

Part of the
TIME LINE THERAPY™
TRAINING COLLECTION

VOLUME ONE

Advanced Neuro Dynamics, Inc.
P.O. Box 3768
Honolulu, Hawaii 96812
Phone: (808) 941-2021 • Fax: (808) 951-0417



Introducing
the Art
and Science of
Time Line
Therapy™
Techniques

**PRACTITIONER
AUDIO COURSE MANUAL**

with Tad James, MS, PhD

Books by Tad James

- Time Line Therapy and the Basis of Personality
With Wyatt Woodsmall (1988, Meta Publication)
- The Secret of Creating Your Future
(1989 Advanced Neuro Dynamics)

Personal Time Line Induction Cassettes by Tad James

- A Journey On The Time Line:
Aligning Yourself with Your Life's True Purpose
- Prometheus Induction:
Attracting the Energy and Resources for Successful Goal Achievement
- Journey to Your Higher Council:
Guidance in Life from Your Inner Self

Audio & Video Cassette Seminars with Tad James

(In recommended order.)

- The Secret of Creating Your Future®
Personal Success Program
- The Secret of Creating Your Future®
Video Tune-Up Series
- The Basic NLP Training Collection™:
NLP Practitioner Course
- Introducing the Art and Science of
Time Line Therapy™ Techniques
- The Advanced NLP Training Collection™:
Master NLP Practitioner Course
- Mastering the Art and Science of
Time Line Therapy™ Techniques
- Time Line Therapy™ Video Course
- NLP & Ericksonian Hypnosis Video Course
- Training For Excellence™:
NLP Trainer's Training

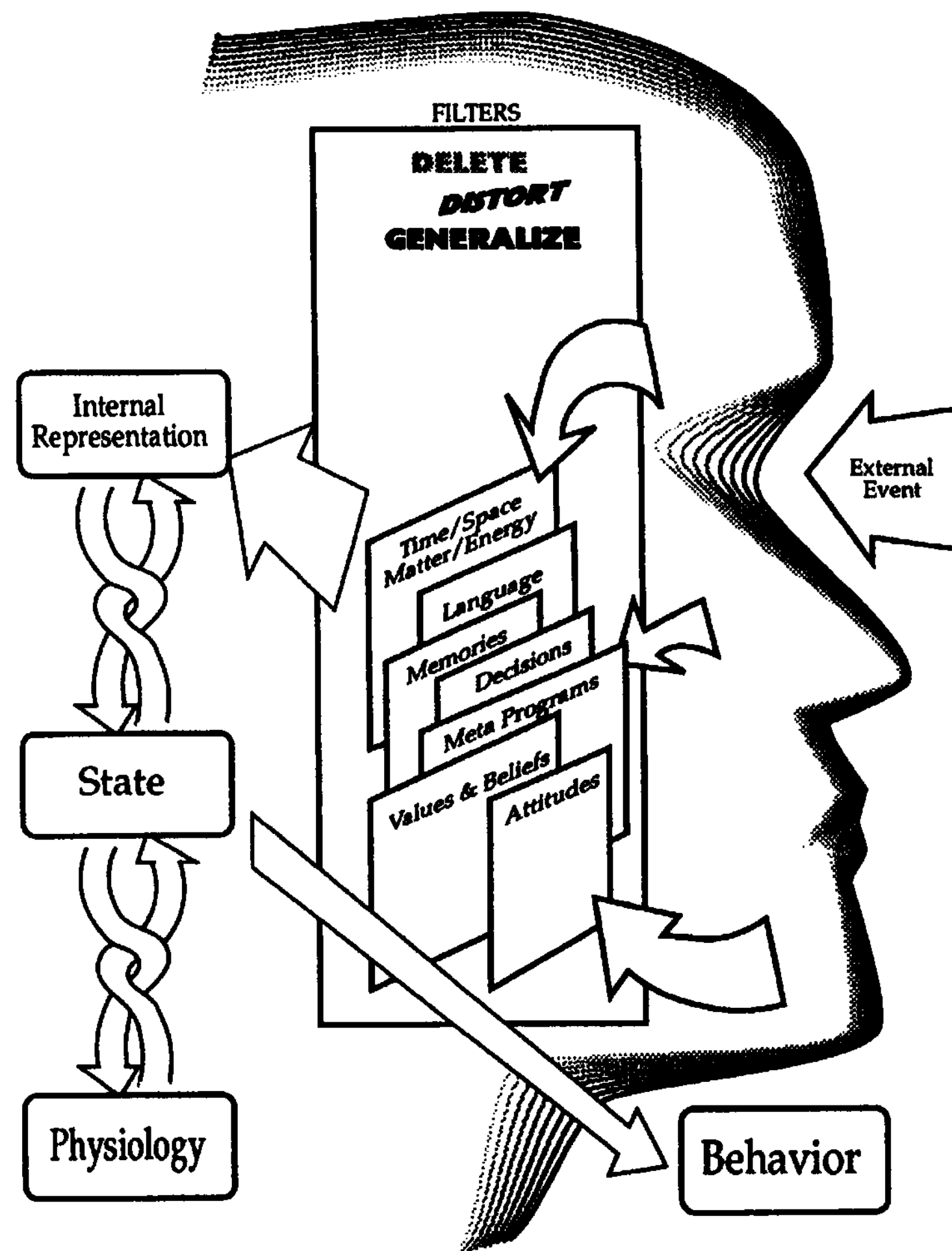
TIME LINE THERAPY™ PRACTITIONER TRAINING

Introducing *the Art and Science of* **Time Line Therapy™** *Techniques* *with Tad James, MS, PhD*

1. Trademark and Copyright Notice
2. The Major Techniques
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4. All Learning, Behavior, and Change is Unconscious
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TIME LINE THERAPY™ THE MAJOR TECHNIQUES

1. Eliciting the Time Line
2. Discovering the Root Cause
3. Deleting a Negative Emotion
(example: anger, sadness, fear, hurt, guilt, etc.)
4. Removing a Limiting Decision
5. Changing the Direction/Location of the Time Line
6. Creating Your Future®



TIME LINE THERAPY™
ALL LEARNING, BEHAVIOR & CHANGE

All

✓ Learning
 ✓ Behavior
 ✓ Change

is Unconscious

PRIME DIRECTIVES
OF THE UNCONSCIOUS MIND

1. **Store memories**
 Temporal
 Atemporal
2. **Domain of emotions**
3. **Organize all memories**
 Time Line
 Gestalt
4. **Repress memories with unresolved negative emotion**
5. **Present repressed memories for "rationalization"**
 (to release emotions)
6. **Keep repressed emotions repressed for protection**
7. **Run the body**
 Has a blueprint:
 of body now
 of perfect health - function of the high self
8. **Preserve the body**
 Maintain the integrity of the body
9. **To be a highly moral being**
10. **To be a servant, to follow orders**

11. **Control and maintain all perceptions**
Regular
Telepathic

Receive and transmit to the conscious mind
12. **Generate, store, distribute and transmit "energy"**
13. **Respond with instinct and habit**
14. **Needs repetition for long-term projects**
15. **Programmed to continually seek more and more**
Always more to discover
16. **Does not need parts to function**
17. **Symbolic**
Uses and responds to symbols
18. **Takes everything personally**
19. **Works on the principle of least effort**
Path of least resistance
20. **Does not process negatives**

TIME LINE THERAPY™ OVERVIEW

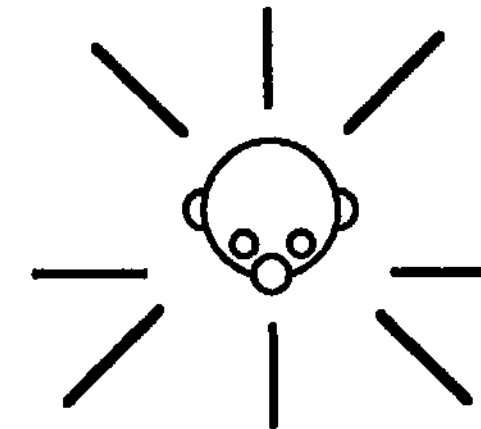
Time Line Therapy™ is an especially fast and effective process for changing the chain of events leading to a certain set of unwanted behaviors or internal states.

1. **Discover how your client organizes time.**
Note the direction of their Time Line . It will probably extend front to back, left to right or a 'V' for most people you work with.
2. **Elicit the root cause — first event.**
3. **Have them float above their Time Line.**
4. **Note the submodalities of the Time Line.**
Make sure that the SMD's are similar for the past, present and future and there are no dark spots or missing areas. If they are not the same, you can change the SMD's so that they are the same brightness, and approximate color.
5. **Have them go back into the past and find the first event.**
6. **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."
7. **Make the necessary changes to the memory (or memories).**
You can remove the emotions, delete a limiting decision, or just have them remove the memory. To remove a memory using the phobia model, have them run the pattern until the memory is destroyed. Say, "I want you to run it until you can't get the memory back."
8. **If you removed a memory, replace it with a neutral or positive memory.**

9. Continue steps 4-7, using the earliest memory available, until the unwanted state or behavior is not accessible.
10. Have the client come back to now.
11. **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."
12. **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?"
13. Have them float back to now, and float into their Time Line, making sure it is arranged in the way that is most comfortable.

TIME LINE THERAPY™
ELICITATION OF THE TIME LINE #1

"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 judgements about the organization of your client's Time Line until you find out if it works for your client.

TIME LINE THERAPY™
ELICITATION OF THE TIME LINE #2

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

1. Remember something that happened 1 week ago.
2. Notice where it comes from (or goes to).
3. Repeat 1 & 2 for 1 month ago, 1 year ago, 5 years ago, and 10 years ago.
4. 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.

The arrangement may be linear or it may not. Allow your language to discover and do not install the Time Line for your client.

TIME LINE THERAPY™
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?"

"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 and float back into the past (pause). Are you there?"

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

"Now, float up higher. Float so high that your time line becomes one inch long."(pause)

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

"How was that?"

THINK!

"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?"

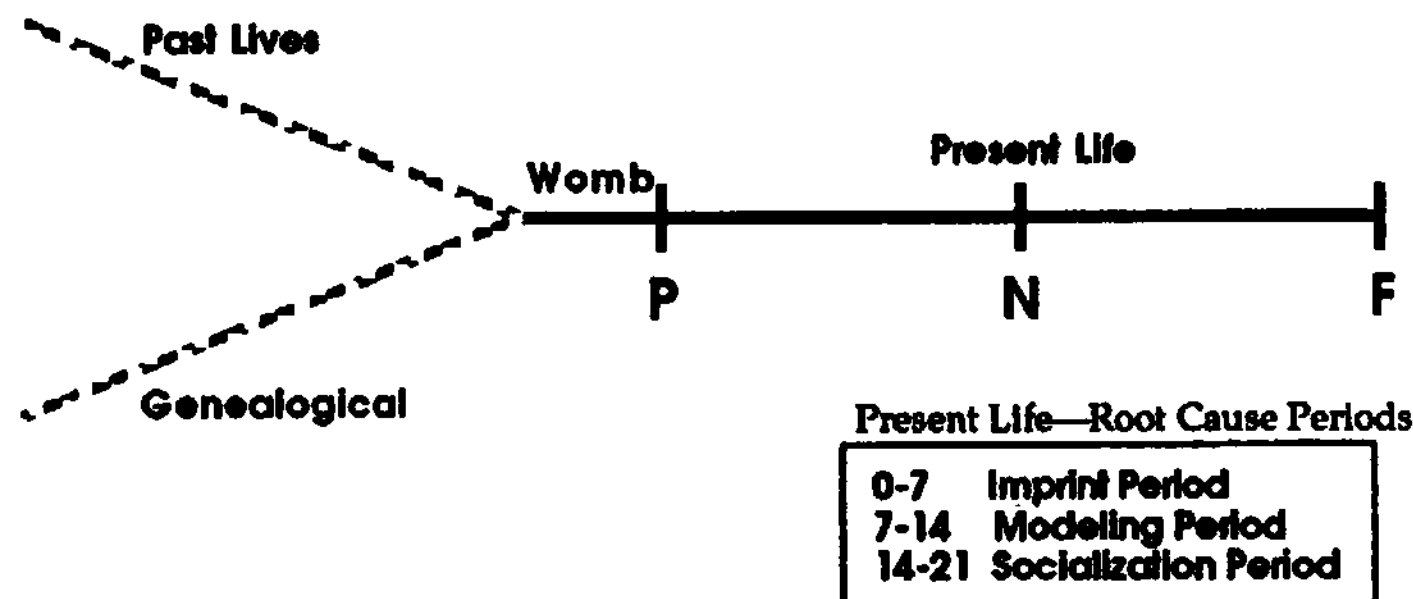
-Tad James

KEYS TO AN ACHIEVABLE OUTCOME

Ask yourself..."How is it possible that I (they) don't have it now?"

1. **Stated in the positive.**
What specifically do you want?
2. **Specify present situation.**
Where are you now? (Associated)
3. **Specify outcome.**
What will you see, hear, feel, etc., when you have it?
As if now.
Make compelling.
Insert in future.
Be sure future picture is dissociated.
4. **Specify evidence procedure.**
How will you know when you have it?
5. **Is it 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?

TIME LINE THERAPY™ DISCOVERING THE ROOT CAUSE



- Find the First Event:**
"What is the root cause of this problem, the first event which, when disconnected, will cause the problem to disappear?"
- Allow for Client's Model of the World:**
"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?"

NOTE: 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."
- When going back to a past life or genealogical:** "Put a flag in Now and tie a string to a toe."
If both genealogical and past life, clear the earlier one first, then clear the other.
- Ratify the change:** Verify conscious acknowledgement of shift. When a major physiological shift occurs in the client, be sure to mention it: "That was a big one, wasn't it?"

TIME LINE THERAPY™ NEGATIVE EMOTIONS #1

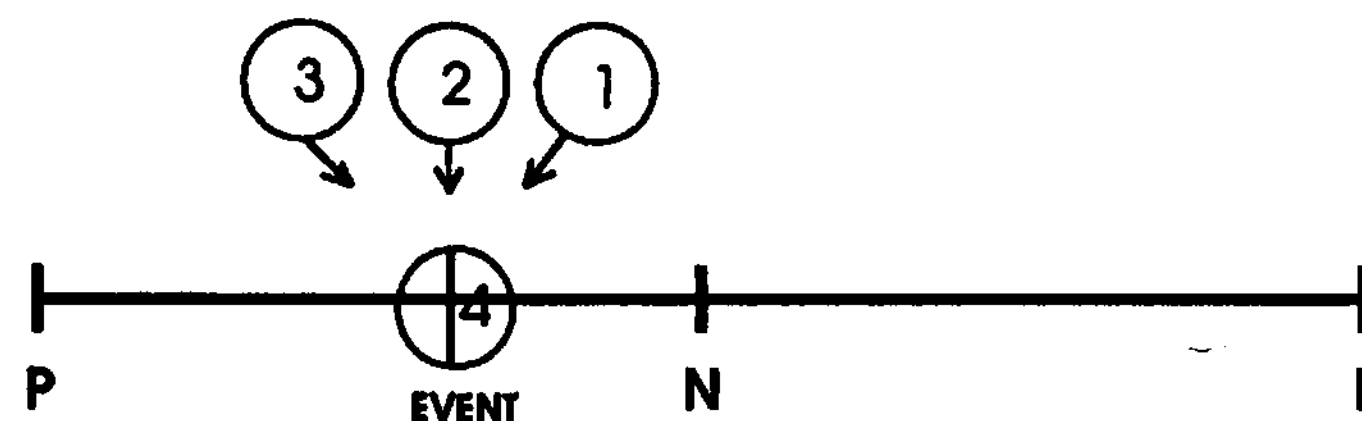


Diagram of a Gestalt:

**Procedures:**

- "Float up in the air, and back into the past to Position #1, facing the past, and when you get there notice the event and where the emotions are."
- "Now float to Position #2 directly up above the event so you are looking down on the event. Notice where the emotions are and preserve the positive learnings, whatever you need to have learned from this event, preserve it in that special place you reserve for all such learnings."
- "Now float to Position #3 so you are before and above the event, and you are looking toward now. Now, where are the emotions?"
- Optional Test:** "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."
- "Now, come back along your time line only as quickly as you can let go of all the (negative 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 emotions all the way back to now."*
- Future pace.

*Note: If the emotion does not disappear, then reframe: "I know that there's a part of you that thinks you should have learned something from this event, and I agree that it's important for you to preserve all the positive learnings in that special place you reserve for all such learnings, and then it would be OK to let the emotions go now, wouldn't it?"

**Note: When clearing fear 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."

TIME LINE THERAPY™
THE 3 THINGS TO CHECK AT POSITION #3

1. Make sure client is in position #3.

Ask client:

"Get up higher, and float farther back."

"Get high enough and far enough back until the emotion disappears,"

2. Be sure you are before the first event.

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.

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 the PARTS REFRAMES page.)

TIME LINE THERAPY™
PARTS 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? But, 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 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:

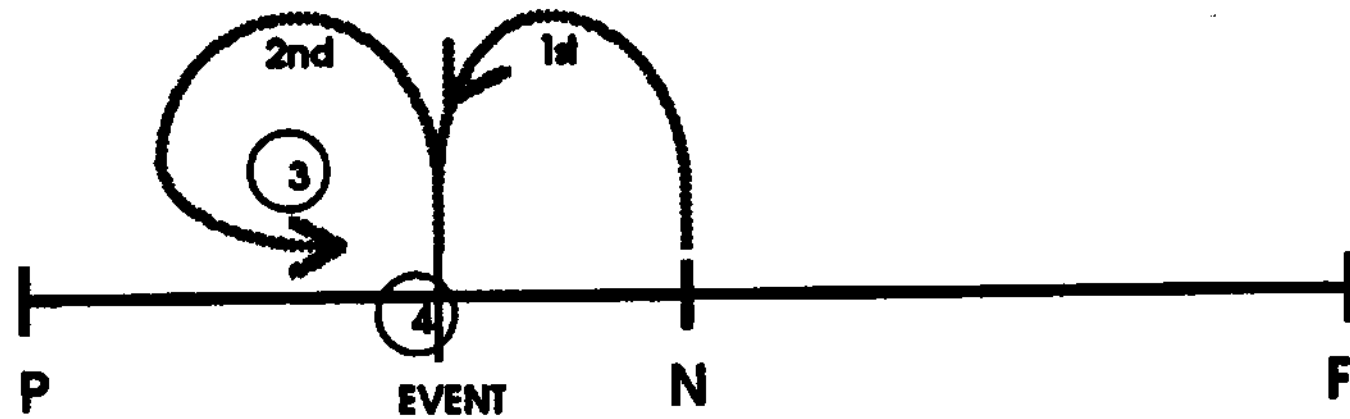
Anger	Heart attack
Sadness	Weakened Immune System
Fear	Excessive stress, PTSD
Guilt	Lowered healing energy
Conflict	Cancer

"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?"

TIME LINE THERAPY™
NEGATIVE EMOTIONS #2
 NOT FOR TRAUMA



Procedures:

1. "I'd like to ask your unconscious mind to float up in the air, into the past and down into the event—right into Position #4."
 NOTE: This is not for trauma or phobia!
2. "Notice the emotion. What learnings are there? What do you need to have learned from this event, the learning of which will allow you to let go of the emotion easily and effortlessly?"
3. "Float back above the Time Line and go to Position #3, fifteen minutes before the beginning of the event, or any of the events that led to that event, and turn and look towards now."
4. "Now where is the emotion?* Where did it go? That's right, it disappeared."
5. *Optional test:* "Just float right down into the memory, and notice that the memory is emotionally balanced, or flat. Is the emotion totally gone! Good, come back up to Position #3."
6. "And come back to now only as quickly as you let go of all the (negative emotion) on all the events, all the way back to now. Assume Position #3, preserve the learnings and let go of the emotions, all the way back to now."**
7. Future pace.

* If emotions do not disappear, then reframe: "I know that there's a part of you that thinks you should have learned something from this event, and I agree that it's important for you to preserve all the positive learnings in that special place you reserve for all such learnings, and then it would be OK to let the emotion go now, wouldn't it."

**Note: When clearing fear 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."

TIME LINE THERAPY™
ANXIETY

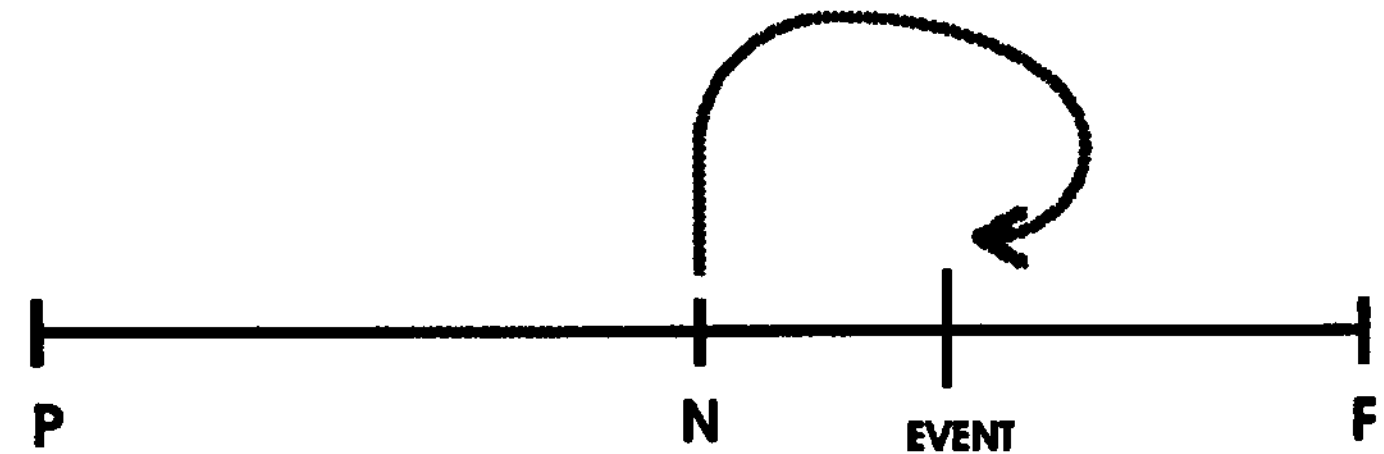


Diagram of a Gestalt:



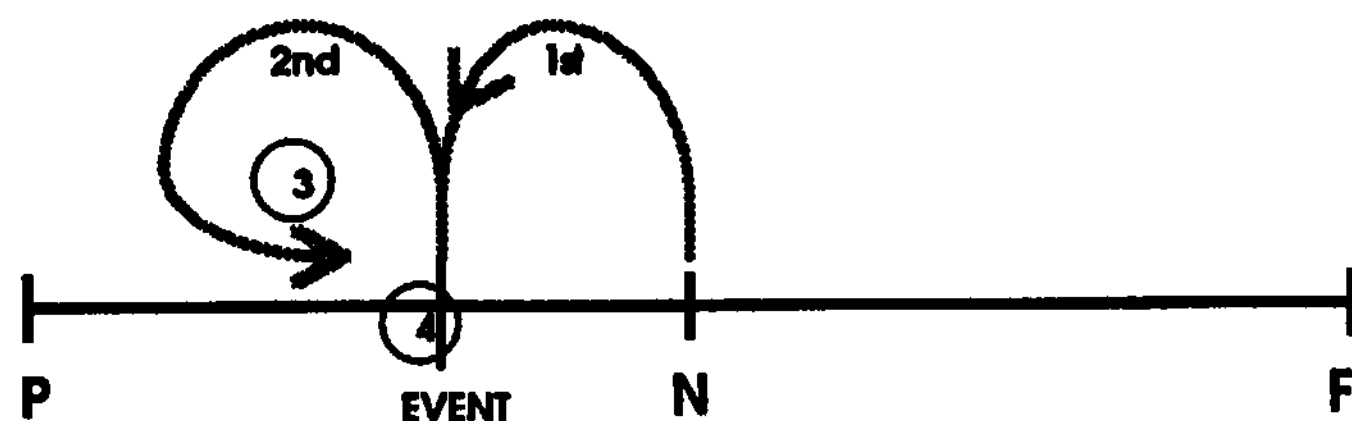
Procedures:

1. "Float up above the Time Line, and into the future 15 minutes after the successful completion of the event about which you thought you were anxious."
2. "Turn and look toward now, along the Time Line."
3. "Now where's the anxiety?*"
4. "Come back to now."
5. If desired, test by having them think about what used to make them anxious, and notice that the feeling is emotionally balanced, or flat.

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 caused by a Gestalt of memories (see negative emotions), and may be disconnected using that process.

TIME LINE THERAPY™ LIMITING DECISION



Procedures:

1. "I'd like to ask your unconscious mind to float you up into the air, above the Time Line, and back into the past and down into the event where you made this decision." NOTE: This is not for trauma or phobia!
2. "Notice what emotions are present, and also note if you are aware of the decision that was made there, too. Preserve the positive learnings."
3. "Float back up above the Time Line and go to Position #3, fifteen minutes before the beginning of the event, and turn and look toward now."
4. "Now where are the emotions?" And the decision, did it disappear, too?
5. *Optional test:* "Just float right down into the memory, and notice that the memory is emotionally balanced, or flat. Is the emotion gone? Good, and 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. Future pace.

* If emotions do not disappear, then reframe: "I know that there's a part of you that thinks you should have learned something from this event, and I agree that it's important for you to preserve all the positive learnings in that special place you reserve for all such learnings, and then it would be OK to let the emotion go now, wouldn't it."

**Note: When clearing fear 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."

TIME LINE THERAPY™ 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.

1. Elicit the Time Line.
2. Clear 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 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 now, and organize your Time Line in the new way."
6. Lock into place.
"And you know the sound that Tupperware makes when it seals? Just like that, lock it in."
7. Test and future pace.

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.

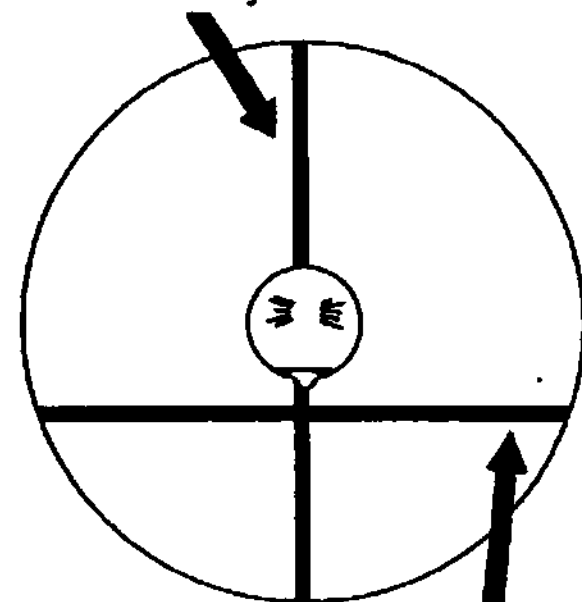
Stretches as far back as the original Time Line.

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

Client is located in Now.

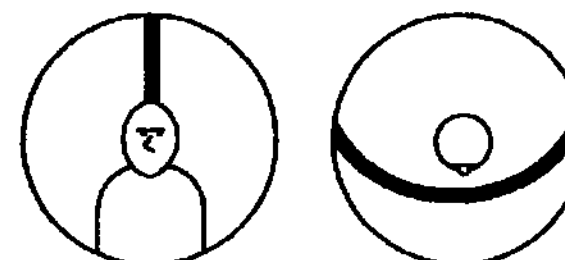
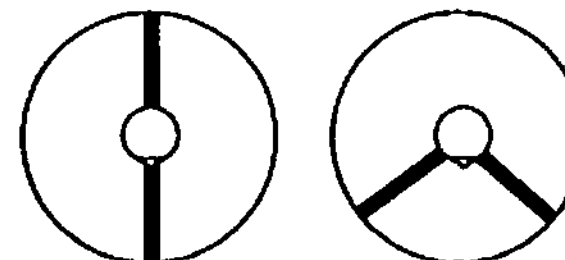


"IN TIME"
Part of time line
behind or
inside body.

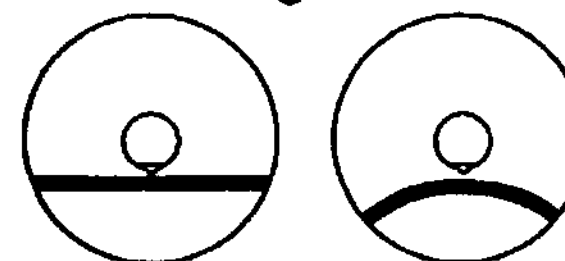


"THROUGH TIME"
All in front

In Time



Through Time



1. Your Time Line:

2. Set Outcomes / Goals:

A.

B.

C.

3. Clear any past obstacles

4. Insert into the Time Line

5. Notice the events realign to support new event

6. Pick up resources

7. Let go of the form

TIME LINE THERAPY™
S.M.A.R.T. GOALS

Goal: "An aim or an end in mind."

S

Specific
Simple

M

Measurable
Meaningful to you

A

As if now
Achievable
All areas of your life

R

Realistic
Responsible / Ecological

T

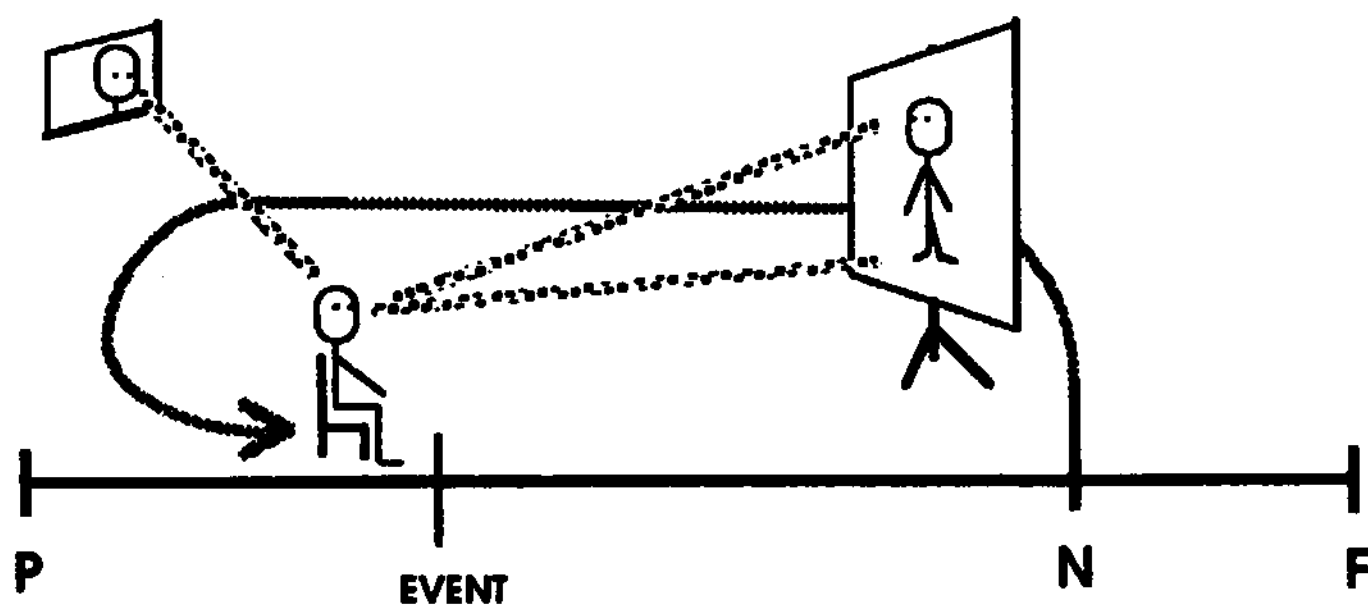
Timed
Toward What You Want

TIME LINE THERAPY™
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 a picture—
or Auditory representaion,
or Kinesthetic representation.
4. Step into the picture—associate.
5. Adjust the qualities—the Submodalities.
6. Step out of the picture—dissociate.
7. Take the picture and float above now.
8. Energize the picture with four deep breaths.
In through the nose, out through the mouth.
9. Float out into the Future.
10. Insert the picture into your Time Line.
11. Notice the events between then and now re-evaluate themselves to support goal.
12. Float back to now.

ADVANCED TIME LINE THERAPY™ FAST PHOBIA MODEL

1. Establish a resource anchor.
2. Acknowledge one-trial learning and client's ability to learn.
3. Discover strategy used for having phobia.
(Logical Levels of Therapy)
4. Using Time Line Therapy™ process, 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 6 - 8 until the client can't get the feeling (K) back, or until the memory is not accessible.
(If you are deleting a memory then give appropriate instructions.)
10. Check ecology. If necessary, use a swish. Test and future pace.



TIME LINE THERAPY™

WALL CHART #1

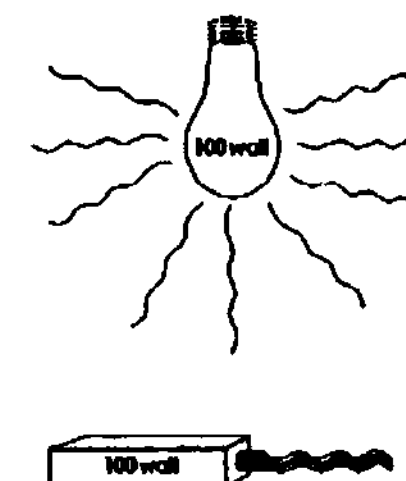
"Where there are negative thoughts
let there be reflection to the contrary."

— Patanjali, 600 A.D.

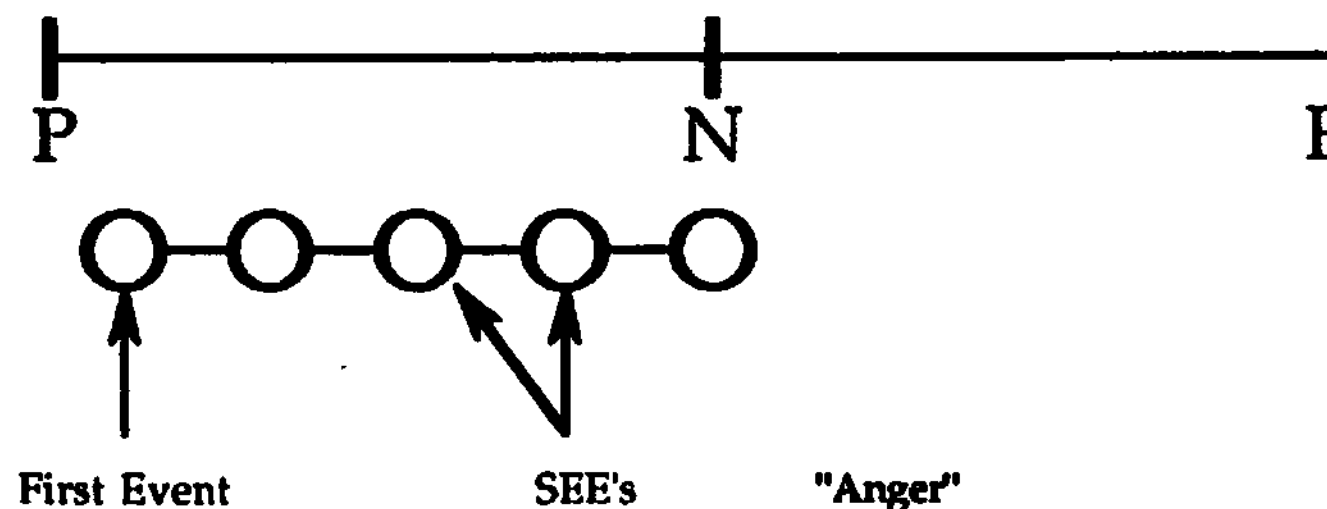
WALL CHART #2

If it ain't broke don't fix it!

WALL CHART #3



WALL CHART #4



**TIME LINE THERAPY™
TRAINING COLLECTION
VOLUME ONE:**

***Introducing the Art & Science
of Time Line Therapy™ Techniques***

- The History of Time Line Therapy™ Techniques
- Time Line Elicitation Methods
- Switching Time Line Location & Direction
- Past Lives & Karmic Influences
- Time Line Therapy™ Mechanics
- Balancing Emotions to Create Wellness
- Clearing Co-Dependency
- Clearing Out Money Issues
- Simply Ways of Changing Limiting Beliefs
- Working with the Future Time Line
- Creating Your Future™ Steps
- Creating Prosperity Now

(Six audio cassettes, Practitioner manual, \$79.95)

**TIME LINE THERAPY™
TRAINING COLLECTION
VOLUME TWO:**

***Mastering the Art & Science
of Time Line Therapy™ Techniques***

- Time Line Therapy™ Presuppositions
- Taking A Detailed Personal History
- Discovering the Root Cause
- Questioning Techniques and Scripts
- Advanced Parts Reframing
- Clearing Anger, Guilt and Sadness
- Clearing Fear, Phobias and Anxiety
- Clearing Limiting Decisions
- Creating Your Future™ Applications
- Time Line Therapy™ Techniques and Healing
- Cancer, AIDS and the Immune System
- Smoking and Weight Loss
- Bulimia, Anorexia, Herpes, Epstein-Barr, Hypertension
- Depression, Panic Attacks, Agoraphobia, Abuse
- Establishing A Practice and Selecting Clients

(12 audio cassettes, Master Practitioner manual, \$245.00)