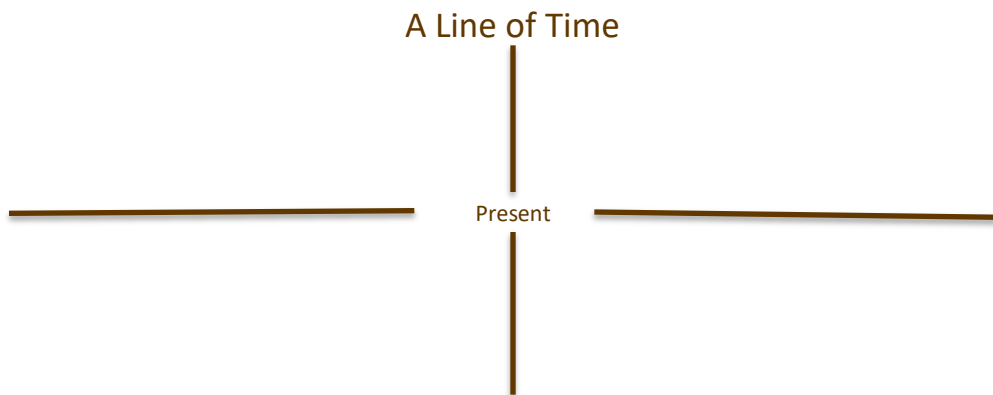


Hypnotic Timeline Travel



Discover and note your client's specific line of time (This may change according to day, mood, aspect of an issue, etc.)

1. Suggest clients close their eyes (to block out visual input) and focus on their line of time.
2. Suggest client float above (dissociation) the present time and float back/over/down/etc. (as appropriate) to:
 - A specific date/time
 - A specific event
 - A significant event
 - A time when _____ (they felt confident, happy, clear...or... felt this sadness, this anger, this fear...)
3. Enhance the good elements. (Fill up with that confidence, notice how you stand and sit and breathe. Look around and notice what created that result...) Bring that to the present.
Work with the troubling issues. (Drain the color out, but realize what was learned. Keep everything you learned then open the **emotional drain** underneath the event and drain out all the emotion attached to it. Leave the emotion, keep the learning, and bring back the wisdom.
4. Float over/forward to the future and notice how you will apply this new wisdom, understanding, confidence...etc. to the situation in your future. Experience it. Rehearse it...once or more.