



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

In this class, we will continue practicing how you can help your clients release the negative emotions that are keeping them from achieving their goals, by collecting the _____, the _____ that these action signals are bringing. We will use the process taught in the last class. In fact, when you are working with real clients, expect to be doing this process for another 5 -6 times, depending on the client. Thus, we strongly encourage you that you make an effort to _____ it.

Moreover, as it was mentioned also in the previous lesson, the best way to help your clients release negative emotions is to ensure that you keep _____ at the top of your game – and for that, you must feel _____ from any _____ feelings that might be impeding your _____ progress.

Before you start delivering any of these processes, it is advised to have the client _____ and _____ on him/herself, releasing



whatever has happened in the day. To do that, you can use a _____ technique that will be taught in module no 5.

RELEASING BLOCKAGES®

Ask the clients to close their eyes. This helps them concentrate on themselves and make it easier for them to gain awareness of their inner self ' _____ ' to them.

The more your clients go through the process, the more their mind will get _____ to it, the more _____ they will show to it and the _____ it will be able for them to go.

Remember, the work you are doing is _____, and as you progress step by step, the results will be most _____.



RELEASING BLOCKAGES® - RELEASING _____

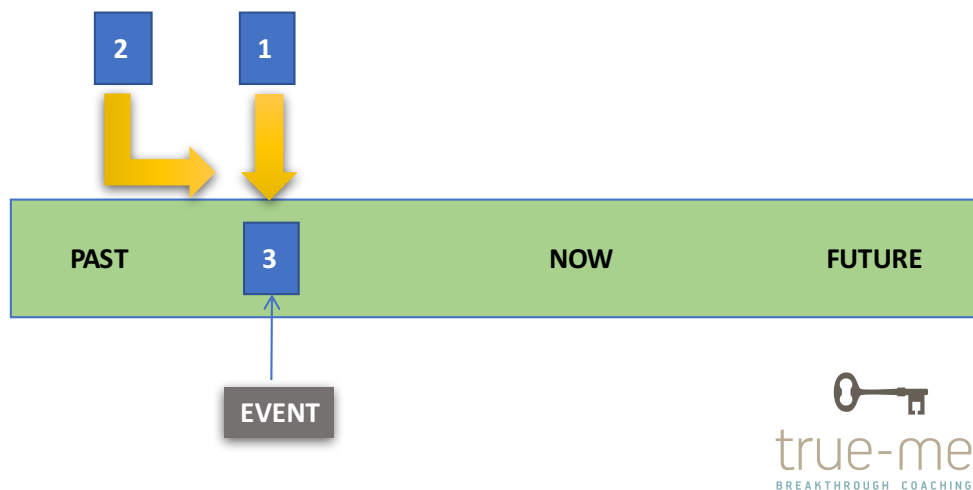
The emotion of _____ is usually a major _____ for all, to achieve the desire goals. There is no person in this planet that has not felt that feeling or any variation of it (_____, _____ etc.) at some point or another. It is a _____ emotion that can impede your clients dreams, and should be replaced by more productive strategies of behaviors.

The process at this instance is exactly the _____. However, you must be ready at any moment to _____ your process to the actual _____ of your clients, so as to ensure the desired outcome - which is to sooth the clients and help them release this _____ emotion.

You are now familiar with the below graph which shows the different points where you want the clients to _____ themselves when they are doing the process (see below for reference) .



RELEASING BLOCKAGES TO AN AMAZING FUTURE®
NEGATIVE EMOTIONS



TIME LINE THERAPY – basic script

- *“Is it consistent with your (subconscious) mind that today you release the negative emotion of fear 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 subconscious tells you, trust it”.*

If the client says yes, continue:



- *“What is the underlying cause of this fear, the first event that, when disconnected 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 older first and then with the other.

- *After: If you were to know, at what age would you be?*
(attention, must be up to 7 years old!)
- *“Fly over your Timeline, and towards the past, at position # 1. As soon as you arrive, noticed the past. Tell me when you get there.”*



- *"Now, you are right above the event, and you can see it below. Ask your subconscious mind, what is that it needs to learn from this event, that when you learn it, will allow you to let the emotion of X 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 lesson, tell me what it is."*
- *Another lesson; another? What else?"*

When the client is done, 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 before the event, and before 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 disappeared. 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 longer bothered 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 event.

- *"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 X. It is there? Or has it disappeared?"*

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

if it has disappeared, ask the client to come up to position #2.

Perfect! Come up again to position#2, where you were before the event, and face the future. "



- *"Now, start coming back to today, over your timeline, as fast as you can let down any fear from all the events that exist until you reach today, keep the 2nd position in every event you meet until you reach today. When you have finished, and you have reached today, get down to now, and come back to the room. "*

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

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

Past 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 X; Go back there and notice if you can feel it now, or will you discover that you cannot? "*

Future Test: *"I want you to go into the future, to an event of the future that if you had happened in the past, you would have felt the emotion of X, and now you see how you cannot? OK; Fine! come back to now. "*

Very nice ... you have released yourself from this negative emotion! Well done!!"



THE TASK OF THE WEEK

Continue working with this process. Ask some colleague to practice this with you, and alternate the roles of the client and the coach. When you have conquer it, you will feel the amazing fulfillment that being a coach can give you.