

TRANSFORMATION THE ADVANCED THINKING EXPERIENCE

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SEMINAR THREE

**FREEDOM
FROM THE PAST**

SEMINAR TWO: FREEDOM FROM THE PAST

We can divide human thinking into two distinct areas:

Conscious Thinking And **Unconscious** Thinking

Your conscious mind is the logical 'thinking' part. It's conscious because you're consciously aware of this thinking part of your brain.

Your unconscious mind is everything else. It's the domain of intuition, emotion, memory and any behaviour you struggle to consciously control.

It's also the area where change occurs.

The conscious mind is superb at categorising, classifying and making computations but has almost zero ability to actually change anything.

The unconscious is capable of fast, miraculous work but hasn't a clue how to escape the associations and learnings it's made.

Our effectiveness as people is largely determined by how well we co-ordinate these two great entities.

WHY THE UNCONSCIOUS MIND HOLDS ON TO BAD FEELINGS FROM THE PAST — AND WHY IT'S WILLING TO INSTANTLY LET THEM GO

The unconscious mind stores every experience you have ever had. Most of those experiences are neutral and when you think about them today, will have no feelings attached to them. Or they may have positive feelings attached.

But when something painful, negative or unwanted happens, your unconscious mind has one job: **to protect you.**

If it believes there is something still unresolved — a lesson you haven't absorbed, a piece of information you haven't integrated — it keeps the emotional signal alive. The feeling is not a punishment. It is a message. An alert system. A way of saying:

***“Something here is still incomplete.
There is something you need to learn.”***

Because of this, the unconscious mind will often hold on to anger, sadness, fear, hurt, or guilt long after the event has passed. Not because the emotion is still relevant... but because the unconscious mind believes you haven't yet gained the learning you needed at the time. Until it recognises that the learning has been made, the emotional signal stays switched on.

This is where the timeline processes come in.

These techniques allow the unconscious mind to revisit the event so it can finally understand what it needed to understand all along. Critically, it lets you access the event **disassociated from the event** so you can address the issues in a good, strong, state of mind. And once the learning is gained, the job is complete. The emotion has no further purpose. The protective signal can switch off.

That is why people experience the release as instant. The unconscious mind doesn't need days or weeks to let go. The moment it recognises that the learning has been gained — that you are safe, resourced, and no longer in danger — the feeling dissolves. The emotional charge collapses, because its function has been fulfilled.

And when that process completes, you are free. What used to trigger you becomes neutral. The past stops running the present. You experience what people describe again and again in this work: the feeling disappears, and it stays gone.

TIME LINE TECHNOLOGIES

Based on the work of Dr Tad James

1 Elicit The Time Line

“Point to where the past is”

“Point to where the future is”

OR

“Think of an event from your past. If I was to ask you to point to where that event was, where would you point to?”

“Think of an event that could happen in the future. If I was to ask you to point to where that event is, where would you point to?”

Then:

“Notice that we could run a line from your past to your future. That’s your Time Line.”

2 Pick a negative feeling you want to let go of, either anger, sadness, fear, hurt or guilt.

3 Establish the first event.

Ask the person you’re working with:

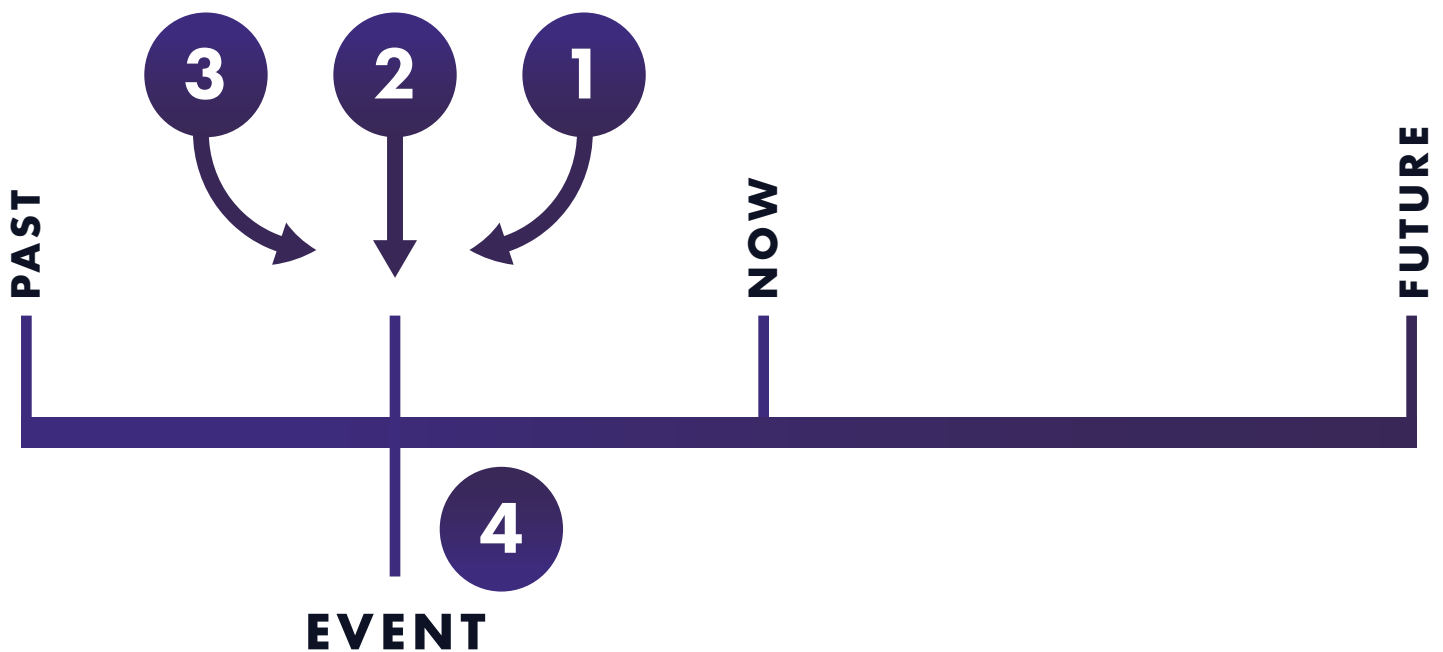
“What’s the root cause of this feeling, the first event, which when disconnected, will allow that feeling to disappear. If you were to know when that first event was, how old were you?”

If they don’t know: ask again

If they say they still don’t know, ask them to guess: ‘What’s the first age that pops into your head?’

4 Time Line Process. Go through the process on the following page

NEGATIVE FEELINGS / EMOTIONS



- 1 “Just go up above your Time Line, and over the past to Position #1, and when you get there notice the event. Let me know when you’re there.
- 2 “Now go to Position #2 directly above the event so you are looking down on the event. Ask your Unconscious Mind what it needs to learn from the event, the learning of which will allow you to let go of the emotions easily and effortlessly. Your Unconscious Mind can preserve the learnings so that in the future if you need them, they’ll be there.”

Give them as long as they need. If they look like they need to learn more say ‘what more do you need to learn from this event that will allow you to easily let go of the emotions?’

IMPORTANT: If they start talking about what happened in the event as if they’re there, re-living it, say “Are you way above the event or in the event” If they’re in it, get them to float way above it and ask the question again in 2. above.

- 3 “Now go to Position #3 so you are above the event and before the event, and you are looking toward now. Make sure you are well before any of the chain of events that led to that event. Ask yourself, ‘Now, where are the emotions?’
- 4 (Optional Test): “Float down inside the event, to Position #4, looking through your own eyes, and check on the emotions. Are they there? Or have they disappeared now!! Good, go back to Position #3.” (If the feelings are still there, go back to position 3 and paragraph 2 and if necessary, do the reframes on page 7).

- 5 “Now, come back to now above your Time Line only as quickly as you can let go of all the (name the emotion) in the events all the way back to now, assume Position #3 with each subsequent event, preserve the learnings, and let go of the (name the emotion) all the way back to now. (When the person is done) Float down into now, and come back into the room.”
- 6 Test: (person back at now.) “Can you remember any event in the past where you used to be able to feel that old emotion, and go back and notice if you can feel it, or you may find that you cannot.”

Note: If the emotion does not disappear, then reframe and do the process again. See following page.

THE 3 THINGS TO CHECK AT POSITION #3

1 Make sure the person is in Position #3.

Tell them:

“Get up higher, and go farther back.”

“Get high enough and far enough back until the emotion disappears.”

2 Be sure the person is before the first event.

Ask:

“Are you before the first event?”

“Is there an event earlier than this one? Right now, go back before the FIRST one.”

3 Must be totally agreeable to let go of the emotion.

Ask:

“IS it OK for you to let go of the emotion”

“What is there to learn from this event? If you learn this, won't it be better than having the old emotions? How can you get the same benefit that the emotions provided when you let them go?”

Notes