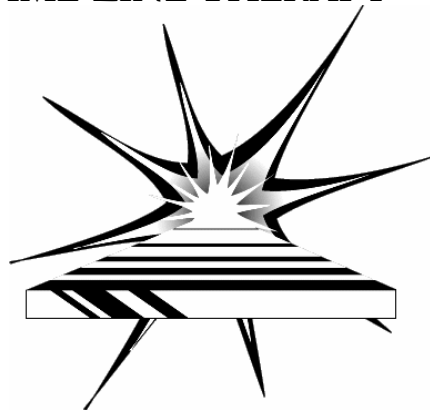


TimeLine Therapy® Practitioner Training

As a part of the
Time Line Therapy® Trainer's Training
In Newport Beach, CA
August, 2003

This Training Is Approved by:
THE TIME LINE THERAPY™ ASSOCIATION



Presented by: Advanced Neuro Dynamics
Taught by: Tad James, M.S., Ph.D., & Adriana James, Ph.D.(C)

CONTENTS

TRADEMARK AND COPYRIGHT NOTICE	3
THE MAJOR TECHNIQUES.....	4
MAJOR PREMISE	5
PRIME DIRECTIVES OF THE UNCONSCIOUS MIND.....	6
PRIME DIRECTIVES OF THE UNCONSCIOUS MIND.....	7
OVERVIEW OF THE TECHNIQUE.....	8
CREATING AN ACHIEVABLE OUTCOME.....	10
QUESTIONING FOR RESULTS	11
ELICITATION OF THE TIME LINE #1.....	12
ELICITATION OF THE TIME LINE #2.....	13
FIRST TEST OF ELICITATION.....	14
DISCOVERING THE ROOT CAUSE	15
THE 3 THINGS TO CHECK AT POSITION #3	17
NOTES REGARDING LEARNINGS	17
GENERAL REFRAMES.....	18
ANXIETY.....	20
IF A CLIENT ASSOCIATES INTO A TRAUMATIC MEMORY	21
DETERMINING LIMITING DECISIONS	22
3 REASONS WHY THE EMOTIONS DISAPPEAR.....	24
LOCATION/DIRECTION #1	25
S.M.A.R.T. GOALS.....	27
IN YOUR FUTURE	28
FAST PHOBIA MODEL.....	29
GENERAL MODEL	31
IMPORTANT ISSUES IN RELEASING SYMPTOMS.....	32
STATEMENT OF SCOPE OF PRACTICE	33

TRADEMARK AND COPYRIGHT NOTICE

Welcome to the Time Line Therapy® Practitioner Training. Your trainer is about to share with you the results of 18 years of research, development and training in the Time Line Therapy™ Techniques. The Time Line Therapy™ model has become widely known as one of the most effective methods for creating quick, lasting change for an individual. Combining this information with advanced NLP and hypnosis techniques will accelerate your competence to a level rarely found in the therapeutic or self-improvement community.

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Time Line Therapy® Certification Training is only available through live supervised instruction. Time Line Therapy™ processes and techniques are taught by approved institutes at three levels:

Time Line Therapy® Practitioner Training

Master Time Line Therapy® Practitioner Training

Time Line Therapy® Trainer's Training

Certified Time Line Therapy® Trainers train others in Time Line Therapy™. While we encourage you to share with others what you learn here, this training does not license you to teach Time Line Therapy® Practitioner trainings. Please contact the Time Line Therapy™ Association for information on becoming an Approved Institute for Time Line Therapy™.

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Thank-you for your interest in Time Line Therapy. We consider your participation and successful completion of this course as a significant achievement in your personal and professional growth. Your trainer is ready to assist you in your success as you practice the technique. Please direct any questions to your trainer or to me. We are interested in your success.

✓ ^

Tad James, M.S., Ph.D.

Creator of Time Line Therapy™ Techniques

THE MAJOR TECHNIQUES

1. **Eliciting the Time Line.** Discovering the direction and location of the client's Time Line.
2. **Discovering the Root Cause or First Event** for a Negative Emotion or Limiting Decision.
3. **Releasing a Negative Emotion.** (Including: anger, sadness, fear, hurt, guilt, etc. This is also the order in which to release the emotions)
4. **Removing a Limiting Decision.** (Including "not good enough", "can't make enough money", or "can't have a great relationship".)
5. **Changing the Direction/Location of the Time Line.** (Switching from In Time to Through Time or vice versa.)
6. **Creating Your Future®** (Putting an event in the client's future in a way that creates it happening.)

MAJOR PREMISE

ALL

LEARNING

BEHAVIOR

CHANGE

IS

UNCONSCIOUS

PRIME DIRECTIVES OF THE UNCONSCIOUS MIND

- ① **Stores memories**
Temporal (in relationship to time)
Atemporal (not in relationship to time)
2. **Makes Associations** (links similar things and ideas), **and Learns Quickly**
- ③ **Organizes all your memories**
(Uses the Time Line. Mechanics is the Gestalt)
- ④ **Represses memories with unresolved negative emotion**
- ⑤ **Presents repressed memories for resolution.**
(to make rational and to release emotions)
6. **May keep the repressed emotions repressed for protection**
- ⑦ **Runs the body**
Has a blueprint:
of body now
of perfect health (in the Higher Self)
- ⑧ **Preserves the body**
Maintain the integrity of the body
9. **Is the domain of the emotions**
10. **Is a highly moral being** (the morality you were taught and accepted)

PRIME DIRECTIVES OF THE UNCONSCIOUS MIND

11. **Enjoys serving, needs clear orders to follow**
12. **Controls and maintain all perceptions**
 - Regular
 - Telepathic
 - Receives and transmits perceptions to the conscious mind
13. **Generates, stores, distributes and transmits “energy”**
14. **Maintains instincts and generate habits**
15. **Needs repetition until a habit is installed**
16. **Is programmed to continually seek more and more**
 - There is always more to discover
17. **Functions best as a whole integrated unit**
 - Does not need parts to function
18. **Is symbolic**
 - Uses and responds to symbols
19. **Takes everything personally.** (The basis of Perception is Projection)
20. **Works on the principle of least effort**
 - Path of least resistance
21. **Does not process negatives directly**

OVERVIEW OF THE TECHNIQUE

Time Line Therapy™ Techniques are an excellent form of Brief Therapy, since they offer a fast and effective means for changing the chain of events leading to a certain set of unwanted behaviors or internal states, as well as subsequent similar experiences. Past Negative Emotions and Limiting Decisions are eliminated, so that it is possible to leave the client with only positive emotions and empowering decisions in her history.

1. **Take a detailed personal history:** In a 5 hour therapy schedule, you may spend up to 2 1/2 to 3 hours in taking a detailed personal history. (Taking a detailed personal history will be completely outlined in the Master Time Line Therapy® Training.) The more you know about the client, the more in depth your intervention can be. (Elicit all S.E.E.'s.)
2. **Set-Up the Intervention:** Discuss the major Prime Directives, the purpose of negative emotions, and anything else you think is necessary to prepare the client for the process.
3. **Discover how your client organizes time:** Note the direction of the client's Time Line. Remember that however the client organizes time is "perfect" for him or her.
4. **Have the client float above the Time Line:** Do a "test drive" of Time Line Therapy®. Into the past, then the future and then "very high" are best to begin with, where the client has no investment in anything other than floating.
5. **(Optional) Note the SubModalities of the Time Line:** This is a reasonably good diagnostic tool. Dark or missing areas usually indicate something unresolved or some sort of trauma. If there are dark spots or missing areas it is possible to change the SubModalities of the Time Line so brightness and approximate color is more contiguous, after releasing the negative emotions and limiting decisions.
6. **Before floating above the Time Line, elicit the root cause:** Find the first event for each emotion and limiting decision before getting on the Time Line. (This enhances Conscious/Unconscious trust and integration.)
7. **Release the Negative Emotion or Limiting Decision:** After finding the first event, release the emotion or decision by going into the past before the first event.

OVERVIEW OF THE TECHNIQUE

8. **When releasing a negative emotion or limiting decision, always preserve the learnings:** “You learned many things from this experience, and I want you to preserve those positive learnings in that special place you reserve for all such learnings.”
9. **Release the emotions or eliminate the limiting decisions:** Generally at this step, we release the negative emotions, or delete a limiting decision from the first event.

(If necessary, it is possible at this point to remove a memory. To remove a memory, use the phobia model and ask them run the pattern until the memory is destroyed. Say, “I want you to run it until you can’t get the memory back.” If and only if you removed a memory, replace the eliminated with a neutral or positive memory – fill the “hole” created by the removed memory.)

10. **Have the client repeat the process all the way back to now:** Releasing all the negative emotion or limiting decision until the unwanted state or behavior is not accessible. Whatever process is used, the client is asked to repeat it with all the memories of a similar nature, “all the way back to now,” so that the entire chain of memories is affected.
11. **Have the client return to now:** “Come all the way back to now. Float down into now and come back into the room, and make sure your Time Line is organized in the way that is most comfortable.”
12. **Test:** “We have created many new behaviors today, and I want you to be sure that the new behaviors are agreeable to all parts inside.”
13. **Future pace:** “I want you to go out into the future to an unspecified time in the future that would be most appropriate, and imagine a time when something like this could happen again, and how do you react, OK?”
14. **Have the client return to now:** When you’re done, the client should always be at now, making sure the Time Line is arranged in the way that is most comfortable. “OK, good, come back to now, and float right down into now making sure your Time Line is arranged in the way that is most comfortable.”

CREATING AN ACHIEVABLE OUTCOME

One of the contributions of Neuro-Linguistics to the field of personal development is that outcome orientation produces better results when compared to not having an outcome. You can use these questions to assist you in specifying the outcome for Time Line Therapy™ Techniques.

1. **Stated in the positive:** "What specifically do you want?"
2. **Specify present situation:** "Where are you now?"
3. **Specify the outcome:** "What will you see, hear, & feel, when you have it?"
The outcome should be specified "As if now." – Present Tense.
Make it compelling. Be sure future picture is dissociated in the Time Line.
4. **Specify evidence procedure:** "How will you know when you have it?"
5. **Be sure it is congruently desirable:** "What will this outcome get for you or allow you to do?"
6. **"Is it self-initiated and self-maintained?"** "Is it only for you?"
7. **Is it appropriately contextualized?** "Where, when, how, and with whom do you want it?"
8. **What resources are needed?** "What do you have now, and what do you need to get your outcome?" "Have you ever had or done this before?" "Do you know anyone who has?" "Act as if you have it."
9. **Is it ecological?** "For what purpose do you want this?"
"What will you gain or lose if you have it?"

"What will happen if you get it?"
"What won't happen if you get it?"
"What will happen if you don't get it?"
"What won't happen if you don't get it?"

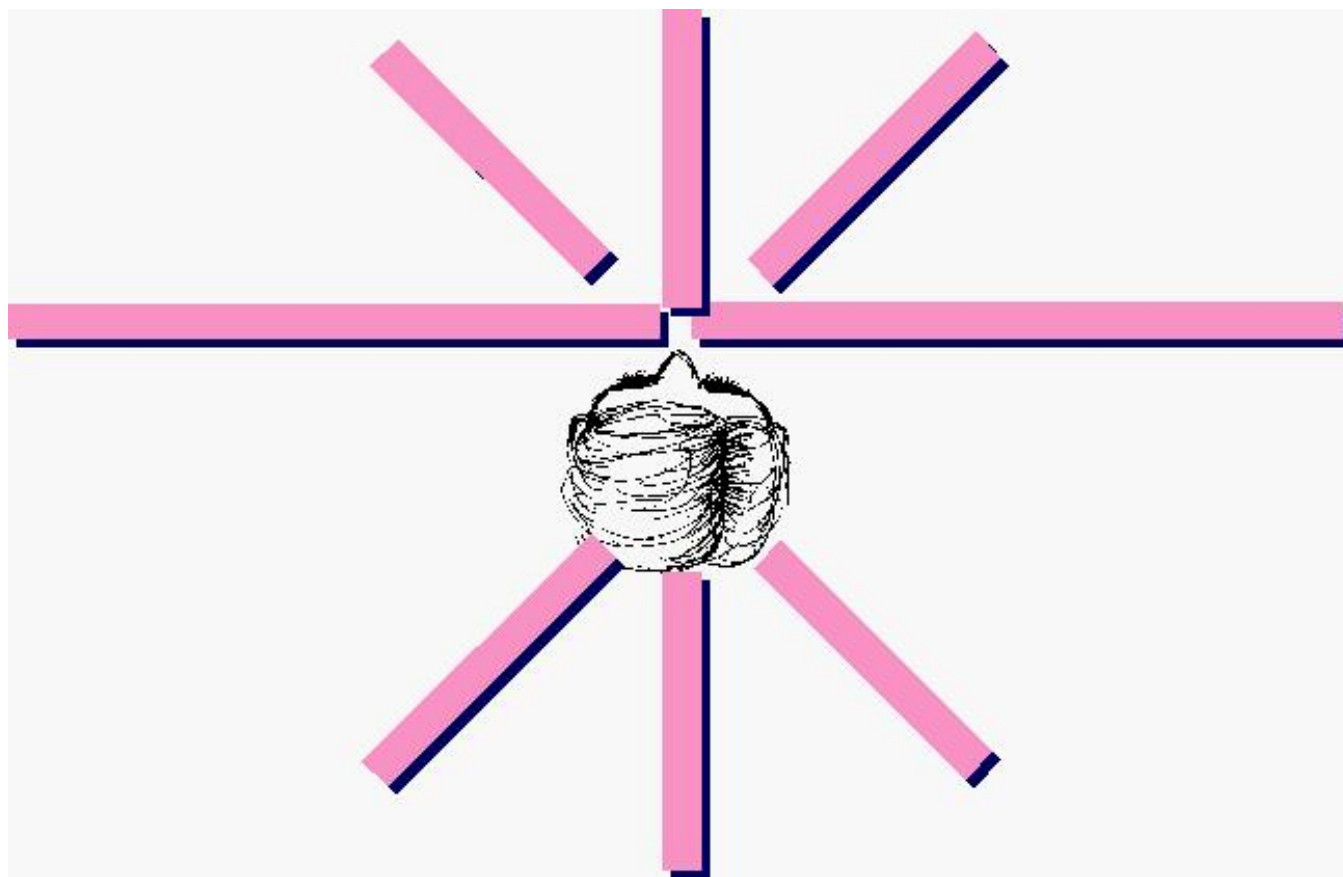
QUESTIONING FOR RESULTS

Question:

How do you ask questions that produce the most results?

Answer:

Ask yourself, “What is the question that I can ask which by the very nature of the presuppositions in the question itself will cause the client to make the greatest amount of change by having to accept the presuppositions inherent in the question?”

ELICITATION OF THE TIME LINE #1

We do this with the client awake – not in trance – increasing unconscious trust & cooperation.

“If I were to ask your unconscious mind, where your past is, and where your future is, I have an idea that you might say, “It’s from right to left, or front to back, or up to down, or in some direction from you in relation to your body. And it’s not your conscious concept that I’m interested in, it’s your unconscious. So, if I were to ask your unconscious mind where’s your past, to what direction would you point?”

(Always note all analog behavior in elicitation)

“And your future, what direction would you point if I asked your unconscious mind, where’s your future?”

NOTE: As you elicit the Time Line, make sure that you understand that however your client does it (how they organize the past and future) is perfect for your client. Make no value judgments about the organization of your client’s Time Line until you find out if it works for your client.

If there are two or more Time Lines, say, “Which of these Time Lines would be the best to use to cause the most pervasive and long lasting change to occur?”

ELICITATION OF THE TIME LINE #2

Please use this page ONLY IF page 12, does not work

Maintain the relationship and communication with the unconscious mind so as to discover the unconscious storage and organization.

1. Can you remember something that happened 1 week ago?
2. Good, as you do, can you notice where it comes from? (Alternatively, since some clients can't notice where a memory comes from, they "can notice where it goes to.")
3. Repeat the process for 1 & 2 for 1 month ago, 1 year ago, 5 years ago, and 10 years ago.
4. Now, repeat 1 & 2 for 1 month in the future, 1 year in the future, 5 years in the future, and 10 years in the future.
5. Now, ask the client, "Do you notice that this arrangement implies a line, or some linear arrangement of your memories?"

The arrangement may be linear or it may not. Allow your language and your behavior to be non-directive so as to discover and not install the Time Line for your client.

FIRST TEST OF ELICITATION

“Now, would you bring to mind the directions that you pointed to (or the memories of the past and future that you noticed). Do you notice that they imply a line?”

If no: “Well, could you notice that?”

If still no: “Is your past arranged by location, for example, where you lived?”

If yes: “How would it look if, for purposes of this process, it were stretched out in a line?”

(Remember Time Line Therapy™ is not *only* a visual process, it can be done visually or auditorally or kinesthetically.)

“Good, now when I say line, I don’t mean to imply only visual, because in a moment I’m going to ask you to float up above that line, and by float, I also mean as sounds floating on the wind, or floating in the bathtub, or visually. However you float up above your Time Line is perfect. So, can you just float up above your Time Line?

(If client is doing the process visually) “Make sure you are looking through your own eyes.”

Now, remaining above your Time Line just float back into the past (pause). Are you there?”

“Good, float back toward now, and stop there (pause). Are you there? Good. Now, facing toward the future, float up higher and farther back into the past.

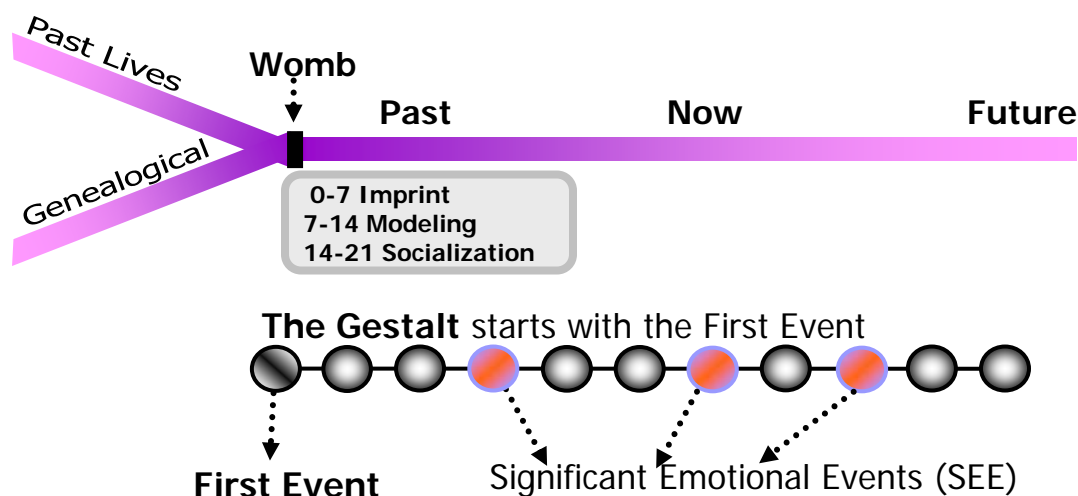
“And now, float out into your future (pause). Are you there?”

“Now, float up higher. Float so high that your time line seems like one inch long.”
(pause)

“Good, float back to now, and float down into now and come back in the room.”
(pause)

“How was that?”

DISCOVERING THE ROOT CAUSE



NOTE: This section is done before client is above the Time Line. It increases unconscious trust and cooperation.

1. Ask: “Is it all right for your Unconscious Mind for you to release this (emotion or limiting decision) today and for you to be aware of it consciously?”

2. Find the First Event:

“What is the root cause of this problem, the first event which, when disconnected, will cause the problem to disappear?”

If you were to know, was it before, during, or after your birth?

⇒ **BEFORE:** “In the womb or before?”

WOMB: “What month?”

BEFORE: “Was it a past life or passed down to you genealogically?”

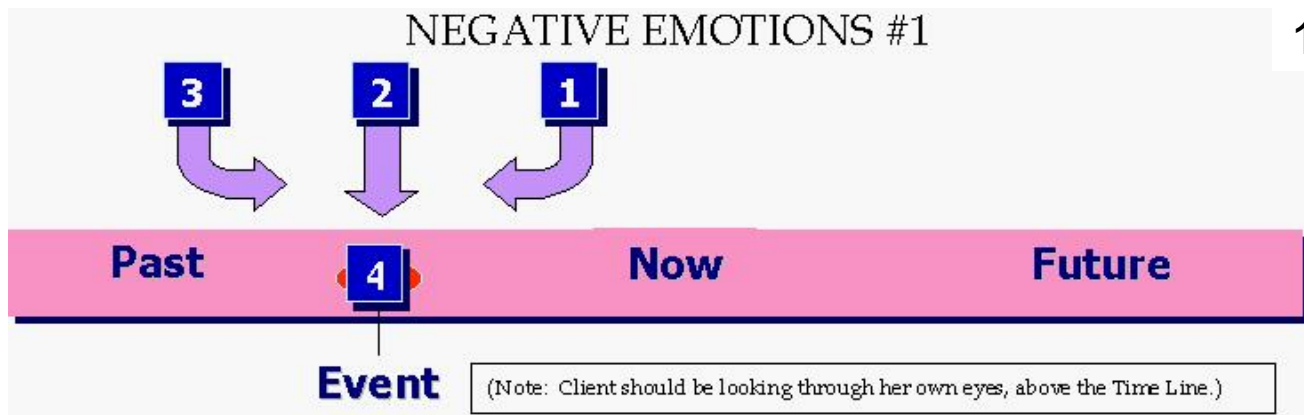
PAST LIFE: “How many lifetimes ago?”

GENEALOGICAL: “How many generations ago?”

⇒ **AFTER:** “If you were to know, what age were you?”
(Go to next page.)

NOTES:

- If client says “I don’t know what the root cause is” then respond with “I know you don’t, but if you did...take whatever comes up...trust your unconscious mind.”
- If client says both genealogical and past life, work with the earlier one first, then the later.
- Ratify the change: Verify conscious acknowledgment of shift. When a major physiological shift occurs in the client, be sure to mention it: “That was a big one, wasn’t it?”
- When you are eliciting the Root Cause for a Limiting Decision, note if the client is at Cause. If not, then ask for the Limiting Decision that caused the Limiting Decision in question.

**Procedure:**

1. "Just float up above your Time Line, and over the past to Position #1, facing the past, and when you get there notice the event. Let me know when you're there"
2. "Now, float to Position #2 directly up above the event so you are looking down on the event. Ask your Unconscious Mind what it needs to learn from the event, the learning of which will allow you to let go of the emotions easily and effortlessly. Your Unconscious Mind can preserve the learnings so that if you need them in the future, they'll be there."
3. "Now, float to Position #3 so you are above the event and before the event, and you are looking toward now. (Make sure you are well before any of the chain of events that led to that event.) And ask yourself, 'Now, where are the emotions?'" ¹
4. "Float down inside the event, to Position #4, looking through your own eyes, and check on the emotions. Are they there? Or have they disappeared! Now!! Good, go back to Position #3." ²
5. "Now, come back to now above your Time Line only as quickly as you can let go of all the (name the emotion) on the events all the way back to now, assume position 3 with each subsequent event, preserve the learnings, and let go of the (name the emotion) all the way back to now. (When Client is done) Float down into now, and come back into the room." **(Break State)**
6. **Test:** (Client back at now.) "Can you remember any event in the past where you used to be able to feel that old emotion, and go back and notice if you can feel it, or you may find that you cannot. Good come back to now."
7. **Future pace:** (Client back at now.) "I want you to go out into the future to an unspecified time in the future which if it had happened in the past, you would have felt inappropriate or unwarranted (name the emotion), and notice if you can find that old emotion, or you may find that you cannot. OK?" Good come back to now.

¹ Note: If the emotion does not disappear, then reframe. See page 17.

² Note: When releasing fear, hurt or sadness: "Imagine an infinite source of love and healing above the top of your head. Allow it to come in through the top of your head, (from your Higher Self) and fill up your body, now, and overflow out your heart and fill up the 'you' in the time line until he/she is totally whole and healed."

THE 3 THINGS TO CHECK AT POSITION #3

1. Make sure client is in position #3.

(Indicator: Client is really feeling the emotions)

Tell client:

“Get up higher, and float farther back.”

“Get high enough and far enough back until the emotion disappears,”

2. Be sure client is before the first event.

(Indicator: 90% of the emotions release.)

Ask client:

“Are you before the first event?”

“Is there an event earlier than this one? Go back before the FIRST one.”

3. Must be totally agreeable to let go of the emotion.

(Indicator: Client says, “The emotions are not releasing.”)

Ask client:

“What is there to learn from this event? If you learn this, won’t it be better than having the old emotions? How can you get the same benefit that the emotions provided when you let them go?”

(Use this reframe or any other reframe on GENERAL REFRAMES, page 18.)

NOTES REGARDING LEARNINGS

Learnings are not always obvious to the client. Especially where the client already has learnings, (s)he may not get any new or obvious ones. When you (as Time Line Therapy™ Practitioner) are aware of learnings they should NOT be:

- Negative
- Past
- Others

When you are aware of learnings they should be:

- Positive
- Self
- Future

GENERAL REFRAMES

USE IF NEGATIVE EMOTIONS DO NOT RELEASE

BASED UPON:**1. Learning:**

"What is there to have learned from this event, the learning of which will allow you to easily let go of the emotions? Won't it be better to preserve the learnings than the emotions? If you let go of the emotions and preserve the learnings you will have learned what you needed."

2. Protection/Safety:

"The negative emotion of _____ doesn't protect you."

(If you're working with fear or anger, mention flight or fight)

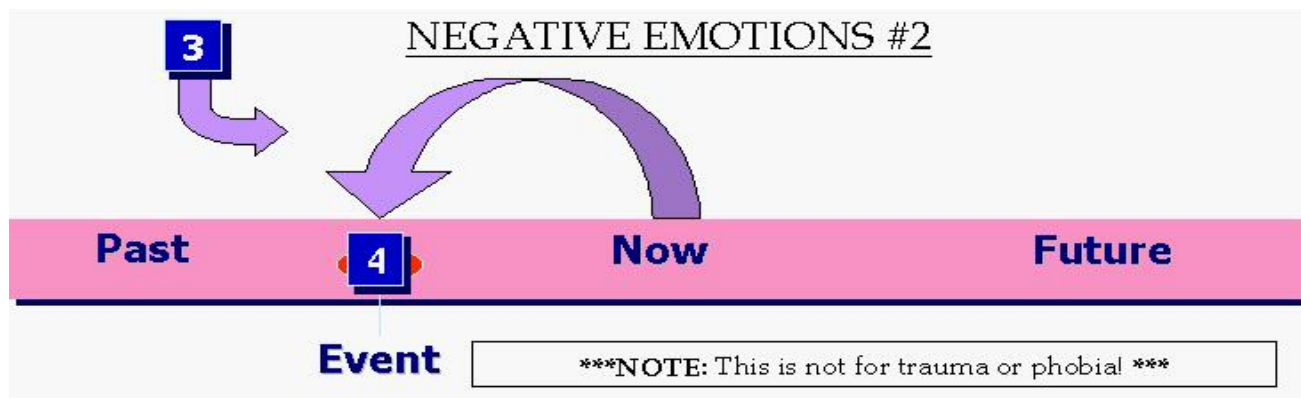
"In fact negative emotions aren't safe for the body. Each negative emotion can contribute to the following types of health problems:

Anger	Heart attack, Heightened Cholesterol (JAMA, 6/96)
Sadness	Weakened Immune System, Depression
Fear	Excessive stress, PTSD, Phobia
Guilt	Lowered healing energy
Conflict	Cancer

"Won't you be a lot safer if you let go of the emotions and preserve the learnings about taking care of yourself?"

3. Prime Directives:

"Not letting go of this emotion is in direct conflict with the highest Prime Directive of the unconscious mind, which is, 'To preserve the body.' This emotion, though getting results, does not preserve the body; it hurts the body. Wouldn't it be better to let go of the repressed emotion and get the same results in some other way?"

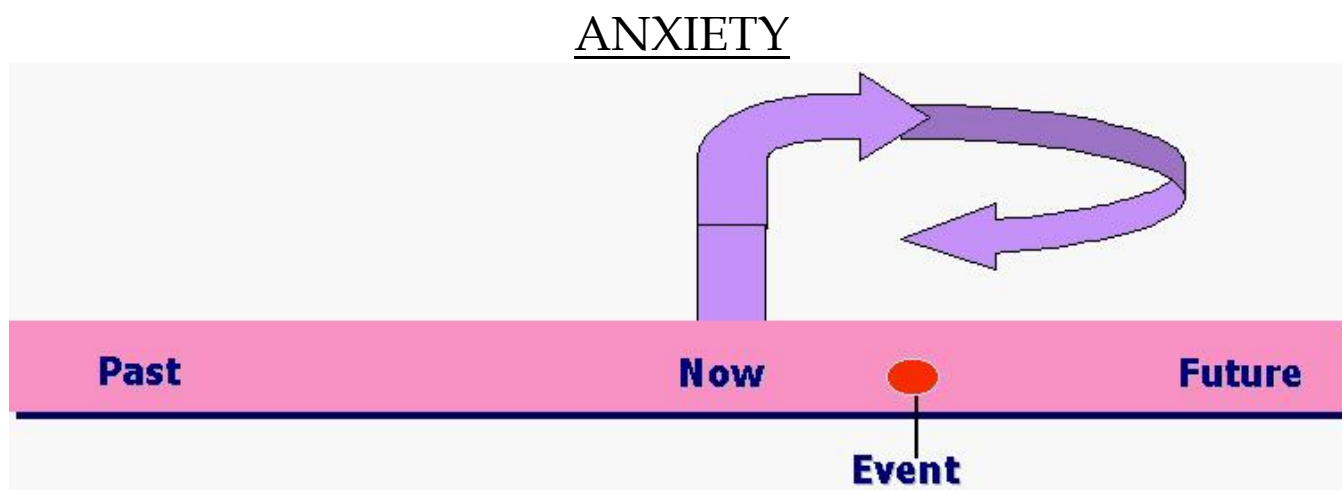


Procedure:

1. "I'd like to ask your unconscious mind to float up in the air, above your Time Line, into the past and down into the event—right into Position #4, looking through your own eyes, and (pause) when you're there, notice the emotion that's present."
2. "Float back up above the Time Line and go to Position #3, well before the beginning of the event, or any of the events that led to that event, and turn and look toward now. Ask your Unconscious Mind what it needs to learn from the event, the learning of which will allow you to let go of the emotions easily and effortlessly. Your Unconscious Mind can preserve the learnings so that if you need them in the future, they'll be there."
3. "Now where is the emotion? ¹ Where did it go? That's right, it disappeared."
4. "Just float right down into the event and notice that the emotion has disappeared. Is the emotion totally gone! Good, come back up to Position #3." ²
5. "Now, come back to now, above your Time Line only as quickly as you can let go of all the (name the emotion) on the events all the way back to now, assume position 3 with each subsequent event, preserve the learnings, and let go of the (name the emotion) all the way back to now. (When Client is done) Float down into now, and come back into the room." **(Break State)**
6. **Test:** (Client back at now.) "Can you remember any event in the past where you used to be able to feel that old emotion, and go back and notice if you can feel it, or you may find that you cannot." Good come back to now.
7. **Future pace:** (Client back at now.) "I want you to go out into the future to an unspecified time in the future which if it had happened in the past, you would have felt inappropriate or unwarranted (name the emotion), and notice if you can find that old emotion, or you may find that you cannot. OK?" Good come back to now.

¹ Note: If the emotion does not disappear, then reframe. See page 17.

² Note: When releasing fear, hurt or sadness: "Imagine an infinite source of love and healing above the top of your head. Now, allow it to come in through the top of your head, (from your Higher Self) and fill up your body, now. Allow that infinite source of love and healing to overflow out your heart and fill up the 'you' in the time line until he/she is totally whole and healed."



Procedure: (Make sure you are working on a specific event.)

1. "What are you anxious about? What specifically?"
2. "Good, just float up above the Time Line..."
3. "And float out above the future to 15 minutes after the successful completion of the event about which you thought you were anxious. Tell me when you're there."
4. "Good. Turn and look toward now, along the Time Line."
5. "Now, where's the anxiety?" ¹
 - (If Client says, "It's Gone" go to #5.)
 - (If Client says, "It's still there," then ask, "Are you imagining it completing successfully?" If "no," then talk about successful completion for the event and then to go #3.)
6. "Come back to now."
7. If desired, test by having the client think about what used to make them anxious, and notice that there is no anxiety.
8. If you are eliminating all anxiety, then go to #1 using a new event.

¹ NOTE: If anxiety does not disappear, then reframe, "I know that there's a part of you that thinks it's important for you to have some anxiety to motivate you, and I agree that it's important for you to be motivated. The problem is that anxiety is not good for the body. Are there other ways that would be OK for you to motivate yourself, and let the anxiety go?"

Additionally, anxiety may be the result of fear, which has not been released. For a Presenting Problem of anxiety, always release fear first.

IF A CLIENT ASSOCIATES INTO A TRAUMATIC MEMORY

Remember, it is not unusual for clients to associate into a traumatic memory during a Time Line Therapy™ Technique. There are other techniques that actually associate clients into traumatic events on purpose. Unlike these techniques, it is not the intent of Time Line Therapy to associate the client into a traumatic memory, however it is not unusual. If your client associates into an unwanted memory here is what to do:

1. "Where are you?" (If the client is feeling the emotions, the client is in the memory - in position 4.)
2. Whatever the client says, "Good, just get up above the Time Line so you are looking down on the event."
3. (Pause) "Are you above the Time Line?" (If no, then go back to #2)
4. If yes, "Good now make sure you are in Position 3. (Pause) Now, where are the emotions?"

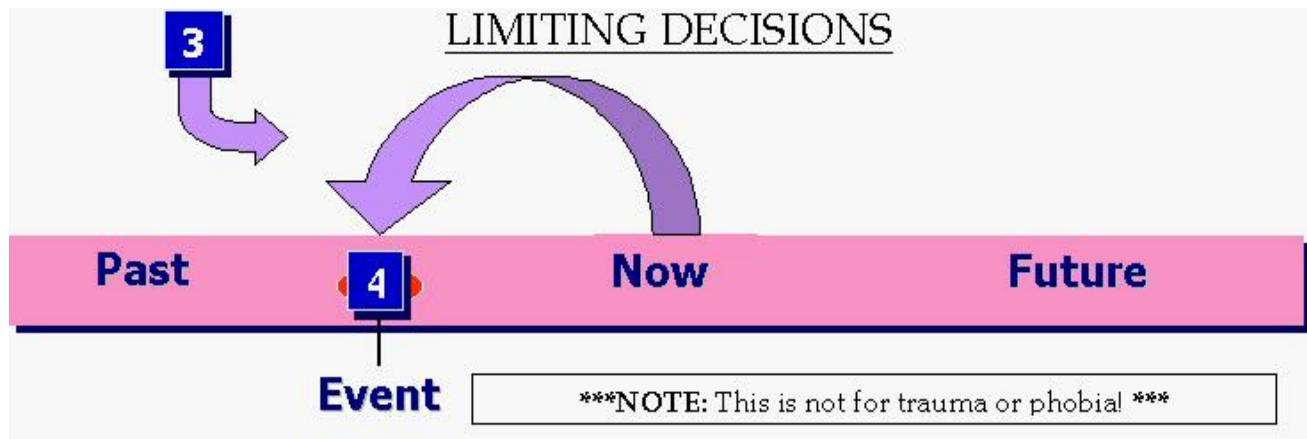
Sometimes the Time Line Therapy™ Practitioner, although patient, has to be quite forceful or authoritarian in getting the client to get above the Time Line. Remember it is important for the client's comfort to get him or her out of the traumatic memory as soon as possible. While we say that negative emotions are good, it is also not good to hold on to the emotions. If the client remains associated it just strengthens the emotions.

5. If steps 1-4 do not work then stand up and clap your hands over the client's head and say, "Open your eyes and look up at the ceiling. Keep your eyes up." (With client's eyes open, go to step #2.)
6. If step #5 does not work, stand up and say to the client, "Stand up and walk with me." Then walk the client around the room at high speed while you do the Time Line Therapy Process while the client is walking.
7. You may also need to use the FAST PHOBIA MODEL on page 29

DETERMINING LIMITING DECISIONS

In doing Time Line Therapy™ Techniques, we will work mostly with eliminating the client's past Negative Emotions and Limiting Decisions. It is important to determine the difference between these two modalities of intervention. Generally anything that is not a Negative Emotion is a Limiting Decision. There are also some additional criteria for determining a Limiting Decision. You will work with a Limiting Decision when it is described as:

1. **Anything you can't feel:** If the description the client gives you is something, which when you "try it on" is something you cannot feel without hallucinating substantially then you are working with a Limiting Decision. "I just don't feel happy," for example, is a Limiting Decision.
2. **Negations:** As in the example above, anytime you hear a negation describing anything, which might be a Negative Emotion, you should be looking for a Limiting Decision. Examples include, "I'm not capable," "I don't feel loved," and "I can't make the kind of money I want."
3. **Comparatives:** Whenever you hear a comparison, such as "I wish I could make more money," treat it as a Limiting Decision. Comparatives include statements such as, "I have low self esteem," "I am not good enough," or "I want to feel better about myself."
4. **All Beliefs:** What is not obvious is that any time we have a Limiting Belief we must have Limiting Decision, which preceded it. Each time in the past when you adopted a Limiting Belief, a Limiting Decision preceded that acceptance. A Limiting Decision preceded even the beliefs that were adopted from other people. If a client says, "I don't believe I can do it," the Practitioner should say, "When did you decide that?"
5. **Physiological Issues:** Many issues that result in physiological symptomology have their roots in decisions. (This includes all physiological issues that look like dis-ease.)
6. **Accidents:** Many events in the client's past are the result of decisions that the client made which preceded the event. Even if this is not "true", when the client accepts his/her creation of a past "accident" then the client can un-choose the event and thus change his/her future.
7. **A Negative Emotion which is not at Cause:** If the client has a negative emotion for which they are not at cause, then it might be necessary to get the limiting decision for when they decided to create that negative emotion.

**Procedure:**

1. "I'd like to ask your unconscious mind to float up in the air, above your Time Line, into the past and down into the event – right into Position #4." (pause)
2. "Notice what emotions are present, and also note if you are aware of the decision that was made there, too." (If "No," say, "I'd like you to rewind the movie of your memory until you come to the time of the decision ... right now.") ²
3. "Float back up above the Time Line and go to Position #3, well before the beginning of the event, or any of the chain of events that led to that event, and turn and look toward now. Preserve the positive learnings."
4. "Now where are the emotions? ¹ And the decision, did it disappear, too? ²
5. "Float down inside the event, to Position #4, looking through your own eyes, and check on the emotions. Are they there? Or have they disappeared! Now!! Good, & the decision too – it's disappeared! Good, come back up to Position #3."
6. "And come back to now only as quickly as you allow all the events between then and now to re-evaluate themselves in light of your new choices, and let go of all the negative emotions on those events, assume Position #3, preserve the learnings, let go of the emotions and allow each event to re-evaluate itself all the way back to now."
7. As you come back to now I'd like your Unconscious Mind to allow you to notice at least 3 (or more) events where you could have (desired decision) but because of the decision which we just deleted, you didn't notice the possibility, and now you can.
8. **Test:** "Now, how do you feel about that old decision (or belief)?"
9. **Future Pace:** "I want you to go out into the future to an unspecified time in the future that would be most appropriate, and imagine a time when something like this could happen again, and how do you react, OK? ... Good, come back to now."

¹ Note: If the emotion does not disappear, then reframe. See page 17.

3 REASONS WHY THE EMOTIONS DISAPPEAR

1. Psychological: (Reframe)

Based on the work of Leslie Cameron-Bandler in *Emotional Hostage*, 1987, and Alfred Korzybski, *Science and Sanity*, 1933, all emotions require time to express their meaning, so a switch in the temporal perspective reframes the emotion. The emotion is reframed, and so it disappears. (Technically it is a context reframe.)

2. Metaphysical: (Illusion)

Based on the book *A Course in Miracles*, there is only one real emotion on the planet -- Love. All the negative emotions are derivatives of fear & are an illusion, so a switch in the temporal perspective shows the emotion to be the illusion it is, and it disappears.

3. Quantum Physics: (Non-Mirror Image Reverse)

Based on the work of Quantum Physics and Calculus, Position 3 is the Non-Mirror Image Reverse of the way the emotion is held in "now." So Position 3 is the multi-dimensional neurological opposite of "now." What happens is that this position acts like anti-matter, and the neurological boundaries of the emotion in the body get blown out -- they disappear.

CHANGING THE TIME LINE LOCATION/DIRECTION #1

NOTE: Any shift in the relationship between the body and the Time Line will have a profound effect on a person's personality, so make changes only after a thorough investigation, and a discussion with the client about consequences.

1. **Elicit the Client's Time Line.**
2. **Clean-up the past:** (Negative emotions and limiting decisions.)
3. **Check Ecology:** "Here are the consequences of shifting the Time Line (explain)... Is it OK with your unconscious mind to make this shift, and allow it to remain, and to be comfortable?"
4. **Rotate the Time Line:** "Now, just float up above the Time Line, right above now, and rotate your Time Line so that it is in the new desired direction (location), and tell me when you've done that."
5. **Reassociate:** "Good, now just float right down into the present, and organize your Time Line in the new way."
6. **Lock the Time Line into place:** "And you know the sound that Tupperware makes when it seals? Just like that, lock it in."
7. **Test:** "As you think of it, will it be all right for your Unconscious Mind to leave the Time Line this way, and you be comfortable?"
8. **Future pace:** "Is there any reason in the future why you wouldn't be totally comfortable with this organization of your Time Line?"

CHANGING THE TIME LINE LOCATION/DIRECTION #2

The Classic Through-Time Time Line:

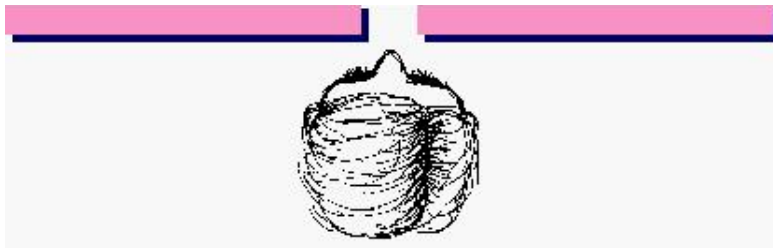
Is left to right (or right to left).

Horizontal.

Reaches out about as far as the length
of the outstretched arms.

Has memories which are about 4 inches
high which are located just under the center
of the eye (horizontal).

Now is located in the center.



The Classic In-Time Time Line:

Is front to back (or back to front).

Horizontal.

Stretches as far back as the original
Time Line.

Has memories of a comfortable size,
generally more than 4 inches.

Client is located in Now.



S.M.A.R.T. GOALS

Goal: “An aim or an end in mind.”

Aim relates to direction

End relates to outcome

S

Specific
Simple

M

Measurable
Meaningful to you

A

As if now
Achievable
All areas of your life

R

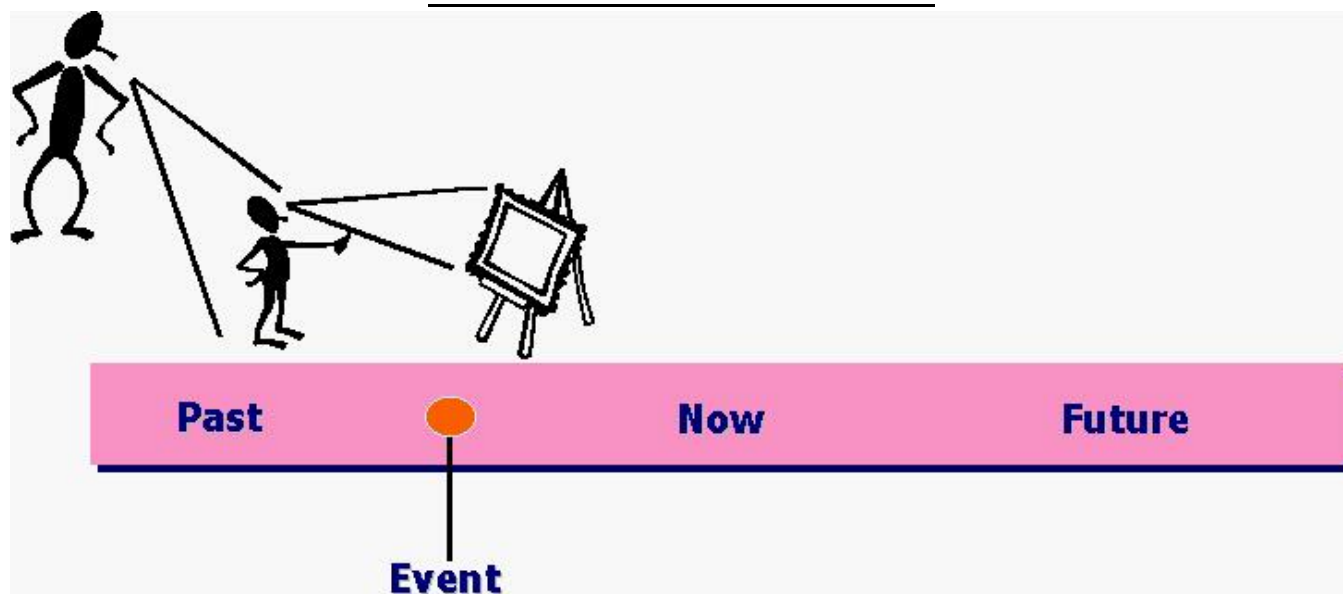
Realistic
Responsible / Ecological

T

Timed
Toward What You Want

STEPS FOR PUTTING A SINGLE GOAL IN YOUR FUTURE

1. **Be sure the goal is stated so it is S.M.A.R.T.**
2. **Get the last step:**
“What is the last thing that has to happen so you know you got it?”
3. **Make an Internal Representation:**
A Visual representation,
or Auditory representation,
or Kinesthetic representation.
4. **Step into the Internal Representation – associate the Client**
5. **Adjust the SubModalities –** Adjust them for the most positive Kinesthetic or for the most “real” feeling.
6. **Step out of the Internal Representation – dissociate the Client.**
7. **Take the Internal Representation and float above now.**
8. **Energize the Internal Representation with four deep breaths:** Have the Client breathe in through the nose, out through the mouth, and blow all the energy into the Internal Representation.
9. **Float out into the Future:** Take the Internal Representation and float above the Time Line out into the future.
10. **Insert the Internal Representation into the Time Line:** “Let go of the Internal Representation and let it float right down into the Time Line.
11. **Notice the events between then and now re-evaluate themselves to support goal:** The Client may or may not have an experience of the reevaluation, so we call it to his (her) attention.
12. **Float back to now.**

FAST PHOBIA MODEL

Procedure: (Use Negative Emotions #1, first. If that doesn't work, then use this page.)

1. (Optional) Establish a resource anchor.
2. Acknowledge one-trial learning and client's ability to learn.
3. Discover & scramble the strategy used for having phobia. (Use the Logical Levels of Therapy.)
4. Have them go back to the first event.
5. Make movie screen above the Time Line, and have them watch from the projection booth.
6. Run the movie forward in B&W to the end.
7. Freeze frame at end, and white (or black) out.
8. Have the client associate into the memory and run it backwards in color to the beginning.
9. Repeat steps 5 - 8 until the client can't get the feeling (K) back. (If you are deleting a memory, then repeat until the memory is not accessible – give appropriate instructions.)
10. Check ecology. If necessary, use a swish.
11. Test and future pace.

PARTS INTEGRATION

1. Identify the conflict and the parts involved: Make sure you clearly identify the parts clearly, and understand the nature of the conflict.
2. Have the Part, which represents the unwanted state or behavior come out on the hand first: "I wonder if I can talk to this part. Which hand would it like to come out and stand on?" (Show client how to hold hand.)
3. Make sure that the Client has a V-A-K image of the part as it comes out on the hand: "Who does this part look like; does it look/sound/feel like someone you know?"
4. Elicit the "Opposite Number" to come out on the other hand: "I'd like to talk to the Part with which this Part is most in conflict, the flip side of the coin the opposite number, and let's have it come out and stand on the other hand." (Show client how to hold hand.)
5. Make sure that the Client has a V-A-K image of the part as it comes out on the hand: "Who does this part look like; does it look/sound/feel like someone you know?"
6. Separate intention from behavior: Reframe each part so that they realize that they actually have the same intention by chunking up — ask, "What is the intention ..." or "For what purpose ..." (Begin chunking up first with the part that has the unwanted state or behavior. As you do, make sure that the client's intention stays associated.)
 - a. Now, have the parts notice they were once part of a larger whole.
 - b. Ask for other parts that were also once part of the larger whole. Have them join in the integration.
 - c. What resources or attributes does each part have that the other part would like to have?
7. As the hands come together give additional suggestions for integration.
8. Take the integrated part inside and have it merge into the wholeness inside.
9. Test & future pace.

GENERAL MODEL
FOR BEHAVIORAL INTERVENTION

1. Can you do it now?

(Get Present State, Strategy, Convincer)

- How do you do it?
- When do you do it?
- How would you know if it were gone?

2. Intervention

3. Can you do it? (At the same time, test ecology)

4. Ratify Change

Conscious/Unconscious Integration

5. Future Pace

IMPORTANT ISSUES IN RELEASING SYMPTOMS*Adapted from Leslie LeCron, 1964*

1. **Conflicts** - Check on the following types of conflicts:
 Beliefs
 Values
 Parts
 Repressed Behavior
2. **Motivations** - Check on what other motivations there could be, or
 Secondary Gain
3. **The Effects of Suggestion** (e.g.: Post Hypnotic)
 S.E.E.'s - A significant emotional experience can be as effective as
 hypnosis in installing a Post Hypnotic Suggestion
4. **Organ Language** -
 Often, what we say to ourselves can cause problems, e.g.:
 "A pain in the neck."
5. **Identification** - Who and what do we identify with?
 Imprint - (0-7 **)
 Modeling - (7-14 *)
 Socialization - (14-21)
6. **Self-Punishment** - Masochism - A result of guilt
7. **Past Significant Emotional Experiences**
8. **Body Image** (Formed when -- See #5)
9. **First Event in the Time Line**
 This Lifetime
 Past Lives
 Genealogical

STATEMENT OF SCOPE OF PRACTICE

For Time Line Therapy™ Practitioners

“Scope of Practice” relates what kind of interventions a practicing Time Line Therapy™ Practitioner should do and with whom. The answer to this question depends upon whether you are licensed or unlicensed.

Unlicensed Practitioner: An unlicensed practitioner should confine his/her practice to:

- smoking,
- weight loss,
- stress reduction and
- some performance enhancement issues.

If the practitioner intends to accept a client with issues that do not fall into these areas, then the practitioner should receive further training in Time Line Therapy® at the Master Practitioner level. In addition, the Practitioner should also get a written referral from a licensed person or should be under the direct supervision of a licensed person.

A Time Line Therapy™ Practitioner should definitely NOT perform outside the scope for which (s)he is trained and licensed.

Licensed Practitioner: A licensed practitioner may use Time Line Therapy™ Techniques for additional issues, provided that those issues are consistent with the practitioner’s license and if the practitioner has received Time Line Therapy® Training at the Master Practitioner level.

Additional Considerations:

1. If the presenting problem or the personal history that you gather from the client indicates to you that the client is dangerous to self or others, then the client is beyond the scope of treatment by an unlicensed practitioner. Someone of this kind is best referred to a practitioner who is trained to handle clinical issues.
2. Under certain circumstances, highly traumatic or repressed material could indicate that if you are not trained in interventions that deal in this area, it would be best to refer the client to a practitioner who is trained to handle these issues.
3. A client who seeks treatment for a physiological and/or a life-threatening disease should be advised that such treatment is “controversial” and should be encouraged to get a diagnosis and referral from a Medical Doctor before proceeding. NOTE: It is not illegal to use Time Line Therapy™ Techniques for, say, helping to alleviate an ulcer or its symptoms. It is, however, illegal to claim to use Time Line Therapy™ Techniques to cure any physical condition.

Practicing beyond your Scope of Practice may result in de-certification by the Time Line Therapy™ Association.