



## Module 3: True-me® Method II: Class #2

### RELEASING OBSTACLES TO YOUR CLIENT'S FUTURE

You have probably reach the most impactful lesson of all- for your clients, but also for you as a Coach. When the work in this part of the process is done \_\_\_\_\_, you will be helping your clients liberate themselves of a \_\_\_\_\_ they have \_\_\_\_\_ from some time, if not years, and that have put on them a heavy \_\_\_\_\_.

Thus, when we refer to obstacles, we are practically talking about \_\_\_\_\_ emotions and \_\_\_\_\_ beliefs, that might keep the client hostage to an \_\_\_\_\_ and unpleasant reality. Only when those blockages are lifted is your client \_\_\_\_\_ to follow any path he/she desires.

At True-me® Breakthrough Coaching we believe that releasing any \_\_\_\_\_ requires the coach to be \_\_\_\_\_ him/herself.

The more you have \_\_\_\_\_ with yourself and the more



\_\_\_\_\_ you are in your living, the more you will be able to  
\_\_\_\_\_ your clients.

For that, it is imperative that you go through this process \_\_\_\_\_, so that  
you are at your \_\_\_\_\_ game. You own this to \_\_\_\_\_  
and your \_\_\_\_\_.

In spiritual psychotherapy, the most important \_\_\_\_\_ emotions that  
anyone can have are the following five: \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

All the other \_\_\_\_\_ emotions are \_\_\_\_\_ from one of  
the above. Thus, when we release them \_\_\_\_\_ by one, all the others  
will normally \_\_\_\_\_.



Nevertheless, when a client is \_\_\_\_\_ to feeling a specific negative emotion (i.e. \_\_\_\_\_, \_\_\_\_\_ etc.), it is advisable that the coach release them as well, so the \_\_\_\_\_ and \_\_\_\_\_ mind of the client can make a note of it – thus allowing it to never play a significant role anymore.

To be effective in this work, you will be using with your client a technology that we call “releasing blockages to an amazing future®”.

## **RELEASING BLOCKAGES®**

Ask the client to close their eyes. This helps them \_\_\_\_\_ on themselves and make it easier for them to gain awareness of their \_\_\_\_\_ “talking” to them. It is important that the clients learn how to \_\_\_\_\_ to themselves and you will be teaching them exactly that, by doing this process.

You will first need to elicit the Life Line (LL) of the client. Questions that you can use to achieve that are:



- *If I was to ask you, “where is your \_\_\_\_\_”, in what direction would your hand show me?*
- *If I was to ask you, “where is your \_\_\_\_\_”, in what direction would your hand show me?*

Ask your client to imagine that the \_\_\_\_\_ and the \_\_\_\_\_ are connected with a line. If the line is not straight at the moment, please make it straight for easier results. You can explain to your clients that this line implies a linear, \_\_\_\_\_ organization of their memories, so that you can access them easily and work with them.

Once the Life Line (LL) is determined, inform the clients you will ask them to \_\_\_\_\_ over, so as to have them take their first \_\_\_\_\_.

- *Climb your Life line and face your \_\_\_\_\_. Start moving towards the \_\_\_\_\_ – can you do it?*
- *Now, turn and face the \_\_\_\_\_. As you are there, start going backwards towards the \_\_\_\_\_, but facing the \_\_\_\_\_ – can you do it?*



- *As you do that and continue going to your \_\_\_\_\_, start going also upwards, in a \_\_\_\_\_ way – can you do it?*
- *Now, start coming to the \_\_\_\_\_ moment, and \_\_\_\_\_ when you arrive to today – can you do it?*
- *Excellent, now start going upward, up, up, so far away that your Life Line is now a \_\_\_\_\_ - can you do that?*
- *Alright, come back to previous position allowing your Life Line to be again a \_\_\_\_\_ – are we ok?*
- *Face now your \_\_\_\_\_ and start moving towards your \_\_\_\_\_ - can you do that?*
- *Face now your \_\_\_\_\_ and move towards your \_\_\_\_\_. When you reach today, come \_\_\_\_\_ of your Life Line and open your eyes.*



If all has gone well, the client is ready for the actual process.

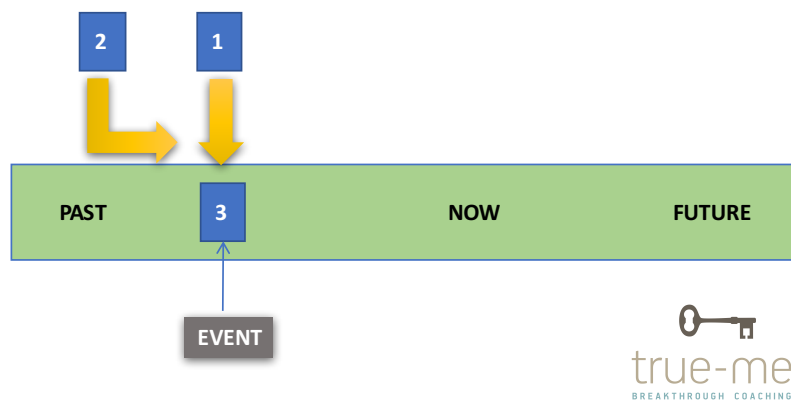
## RELEASING BLOCKAGES® - RELEASING ANGER

The first emotion you should assist your client to release is Anger. Anger is a feeling experienced by all, and it is the most \_\_\_\_\_. Usually people use it to \_\_\_\_\_ deeper negative emotions or limiting beliefs that they are not ready to \_\_\_\_\_ to themselves or in public. It is a non-productive emotion that can damage self and others and should be replaced by more productive strategies of behaviors.

To support your client released Anger, just follow the scripts below, which will lead you to implement the process - step by step - with the best results.

### RELEASING BLOCKAGES TO AN AMAZING FUTURE®

## NEGATIVE EMOTIONS





## QUESTIONS FOR CLIENT

- *“Is it consistent with your ( \_\_\_\_\_ ) mind that today you release the negative emotion of \_\_\_\_\_ and you follow the process consciously?”*

If the client says he/she does not know, tell him/her:

- *“I know you do not know, but if you knew what would you answer? ... take what your \_\_\_\_\_ tells you, trust it”*

When the client says yes, continue:

- *“What is the underlying cause of this anger, the first event that, when \_\_\_\_\_ from it, will make the problem disappear?”*
- *“If you are to know, this happened before, after or during your birth;”*
  - Before: *In the womb or before?*
    - In the womb: *What month?*
    - Before: *Was it in previous life, or passed to you genealogically?*
      - ❖ Previous life: *How many lives before?*
      - ❖ Genealogically: *How many generations back?*



If the client tells you both, work with whatever is \_\_\_\_\_ first and then with the other.

- After: *If you were to know, at what age would you be?*  
(attention, ideally it must be up to 7 years old!)
  
- *"Fly over your own Life Line and towards the past, at position # 1. As soon as you arrive, go up, so high, that you feel absolutely \_\_\_\_\_ from the event down in the line. When you have managed that, tell me that you are ready."*
  
- *"Now, you are right above the event and you can see it below. Ask your (subconscious) mind, what is that it needs to \_\_\_\_\_ from this event, that when you \_\_\_\_\_ it, will allow you to let the emotion of \_\_\_\_\_ you have connected with this event to leave, easily and quickly. Your subconscious can hold on to the knowledge it will get, so that, if you ever need it in the future, it will be there. When you get the first lesson, tell me what it is."*
  
- *« Another lesson; another? What else? »*





When the client is done \_\_\_\_\_ all the \_\_\_\_\_, he/she should say so. In that instance, you are ready to ask them to move into the next position.

- *"If you do not have another lesson to get, fly to point 2. You are \_\_\_\_\_ the event, and \_\_\_\_\_ any similar events that might have happened, and with your eyes turned to today. Now, as you see the event diagonal down below, what are the feelings you see in the event?"*

The client must say that feelings have \_\_\_\_\_. If feelings have not disappeared, tell the customer:

- *Fly even higher and even more backwards into the past or*
- *Rise so high and so far, until emotions disappear.*

When the client is no \_\_\_\_\_ by any negative emotions, you can continue asking:

- *Is there any lesson that you need to take from this event and from this position? Another lesson? another? What else?"*



When the client is done, he/she should say so. In that instance, you are ready to position them into the \_\_\_\_\_.

- *"Now let's see if emotions are really gone away. Fly down to position 3, get into the event and see the event through your own eyes. Check the negative emotion of \_\_\_\_\_. It is there? Or has it disappeared?"*

if it has not disappeared, ask the client to collect any \_\_\_\_\_ he/she might \_\_\_\_\_ have.

if it has disappeared, the client is ready to return to \_\_\_\_\_ reality.

- *" Now, climb again your life line, and start coming back to today, as fast as you can let down any \_\_\_\_\_ from all the events that exist until you reach today. You do not need to observe the process consciously; your subconscious mind will do it for you easily and effortlessly. However, when you feel you have finished, and you have reached today, get down to now, and open your eyes. "*

The process is now complete, and if a good job was done, the client must feel lighter and freed from the negative emotion of \_\_\_\_\_.



For both yourself and your client to get the full picture of what you have achieve, we recommend you do the following test:

\_\_\_\_\_ **test:** *"Can you remember an event in the past – different to the one you have just worked upon - where you could feel that old feeling of anger? Go back there and notice if you can feel it now, or will you discover that you cannot?"*

Wait for the answers of the client. Usually he/she cannot connect with the negative emotion you have just released.

\_\_\_\_\_ **Test:** *"I want you to go into the future, to an event of the future that if had happened in the past, you would have felt the feeling of Anger, and now you see how you cannot?"*

Wait for the answers of the client. Usually he/she cannot connect with the negative emotion you have just released.

*"OK, fine! come back to now. "*

Very nice ... you have guided your client to release the negative emotion and take all the \_\_\_\_\_ from this action signal! Well done!!"



## THE TASK OF THE WEEK

Start familiarizing yourself with the process. Ask some colleague to practice this with you and alternate the roles of the client and the coach. Only in this way you will be able to feel the \_\_\_\_\_ of this technique – whilst at the same time you start \_\_\_\_\_ even more with your \_\_\_\_\_ and taking all the \_\_\_\_\_ from your action signals.