

ESSENTIAL SCRIPTS FOR COACHES & HEALERS



TIMELINE COLLECTION

*All the processes you need to ensure your
clients achieve incredible results*

CLAIRE CHANCELLOR

Welcome

Are you ready to transform your life and the lives of others?

The Be Your Purpose Method is a revolutionary approach designed for holistic & spiritual leaders seeking effective and rapid change.

Whether you are a seasoned coach or just starting your coaching business, this book will equip you with tools to guide your clients from their current challenges to their future aspirations.

This book is based on twenty years of training and coaching experience. After working with thousands of clients, I assure you this is the pathway to accelerated and impressive results. Merging the elements of NLP (Neuro-Linguistic Programming), Holistic Counselling, and Past-Life Regression gives you a unique and powerful advantage.

The Timeline collection is a treasure trove of powerful coaching resources: life-changing scripts, step-by-step session structure, templates, printouts, and so much more. These practical tools will empower you to enhance your coaching reputation.

With these profitable tools, let's collapse limiting timestreams and bend time to quantum jump into a rich future for you and your clients.

Keep in mind that this book is not about thinking of your purpose.

It is about taking action to transform your life to BE YOUR PURPOSE.

Sincerely,

Claire Chancellor

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Safe Place Script

SAFE PLACE

During any session with a client, some of their vulnerabilities may come to the surface. With this in mind, you might want to set up a client's "safe place" on their first session.

This is a place that they can instantly travel to in their mind if things become challenging during the session. It could be a beautiful garden or a calming beach. Somewhere that is relaxing to them, where they can imagine a bubble of light over them. No one else is there unless they invite them in. You let your clients know they can go there whenever they may feel uncertain or lack safety.

You will rarely need to guide your client to this place. Just knowing it is there seems to create the security a client needs before they explore their deeper vulnerabilities.

SAFE PLACE PREPARATION

Ask your client to hold a crystal, a piece of jewellery or a lucky token in their hand to amplify their connection to safety. They can take this anywhere with them after the session.

SAFE PLACE SCRIPT

"I invite you to close your eyes, ready to go into a wonderful sense of relaxation. I'm going to ask you to relax your mind. Relax your mind and body. In a moment, not yet, I'm going to ask you to imagine the alphabet backwards.

Starting with the letter Z. Each and every breath you take, each and every beat of your heart, just starting with the letter Z, relax those letters completely out of your mind. Allow them to become smaller and darker. Harder to see and turn it all the way down, going down deeper.

Next, we have the Y, and know there are so many whys to wonder, why questions, so let the letter Y just start to get darker and harder to see, just fading out the Y. Turning all the volume down, dreaming drifting dropping down. Feeling so light, floating up out of the body, going higher and higher, taking yourself back to your safe place. Somewhere so magical. Somewhere that is just for you by your standards.

Safe Place Script

It's completely safe, with a big bubble of light over it, so only you can be here. You know it's a healing place where you can make all these changes.

Imagine a place so loving, nurturing, forgiving and protective. A place that is so absolutely safe that no negativity of any kind could exist here for a fraction of a second without being vaporised.

I'm curious and I'm wondering, if you could imagine a place like that, what it would be like. I'm wondering and I'm curious... What might you see in that amazing place? What might you hear? What might the fragrance be like?

Because when you are in a place like that, and you are in that place, I want you to see what you see and you hear what you hear, and you experience that transformational place like that, where you feel truly safe.

As you are there in your safe place, you find yourself walking along a path. Taking you to one of your special healing rooms. As you approach the door to this room, you see the door. I invite you to open the door and move into your healing room.

When you enter, you notice the room is exactly as you want it to be. So safe, so relaxing. Everything that you need is in that room. You are creating this room for you, no one else. You can have whatever you want in the room. And whenever you go into this room, you can always change it. You can always make it how you want it to be.

Notice you are holding on to a special crystal. Being aware of the crystal in your hand, I want to ask your unconscious mind to store this feeling into the crystal, allowing that crystal to absorb this high-vibe, safe energy. Notice how the crystal works with your energy and shares the energy with you.

Completely protected. Build up that energy so strongly. Up to that optimum and ideal level for you. So, any time you need to access this safety, all you have to do is to hold onto the crystal, just like keeping it in your pocket. It is your crystal. Your safe place. And notice how easily it brings in the energy of safety all around you and within you.

Safe Place Script

Completely safe. Completely at peace. When you know that you have got that, I want your unconscious mind to lock that in place. Any time you need to come back to feeling calm and safe, this place is waiting for you. As you travel, near and far, this safe place is here for you.

With that in place, it is time to travel back.

OPEN YOUR EYES TO A WHOLE NEW YOU

In a moment, I'm going to count from 1 to 5. And on the count of 5, you'll be fully awake, back in the body and aware of everything that you need to know.

1. The energy goes up your toes and your feet, your fingers, and your hands, up with the lower legs, and lower arms.
2. Energy goes up to your knees and your thighs, your elbows, your upper arms.
3. The energy goes up to the central part of your body, heart rate, blood pressure, everything being at nice healthy levels for you.
4. The energy goes up to your neck, head, and face. You're almost back to the surface. And on
5. In your own time become fully alert and fully back in the room and opening your eyes to a whole new you.



Limiting Emotion Script

STEP 1. ACCESS THE NEGATIVE EMOTION

Get the client in touch with the limiting emotion (name it).

- How do you know you have the limiting emotion?
- What triggers the limiting emotion?
- How is it a problem?
- How do you do your limit emotion? (strategy elicitation)
- Get in touch with where your body is holding onto the limiting emotion.
- What colour is the limiting emotion?
- Is it hot or cold?
- Ask the limiting emotion, "What's the purpose of being in the client's body?"

NEW CLIENTS - DISCOVER YOUR TIMESTREAM

In a moment, I am going to ask you to consider an event that happened in your past and know that the memory is stored somewhere around your body. When you think about your previous birthday, which direction do you feel that is?

Now, if you consider an event in your future, which direction does that appear to be? It may feel like you're guessing, but point in the direction which feels right. Good

Notice that your past is in one direction and the future in another, which implies a line. Does any of that line go through your body?

STEP 2. PERMISSION TO RELEASE

Is it alright with your unconscious mind for you to release this (negative emotion or limiting decision) today and for you to have total conscious awareness of it.

If you get a "Yes" – proceed. If "No" do not proceed. Go back to build rapport to check for agreement on what you are working on, Continue on when you have done sufficient reframing to get a congruent "Yes".

STEP 3. ROOT CAUSE

Trusting the first thing that comes to mind, what is the first event, or the root cause of the limiting emotion, which when disconnected, will cause the limiting emotion to disappear and will create a ripple effect of change in your life?

- Was it this lifetime, past lives, ancestral, or in the womb?
- This life... what age?
- Past life... how many lifetimes ago?
- Ancestral... how many generations ago?
- The womb.... what month/week?

Limiting Emotion Script

...If the client responds with "I don't know" respond with "I am not asking your logical mind, I am asking your unconscious mind."

Trusting the first thing that comes to mind what was the first event you experienced the limiting emotion (*name it*)? Was it this lifetime; past lives; ancestral; or in the womb?"

STEP 4 ACCESS THE TIMESTREAM

Trusting your unconscious mind, and I know you do, I invite you to float up out of your body, floating higher and higher, floating higher, and higher and get in touch with your Timeline. Intuitively you will know which way is your future and which way is your past. Today what we are going to do is float alllll the way back along your time stream, all the way back to that first event of limiting emotion.

You don't have to consciously know; your unconscious mind will just give you a sense of the moment you experience limiting emotion. So, floating back along your timestream to that moment, going back to the event, your unconscious mind will take in what it needs to learn, the learnings of which will allow you to let go of the emotions easily and effortlessly. When you are at the event (just nod so I know you are there), I invite you to float down into that event. Popping down into the event...

STEP 5 ASSOCIATED INTO THE EVENT

As you are in the event, see what you saw, hear what you heard, and feel what you felt. Become aware of what is causing the issue. Tell me what do you notice?

If the client needs prompts...

- Is it daytime or night time?
- Are you inside or outside?
- What is going on around you?

Explore the cause of the limiting emotion and why the limiting emotion was the consequence for your client.

STEP 6 FLOAT UP

It is time to float up, floating right up above this event. As you go higher and higher, you go so high that when you look down below, it is so very small, so insignificant now, and you see that the event is way way way... down below.

Now that you are directly above the event ask your unconscious mind what it needs to learn from the event, the learnings of which will allow you to let go of the emotions easily and effortlessly. Your unconscious mind can preserve the learnings so that if you need the lessons in the future they will automatically be there for you.

Limiting Emotion Script

STEP 7. LEARNINGS

Tell me, what are the learnings? The truth is, some of these limitations were not even yours to begin with.

Become aware of another positive learning? Notice the colour associated with those positive learnings. Maybe there is a positive sound.

Breathe in that colour and sound and let it flow all the way through every cell of the mind, every cell of the body, all the way throughout your aura so that you can take these positive learnings with you wherever you go.

Learnings are more impactful when they are positive, about themselves and helpful for their future. If they do state negative lessons, that's fine, but help them turn it around. e.g.. "People can be unkind"

"Yes, that is true, so maybe there is a lesson here about discernment?" - avoid projecting your opinion. Utilise something they said before you get started.

STEP 8. GO BEFORE THE EVENT

Now that you have these new learnings float back on your timestream, about an hour, a day or a week before the event even occurred, and drop down into it. Looking through your own eyes, ask yourself, "Now, where are the emotions?"

If they say they are gone then reply "Fantastic" (move to STEP 9.)

If they say the emotions are still there, then say:

Ok, you are doing really well. If the emotion and decision have not disappeared, perhaps it's because you are not at the first event. Ask your unconscious mind if there is an earlier event, and ask your unconscious mind to take you back there to this limiting emotion so that you can make changes for your highest good.

Arriving there now. (Repeat STEP 5)

Limiting Emotion Script

STEP 9. REVISIT THE OLD EVENT

Travel along your timestream to the old event and notice what happens for you instead—and yes, that was a major problem. But notice what happens for you now with a new perspective. What do you notice is different?

If the negative emotion is still present, rise up and gain new insights from this higher perspective. (The client may have to return to an earlier event.)

STEP 10. TRAVEL TO NOW AND INTO THE FUTURE

Now, I'd like you to float along your Timeline towards now, only at the speed and rate at which your unconscious mind can store the learnings to let go of the emotions associated with each of those old events. It is like the lights get switched off, and that old active memory can now allow the healings to integrate.

The consequence of this is that we can observe how your time stream shifts and adjusts, creating new possibilities and choices moving forward. Before you come back to now, we are going to be thorough and explore what life will look like with these new shifts.

STEP 11. FUTURE YOU

I'd like you to go into the future where previously you responded with the limiting emotion (name it) and notice the new choices you have.

That's right; go all the way into the future, maybe a week or a month, and notice what happens to you now. Notice what your life is like now that the issue is completely gone, and you're free to live up to your highest potential.

Notice the positive changes and how you can now impact your life with the productive adjustments that you've made at an unconscious level. Notice your behaviour, your thoughts, and your feelings. Notice what you are doing now that you are living the life you want to live.

As you are experiencing this, allow this new awareness to lock into your unconscious mind. I'm curious what do you have to believe about yourself to have this outcome? (Allowing the voice to speak)

STEP 12. LOCKING IN THE SUCCESS

Now that you know this about yourself, you can't go back to the way it was. However, you can bring with you the energy of this successful version of you into the now. You are a new person.

Limiting Emotion Script

CONTINUE STEP 12

The truth is that people will come in, connections will be made, opportunities will be offered, and you will be doing new things you have not done before. You get to show up differently. The longer you hold onto this empowered energy, the quicker the transformation will occur.

STEP 13. PREPARE TO COME BACK TO NOW

It's time to come back to now. I want you to look towards now and notice the glowing golden footprints that lead you to this moment. It is time to travel back to now, bringing with you the new energy, new 'ah-ha' moments and the freedom to make new wealthy decisions.

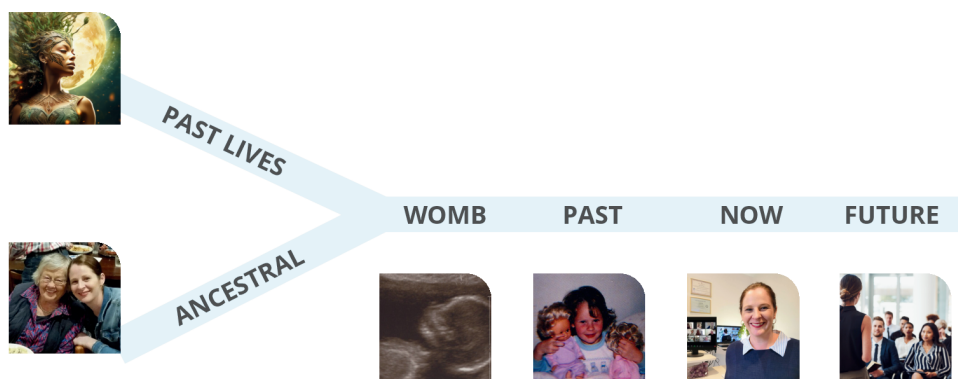
STEP 14. OPEN YOUR EYES TO A WHOLE NEW YOU

I am going to count from 5 to 1, and with each count, you come back to this now moment...

5. feel yourself coming back to a place we call reality. You deserve the rewards.
4. expressing yourself in your unique new way. Locking this success into your mind, body and soul.
3. always knowing you can solve any challenge.
2. wiggling your fingers and toes. Heart rate back to normal.
1. opening your eyes to a whole new you.

STEP 15. TEST & CHECK-IN

- Discuss with the client what new choices are available to them.
- Where in the body do they feel that inner certainty?
- How will they deal with family and friends when they expect your client to be triggered by old patterns?
- How can they trust themselves with boundaries in the future?
- What is one small step they can take towards their goals?



Souls Journey

Knowing we can have infinite power to heal issues from the past, why limit ourselves to one Timeline script? If you are like me and my clients, you thrive on variety and exploring what is possible. Like travelling the globe, your healing journey can be just as exciting.

Within the Timeline process, we look towards four locations to access the root cause when the problem was created: It could be during childhood, past lives, ancestral, or in the womb.

SCRIPTS TO EXPLORE

The following chapters include unique scripts so that you can keep things interesting within your coaching programs. Each script provides a divinely guided framework so your clients manifest their ultimate desires. There is a script for the inner child, past lives, ancestral and in the womb.

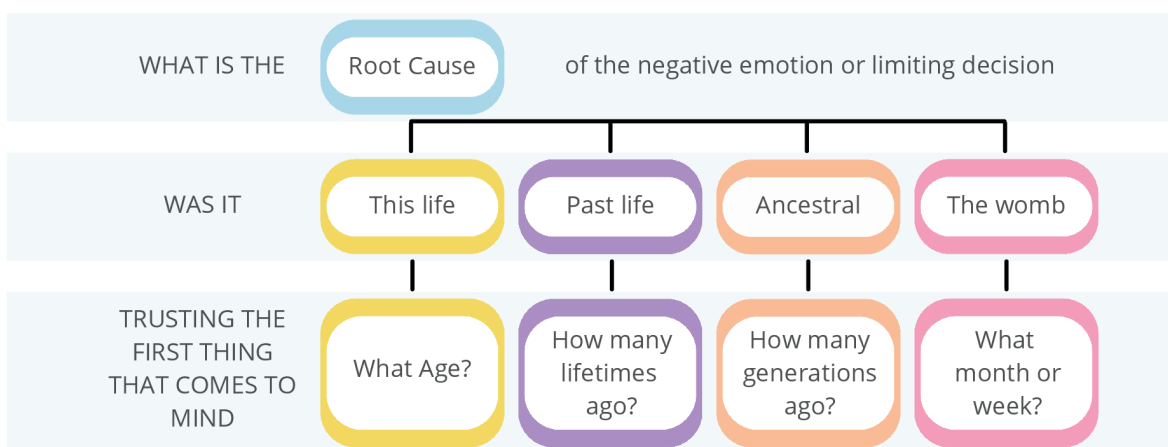
You will notice the overall Timeline steps are the same, yet you can adjust the context to suit your client's unique needs.

The overall timeline steps:

- Float up and above your timestream.
- Go back to the root cause & associate into the event,
- Rise up & gain the learnings from the event.
- Go back earlier then the event, create a ripple effect of change, future pace to see what changed and then come back to now.

After you ask your client "Trusting the first thing that comes to mind, what is the first event, or the root cause of the limiting emotion, was it this lifetime, past lives, ancestral, or in the womb?" ...Be ready to flick over to the relevant script.

This is one of many reasons the scripts are colour-coded, so you can find the relevant script quickly. Alternatively you can stick to the Limiting Emotions Script which is straight forward.



Inner Child Script

Your inner child represents the essence of who you were during your formative years (between the ages of 0-7). These are the years when you were innocently taking on the beliefs and values of your care givers that now shape your world.

Embracing your inner child is a transformative journey that holds immense value. Using Timeline can be a powerful process to delve into triggers, wants, and needs. The benefit is that you can shed light on patterns that may be causing limitations over time.

By acknowledging and accepting this part of yourself, you can reconnect with your genuine emotions and unfiltered thoughts as well as bridging the gap between your past and present.

Essentially, you can invite your inner child to bring curiosity and wonder to a dull and stressful adulthood. And vice versa. The adult version of you can bring immense healing and nurturing to your inner child that may feel stuck in time, desperately waiting to get their needs met.

People with wounded inner children can often experience persistent and chronic feelings of emptiness, helplessness and loneliness. Often they feel lack of fulfilment, disinterest in spontaneity and lack of satisfaction. They might also feel deeply disconnected from others. With Timeline you can attend to your inner child and permanently and effectively resolve:

- Imposter syndrome.
- Fear of being judged or bullied.
- Money problems.
- Social anxiety.
- Rejection sensitivity.
- Self worth issues.
- Fear of conflict.
- Lack of confidence
- Traumatic memories.
- Resolve disease.
- Ease loneliness & hopelessness.
- Unpack people pleasing.
- Be rid of guilt and people manipulating you.
- Lack of safety.
- Mental health concerns.
- Separation anxiety.
- ...and the list goes on.

I have witnessed clients create enormous amount of change from tending to their inner child. Not only do they turn their life around, the consequence of feeling happier is the ripple effect it has to their children, marriages and career.

The secret to living a long healthy life that you truly enjoy, is to play with your inner child on a daily basis. It is the best way to accept your authentic self.

Inner Child Script

Any time you discover the root cause of your client's negative emotions held by the inner child (this life) grab hold of this script to deliver a more in-depth healing session:

STEP 1. ACCESS THE NEGATIVE EMOTION

Identify the focus for the session and get the client in touch with the limiting emotion .

STEP 2. PERMISSION TO RELEASE

Is it all right with your unconscious mind for you to release this (negative emotion or limiting decision) today and be totally conscious of it?

STEP 3. ROOT CAUSE

Trusting the first thing that comes to mind, what is the first event or the root cause of the limiting emotion, which, when disconnected, will cause the limiting emotion to disappear and will create a ripple effect of change in your life?

- Was it this lifetime, past lives, ancestral, or in the womb?
- This life... what age?
- Past life... how many lifetimes ago?
- Ancestral... how many generations ago?
- The womb.... what month/week?

STEP 4. RELAXING INTRODUCTION

Take a deep breath, sit back and feel comfortable, knowing that this time is just for you. Focus only on my voice, my voice is going to guide you to a deeper state of relaxation. Feeling safe, have that golden light surround you now, warming you up from the core within. Shining the light and elevating your energy.

Imagine your entire being feeling this radiance as the tension in your muscles starts to soften and melt away.

Notice how it is a welcome change for your body to let go of the to-do lists and the worries, and the busy-ness. You have spent enough time being a responsible grown up. It is time to play and discover something truly magical about you as you relax into this experience.

Inner Child Script

OPTIONAL RELAXING INDUCTION FOR NERVOUS CLIENTS

Now I'm going to count down from 10 to 1 to help deepen this state.

10, bringing that relaxation down from the top of your head scalp muscles, into your jaw,

9, noticing how much your body enjoys coming back into this relaxed state. Feel yourself going deeper as the relaxation pours in down your shoulders.

8, just as your mind and heart want to drop even deeper with every word I say.

7, with every breath you take, breathing in that relaxation, going two times deeper.

6. Naturally, let this relaxation go down your arms, into every cell of your fingers. It will be comforting and warm.

5, so comforting, having that trance feeling relax into your abdomen.

4, pouring down the back of your legs like liquid crystal,

3, letting your feet relax as they sink into the floor.

2, bringing your body back into harmony and balance, dreaming drifting down.

1, your body is completely relaxed; all the tension is gone. So just breathe deeply.

Feel the relaxation from your whole body. As you breath out, you feel that your whole body, from the top of your head to the tip of your toes. Completely relaxed as you follow and focus on my words.

STEP 5. ACCESS THE TIMESTREAM TO CHILDHOOD

Knowing that you feel lighter and lighter, I invite you to float up out of your body, floating higher and higher. Floating higher, and higher and get in touch with your Timeline.

Intuitively you will know which way is your future and which way is your past. Today, what we are going to do is float alllll the way back along your time stream, all the way back to the very first time you ever experienced limiting emotion (name it).

You don't have to consciously know; your unconscious mind will just give you a sense of the moment you experience limiting emotion. Knowing we are going back to your time in to your childhood. I invite you to float along your timestream back to the moment your child took on the limiting emotion.

In a moment, not now, I am going to ask you to drop down into that event to see what you saw, hear what you heard and feel what you felt so that we can resolve this old challenge.

So on 3... 2.... 1.... dropping down into that event, now.

Inner Child Script

STEP 6. ASSOCIATE INTO THE EVENT

Tell me what you notice?

Below are prompts if they need assistance:

- Is it day time or night time?
- Are you inside or outside?
- Is there anyone with you?
- What are you doing, seeing or experiencing?
- What are they doing or not doing that is upsetting you?
- Is there something being said or not being said to make you upset?

STEP 7. ASSOCIATE INTO THE EVENT

I want you to freeze that scene. Notice there is that little version of you, I want the adult you to come into the scene, so protective and nurturing. Kneel down so you are at their eye level and introduce yourself. Let them know that they are so special, you have come from the future to be with her now. Let her know how sorry you are for what is happening to her, and reassure her that she is not supposed to be ok with how chaotic it is. Checking in with that little version of you, does she trust you?

STEP 8. SAFE PLACE

I want you to scoop her up in your arms and float her up, like flying with Peter Pan, lets fly her up to her safe place.

Maybe that's a beautiful garden to play with the fairies or a tranquil beach to play with the mermaids.

I want you to be in a place with a fence or a bubble of light around it, so only you can be there unless you invite them in. Here in the safe place, I want you to send her all the love, acceptance, and joy you could ever need or want.

STEP 9. LET'S CHECK-IN

Let's check in with that little version of you.

Where in the body is she holding on to the heaviness/ limiting emotion?

Is that heavy energy theirs or someone else's?

From this adult perspective, what have you learned from this heavy/limiting emotion?
(What have you learned from holding on to other people's energy?)

Is there anything she needs?

Inner Child Script

STEP 10. RELEASE THE ENERGY

Here in the safe place, I want you to notice all the places in your body where you previously held on to the old energy. We now invite that pure golden energy to stream in from the top of your head down to the tips of your toes. Warming the core of who you are and the core of that little version of you.

As that warm golden glow pours in, any heaviness and limiting emotion washes away. Observe the heavy energy of fear, self doubt, not enough, anger, powerlessness, sadness... simply resolves and dissolves from your physical body, your emotional body, your mental body, and your spiritual body.

You have learned everything you needed to, from carrying this heavy emotion and limiting beliefs, and it is time to make a change.

This shift in energy strengthens your aura, and builds upon the protection of your energetic boundaries. Witness this change in you and the little version of you.

STEP 11. A MESSAGE TO THE LITTLE VERSION OF YOU

I want you to look at the little version of you. I invite you to share with that little version of you all the words that they need to hear, the words of wisdom that will assist them moving forward.

I encourage you to let that little version of you know that in the next few days, weeks, months, and years, people are going to come into your life. Some good things are going to happen, and some not-so-good things are going to happen.

Instead of taking on the heavy energy of others, all they have to do is observe. Childhood is about taking the time to play, explore and connect to their imagination.

No matter what they do, no matter where they go, they always have access to the adult version of you, energetically sharing the wisdom and insights she needs to thrive in life.

One day, they are going to have their own car, bank account, phone, and all the freedom that comes with it.

How does that little version feel about having access to that type of freedom?

Inner Child Script

STEP 12. TRAVEL BACK TO CHILDHOOD

It is time to leave this safe place.

It is your choice whether to take the little version of you back to their place on the Timeline in your childhood or blend with their energy so they are with you in your heart space. It is completely up to you.

STEP 13. HEART OR HOME?

If you choose to go back to your childhood timeline, travel out of the safe place and move along your timeline back to the event where you were previously.

Notice how you see things differently because you are different. Notice that you just observe the energy instead of taking it on. Look at the event with a curious, open mind.

If you choose to hold them in your heart, simply look eye to eye with the little version of you, shrink her down, and bring her into your heart space. They accept you as you are, and you accept them the way you are.

They can travel with you wherever you go. Your love, acceptance, safety, joy, courage and passion can surround them. You say to yourself: "I matter".

STEP 14. TRAVEL BACK TO NOW

It is time to travel back to this present moment, swiftly floating along your Timeline and turning off all the lights and intensity on those old events that used to be so limiting.

Notice how the memory changes because you have changed. Moving through each and every memory, coming all the way back to this present moment, only at the speed and rate that you know things have changed for the better.



Inner Child Script

STEP 15. FUTURE PACE

Before you drop down into this now moment, let's go into the future, about a week or two, and I want you to notice what is different.

I want you to drift down into a scene where you would have interacted with that old problem but as the scene plays out, notice how you respond in a more productive, carefree and light way.

You don't have that negative charge any more. In fact, you feel confident. It is not about having ridged boundaries. It is about feeling empowered. This is your life. You get to do things your way. Notice what you have to believe about yourself to show up strong, confident, and compassionate.

STEP 16. JOURNEY BACK TO NOW

Start journeying back to this present moment, bringing with you all those amazing transformations, "ah-ha" moments, clarity and confidence. Moving forward, you know you can hold your head high and make the changes that are important to you.

STEP 17. OPEN YOUR EYES TO A WHOLE NEW YOU

I am going to count from 5 to 1 and with each and every count, you come back to this now moment...

5. feel yourself coming back to a place we call reality. You deserve the rewards.
4. expressing yourself in your unique new way. Locking this success into your mind, body and soul.
3. always knowing you can solve any challenge.
2. wiggling your fingers and toes. Heart rate back to normal.
1. opening your eyes to a whole new you.

STEP 18. TEST & CHECK IN

- What are the new choices available to them?
- Where in the body do they feel that inner certainty?
- How can they trust themselves with boundaries in the future?
- How does this new awareness shift their identity?
- What can you do to attend to your inner child's needs?

Past Lives Script

TIMELINE IS A COACHES WAY TO ACCESS PAST LIVES.

Past-life regression is a powerful form of healing that liberates your heart and empowers you. You can uncover soul contracts and other dynamics that your soul is holding on to and waiting to be resolved in this lifetime. Once you grasp where your soul has been, you gain a sense of control over what your purpose is moving forward. The question is, who were you in a past life?

Our souls are magnificent and have been on many journeys, like a train stopping at various stations. Many times, people find solutions to their problems from their past experiences.

RELEASE THE STRUGGLE AND GAIN THE BENEFITS:

- Understand current relationship dynamics.
- Receive money rather than rejecting abundance.
- Unveil the theme of this life and your purpose.
- Resolve fears and anxieties.
- Explore fertility challenges to make it easier to have a baby in this lifetime.
- Release health issues that seem to have no cause.
- Dissolve any sabotaging energy so that you feel lighter to manifest what your heart desires.
- Resolve your soul contracts to free yourself from relationship challenges!
- and so much more.

PAST LIVES TIMELINE IS DIFFERENT TO PAST LIFE REGRESSION

This “Past Lives” script will give you access to past lives, but it is not a formal Past life regression.

Past life regression allows the client to explore their souls journey to put the piece of the puzzle together to better understand themselves. Timeline drives the client to release heaviness from the past.

Clients who are logically minded and new to self-development may not want to delve deeply into past lives. They are better to have a gentle standard Timeline experience to build their belief and open their mind like a parachute to know what is possible.

For clients who are soul-led and excited to explore past lives, then this is the script to grab, if the root cause of their issue is Past Lives. This detailed script will specifically target what would interest them to have thought-provoking clarity and direction for this life, as well as release the presenting negative emotion. The ripple effect is remarkable as the timestreams shift and adjust to match the client’s new higher frequency, resulting in faster manifesting and easier life.

Past Lives Script

STEP 1. ACCESS THE NEGATIVE EMOTION

Identify the focus for the session and get the client in touch with the limiting emotion .

STEP 2. PERMISSION TO RELEASE

Is it alright with your unconscious mind for you to release this (negative emotion or limiting decision) today and for you to have total conscious awareness of it.

STEP 3. ROOT CAUSE

Trusting the first thing that comes to mind, what is the first event, or the root cause of the limiting emotion, which when disconnected, will cause the limiting emotion to disappear and will create a ripple effect of change in your life?

- Was it this lifetime, past lives, ancestral, or in the womb?
- This life... what age?
- Past life... how many lifetimes ago?
- ancestral... how many generations ago?
- The womb.... what month/week?

RELAXING INTRODUCTION

Now, focus clearly on the sound of my voice... and let nothing distract you from my voice. You will hear sounds other than my voice... but you won't let them bother you, or distract you, from my voice. You will hear, and remember, every word I say... and as you focus on the sound of my voice it becomes the centre of your concentration... and you will notice ... that the sound of my voice will make you feel drowsy and relaxed... and you will find as you become more relaxed... that very soon your eyes will want to close over... so whenever this occurs just allow it to happen.

RELAXING INDUCTION

Now I'm going to count down from 10 to 1 to help deepen this state.

10, bringing that relaxation down from the top of your head scalp muscles, down into your jaw.

9, noticing how much your body enjoys coming back in to this relaxed state. Feel yourself going deeper as the relaxation pours in down your shoulders.

8, just as your mind and heart want to drop even deeper with every word I say.

7, with every breath you take, breathing in that relaxation, going two times deeper.

6, naturally letting this relaxation go down your arms, into every cell of your fingers.

5, so comforting, having that trance feeling relax into your abdomen. Deeply relaxed

4, pouring down the back of your legs like liquid crystal....

Past Lives Script

3, letting your feet relax as they sink into the floor.
 2, bringing your body back in to harmony and balance, dreaming drifting down.
 1, your body is completely relaxed; all the tension is gone. So just breathe deeply.
 Feel the relaxation from your whole body. As you breathe out, you feel that your whole body, from the top of your head to the tip of your toes.

Completely relaxed as you follow and focus on my words.

STEP 4. ACCESS THE TIMESTREAM

Trusting your unconscious mind, and I know you do, I invite you to float up out of your body, floating higher and higher, and get in touch with your Timeline. Intuitively, you will know which way is your future and which way is your past.

Today, we are going to float all the way back along your timestream; all the way back to the very first time you ever experienced a limiting emotion (name it).

You don't have to consciously know; your unconscious mind will just give you a sense of the moment you experience limiting emotion. So, floating back along your timestream back to that moment. Going back to the event, your unconscious mind will take in what it needs to learn, the learnings of which will allow you to let go of the emotions easily and effortlessly.

In a moment, not now, I am going to count from 3 down to 1. You are going to drop down into that event, going back to see what you saw, hear what you heard, and get in touch with that experience in that past life.

As I asked these questions to you, you become aware of the answers. And as you become more aware of the answers, you become very much more aware of where you are. So on 3... 2.... 1.... dropping down into that event.

STEP 5. ASSOCIATED INTO THE EVENT

As you are in the event, see what you saw, hear what you heard, and feel what you felt. Tell me what do you notice?

- Are you inside or outside?
- Is it daytime or nighttime?
- What's happening around you?
- Looking down upon yourself do you get a sense if you are male or female?
- What age comes to mind?
- Are there people around, or are you by yourself?
- Tell me more. What do you notice?
- Allow the information to come easily.

Explore the cause of the limiting emotion and why limiting emotion was the consequence for your client.

Past Lives Script

STEP 6. REMOTE CONTROL

As this lifetime becomes more familiar, dial up your senses to discover anything else your soul is wanting you to know. You may hear it, see it, smell it or just know it.

What do you notice?

Interestingly, you find you have a remote control that you can use to go forward or backwards in this life. You want to now imagine going forward, or backward, or both. Let's get hold of that remote and let's press rewind on that lifetime, so your unconscious mind can take us back to a scene to better understand your family, and your role when you were younger in that lifetime.

Tell me what you notice. (Where is Mum? Where is Dad? Any siblings? What kind of lifestyle do they have?)

STEP 7. ANY OTHER THINGS TO BE AWARE OF

Now let's get hold of that remote again and press fast forward, still staying in that lifetime but allowing your unconscious mind to take us to a moment that can give us clarity on (the original intention to resolve the limiting emotion).

Allowing your unconscious mind to help us explore what else is important about this lifetime that you need to be aware of.

(Coach, feel free to go off-script to explore intuitively.)

STEP 8. FLOAT UP

It is time to float up, floating right up above this event. As you go higher and higher, you go so high that when you look down below, it is so very small, so insignificant now, and you see that the event is way way way... down below.

Now that you are directly above the event ask your unconscious mind what it needs to learn from the event, the learnings of which will allow you to let go of the emotions easily and effortlessly. Your unconscious mind can preserve the learnings so that if you need the lessons in the future, they will automatically be there for you.

STEP 9. LEARNINGS

- Tell me, what are the learnings?
- Become aware of what you were supposed to learn in that lifetime.
- What was left incomplete?
- And how does this connect to this lifetime?
- What are the new learnings that will help you move forward in this lifetime?

Past Lives Script

STEP 10. COME BACK TO NOW

It is now time to prepare to come back to now. Bringing with you all your new learnings and ah-ha moments. In a moment you'll come back to now when I count from 1 to 5. On the count of five, you become fully awake and fully alert. You'll be back in this room where you closed your eyes.

You'll have no sign of tiredness, mentally or physically, and be able to do all the things you've been able to do but even better, knowing that you have this learning and understanding that you can apply to this life. Travelling all the way back to this now moment and coming all the way back into the body.

STEP 11. COUNT DOWN

On 1, you allow the energy to come up through your feet and toes, fingers and hands, lower legs, and forearms.

2. The energy goes up to your knees and thighs, your elbows, and your upper arm.

3. The energy goes up through the central part of your body, heart rate, blood pressure, everything returning to nice healthy levels for you.

On 4, the energy goes up to your neck, head, and face until you're almost back to the surface.

And on 5, in your own time, become fully awake, fully alert, and fully back in the room. And when you're ready, open your eyes to a whole new you.

Welcome back.

STEP 12. DEBRIEF

In the debrief after past life experience, assist your client to:

- Understand any “themes” from the lives they visited.
- Be aware of any issue your client has come to work on and how the lives may have helped with releasing the issues.
- Explore how the learnings can fit in with the current life.
- Discuss with the client what are the new choices available to them?
- What can they do after they leave you, to better incorporate the learnings?

Now is a good time to journal, meditate, reflect, or just let them sleep on it.

When you finish, let the client know they could have some physical reaction to the changes that are occurring from what they learned. If they have any concerns, contact their health professional.

Ancestral Script

When we enter this world, our rules and ideas are derived from our family, caregivers, and guardians. Their values and opinions about what is right and wrong will be different from those of other people's families and cultures.

Here on earth, we have polarity, but there is no 'right' or 'wrong' that we have all agreed on. Family standards are made up of information based on ancestry. For example, if your great-great-grandfather had a bad money situation, perhaps he had lived through the Great Depression, he would create the scarcity idea in himself and then pass the information on to his children and to the next generation, and so on and so forth.

It is like an ancestral 'curse' of lack, scarcity and poverty that ripples down to you. Until someone in the family stands up and says, "Hey, I am willing to look outside that narrative to create something different", it stays the same.

To make a change, people must be willing to do what is unfamiliar and somewhat uncomfortable, yet they will do what they can to fit in. "This is how it is always done."

My question is, is that true... "Is this how it is always done? Who says? Who made it that way? Therefore, what was it like before that?"

If you are uncomfortable with the way things are always done, take notice of that. Something within your spirit is asking you to have a look at what that old energy is so you can align to the updated modern frequency your intuition is pulling you towards.

Ancestral Timeline will assist you to make effortless change to:

- Resolve the fear of creating something new.
- Release the obligation is why you should follow someone else's authority, and best of all, it will.
- Allow yourself to draw the line in the sand and rewrite your and your children's future for the better.
- Evaluate your own values to prioritize your needs, wants, and desires.
- Change the internal dialogue so the outward projection changes the outside reality.
- Set the example of a healthy way to navigate triggers rather than staying stagnant.
- Exit the family guilt trip to ensure healthy, responsible boundaries.

Your future ancestors and family lineage will be grateful for your courage and healing work!

Ancestral Script

Any time you discover that the root cause of your client's negative emotion is ancestral, grab hold of this script to deliver a more in-depth healing session.

STEP 1. ACCESS THE NEGATIVE EMOTION

Identify the focus for the session and get the client in touch with the limiting emotion .

STEP 2. PERMISSION TO RELEASE

Is it alright with your unconscious mind for you to release this (negative emotion or limiting decision) today and for you to have total conscious awareness of it.

STEP 3. ROOT CAUSE

Trusting the first thing that comes to mind, what is the first event, or the root cause of the limiting emotion, which when disconnected, will cause the limiting emotion to disappear and will create a ripple effect of change in your life?

- Was it this lifetime, past lives, ancestral, or in the womb?
- This life... what age?
- Past life... how many lifetimes ago?
- Ancestral... how many generations ago?
- The womb.... what month/week?

STEP 4 ACCESS THE TIMESTREAM

Trusting your unconscious mind, and I know you do, I invite you to float up out of your body, floating higher and higher. As you move higher and higher, you notice a tree.

Your family tree. While the tree stands tall, you know you have permission to explore the knowledge contained within it. It has many branches; some are thin, some are thick and healthy, and one branch gets your attention.

Imagine that you are floating along that branch to where that generation is represented.

What we are going to do is discover where that negative emotion came from and why it has held such a grip on you as a member of this family. You don't have to consciously know why; however your unconscious mind will just give you a sense of the moment of that limiting emotion.

So floating back along your ancestral timestream, back to that moment of that event. When you are at the event (just nod, so I know you are there) I invite you to float down into that event. Popping down into the event...

Ancestral Script

STEP 5 ASSOCIATED INTO THE EVENT

As you are in the event, see what you saw, hear what you heard, and feel what you felt. Become aware of what is causing the issue. Tell me what do you notice?

If the client needs prompts...

- Who is in the event?
- What is going on as you look around?
- Notice how your family is involved in the event?
- Why has this rippled throughout the generations?

STEP 6. FLOAT UP

It is time to float up, floating right up above this event. As you go higher and higher you go so high that when you look down below it is so very small, so insignificant now and you see the event way way way... down below.

Now that you are directly above the event ask your unconscious mind what it needs to learn from the event, the learnings of which will allow you to let go of the emotions easily and effortlessly. Your unconscious mind can preserve the learnings so that if you need the lessons in the future they will automatically be there for you.

STEP 7. GAIN THE LEARNINGS

Tell me what are the learnings for you and future generations?

Notice the colour associated to those positive learnings. Maybe there is a positive sound.

Breathe in that colour and sound and let it flow all the way through every cell of the mind, every cell of the body, all the way throughout your aura, so that you can take these positive learnings with you wherever you go.

STEP 8. RELEASE THE OLD WAY

Imagine for a moment that you are in your safe place sitting outside and it is night time. You are sitting by a beautiful fire, millions of stars in the sky and you can feel the warm air on your face.

In the fire pit there is a flame that radiates a soothing warmth. You know this is a powerful flame. Anything this fire touches simply transforms and releases. As you sit by the fire, you pull out a list from your pocket. It is a list of all the old ways that previously held your family back. You notice all the ancestral names, conditions and limitations. If only they knew what you know now.

Ancestral Script

STEP 9. RELIEF

I'd like you to crumple the page and throw it in the fire. Swooooooshhhhhh. You watch the fire transmute the heavy energy and limiting emotions and know things have shifted as you observe the smoke drift up into the night's sky.

You feel a wonderful sense of relief as you allow yourself to feel calm and peaceful. With this renewed energy, you know it is time to write a new story.

STEP 10. REVIST THE OLD EVENT

Now that it is complete, it is time to float up above your timestream to go back to the old ancestral event, but this time, bring with you the new learnings and the new story.

Notice how you being there create an energetic ripple throughout time, inviting your family to take notice of the new learnings.

STEP 11. TRAVEL TO NOW AND INTO THE FUTURE

Now I'd like you to float up and along your family tree towards now. Noticing how the tree is stronger, more vibrant and supportive for all generations.

The tree feels different to you now as it supports your future growth. It is creating new possibilities and new choices moving forward. Before you come back to now, we are going to be thorough and explore what life will look like with these new shifts.

STEP 12. FUTURE YOU

I'd like you to go into the future where previously you responded with the limiting emotion (name it) and notice the new choices you have.

That's right, go all the way into the future, maybe a week or a month and notice what happens for you, now? Notice what your life is like now that the issue is completely gone and you're free to live up to your highest potential. Notice the positive changes and how you can now impact your life with the productive adjustments that you've made today.

I'm curious: what do you have to believe about yourself to have this outcome?
(Allowing the voice to speak)

Ancestral Script

STEP 13. LOCKING IN THE SUCCESS

Now that you know this about yourself, you can't go back the way it was, however you can bring with you the energy of this successful version of you into the now. You are a new person.

Truth is people will come in, connections will be made, opportunities will be offered, doing new things you have not done before... you get to show up differently. The longer you hold onto this empowered energy, the quicker the transformation will occur.

STEP 14. PREPARE TO COME BACK TO NOW

It's time to come back to now. I want you to look towards now and notice the glowing golden footprints that lead you to this moment.

It is time to travel back to now, bringing with you the new energy, new 'ah-ha' moments and the freedom to make new wealthy decisions.

STEP 15. OPEN YOUR EYES TO A WHOLE NEW YOU

I am going to count from 5 to 1 and with each and every count, you come back to this now moment...

5. feel yourself coming back to a place we call reality. You deserve the rewards.
4. expressing yourself in your unique new way. Locking this success into your mind body and soul.
3. always knowing you can solve any challenge.
2. wiggling your fingers and toes. Heart rate back to normal.
1. opening your eyes to a whole new you.

STEP 16. TEST & CHECK IN

What are the new choices available to them?

Where in the body do they feel that inner certainty?

How do these new insights change the way they move forward?

What do they need to do to trust their own authority/ leadership?

What do they want to model for their children and future generations?

Is it worth doing some home play to write their ancestors a letter, and then safely burn the letter to release the old energy?

In The Womb Script

This “In The Womb” script will give you access to stressful situations you were exposed to in the womb. It is important to remember that in each and every moment, our minds will put meaning to what we hear, but this may not be the truth of what actually happened.

Being in the womb, “hearing & feeling” the stress of mum being pregnant is simply that: a stressful change to mum's life. Some people take on board mum's stress and personalise it, which can sound like “I caused mum to suffer”.

With Timeline you may discover that mum's stress was based on the environment and behaviours of others, NOT the baby aka client. In fact, mum was driven and excited to raise a child with so much love and affection. The lessons learned from Timeline process can release a lifetime of self-blame and shame and give the person permission to hold their head high, feel confident and be proud of the connection they have with family.

Below is a list of current issues I have seen in clients that are easily resolved by going to the womb in the Timeline process.

- Commitment challenges.
- Difficulty trusting support.
- Shame not measuring up.
- Suppressing their needs to minimise being a burden.
- Shutting down self-expression & creativity.
- Suffering and feeling trapped.
- Difficulty coping with change.
- Social anxiety.
- Stubbornness and control issues.
- Health problems with the gut, blood, skin and lungs.

I have witnessed clients being in the Timeline process, picking up on the energy that Mum had previously miscarried and that they felt the fear of Mum losing them. After the session, they confirmed, yes, Mum had miscarried. It helped piece together why they felt smothered in life, and now they could let that go and claim their space.

I have observed clients recognising that Dad was not committed to staying with their mother. This caused trust issues in their current relationships. Once she got the ‘ah-ha’ from Timeline, she released Dad's heavy energy and found her soul mate.

Profound healing will occur by simply acknowledging and addressing these emotions first experienced in the womb.

Womb Script

Any time you discover that the root cause of your client's negative emotion is the womb, grab hold of this script to deliver a more in-depth healing session.

STEP 1. ACCESS THE NEGATIVE EMOTION

Identify the focus for the session and get the client in touch with the limiting emotion.

STEP 2. PERMISSION TO RELEASE

Is it all right with your unconscious mind for you to release this (negative emotion or limiting decision) today and for you to have total conscious awareness of it?

STEP 3. ROOT CAUSE

Trusting the first thing that comes to mind, what is the first event, or the root cause of the limiting emotion, which when disconnected, will cause the limiting emotion to disappear and will create a ripple effect of change in your life?

- Was it this lifetime, past lives, ancestral, or in the womb?
- This life... what age?
- Past life... how many lifetimes ago?
- Ancestral... how many generations ago?
- The womb.... what month/week?

STEP 4. RELAXING INTRODUCTION

I'm going to ask you to concentrate only on my voice as I continue to speak.

I'm going to ask you, if you will, to sit in the chair, rest your hands and just try to get as comfortable as you can. ...Just concentrate on my voice, and if you will, at this time, allow the eyes to close...and just feel yourself.....slowing down.

Feel the whole body slowing down.....feel the breathing slowing down.....generally feel a sense of comfort,.....relaxation,.....and calm.....all through you. As you continue to relax in this way, the relaxation spreads, causing you to feel lighter and lighter.

STEP 5. ACCESS THE TIMESTREAM

Knowing that you feel lighter and lighter, I invite you to float up out of your body, floating higher and higher. Floating higher and higher and get in touch with your Timeline.

Intuitively you will know which way is your future and which way is your past. Today, what we are going to do is float all the way back along your time stream, all the way back to the very first time you ever experienced limiting emotion (name it).

Womb Script

STEP 5. CONTINUED

You don't have to consciously know; your unconscious mind will just give you a sense of the moment you experience limiting emotion. Knowing we are going back to your time in the womb, I invite you to float along your timestream back to the time when you were in the womb.

In a moment, not now, I am going to count from 3 down to 1, you are going to drop down into that womb. Dialling up your ability to hear the truth and know the truth. So on 3... 2.... 1.... dropping down into that event.

STEP 6. IN THE WOMB

I want you to be there in the womb space. And again, dialling up your hearing so you hear the truth and dialling up your knowing so you know the truth.

- I just want you to notice what it's like...
- What are the first things you notice as you go into the developing body?
- Let the body feel it. Allow the details to come to your awareness.

STEP 7. ASSOCIATED INTO THE EVENT

As you are in the event, see what you saw, hear what you heard, and feel what you felt. Tell me what do you notice?

- As you are aware of being in the body, what is it like to move that body? (easy or difficult?)
- How does it feel to have the fluid on your skin?
- How do you feel about coming into this world?
- What is it that you are looking forward to?
- Does Mum know you are on your way?
- Is Mum coping with the pregnancy? (any stress? How is it impacting you as the baby?)
- Does Dad know you are on your way?
- Is Dad committed to having you? (if not, how does it feel to be committed to someone who is not committed to you?)
- What do you intend to learn from this family?
- What do you intend to teach this family?
- What does this little version of you need?

Explore the cause of the limiting emotion.



Womb Script

OPTIONAL MOTHER EARTH CONNECTION:

Let's imagine that we bring forward the being known as Mother Earth, like coming in as a guardian angel. She has a special message to share with this little version of you.

Hear her message: "I'm always going to be here for you. My entire being is to support your life. I am fully committed to holding the space for you to learn, grow and excel in everything you set out to do to be your purpose here on Earth". Breathe in that reassurance.

STEP 8. FLOAT UP

It is time to float up, floating right up above this event. As you go higher and higher you go so high that when you look down below it is so very small, so insignificant now and you see that event way way way... down below.

Now that you are directly above the event ask your unconscious mind what it needs to learn from the event, the learnings of which will allow you to let go of the emotions easily and effortlessly. Your unconscious mind can preserve the learnings so that if you need the lessons in the future, they will automatically be there for you.

STEP 9. LEARNINGS

Tell me, what are the learnings?

Become aware of what you were supposed to learn from that experience that previously held you back.

Learnings are more impactful when they are positive, about themselves and helpful for their future. If they do state negative lessons, that's fine, but help them turn it around. eg. "People can be unkind"

"Yes, that is true, so maybe there is a lesson here about discernment?" - avoid projecting your opinion. Utilise something they said before you get started.

STEP 10. HEALING TO THE WOMB

I want you to float along your timestream before you were in the womb, and from this perspective, I invite you to pour all of that love, light and radiant energy into the womb space before that little version of you came to be.

Witness your mother's womb filling up with love:

- Bring in nourishment and vitality,
- Bring in energetic protection and
- Dial up the safety for you and your mum.

Be Your Purpose

Womb Script

Remind yourself:

- "I am comfortable in my own skin".
- "My body works harmoniously"
- "I respect my boundaries"
- "I embrace the playful, childlike curiosity"
- "I am confident"
- "I am safe, I am safe, I am safe".

STEP 11. COME BACK TO NOW

With that in place it is now time to prepare to come back to now. Bringing with you all your new learnings, new boundaries, new curiosity and new ah-ha moments.

In a moment you'll come back to now when I count from 5 to 1. On the count of one, you become fully awake and fully alert. You'll be back in this room where you closed your eyes. You'll have no sign of tiredness, mentally or physically, and be able to do all the things you've been able to do but even better, knowing that you have this learning and understanding that you can apply to this life.

Travelling all the way back to this now moment and coming all the way back into the body.

STEP 12. OPEN YOUR EYES TO A WHOLE NEW YOU

I am going to count from 5 to 1 and with each and every count, you come back to this now moment...

5. feel yourself coming back to a place we call reality. You deserve the rewards.
4. expressing yourself in your unique new way. Locking this success into your mind, body and soul.
3. always knowing you can solve any challenge.
2. wiggling your fingers and toes. Heart rate back to normal.
1. opening your eyes to a whole new you.

STEP 13. TEST & CHECK IN

- Discuss with the client what are the new choices available to them?
- Where in the body do they feel that inner certainty?
- How can they trust themselves with boundaries in the future?
- Is it necessary to talk to Mum about her experience of the pregnancy?
- How does this new awareness shift their identity?
- What can they do to ground and connect to *Mother Earth*?
- What can you do to attend to your inner child's needs?

Holistic Script

This Holistic Script is a beautiful script that takes the client on a creative journey to self-empowerment. There are many treasures in this script that allow the client to immerse themselves in the colourful experience. Enjoy.

STEP 1. ACCESS THE NEGATIVE EMOTION

Use the curiosity model to get the client in touch with the limiting emotion (*name it*).

- How do you know you have the limiting emotion?
- What triggers the limiting emotion?
- How is that a problem?
- How do you do the limiting emotion?
- Get in touch with where your body is holding onto the limiting emotion.
- Let's get a bit playful, if you were to connect to the limiting emotion, does it take on a shape or a symbol?
- What colour is the limiting emotion?
- Is it hot or cold?
- Ask the limiting emotion, "What's the purpose of being in ... (client's name)... body?"

NEW CLIENTS - DISCOVER YOUR TIMESTREAM

In a moment, I am going to ask you to consider an event that happened in your past and know that the memory is stored somewhere around your body. When you think about your previous birthday, which direction do you feel that is?

Now, if you consider an event in your future, which direction does that appear to be? It may feel like you're guessing, but point in the direction which feels right. Good

Notice that your past is in one direction and the future in another, which implies a line. Does any of that line go through your body?

STEP 2. PERMISSION TO RELEASE

Is it alright with your unconscious mind for you to release this (negative emotion or limiting decision) today and for you to have total conscious awareness of it.

If you get a "Yes" – proceed. If "No" do not proceed. Go back to build rapport to check for agreement on what you are working on, Continue on when you have done sufficient reframing to get a "yes"

Holistic Script

STEP 3. ROOT CAUSE

Trusting the first thing that comes to mind, what is the first event or the root cause of the limiting emotion, which, when disconnected, will cause the limiting emotion to disappear and will create a ripple effect of change in your life?

- Was it this lifetime, past lives, ancestral, or in the womb?
- This life... what age?
- Past life... how many lifetimes ago?
- Ancestral... how many generations ago?
- The womb.... what month/week?

...If the client responds with "I don't know" respond with "I am not asking your logical mind, I am asking your unconscious mind. Trusting the first thing that comes to mind what was the first event you experienced xx name emotion xx? Was it this lifetime; past lives; ancestral; or in the womb?"

OPTIONAL RELAXING INTRODUCTION

Sit back, relax, and close your eyes. Begin to focus on this part of your body that is already comfortable and feels perfect. Notice the quality of this perfection. Imagine you can take your whole being into this part of your body and share this feeling of perfection with your entire body. Expanding that feel-good energy out, gently and easily. Let your body muscles relax deeply as you listen to my voice as you feel better and better with each and every breath you take. (pause).

As you go deeper with each and every beat of your heart, feel so light, like that dreaming, drifting, dropping feeling.

STEP 4. FLOAT ABOVE YOUR TIMESTREAM

I'd like to speak directly to your unconscious as you imagine yourself floating up above yourself, floating higher and higher. You can see yourself below as you go higher and higher, completely free of your body. I want you to imagine a path in front of you. Intuitively, you know which direction is your past and which direction is your future. Today, I want you to go back, go all the way back, and recall a specific time when you were totally (the issue; sad/angry/guilty/etc... or negative event?).

Imagine going along that path all the way back to the cause of this problem. As you are floating and zooming along this path, you are going right back in time, right back through the years to where the problem first occurred. You don't have to logically know when it occurred, but your unconscious mind knows, and it does.

You go back to the cause, to the initial time and as you do, your unconscious mind will give you a memory, a time, a sense of what that is and you just go all the way back, just drifting all the way back.

Holistic Script

STEP 5. ABOVE THE EVENT

As you do, you notice a streetlamp, and after that is darkness. You know you are at the right event. In a moment, I'm going to ask you to drop down into that event to see what you saw, to hear what you heard and to feel what you felt. To sense, to know whatever it is, and even if you are unsure, just allow yourself to make it up as if you were there.

So, as you drop into that event now, at the very first event, let yourself see what you saw, hear what you heard and feel what you felt, and just NOD when you are there.

(Go to the next step if they nod "yes". If they don't get anything, then repeat step 4.)

STEP 6. BECOME AWARE OF THE SITUATION

Now that you are at the time when you were totally (issue), in your mind, I want you to notice what is happening. Become aware of the situation, like a photo or a picture – however it appears is fine.

You notice what is happening around you, the thoughts, the feelings, where you are, who else is there. What's happening there, and as you do, allow yourself to become aware of what is causing that issue.

Let the voice speak now; describe where you are *(optional)*

Begin to encircle the event with all the wisdom of the ages; see it for what it really was now that you're wiser and much more powerful now. You begin to release the emotions of the event as you begin to move higher and higher, way above the event now.

STEP 7. RISE ABOVE THE EVENT & GAIN THE LEARNINGS

Floating up higher and higher, right up above that event, as you go higher and higher, going so high, that when you look down below, it is so very small, so insignificant now, and you see that event way way way down below and so you are now in the learning position.

As you are in the learning position, you imagine that there is a box in front of you. It is a very special box, just for you. You open that box, and a piece of paper comes out, an old ratty brown piece of paper with old learnings. You tear them up, tear them up so small as if they turn into dust, letting that go, as if the wind was to take it away, never to return.

A new piece of paper now appears in the box, and as you look down, you become aware—with the wisdom of time—of the lessons you were meant to learn the first time.

Holistic Script

STEP 7. CONTINUED

So, as you were to gain positive learnings from that time, allow yourself to become aware because everything that happens in life always happens for a positive reason. Whether it's a positive something you need to remember to use going forward or a positive something you need to remember to let go of and not have appeared in your life.

You let that positive learning now appear and as you do, let the voice speak and just allow yourself to speak one of those positive learnings. (Let the voice speak).

STEP 8. POSITIVE LEARNINGS

Become aware of another positive learning. Your unconscious mind receives more wisdom that makes this life better and easier. These learnings are all being put onto that page. Notice that page is now being filled by all the positive learnings and its as if there is a colour, a colour that you can associate with the positive leanings and maybe the sound that you can add to that positive learning goes into that box.

You now put the page, the colour, and the sound in that box and close the box. In the box is now that colour and maybe that positive sound, and you put that box in that area of your unconscious mind that is reserved for special learnings such as these.

As you do, it goes into that area, allowing it to spread all the way through the body easily and effortlessly. As you breathe in, that colour and sound flow all the way through every cell of the mind, every cell of the body, and as it does, it fills the whole of the mind and body with all those positive learnings, and you allow them to be there.

STEP 9. BEFORE THE EVENT

In a moment, not now, you are going to go back an hour, a day, or a week before that event even occurred. You are going to go back into the release position, as you find it easy now to continue to float before the event even occurred and see a picture of the old event in your hands in front of you or just get a sense of it as you move into the release position.

Soon you will drop it into the abyss, like (superman or superwoman) with your hands out in front of you with the picture in your hands and your feet out behind. In a moment, not now, I'm going to have you release the picture in your hands not now but in a moment, so when you release the picture into the abyss, you will disconnect from the energy of this old limitation completely, and you might see the picture change or feel a ripple effect in motion, changing your future in a powerful way and you might hear a pop or feel like dominoes moving rippling along your body, or you might say 'hey, where did that emotion go?' either way is fine.

Holistic Script

STEP 10. GET READY TO RELEASE THE NEGATIVE EMOTION

In a moment, not now, I'll count from 3 to 1. At 1, you'll release the picture and drop it completely and watch it go down, down, down, down, all the way down as it disappears from your unconscious. You may hear a pop or feel like dominos falling one after the other, or you may just say, hey, where did the (issue) go?

However, it goes fine. Prepare yourself to completely let it go. Now count from 3 to preserve the learnings and only the learnings in the special place where all special learnings are kept, 2 to see the event with new and wondrous eyes, and 1 to drop the photo all the way down.... down.... down.... down.... down.... down.... down.... down.... down.... downdowndowndowndowndown, all the way down.

And you may hear a pop or feel like dominos falling one after the other or you may just say, hey, where did the issue go? However, it goes is fine.

STEP 11. DETACH FROM IT COMPLETELY

Not now but in a moment, I'm going to have you see an etheric cord or a wispy smoky connection that connects you to the event like an umbilical cord.

In one hand you'll see a pair of scissors, a knife or a sword and you'll cut the cord and release all the emotions of the event completely, and preserve the learnings in the special place where all special learnings are kept.

So, go ahead now and cut the cord, SWISH. You may hear a pop or feel like dominos falling one after the other, or you may just say, "Hey, where did the emotion go?"

However it disappears is fine, as you notice that having made the change in the past is now creating a ripple effect in motion. It goes all the way into your future and begins to change the course of events that allow you to achieve what you've always known you can at some level. That's right, you can do more now than you first thought.

Good, you're doing really well.

Holistic Script

STEP 12. TEST FOR THE RELEASE

Now move all the way back to the event and notice what happens for you instead – and yes that was a major problem but notice what happens for you now. If the (negative emotion or limiting decision) is gone, just give me a nod because you're fine now.

Good, you're doing really well.

Should you feel any remaining emotions shake your head and we'll go back to the event to remove the negative emotion or limiting decision for good.

If "no" go to STEP 4 FLOAT ABOVE YOUR TIMESTREAM

STEP 13. GRAB THE BUCKET OF PAINT

Now, float back up into that learning position and imagine you have a bucket, and inside that bucket is full of paint that is the colour of the positive learnings. Imagine throwing that bucket of paint all the way along your Timestream, into your future and all directions of time.

STEP 14. COME BACK TO NOW

With that in place, I'd like you to float along your Timeline towards now, only at the speed and rate where your unconscious mind can store the learnings to let go of the emotions on each of those events, so they are less of an issue for you, allowing you to move forward easily and effortlessly.

STEP 15. FUTURE PACE

Now that you've released the issue completely from your life, I'd like you to imagine what your life might look like without the (negative emotion or limiting decision). Now I'd like you to go into the future where once upon a time that (negative emotion or limiting decision) was once an issue for you and notice what happens for you instead?

That's right, go all the way into the future and notice what happens for you now? Notice what your life is like now that the issue is completely gone and you're free to live up to your highest potential.

Go ahead now and step out into the future and notice the positive changes and how you can now impact your life with the productive changes that you've made at an unconscious level. Notice your behaviour, your thoughts, the feelings. Notice what it is you are doing now that you are living the life you want to live. As you are experiencing this, allow this new awareness to lock into your unconscious mind, knowing this is by your standards.

Holistic Script

STEP 16. BACK TO PRESENT STATE

Now prepare to come all the way back to the present, coming all the way back to now having made productive and positive changes in your past and your future and feeling the changes in the present.

That's right, coming all the way back to the present.

In a moment I'm going to count from 5 to 1, you will awaken 20% with each count.

5 - Locking these suggestions deep at the unconscious level.

4 - Feeling a sense of vibrancy and alertness returning to your body as the energy goes up from the tips of your toes to the top of your head.

3- knowing there are always 3 solutions to every challenge.

2 - Coming all the way up now, big breath in.

1 - Wide awake, wonderfully refreshed, wide awake

....and opening your eyes to a whole new you.

STEP 17. TEST FUTURE PACE

- What are the new choices available to them?
- Instead of the old way, what will they do instead?
- How will this new way be beneficial?
- Where in the body do they feel that inner certainty?
- How can they trust themselves with boundaries in the future?
- Is there any follow up home play they can do to prove to themselves something has changed?



Future Laser After Timeline

Below is a powerful future pace you can add to any Timeline script. It assists your client in gaining clarity and direction. Remember, it is an optional add-on.

STEP 1. FINISHED TIMELINE & READY FOR FUTURE PACE

I invite you to float above your Timeline, and this time, let's go to the future. Feel yourself magnetically floating into the future, and as you do, notice that it looks different now.

New choices, options and new possibilities are available to you.
As you look to the future, you can create a rich life according to your standards, feeling fulfilled and satisfied.

STEP 2. WHERE DO YOU FEEL THE CLARITY?

Get in touch with that amazing feeling. Where do you feel it in your body?

Like a laser beam, tighten the focus on that feel-good feeling and project that energy into the future. It cuts through the nonsense that previously held you back.

Get that laser beam of good feelings and send it out into the future. Notice how those feel-good feelings beam through every decision that you are going to make.
shhhhhhhhhh....

STEP 3. DIAL UP THE VIBRANCY

I want you to look at your future as if it is way out there on the horizon, I want you to angle it up, so you are looking forward and looking up, for what's to come.

Try dialling up the brightness.

Dialling up the sense of achievement and satisfaction.

Dial up the sense of praise and celebration.

Notice any sounds that are important to you in future.

STEP 4. RE-ORIENTATE THE TIMESTREAM

Now that is in place, let's get your unconscious mind to reorientate your past. Knowing the past is an inch or two behind you, whatever is most comfortable for you, have it a little to the side so you can remember what you learned from the mistakes if you want to, so you don't do those things again.

It is interesting because you have learned a lot of things from the past.

Future Laser After Timeline

STEP 5. BROADEN YOUR HORIZONS

Take a look at the future out in front of you; where does the future begin? Notice where it starts in relation to your body. Let's try this: Bring your future up and pull it into your eyeballs. That way, you are looking into the future, making decisions, and acting in the now.

Interestingly, with this orientation, your present is inside your head. You can process the pros and cons so quickly that you can notice the differences and make the decision that works by your standards.

Get in touch with that laser focus and beam it again into the future, but this time, expand the laser so that you are now broadening your horizons. Look at that future now. How different does that feel?

STEP 6. PULL IN YOUR HOPES & DREAMS

During coaching sessions, I ask people, "Where are your hopes and dreams?"

So many times, they tell me, "They are over there," a bit out of reach. I don't think they realise how much they put their dreams aside. You know those people who say, "One day I'm gonna..." Their goals are out of reach, so it makes sense why they are not manifesting what they want. The truth is, the more you put your hopes and dreams in front of you, and the more you pay attention to those dreams with laser focus, the more likely you are to achieve them.

So, let's take action and do this. In a moment, not now, I am going to ask you to expand your Timeline. This does not mean pushing your goals out of the way. In fact, it is the opposite. It pulls in all the good things so you can have more opportunities and a better life.

STEP 7. YOUR STANDARDS

Knowing that your Timelines can always reorientate itself in a way that is the most appropriate and useful at any given moment in time, your unconscious mind already knows how to do this. It knows how to rearrange itself for those things that are important to be on time for.

When you are with your friends and family, you don't need to worry about time. You don't have to keep track of time; your brain knows how to do that for you, but now it can do it more elegantly and precisely. Just for you. Orientate your timeline in any way you like, according to your standards, that leads you to a wonderful life.

With that in place, I invite you to slowly float back into the present moment. Bringing with you the certainty and confidence you know you've got this. And when you are ready, open your eyes to a whole new you.

Hot Air Balloon

When your client has completed several sessions and is in an empowered state, this is an ideal time to rewrite the future. This concept involves changing the current trajectory to shape what comes next. It's about taking control of our narrative and making conscious decisions to lead to a more desirable future. This script will assist your client in shifting future timestreams.

STEP 1. ACCESS THE FUTURE

Is it alright with your unconscious mind for you to access the highest potential for your future today and for you to have total conscious awareness of it?

STEP 2. TRANCE

Now, close your eyes. Take a nice, deep, full breath and exhale slowly. Take another deep breath and exhale. Feel yourself beginning to relax now ...One more time. Breathe in. Take a nice, deep, full breath and hold it in. Now, let it out completely, and feel yourself relaxing even more. I want you to imagine now that you are looking at a clear, blue sky. The sky is a vast, endless, and ever-changing canvas of colours. It's a place where the sun sets, the stars shine, and the moon rises. The sky is a place where birds fly and clouds drift. It's a place of dreams and inspiration... As you look upon the sky, I want you to notice that some clouds appear, light and airy. These are happy fluffy white clouds that start to weave your name in the sky. They take advantage of how the sunlight dances on your name. You are that important, it makes sense that the universe finds ways to celebrate the truth of who you are.

Imagine what the clouds feel like, light and airy. Also, hear the birds. Not only can you hear their calls, but you can also hear the flapping of their wings as they increase their speed. You hear the silence of their wings as they glide through the sky. You relax with the increasing silence.

Now, let your name just disappear with the wind. Let the winds just blow your name away into the blue sky ... and forget about your name. Forget you even have a name. Names are not important. Just go on listening to my voice and let yourself relax even more. You are at complete peace with yourself. There are no distractions. You relax even deeper.

STEP 3. NEW PATH AHEAD

I want you to imagine there is a path in front of you. A path that seems intriguing and inviting. Each soft step leads you to a wonderful journey.

In the distance, over there, is a whimsical hot air balloon. Bright, strong and magical. You feel your heart skip a beat when you notice your familiar higher self, like a guide, welcoming you to join them in the hot air balloon.

Hot Air Balloon

You know the hot air balloon is going to take you on a wonderful adventure, travelling to a place in time where your goals and dreams have already manifested. It is exciting to have this opportunity to what you will soon discover.

Eagerly, your higher self beams you into the basket of your hot air balloon. Run your hands across the strength of the gondola that will carry you into the sky. But first, your higher self needs your help to let go of the heavy sandbag baggage that is keeping it stuck & weighed down.

STEP 4. LETTING GO OF THE HEAVY ENERGY

Take a moment to reflect on the heaviness of your mind. What has been taking up so much time and space? Maybe frustration? Maybe Anger? Maybe Doubt? Maybe Sadness?

When you identify what has been weighing you down and decide you have had enough of it, it is time to let it go.

See this limiting emotion and worrying thoughts as a solid, heavy sandbag attached to this hot air balloon by an old tattered rope. In a moment, not now, I am going to count from 3 to 1, and when I get to 1, you will take charge and release this rope. So on 3.... 2.... 1.... seeing that old worrying sandbag drop down... down... down...

Notice the immediate relief. Notice the weight lifting from you physically, emotionally, and mentally. I invite you to take a big deep breath and feel into the new space created in your body. With a big breath out, you breathe light into the flames, empowering the balloon to expand and become more vibrant.

Look towards your higher self and see how they celebrate this shift. Now that you know you can do this, it is time to release and let go of more.

STEP 5. TIME TO LET GO OF MORE

It is time to scan your body, all those places where you have been holding on to limitations. You may be surprised to learn that some of this energy is not even yours. Who knows, you may have taken it on from your parents, your caregivers, your co-workers, your family or friends.

With the intention to lighten the load for others, it is now time to set the intention of lightening the load for yourself.

Check in with yourself. Are there any more sandbags?

Now is the time to untie the knots and set yourself free. You have been carrying them for such a long time. It is the old part of you. Now is the time to claim your freedom.

Hot Air Balloon

In a moment, not now, I am going to count from 3 to 1, and when I get to 1, you will take charge and release this rope. So on 3.... 2.... 1.... seeing that old worrying sandbag drop down... down... down...

Letting go, more and more... freeing your mind, body and spirit.

If your client is someone who has been carrying tension for a long time, repeat this until you intuitively feel they have released what they need to.

STEP 6. TIME TO SOAR

Breathe that in. Feel yourself pull your shoulders back, head held high, as the balloon ascends and your world shrinks below you. It is like Mother Earth's patchwork of greens, blues, and greys stitched together for our growth—the good, the bad, and the beautiful.

Scan your body and notice the difference in how it feels to be lighter. Notice how those old sandbags down there, the problems that used to weigh you down, seem so small and insignificant.

From this perspective, you may even wonder what I was thinking, holding on to that heaviness for so long. It is a simple yet powerful decision to take action on those opportunities that align with your higher self. With a single thought and the intention of your heart, you send this balloon to a time when all your dreams have come true. You cast your eye to the horizon, and the balloon glides off.... Feel the breeze on your face as you move to your magnificent destination. The truth is, it does not take time to have what you want; you simply embody the future you have.

STEP 7. TOUCH THE SKY

As you take your next breath, I invite you to reach out and touch the clouds. Like a child in Willy Wonka's Chocolate Factory, grab hold of the clouds and notice that they are just like fairy floss. How easy it is to manifest sweetness in life.

The world is yours. Anything you can imagine, anything you desire, must, must, must come true. That is just the way it is.

What you see out in the distance is a reality, a moment in time, when the future version of you already has the resources, success, richness, and freedom that you have been manifesting. It's here for you.

Take a deep breath, and when you exhale, steer the hot air balloon down there gently and easily at the speed of thought. As you eagerly jump out of the hot air balloon... notice the successful version of you ready to greet you!

Hot Air Balloon

STEP 8. MERGE WITH THE SUCCESSFUL YOU

You, your future self, and your higher self have been on a journey of self-discovery. You know what life is like with the limitations that have held you back. Now, you stand before the version of you that found a way to boost your confidence, enhance your self-worth, and achieve the goals and dreams you have been striving for.

Notice what it feels like to be here on this successful timestream.

It is time to merge with the successful version of you so that you may embody this higher frequency. As you stand in front of this version of you, look upon their eyes and feel the energy between the two of you.

With so much appreciation, feel into the energy exchange, like a download or a Bluetooth device, allowing your confidence to consume you. Feeling it getting brighter in your heart space as it pours out to fulfil your aura.

Feel that luxurious warmth all around you. Take a deep breath in, feeling the rich energy flow throughout your entire body.

When you know you've got that, I want you to lock it in. Lock it into your body, your mind and your spiritual body. Lock it in so it becomes a permanent part of you.

STEP 9. COME BACK TO THIS NOW MOMENT

With that in place, it is now time to prepare to return to now, bringing with you all your new learnings, new boundaries, new curiosity, and new ah-ha moments.

In a moment, you'll return to now when I count from 1 to 5. On the count of five, you become fully awake and fully alert. You'll be back in this room where you closed your eyes.

You'll have no sign of tiredness, mentally or physically, and be able to do all the things you've been able to do, but even better, knowing that you have this learning and understanding that you can apply to this life.

Travelling all the way back to this now moment and coming all the way back into the body.

Hot Air Balloon

STEP 10. OPEN YOUR EYES TO A WHOLE NEW YOU

I am going to count from 5 to 1, and with each count, you come back to this now moment...

5. feel yourself coming back to a place we call reality. You deserve the rewards.
4. expressing yourself in your unique new way. Locking this success into your mind, body, and soul.
3. always knowing you can solve any challenge.
2. wiggling your fingers and toes. Heart rate back to normal.
1. opening your eyes to a whole new you.

STEP 11. TEST & CHECK-IN

- What are the new choices available to them?
- How did the future you resolve their issues?
- How did they prioritise themselves?
- Did you notice what they were wearing?
- Where in the body do they feel that inner certainty?
- How can they trust themselves with boundaries in the future?
- How does this new awareness shift their identity?
- What is the very next step they can take to move towards the success they crave?





Thank you
Sincerely, Claire Chancellor



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