

CHRIS CARDELL'S
FREEDOM

THE POWER OF
**ADVANCED
THINKING**

The background features a dark blue field with a pattern of lighter blue chevrons pointing to the right. Several horizontal light streaks in orange, yellow, and blue are visible, particularly concentrated in the lower half of the image.

FREEDOM **FROM THE PAST**

MEMORY RECODING

1. The Scramble Pattern

2. Instant Image Shift

Beliefs

- Everything is learned
- Everything can be traced back to someone and people are usually wrong

**HUMAN BEHAVIOUR
IS DRIVEN BY
POSITIVE INTENTION**

THE TIMELINE FREEDOM PROCESS

**A process for releasing
unwanted feelings tied to
past events.**

1. Find your timeline

2. Go way above 'now' so you can see now down there way in the distance.

3. Go back along your timeline until you're above the event that's bothering you. Make sure you're way above it.

4. Ask your unconscious mind, “what is there to learn from this event, the learning of which means you can let go of the bad feelings on the event now” Keep asking until you get an empowering answer. Make sure you’re way up above the event.

5. Go back before the event above your timeline, so the event is way ahead of you down there in front of you. As you observe the event, notice how the feelings in the event have changed or completely gone.

6. Pop down into the event and notice how the feelings have changed or completely gone. If there are still unwanted feelings there, repeat the process.

7. Go back above your timeline and come back to now in your own time, noticing how the feelings are changing on all the related events. If you encounter an event with strong feelings, repeat steps 3-6 on that event.

8. Come back to now and notice how things feel different.