

TIME LINE THERAPY™

(PART 2)

With my model airplanes, the funny thing was that in the past, even when all the pieces were there, I couldn't see that last piece. It was as if I couldn't see it. Why? Because I had already decided that it wasn't there, so my unconscious mind blocked it out of my awareness.

All our decisions filter our awareness. All our limiting decisions can keep us from experiencing the full range of choices that we really have. Some people always find a parking space, by the way, and I'm one of them. I always find a parking space. I decided that a long time ago. I decided that wherever I go, I find a parking space. Now I know people who never find a parking space. I know people who say, "I never ever find a parking space." You know what...if they drove into a half empty parking garage in the middle of the night, they wouldn't see the parking space.

Don't you see, we make decisions in our past and they run our lives in the present and our future? So what kind of decisions did you decide in the past that limit you that you want to get rid of right now? Do you understand that if you've made a decision that its not OK for you to have a relationship that works, and someone who is absolutely perfect for you walks into your life, you'll never even notice them, because you'll be waiting for the relationship you're in to fail. If you had decided that it wasn't OK for you to make a lot of money, and the most incredible opportunity for financial gain came your way, you'd miss it! Because you'd be looking for what won't work, and you'd be looking in all the wrong places.

At one of my seminars, I worked with a medical doctor who had a real problem with his children. He thought they were out to get his money, because he did make a lot of it. In the The Secret of Creating Your Future Seminar, we changed his decision that he had made in the past. He actually made the change inside himself -- changing his decision. Do you know what happened? His kids changed how they acted toward him. You see, you get what you focus on, and he was in the past focusing on how bad his kids aware to him. Because he changed the decision he made about them he actually began looking for the good things in his relationship with his kids. What happened next was that they actually began to act differently toward him.

I worked with a woman named Patty who believed that she didn't deserve to have a good relationship with a man. I said, "how do you know that?" She told me all about her ex-husband, and the abusive relationship that they had. One of her problems was that she had very low self esteem due to a decision she made in the past that she didn't deserve a good relationship. We cleared that decision in the same way as we are going to clear out any limiting decisions you might have made. Six months later Patty was in a loving relationship with a man, and is very happy and satisfied, and knows she deserves it. I think that they might even get married.

Perhaps you decided in the past that it wasn't OK FOR YOU TO HAVE A LOT OF MONEY. One of the salesmen I worked with just wasn't making enough money. For his entire life he felt like he hadn't made enough money. During his entire career in sales he felt like he never got anywhere near his full potential. Well, we discovered he

had made a decision about money when he was in the womb. When he cleared that decision, and re-evaluated all the events between then and now, as we're going to do together on this tape, his income doubled in the next 30 days.

Another sales person was the number seven out of eight sales people at this car dealership. He had decided that he wasn't good enough to sell Mercedes Benz to rich people. He felt inferior socially. I asked him when he decided that. He remembered that at a young age he had accepted when his mother told him that their family would never make a lot of money. We cleared that decision, and by the end of that month he was the number one sales person. And John was the number one sales person at his dealership for more than half the months of that year. And he just decided that, "Hey, I deserve to make a sale, to anyone I choose, my social status doesn't have anything to do with it. In fact if they're going to buy a Mercedes, they might as well buy it from me, because I give better service."

We make decisions, and many of them are really absurd. Silly things like its not OK to make enough money! How bizarre. It's important for you to know that this is a totally abundant universe. You live in a society that has more money than any society in the history of the planet. It is impossible for you to not make enough money. If you live anywhere in Western Europe, North America, Australia, New Zealand, and most of the other free countries of the western world, it's impossible for you not to have enough money. What's keeping you from making money are simply the decisions that you've made about yourself in the past, such as, "I'm not good enough," or "money is no good," and the like.

One way you can tell if you have made a limiting decision is if you often hear yourself use the use the word, "can't," with regard to the things you want to be or do. Do you ever say, "Gee I'd like to do better but I just can't," if you do that it may be there's a limiting decision which we need to clear. Maybe you decided "I can't have good a relationship," or "I can't have long term relationships." How many times do you say I can't have that or I can't do that.

So, as you think about it, ask your unconscious mind, have you ever made a decision about yourself which causes you to think that you're anything less than totally magnificent? Now, I know that you are a totally magnificent being, and I truly believe everyone is, or can be magnificent. But some of us have decided somewhere along the way that we're not that good. "Oh I'm not that good, I just sort of get by." Or maybe you decided that you were anything less than totally magnificent. The limiting decisions we've made in the past keep us from making decisions in the present that make it possible for us to create our future the way we want it, and those are the ones we want to get out of our past -- we want to clear all of them out.

Did you ever decide to be clumsy, to be a slow learner; to be helpless; lazy; stubborn; you would always have bad luck; that other people wouldn't like you; that you were not good enough? So what we want to do right now, is to clear up those things those silly little things that keep us limited. Because, look I'll tell you what. So think about this for a moment. What kind of decisions have you made in the past that limit you? What kind of decisions do you need to clear here that will allow you to begin to express your magnificence.

You know, at some point, you're going to finally pick up the ball and run with it. You have a destiny -- something to do, and you're going to get on with it one way or the other. Do you want to do it kicking and screaming, or happily? At some point it's going to be time for you to get on with it and stand up -- to stand in your own spotlight. Now I'm not going to suggest that the time is now! I wouldn't suggest that to you, but I would suggest that there might be some decisions about you and your ability that are keeping you from having what you want in your life that could use some cleaning up. Think of all the limiting decisions you've made in your life. How many were recently? Even last week.

So what it is that holds you back? What kind of decision do you want to let go of? Limiting beliefs often limit us and keep us from being able to create the future being the way we say we want it. Do you have any limiting beliefs? Maybe you believe it is not OK for you to feel good about yourself, or not OK for you to experience your magnificence. Maybe you believe it isn't OK for you to be brilliant, or not OK for you to express yourself clearly, or not OK for you to be able to have good relationships...or maybe you believe that you can't have good relationships -- with your children, or with the opposite sex.

Karen used to ask, "Why does this always happen to me?" And of course it did happen to her!! Do you believe that something always has to happen to you? What we find is that after Time Line Therapy techniques things are different. We do this all the time. Have you ever said, "I can't find the car keys." That's a belief. Then someone walks up, and said, "Here they are right under your nose." As you said that you couldn't find the keys, you gave instructions to your unconscious mind to ignore the keys. So even if the keys were right under your nose, you wouldn't find them.

All our beliefs filter our awareness. All our limiting beliefs can keep us from experiencing the full range of choices that we really have. Some people always find a parking space, by the way, and I'm one of them. I always find a parking space. I decided that a long time ago. that wherever I go, I find a parking space. That became a belief. Now I know people who never find a parking space. I know people who say, "I never ever find a parking space." You know what...if they drove into a half empty parking garage in the middle of the night, they wouldn't see the parking space.

Don't you see, we make decisions that create beliefs and they run our lives in the present and our future. So what kind of beliefs did you create in the past, that limit you that you want to get rid of right now? Do you understand that if you've have a belief that its not OK for you to have a relationship that works, and someone who is absolutely perfect for you walks into your life, you'll never even notice them, because you'll be waiting for the relationship you're in to fail. If you believe that it isn't OK for you to make a lot of money, and the most incredible opportunity for financial gain came your way, you'd miss it! Because you'd be looking for what won't work, and you'd be looking in all the wrong places.

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ANXIETY

For decades, Anxiety has been one of the most common complaints to Psychotherapists. If it persists over some time, Anxiety can interfere with work, relationships and even our sleep. For some, if Anxiety reaches the stage of panic then it can be really disabling.

The emotional basis for Anxiety is Fear. Unlike Fear, which relates primarily to the past, Anxiety is a future oriented emotion. So, Anxiety is basically Fear of the future.

The physical manifestation of Anxiety may be one of the more distressing features of the emotion. Generally, the symptoms include increased rate of breathing and heart rate, shaking, sweating, being light headed, tingling and numbness in the hands, feet, arms and legs—even choking symptoms. Because of its physical manifestations, Anxiety is almost impossible to ignore. It can be even tougher to overcome on your own.

The procedure for treating Anxiety is as simple and easy as any other Time Line Therapy™ technique. The process can be done by children as young as age 3 and adults as old as 90 years. Simply put, we treat Fear first and then Anxiety. The two emotions are, however treated differently.

Using Time Line Therapy™, Fear (related to the past) is treated in the same way as any other negative emotion — it is released using the process for releasing negative

emotions. Anxiety, although relating to the future can also be released using Time Line Therapy™, although the procedure is different. Simply put, the client is asked to imagine floating above his Time Line and to go to a point above and after the "successful completion" of the event. In most every case, the Anxiety disappears at that point.

Time Line Therapy™ is so effective in treating Anxiety, that it has been used by the Russian Psychologists to treat the soldiers traumatized in the Chechin war. The results included, "Solving of individual problems of participants-decreasing of anxiety and depression, reestablishment of the cycle 'sleep-awaking'!..."

(Courtesy of T. James)