

First Test Of Elicitation

Seven:14

"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 Mental and Emotional Release® 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?"