you) GREAT!
- Come back to now and float into the future... to an unspecified time in the future that you can NOW create... which if it happened in the past you would of experienced that unwanted emotion of Guilt and notice if you can find that old emotion, or you may find

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that you cannot (make sure once again that the client convinces you), GREAT! Come back to now feeling wonderful.

C. Closing Anchoring

16. Timeline Technology Installing Positive Emotions

#1- Identify Desired Emotions

So what are some positive or resourceful emotions that you could have used back at that time? (Love, gratitude, courage...)

#2 - Elicit/Anchor Emotions

So here's what you want to do. Can you remember a time when you felt totally loving? Can you remember a specific time? As you float up and back to that time, float back right now, float down into your body, and see what you saw, hear what you heard and really feel the feelings of being totally loved. Now I want you to take your hand and make a fist and squeeze those emotions right there, and the more you squeeze it the more you feel it and the more you feel it the more you squeeze. And you're doing great! Now can you remember another time when you felt totally loved? (Stack it two or three times.)

(Now stack anchors for courage and gratitude or whatever the client wants.)

#3 - Balloon Metaphor

Now I want you to take all those great emotions...all the love and all the courage and all the gratitude. Now take those emotions and squeeze really tightly, - hold on so tightly that nobody could take them away from you. Don't let anybody take them. (pull at their hand) That's right. Hold onto them so tightly that if they were balloons then nobody would be able to take them away.

(Identify the colours of each emotional balloon)

#4 - Resource Past Events

Now float back to that time... when you could've used those great emotions the most. And you see this little boy or little girl, you float down and they see you, all the balloons that you brought back, so you reach out and hand them one of the balloons - and as you give it to them, their uncertainty is replaced with a big smile.

And so you hand them the balloon of all the courage and then the one for gratitude, each time noting the changes in their state. And even though you've given away three balloons, when you look up you see that your balloons have multiplied and you have even more balloons in your hand that you did before. Because what you give, you have forever.



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So now you float back and forwards along your timeline, stopping at any time or event when you could've used more of those resources or maybe given them to friends and family, and then floating all the way back to now, allowing all the subsequent events to re-evaluate themselves, giving new meaning in light of all the resources you've always had now.

#5 - Future Peace

Now I want you to float forward into the future, 5, 10, 15, 20 years, whatever's right for you in the future, and whatever that time is, find yourself floating down to a door. And when the door opens, you see a younger version of you... but that doesn't make sense. And it looks like your unconscious but your unconscious is standing right next to you.

And they're so happy to see you and they jump in your arms and hug you so tight and you feel all the love and all the courage and all the gratitude. And then round the corner comes your son, or your daughter, and you realise it was your grandson or your granddaughter that jumped in your arms and you're holding on so tight to you now. And as you look at your son or your daughter, you realise the gift you've always treated like a son or a daughter), free of any of that old anger, sadness, fear, sadness or guilt - any of that stuff.

And as you look them in the eye and see all the gratitude as they say thank you, from the bottom of their heart to your heart, and as you look around and see the brilliance of your life, you're so grateful for all that you've learned, all you've experienced, realising that everything happened for a reason.

And float back to now, knowing that you can continue this process every night while, you're sleeping, and come back into full waking consciousness feeling refreshed, relaxed and at peace. Knowing you will only be able to open your eyes when all parts of you are fully integrated to carry out the healing process on its own.