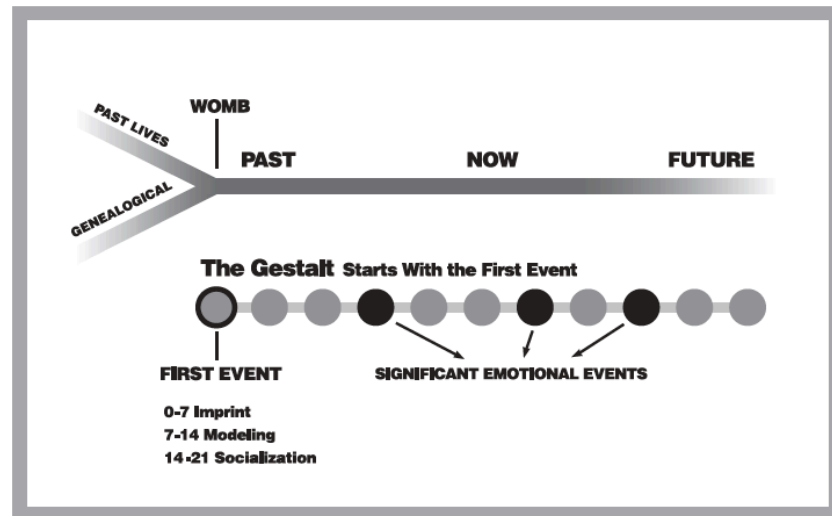# Discovering The Root Cause   Seven:15

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

1. **Ask:** "Is it all right with your Unconscious Mind for you to release this (emotion or limiting belief) 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 Belief, note if the client is at Cause. If not, then ask for the Limiting Decision that caused the Limiting Belief in question.