

STORIES OF TIMELINE THERAPY

TimeLine Therapy is a powerful technique to make changes in your life. Through timeline, we can go back to the past to heal and release events that are affecting your life today.

Look around you. Everything in your life, right now has been ATTRACTED TO YOU, BY YOU. This attraction happens from your actions, behaviors, beliefs, thoughts, and feelings.

Your thoughts affect your feelings, which affect your actions and behaviors. So if you feel insecure, you may have the thought: "they won't choose me" which leads to the action: "sit down and keep quiet", and then you miss out on an opportunity. Where did that initial feeling of insecurity come from? It came from a belief lodged in your unconscious.

Timeline Therapy provides a quick and effective way to reprogram memories and events of the past that are blocking you today, so you can move elegantly and powerfully into your future.

In a timeline session, we first identify 'where' your timeline is located in space. Everyone stores, in his or her mind, a physical location for the past, present and future.

Our memories are stored in various ways. One way we store memories is known as Gestalt. Imagine a file

cabinet, or organizing files on your computer. You may have many folders to organize your content. For instance there may be a folder for bills, another for personal items, and another for recreation.

Your mind stores memories in a similar way. You may have a folder for anger, another for fear, and another for grief. The first time you experience 'anger' you create a folder and put that memory in the anger folder. Then the next time you experience anger, the memory for this new event is stored in that same anger folder. Each time you have a similar experience, your mind puts those feelings/memories into the proper folder.

If we go back to the 'root cause' which is the first time that anger folder was created, and we can 'heal' that event, it will automatically heal all similar events stored in that folder. Essentially, it is like wiping out all anger moments from that point forward.

It is as if you went to the 'anger' folder on your computer and hit 'delete' and POOF, the anger folder disappears, along with all the content. You will still have the memories. They do not disappear. But the feelings associated with them, and the effects they have on your life, will no longer be the same. They will no longer block you from moving forward.

When you travel back in your timeline to the root cause, you may go back to when you were 2 or 3 years old. Some people think "oh, its that time that horrible thing happened when I was 25", but usually it is an earlier event that occurred before 5 yrs of age, and often it is an

event you do not even remember. You may even travel back prior to birth. Some people travel back to the womb, or before. How is this possible?

It depends upon your beliefs. Some people experience this journey as a 'past life' regression, while others believe they are experiencing memories passed down through the genetic code, from their ancestors. Or perhaps it is simply a metaphor that the unconscious mind creates to bring up and resolve this past issue. The unconscious mind loves to work with metaphors and symbols.

Whatever the case, whatever your belief, timelines do work. They have amazing results.

Below are a few brief summaries of actual Timeline sessions.

TIMELINE ONE: Releasing Blocks

A spiritual woman near retirement age had separated from her husband after over 30 years of marriage. She was dis-satisfied that her husband was not interested in joining her on a spiritual journey of self-awareness. For the first time in her life she drove a car a short distance out of town, after buying a GPS guidance system, which she was still learning how to use.

This woman was from South America, and had a history of being a 'healer' in the sense that she used natural foods and herbs for healing the body. She "spoke" with

her hands as she shared her stories. Her arms would rise into the air and begin a kind of choreography dance, using motion to communicate.

In our timeline session she wanted to discover what was blocking her from pursuing her desire to apply the knowledge of healing herbs to help others. As soon as she 'got in touch' with this feeling of being stuck, her hands began to feel cold. She recalled that her mother's hands were always "so cold, so cold, so very, very cold". We walked back in time to find the 'root cause' of this issue, and she went all the way back, before birth.

When she arrived at this root cause, she described it as being very dark and cold, and she could not see. She did not know where she was. I asked if she was in the womb, but she was barely verbal. All she could describe were her hands. They were very, very cold, almost freezing. As she continued to feel the coldness, and was unable to see, I noticed her eyes physically changed, glazed over, much the way a blind person's eyes might look, as if she truly could not see.

I asked her if she were in the womb, or in a past life. She did not believe in past lives, but thought she had traveled back through her ancestry and was now experiencing her mother's life.

We stepped off the timeline, and still she could not see, yet she knew it was her mother lying there on the timeline, and that was where we had traveled; back to the root cause, back to her mother's life. We were doing this timeline outdoors. It was a bright sunny day, and the

sun was warm. Since this woman was a healer who used her hands, and the sun was warm, I suggested she use the warm energy from the sun to warm up her hands. She raised her arms to the sun, and her hands began to craft the most beautiful dance, waving to the sun, as she welcomed the warm energy into her own hands and began a movement to heal her body. As she continued her hand-choreography she directed that energy down towards the timeline to heal her mother. She continued this ritual for several minutes, her eyes still glazed over.

When this ritual was complete, she stepped back on the timeline, and we began to walk forward to bring this healing through time to the present moment. As we continued walking her eyes began to clear, she began talking again, and her energy increased.

As we arrived at the present moment on the timeline, her eyes were shining and clear, she was smiling and laughing, and vibrant! She wanted to rush off to her car that instant and head back to get started on her new career. Nothing could stop her!

Now some may feel this was an illusion, a made up story, simply a fantasy. Did this really happen?!?!?

I can tell you the story above really happened, just as it was related above. As you travel back in time, people often travel pre-birth, to the root cause. Some people believe in past lives. Some people believe they are traveling back through the ancestry to their mother, father, or grandparents.

Since our genetic code is passed down from generation to generation, including memory, it is possible that issues such as anger (see the next story) could be passed down through the generations in our genetic memory. You may know someone who is 'just like his father' or 'just like her mother' and you attribute this to his or her "inherited" traits.

It is possible we have lived a past life, and that karma is passed forward to this lifetime. Or it is possible that these stories are simply 'metaphors' created by the unconscious mind, as a way of bringing up and healing issues from the past. The unconscious mind loves to work with symbols and metaphors.

Whatever the 'truth', it does not matter. The fact is, timelines work. They allow us to heal the past, which changes the present, and allows new possibilities for the future.

TIMELINE TWO: Releasing Anger

A Christian woman in her mid-thirties was a devout follower. She had experienced psychic abilities, which she had stifled because they were in conflict with her religious beliefs.

She felt a great deal of anger towards her husband and did not know why. She wanted to find the root cause in the past, to release it. As we traveled back in time she walked past her birth and continued to travel. I asked if she were in a past life and she said "no, that does not fit

into my belief system". So we started over and tried again to find the root cause. Three times, and each time she walked all the way back before birth.

She finally came to the conclusion that there must be something in her ancestry, something passed down through the generations. As we tried a fourth time, she made it back to the root cause. She had traveled back to her grandmother at the age of ten. She snapped into the present and said "Something happened to my grandmother at the age of ten, something in her family, which made her very angry. And now I have that anger in me! I am going to go call her right now to see what happened!".

Now it was interesting that this woman had been adopted and did not even know her biological parents until later in life, when, as an adult, she tracked them down. She had contacted her grandmother before, but only briefly.

A few days later this woman called me back to confirm that she did contact her grandmother. That phone call revealed that indeed, something had occurred in the family history that made the grandmother very angry at the age of ten!

Was this truly a visit back through ancestry? Was this a memory stored unconsciously, passed down through the genetic code? Was it a metaphor from the unconscious mind?

The "truth" of the story was less relevant than the fact that this woman was able to experience something from

her past that was causing obstacles in her life today, and was able to fit it into her model of the world and bring it to light so that it could be healed.

TIMELINE THREE: Pursuing Dreams

This woman, nearing retirement, regretted that after a lifetime of helping others achieve their dreams, she had neglected to pursue her own personal dreams of creativity. She was in conflict: Should she take early retirement to pursue her dreams now, or continue a few more years in an unrewarding career that was draining her life force? Was it too late to pursue the creative dreams she so desired?

Even if she did retire now, there was an obstacle, something stopping her from moving forward and expressing her creativity. She wanted to find that block and remove it.

As we traveled back on the timeline, she returned to the moment of her birth. This was a scene with several family members, and each member had their own personal issues in need of healing.

As we looked upon this scene of the past, we ran through a process to summon up resources and heal each and every person.

Once this was complete, we brought those resources forward through time to the present moment. After our session the woman was light and joyous. She was

excited about starting a creative project. She did not take early retirement, yet her creative project is now well underway! She found a way to make peace with her current situation, and at the same time, her creative desires are now being fulfilled.

The shifts that can occur from traveling back in time and healing the past are amazing. You may find a root cause is something you did not expect, and that a moment of healing can make a profound difference in your life today.

TIMELINE FOUR: Finding Focus, Finding Peace

This woman was a middle aged health care provider. A successful career woman, she had divorced after an abusive marriage, yet managed to help thousands of others improve their life. Still, she felt something was missing.

She was very lonely, and had a pattern of 'acting out'. She managed to cause distractions and create drama wherever she went, in business, in school (she had returned to obtain another degree) and in her social life.

Her distractions and dramatic crisis were causing problems in her ability to focus and complete her schoolwork. She wanted to get at the root cause of this issue. As we traveled back in time, she went back to the womb, to the root cause.

She recalled a time when her parents were discussing whether or not to have an abortion. She felt she was an

unwanted child, and as she curled up in the womb, her parents were arguing. She described how her father punched her mother in the stomach, and how she felt the pain of that blow inside the womb.

Using the techniques of Hypnosis and NLP, she was able to summon up resources to heal all of the participants involved, her mother, her father, and herself. Then we brought those resources forward through time to heal all similar events into the present moment.

After this timeline, she was a different person. Her demeanor was very calm and collected. She was quiet and focused. The frenetic energy was gone. She became self-reflective. Her ability to concentrate improved, and she seemed much more content with her life in general.

The 'side effects' of timeline therapy are tremendous. There are many reports of friends and family "changing" after clients experience the timeline for themselves. The old adage "when you change yourself, the people around you change" is absolutely true.

The woman who left her husband after 30 years ended up going back to work it out. They were able to reconcile their differences and later, when he was diagnosed with cancer, she was there with him, offering her nurturing skills through those difficult times.

The woman who wanted to express her creativity found she was able to do so without cutting her career short, and she was able to find peace with people around her.

To quote Richard Bandler (co-founder of NLP):

“The greatest error of all is in thinking that the only way for you to feel good in certain situations is for someone else to behave in a certain way”

**You cannot change other people.
But you can change yourself.**