Module 3: True-me® Method II: Class #4

RELEASING BLOCKAGES® - RELEASING LIMITING BELIEFS

We are working on processes that help you release clients' past negatives emotions and belief. In this lesson, you will help your client release any negative thought that is a _____ to their _____, as it is for instance: *"I cannot trust anyone".*

In this realm of work, there are some _____ for determining a Limiting Belief:

1. _____: Anytime you hear a _____, you should be looking for a Limiting Belief or a Negative Decision.

   Examples include: *"I am not capable"*, *"I don't feel loved"*, *"I can't make the kind of money I want".*

   The powerful question(s) you can ask your clients are:

_____

_____

2. _____: Whenever you hear a comparison, treat it as a Limiting

Belief.

Examples include statements such as *"I am not good enough", "I have a low self-*

esteem", "I want to feel better about myself", "I wish I could make more money".

Powerful question(s) that you can ask your clients are:

_____

_____

3. A negative emotion which is not at _____: If the client has a

negative emotion for which he/she is not at _____, then, it might

be necessary to get the Limiting Decision for when he/she decided to create that

negative emotion.

Examples include statements such as: *"He makes me feel stressed", "They rejected me", "She let me down".*

Powerful question(s) that you can ask your clients are:

_____

_____

4. _____: All _____ hide Limiting Beliefs.

Examples include statements such as: *"I do not believe he can do it", "It is possible for others, but not for me", "Too good to be true!"*

Powerful question(s) that you can ask your clients are:

_____

_____

_____

_____

5. Anything the client say he/she can't _____ with:

Examples include statements such as: *"I just don't feel confident, or secure, or strong enough"*.

Powerful question(s) that you can ask your clients are:

_____

_____

_____

If your client is ready to receive a deeper process, you can proceed with the bellow, which starts in the same way as we did in past lessons with the negative emotions and it is in its totality, a variation of it.

LIFELINE THERAPY – basic script

Ask the client to close his/her eyes.

"Is it all right with your (subconscious) mind that today you release the negative thought 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 subconscious tells you, trust it".*

If the client says yes, continue:

- *"What is the underlying cause of this problem (limiting belief), 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?*
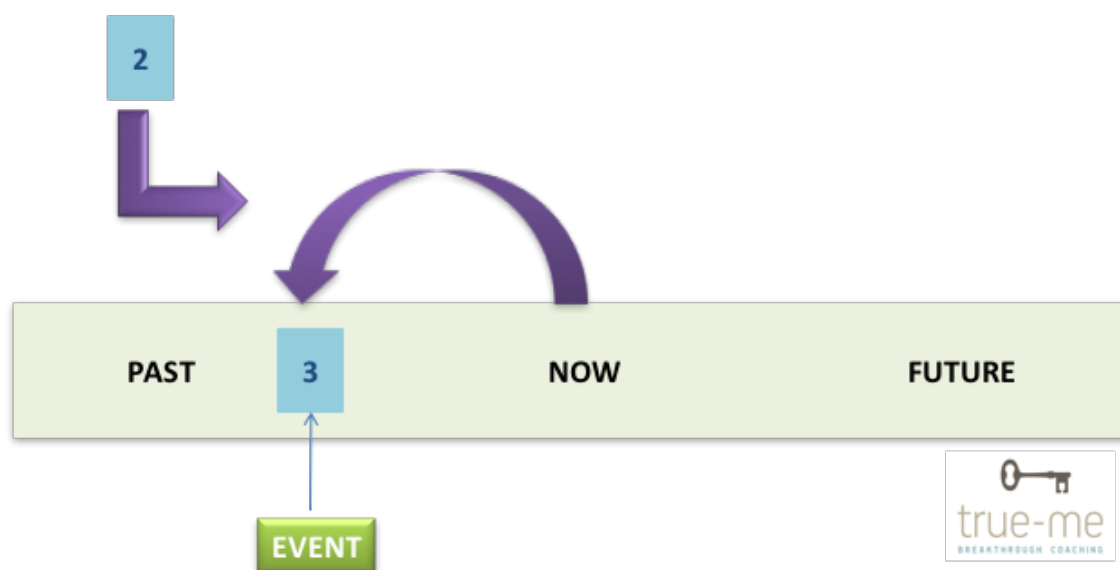   - Genealogically: *How many generations back?*

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!)

RELEASING A LIMITING BELIEF OR DECISION

- *"I would like to ask your (subconscious) to fly in the air, above your Lifeline, and go to the past, and to the first event you ever remember making this decision or having this belief. And I want you to go down and get into the event and see it with your own eyes. (or Go exactly to position #3").*

- *"Observe the emotions that are present, and also notice if you are conscious of the decision you took then or the belief you embrace".*

If the client says no:

- *"I want you to rewind your memory until you reach the decision time .... right now."*

- *"Ask yourself what are you learning now from this event that will help you release the limiting belief or negative decision. Your subconscious mind can keep all the learnings you might receive now, in case you ever need them again".*

When all the learnings are collected, move your client to position #2.

- *"I want you to fly to position #2, well before the beginning of the event, or any chain of events that led to this event and turn and look to the event. From this position, what else are you learning from this event?"*

When you have picked up these lessons, move your client to position #3 again.

- *"If there are no new lessons, fly down into the event, in position #3, and see through your own eyes, what is happening. Now, as you are into the event, what are the emotions? And the limiting belief? Is it still there? Or has it disappeared?*

When the client confirms that he/she has released the negative decision or belief proceed to the final stage:

> *Okay, come back to position #2. Start returning to now, as soon as you can allow the events between then and now, to re-evaluate themselves in the light of your new decisions. Leave all the negative feelings that exist in these events to go. Keep the lessons, let the feelings go, and when you feel you are done, get back to today. When you are there, come down from your timeline 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 of the limiting decision or limiting belief.

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

Past Test: *"Now, I would like your unconscious mind to allow you to notice one event where you could have the new desire decision, but because of the decision which we just deleted, you didn't notice the possibility, and now you can.*

- *How do you feel about the old decision (or belief)?"*

Future test: *"I want you to go in the future, at an unspecified time in the future that would be the most appropriate and imagine a case where something like this could happen again and notice how you react. OK; Fine, come back to now.*

Very nice ... you have released yourself from this negative decision or belief! Well done!!"

Important Note: when you release limiting beliefs, observe whether your client is _____ _____. If not, then ask him/her for the limiting decision that caused…the *limiting decision* you are considering.

TASK FOR NEXT WEEK: _____, _____ AND THEN, _____ _____ _____!