

Be Limitless Hypnosis Presents

Timeline Technique

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Timeline Technique Explained

The timeline technique is an easy way to release negative emotions and beliefs. While simple, it is extremely powerful and effective. It works by giving the unconscious mind an opportunity to gather wisdom from a higher perspective which makes the negative emotion obsolete and no longer necessary. Imagine a boy whose cat got hit by a car. (Just a story - Not real, y'all) Now he's terrified to cross the street because he doesn't want to get hit by a car. Now, if he's always too scared, he won't get hit by a car but then he can never go anywhere. Until he learns how to safely cross the road with a pedestrian crosswalk or to look both ways, the fear does serve a purpose. It's like a default protective mechanism. Once he gathers the learning or wisdom, he no longer needs the fear to protect him. The timeline technique works in this fashion. Your client is guided to float above an event on their timeline, to see things from a higher perspective and gather the wisdom which allows them to let go of the fear or anger or guilt etc.

It works the same way for limiting beliefs or, as we call it, a limiting decision. A limiting decision is a decision that was made just prior to the creation/ adoption of a limiting belief. As if to say, "I've decided that this must be true." (for me, of men, about the world)

Examples of limiting decisions: I'm not good enough. I don't deserve X. Decision to overeat to feel love or avoid stress.

Examples of negative emotions: anger, sadness, fear, hurt, conflict, guilt

Identify what emotions or limiting beliefs your client wants to get rid of. (Client interview)

Pretalk (Explain to your client)

When we have physical pain, what purpose does it serve?

Response

To let us know we need to get healing, get the bone set, lance the abscess, take the medicine

Now once we get the healing, what happens to the pain?

It goes away. That's right. Pain is always to get our attention to get healing and once we've healed the pain is no longer necessary.

Emotional pain is the same way. It's trying to get our attention that we need to heal. Often emotional healing comes in the form of 'learning the lesson'. A wounded inner child may think it needs fear to protect them from danger. But once we have the wisdom to know what to avoid (hot stove, traffic) we don't need to feel the fear any more because the wisdom will protect us, guide us and keep us safe instead. Once we've received the learning, the lesson and the healing, the emotional pain is no longer necessary because we now have the wisdom and understanding to protect ourselves and make healthier choices.

This process is done completely by your unconscious mind. You unconsciously made these decisions and your unconscious mind implemented them into your programming and habits without your conscious awareness. That means your unconscious mind can re-evaluate the event, see it from a higher perspective and gain the wisdom it needs to protect and guide you, and let go of the limitation or no longer necessary pain.

One way to imagine this is to think of a string of pearls. Imagine holding up a string of pearls and cutting the knot off the end. What happens to all the pearls? They fall off, right? When we release the root cause of the issue, we still have the memory and the experience of the event (the string) but the pearls, the emotions attached to the event, can simply fall away.

You will imagine floating above the timeline of your life. You may choose to see this like a railroad track where each railroad tie is a separate event or memory from your life. This timeline goes all the way from the day you were conceived to today sitting in my chair. We will take a test flight.

Then I'll bring you back here to ask your unconscious mind some questions. Remember, your unconscious mind can process millions of bits of information per second. An answer may pop in your mind and your conscious mind might not have any idea where that answer came from. Trust that your unconscious mind knows exactly where it came from and don't try to analyze or block the answer which your unconscious mind has provided.

Timeline Process

1. Simple Hypnosis Induction

Take a deep breath and close your eyes down.

Bring your attention to your breathing.

Focus on the air going in and out of your lungs.

And at the same time focus on the air going in and out of your nose.

While you focus on both of those, imagine the air is filled with a color of light that you find relaxing and that as you breathe it in it relaxes your lungs and as it circulates through your body it relaxes every part of you.

And as you continue focusing on your breathing and the color,

Silently in your mind, silently begin counting backwards from 100

And in between each number say "relaxing more"

And as you're focusing on your breathing, and the color and the counting and relaxing more

You'll find within just a few short numbers that you do indeed begin to feel relaxed calm, peaceful

And you can just let the numbers go.

That's right.

Going deeper and deeper.

2. Test Flight

Imagine floating up out of your seat, higher and higher and you can see yourself down below you sitting in the chair. Now imagine, visualize or think about a railroad track and that this is the timeline of your life and that each railroad tie is a separate event or memory from your life. As you're floating above your timeline, you can float back five years, float back ten years or even 15 years. Now turn around and face the future where you see yourself sitting in that chair in (Serena's) office. Float back 5, 10 15 years above your chair. Now float higher and higher and higher until the whole timeline of your life is only one inch long. Now zoom back down into your chair.

3. Questions - Ask Rapidly (you want their subconscious to answer)

Is it okay for your unconscious mind to release this no longer limiting (decision/ negative emotion) of _____ (to be overweight/ sadness) now and for you to be aware of it consciously? Yes or no

Wait for response

****If yes continue (If no, see #6)**

"If your unconscious mind were to know where was the root cause of _____, was it before, during or after your birth?"

Client Response

Continue with the following clarifying questions

(If after) "How old are you?"

(If before) "Was it in the womb or before?"

(If in the womb) "At what month gestation?"

(If before) “Was it a past life or generational?”
 “How many lifetimes ago?” OR “How many generations ago?”

4. Release Process

Now float up above your timeline and allow your unconscious mind to take you back above that event (age or generation - wherever they said) Float right above that scene. Double check with your unconscious mind, “Is there any event before this event?” See that string of pearls, follow it all the way to the knot at the end and cut off the knot.” Now float as high as you need to above this event to feel completely safe, connected to universal intelligence and divine wisdom. Allow your unconscious mind to gather all the learnings it needs, the learnings of which will allow you to release this NO LONGER NECESSARY decision/ emotion of _____, the learnings which you can keep in your heart, the learnings which will guide you, protect you and keep you safe. When you feel that you’ve gathered these learnings, remember you don’t have to do it consciously, your unconscious mind knows exactly what to do and how to do it. When you get a sense somehow that your unconscious mind has gathered these learnings just say, “Okay, I’ve finally got it.” Now float back in time 2 days (you can change this time period) before this event or any of the events that led up to this event. Looking at it from that perspective of it hasn’t even occurred, is there any of that old (decision/ emotion) or IS IT SIMPLY GONE?

Client Response

Now float down into the event to double check and make sure, is there any of that old decision/ emotion or is it simply gone?

Client Response

Now float up above that scene coming back to the present moment stopping 2 days (time you chose) before each and every subsequent event where you used to experience that old emotion/ decision but now allowing your unconscious mind to re-evaluate all of those events in light of your new wisdom and new understanding, coming back only as quickly as you can integrate those changes, dropping down in your body and letting me know when you’re here.

5. Test Results

Now think of a time in the recent past where you used to feel that old emotion of _____ and see if you are able to feel it or you may SIMPLY FIND THAT YOU CANNOT.
 Response

6. If no to question “Is it okay to let go of this no longer necessary feeling/ decision of _____

Explain once again that the unconscious mind has been confused and thought it needed the (fear) to keep you safe. If the unconscious mind could protect you and keep you safe in all the ways it’s been trying to and in all the ways that are most important, would it be okay to let go of the FEELING of (fear)?
 (I’ve never had this not work)

Go Back to #3

Flying the Timeline - Bringing Positive Resources to Past Events

Once your client has released their negative beliefs and emotions, they can take positive emotions back to their younger selves and transform their timeline even further. You can identify what emotions your client wants specifically although the following work really well. By giving their younger self love, happiness and peace, it transforms how they feel, look and interact with others. It's a powerful and lovely experience.

The way we do this is to create a kinesthetic anchor. (Refer to NLP 101 course) Anchors are associations made by our subconscious mind outside of our conscious awareness. For example, a certain flavor ice cream may remind you of your grandma and just tasting it or thinking about it may make you feel happy. A hospital may remind you of a loved one who died and just driving past a hospital may cause you to feel sad. Anchors are happening everywhere all the time. Most of the time we are unaware of them and we often don't know why we feel nervous or uptight or down for no reason. And the truth is, when it comes to anchors, there isn't a logical reason. It's just an anchor, just an association that gets triggered and often doesn't have anything to do with what's going on in your life currently.

The unconscious mind is so powerful and so fast and specific, it can set up very nuanced and specific anchors which are only triggered under specific conditions. It knows what that perfume smell means instantaneously and can take you back to that wonderful feeling of being in love in a mere second. The wonderful thing about anchors is that we can create them with and for our clients and use them to trigger positive feelings on command! They truly are magic.

To establish an anchor, you first have to have the client generate a positive feeling. This can easily be done by having them remember a time when they felt love or felt happy etc. Once they have identified a positive memory, associate them into it by having them picture themselves being there, seeing what they saw, hearing what they heard and feeling the good feeling. Once they are feeling the good feeling, you can create kinesthetic anchor which can easily be triggered or fired in the future and bring them back to this good feeling automatically. A kinesthetic anchor is a feeling anchor. It is established through touch. A simple way to do this is to have the client squeeze their finger and thumb together or squeeze their hand into a fist.

Establishing Anchors: Love, Peace, Happiness and Courage

Allow your unconscious mind to bring up into your awareness any memory, any time with anyone where you felt X. (i.e. Love) It doesn't matter when it was or what you were doing. All that matters is that you felt X.

When you can think of a memory like that, nod your head.

Really put yourself in that memory right now.

See what you saw. Hear what you heard. Notice where you feel that feeling in your body.

Let that feeling get bigger and spread and grow. Bigger and brighter.
 Take your hand and squeeze it into a fist. (or finger and thumb) The more you squeeze, the more you feel it. The more you feel it, the more you squeeze.
 Repeat for love, peace, happiness and courage - Stack these anchors.

Taking Positive Emotional Resources To The Past

Now imagine you are holding a bouquet of balloons. There's one color for the Love, one color for the Peace, one color for the Happiness and one color for the Courage. Now I want you to imagine floating up above your timeline and float right back to a time when a younger (client's name) could have used these the most. Imagine floating right down into that event and handing your younger self one of the balloons with the love. Notice the changes in her / his facial expression and body language. Now hand her/ him the balloon with the courage and notice the changes again. Hand her/ him the balloon with the happiness and the peace noticing the changes. Go ahead and hand out balloons to anyone else who could have used these like family members or friends. Now I want you to look up at your balloons and notice that there's more of them than before. That's right, because what you give away you have forever. And just go back and forth along your timeline stopping any time you could have used those resources in the past and hand out those balloons noticing all the changes, allowing these resources to transform these events and all of the decisions and meanings that came out of them. Continue handing out these balloons all the way through time coming back up above the chair where you're sitting now.

Now I want you to imagine you're floating into the future 10, 15 or 20 years. Imagine floating down in front of a house and as you begin to walk up to the door, the door flings open and a young (boy/girl -same sex as client) runs out and jumps in your arms. At first you think this is your higher self but you notice your higher self is right there beside you. Then you realize this is your granddaughter (niece etc. as appropriate) Your daughter appears in the door way and she looks deep into your eyes. In her eyes are feelings of love, appreciation and gratitude. And silently she mouths the words, "Thank you. Thank you for a life full of love, and happiness, a life without sadness or anger or any of that other stuff." And you see the legacy of you right here, in this moment, a legacy of love, peace, happiness and courage. And the three of you hug tightly, drinking in this moment, imprinting the magnitude onto every cell of your being.

And when this moment feels complete and only when you're ready, float up and back above the chair where you're sitting, float down into your body and when you're ready, open your eyes.