

The PTSD Repair Kit

Version 2 (Check Site For Updates)

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A Free Tool To Cure PTSD In Combat Veterans, Blue Light Services And Civilians

At Home And Without Seeing A Shrink

“Having PTSD does not mean you are crazy or that there is something wrong with you. It just means you have taken damage, like a bullet wound, and need it fixing up.”

SECTION ONE: What this is all about

Use This Kit And Pass It On

Please help us get this PTSD Repair Kit into the hands of veterans everywhere – even if you don't need it yourself there are countless thousands of fine people out there who are suffering from the effects of PTSD. (Post Traumatic Stress Disorder)

Generally as a result of serving their country.

Many of them are not the sort of people to go and talk to a shrink.

In any event, conventional treatment has not proven very effective. The treatment in this document *is* effective if delivered according to the instructions.

The instructions follow below but, so you know what to expect, it just takes someone willing to sit for an hour at a time and read the instructions to the person with PTSD to cure them.

Leave no man (or woman) behind

About This Document

There is a mention of how I got my PTSD cured below, but in a nutshell, while I was working out how to fix myself up I learned how to fix other people too. I started out helping other guys in the UK and have seen some marvellous results but I can only help a handful of people one-to-one.

No one who has experienced PTSD would wish it on their comrades so I put this electronic document together, and have made it available free of charge on the internet in the hope that it will spread via veterans organisations and through word of mouth. It is free of charge so guys without much cash can benefit and it will spread as quickly and as far as possible. With your help.

This document is split into three Sections: The First Section explains what it does, lets you check yourself for PTSD and encourages you to pass it on to your comrades who may need it. The Second Section explains how to use the Third Section – not how the mind works or any psycho-babble - just how to use the instructions to achieve a cure. The Third Section is actually a script which you just print and read to someone who needs it. One session should take 50-60 minutes and deliver a much improved life experience for the client. I suggest there should be a series of sessions over a period of weeks to achieve a permanent, all-round cure.

I have been a bit of a soldier and am a second rate writer so please forgive the errors and get what good you can from this effort.

Do you have PTSD?

Does your partner, parent, child or friend? The common symptoms of PTSD are chronic fear, anger, sadness and hyper-vigilance (Being ready to fight all the time) – I used to drop on the floor when a car back-fired. This constant emotional pain often leads to suicide as a means of escape.

The British Army lost 255 men in combat during the Falklands campaign of 1982 and then afterwards over 300 committed suicide as a result of PTSD.

For full symptoms and checklist see below: **How PTSD ruins your life**

How Common Is PTSD?

There are hundreds of thousands of (mostly) men out there with PTSD who are suffering every day of their lives. Many are veterans of our nations' wars but blue light services get PTSD too from the trauma they experience - and a person can get PTSD from car accidents and similar events too.

Did you know that about 2 out of every 10 veterans who have seen combat have PTSD?

Did you know that up to 6 out of every 10 Special Forces veterans have PTSD.

Most deal with it by "self medication" – drinking. That is what I used to do.

The Bucket – A Useful Map Of PTSD

Imagine you have a bucket inside you where you keep all the painful emotions from all the nasty things that ever happened to you. Some people's buckets are bigger than others. When a person's bucket fills up and begins overflowing the bad emotions that slop over the top slosh around inside you causing the symptoms of PTSD.

Everybody ends up with some stuff in their bucket through their childhood but obviously some people get more than others depending on how pleasant or painful their childhood. My adopted mother used to threaten to send me back to the orphanage, my adopted father used me as a punch bag and they both said they wished they adopted a better kid - so you get the picture. I have been there so I know.

As long as a person's bucket does not fill to the top and overflow all is well. Some kids get their bucket overfilled and become messed up without ever seeing combat. With veterans who have PTSD symptoms, their bucket has become filled to overflowing by their combat experiences on top of their childhood pain. My own experience was that it just took a relatively mild experience with a bomb in Northern Ireland aged 18 years old to trigger my PTSD - despite the ridiculously gung ho things that happened to me later. As I write this I am still engaged in security and combat operations in Afghanistan and Africa without feeling any discomfort at all. I believe that Militant Islam is the deadly enemy of Western society and must be stopped. I cannot hold that view and do nothing.

So it is quite simple really, if the pain from your childhood added to the pain from combat or other trauma as an adult is more than your bucket can hold then you develop the symptoms of PTSD.

Getting PTSD does not mean you are weak – it means you have had a rough time.

And the symptoms of PTSD not only make your life a misery with the constant fear, sadness and anger but your unconscious mind leads you to make all sorts of crazy decisions which lead to losing your family, homelessness, prison and often suicide. PTSD is no fun at all.

This PTSD Repair Kit will empty your bucket.

How PTSD ruins your life

Here is a list of the common symptoms of PTSD. If you have some of these which keep recurring then you may well have PTSD. A doctor would normally look for one or more symptom in each group to make a clinical diagnosis. *Sometimes PTSD symptoms do not start until years after the traumatic event.*

Re-experiencing the traumatic event

Intrusive, upsetting memories of the event

Flashbacks (acting or feeling like the event is happening again)

Nightmares (either of the event or of other frightening things)

Feelings of intense distress when reminded of the trauma

Intense physical reactions to reminders of the event (e.g. pounding heart, rapid breathing, nausea, muscle tension, sweating)

PTSD symptoms of avoidance and emotional numbing

Avoiding activities, places, thoughts, or feelings that remind you of the trauma

Inability to remember important aspects of the trauma

Loss of interest in activities and life in general

Feeling detached from others and emotionally numb

Sense of a limited future (you don't expect to live a normal life span, get married, have a career)

PTSD symptoms of increased arousal

Difficulty falling or staying asleep

Irritability or outbursts of anger

Difficulty concentrating

Hyper vigilance (on constant "red alert")

Feeling jumpy and easily startled

Other common symptoms of post-traumatic stress disorder

Anger and irritability

Guilt, shame, or self-blame

Substance abuse

Depression and hopelessness

Suicidal thoughts and feelings

Feeling alienated and alone

Feelings of mistrust and betrayal

Headaches, stomach problems, chest pain

What Do I Know About PTSD?

I had PTSD myself and am now "cured". That is a big claim isn't it? You know just how big a claim it is if you have had PTSD, known someone with it or worked with it.

A medic might argue with my definition of "cured" but I don't have the symptoms of PTSD any more and I live a reasonably happy and productive life. Which I would argue is pretty much the same thing as being cured. Those of you who have heard of me or read one of my books on soldiering will know that I have seen a fair bit of action and been shot up a few times too. This tool kit has worked for me so it will work for you and your buddies.

Robert Stirling's latest book – Special Forces: The Ultimate Guide To Survival

www.robert-stirling.com/books.html

or

[Amazon](#)

From my late twenties to over fifty years of age I was looking to fix what was broken in my head and stop the grief that was happening in my life – to me and to my family. That was over 25 years looking for something to stop the pain.

No one had heard of PTSD in those days so I thought I was just plain crazy and studied all the way from psychology to Buddhism - and every crackpot cure in between to try to fix myself up. Eventually I came across an improvement to the Time Line Therapy™ technique developed by Dr Tad James, and taught to me by him in London in the early '90s, which finally did the trick.

To give you a bit of background, the technique developed by Dr Tad James is called Time Line Therapy™ (TLT) and is protected by various trade marks etc. He invented TLT in the '80s, I think, and I worked with him in London in the early '90s learning the original method. This original method was marvellous for goal setting and relieving some people's problems but for me it did not quite hit the spot. Though I must admit the goal setting brought me a lot of money very quickly.

A little while ago I was able to attend a course in Wales where I learned that Dr James had developed TLT further and by adding in some new moves – including the idea of “Context” mentioned later – it had become much more powerful and effective. Three sessions fixed my PTSD completely.

There is nothing cranky, frightening or spooky about this tool – you just make some pictures in your head and move them around. Then the pain goes away together with all the symptoms. *It is easy.*

Having researched and studied in this area myself for so many years I was able to improve the system a little to make it even more speedy and powerful. The modified system I have called Life Path Therapy™ for reasons which will become obvious later.

So now I had in my hands a tool which could be used to stop people's pain and enable them to set goals in their life which just automatically came about – Wealth, health, loving partners, the whole works – because their unconscious mind guided them to make the right decisions in life. It is so quick and easy that to believe it you have to try it for yourself.

Having been through the Hell of PTSD myself, and finally come out the other end, I naturally felt a great sympathy for veterans who were still suffering and I wanted to do something to help them. I am patron of Veterans International Aid run by the excellent Scotsman, and Royal Engineers Veteran, Billy McLeod so I have seen a lot of veterans suffering:



<http://www.v-i-a.org.uk>

You should take a look at Billy's outfit and see the good it is doing for our comrades. All veterans and serving military are welcome and it is good to get together with old soldiers and talk about past times.

Unfortunately, the full Life Path Therapy™ technique needs a trained therapist to work with each client. And I can only work with a relatively small number of people myself. So what I decided to do was modify the system yet again: Simplifying it and setting it up to work specifically for fixing PTSD rather than other stuff and cut out the tools for bringing your goals in life.

This way I could produce a simple, fairly brief training manual which anyone can use then share it for free both on the internet and through veterans organisations to help guys get fixed up all over the world. The result is what you are reading now. My goal is to pass this cure on to everyone else who needs it. For free.

Secondary Gains

This is pretty awful but has to be said: The only time you will not have a success with this PTSD Repair Kit, in my opinion, is when the person with PTSD feels they get major benefits from their condition in terms of disability pension, free accommodation, support, sympathy or whatever. This is called “getting a secondary gain”. In these cases, and they are quite rare, the potential clients unconscious makes up excuses for not getting fixed. They deny this can possibly work without trying it, their car breaks down on the way to see you or whatever. There is no way I know of to fix someone who does not want fixing.

Where Can We Go From Here?

I don't do PTSD treatments for a living – I write books and do a bit of soldiering now and again. All I want is for everyone who needs help with their PTSD to get access to this document and get fixed up. If we can bring this about it ought to sort out the vast majority of cases and end a lot of needless suffering; but I would be foolish to suggest it will repair everyone – Though I am excited because I have not found anyone yet who, subject to no secondary gain, has not been helped a great deal by using this tool.

Over a period, if enough people show interest in actually fixing veterans with PTSD, then I could possibly run courses to train and certify suitable people so they can make a living treating veterans who don't have someone to help them or otherwise fall through the net.

Perhaps also there might even be room for specialised Life Path Therapy™ therapists. They could learn the whole system and fix both PTSD and other life problems and then go on to program happy, successful lives for their clients. We will see how things go in terms of interest.

Contact Emails

I don't actually know, as I am writing this in May 2010, how many people will have the nerve or motivation to spread this around or get themselves fixed. All I can do is supply the tools – which you have right now. But it might just catch on and help a lot of people. Remember, I don't have a secretary to deal with enquiries so please don't be cross if you email me and I don't reply. The way I have thought to deal with the unknown volume of response is to supply you with several email addresses for different purposes. Please just use the correct one for the job and **be brief**.

List For More Information – Everyone Should Send An Email Here

If you are interested in getting free improved versions of this document as it gets polished up, or in learning more about Life Path Therapy™, then send a blank email to this address to be added to the list - and if there is enough interest I will get some clever young person to mail everyone with news and updates. You might, for example, want to get your future programmed in professionally so the good stuff does happen - or even learn how to do it yourself . (Incoming emails will not be read)

veterans-list@robert-stirling.com

Testimonials Please

If you have been helped by using this Repair Kit please send me just a brief testimonial to this address, on the understanding we can delete your name and publish - it might just convince someone else to try the PTSD Repair Kit who is badly in need of help: (Incoming emails may be read sporadically)

testimonials@robert-stirling.com

Book A Treatment Or Training

If you absolutely **cannot get someone to help you** but you can get to London, UK for treatment, **Or** if you are keen to **do a course and learn how to do this stuff properly**, then get in touch here:

(Incoming emails will be read when I am not on ops)

ptsd-repair@robert-stirling.com

SECTION TWO: Instruction For Using The PTSD Repair Kit

How Difficult Is This To Do?

Throughout the instructions I will refer to the person who is getting their PTSD fixed as the “Client” and their buddy who is doing the fixing with this script as the “Practitioner”.

The first thing I want to get across to you is that this tool very easy for both the “Client” and the “Practitioner” to use. All you have to do is sit facing one another and the Practitioner reads through the script. The Client makes the pictures in their head and replies as appropriate. It is easiest if the Practitioner prints off the relevant parts of this document and makes notes on them in pen as they go.

About the worst part is that it does get a bit boring repeating the same old phrases. Its like going on “stag” – guard duty - no fun but vitally important if you want a life.

Section Three, the script itself, is written as briefly as possible for convenience and as a reminder for a trained Practitioner so in this Section Two I shall go through a series of ideas and words which it is important to know so as to get it right.

It is important that both the Practitioner and the Client are familiar with these instructions before beginning a session.

How To Do It – Not How It Works

I have made no attempt to explain HOW this works. You don’t need to know how it works just to clear PTSD, just that it does work if you follow the system.

It is vitally important that the Practitioner uses the exact phrases and sentences provided in the script in italics as some of these have an effect on the Client’s mind, causing the necessary ideas to come to the surface etc.

If you read through the script now you will notice a few words which are used in a special way and concepts which don’t seem to have a clear meaning. These are what the next few paragraphs will explain:

Pain And Privacy

Some veterans may have had some very unpleasant treatment from shrinks which involves their re-experiencing the trauma. This does not happen with Life Path Therapy. There is no need to re-experience trauma.

Most of us have skeletons in our cupboards. I certainly have plenty. There is no need for the Client to tell the Practitioner what they are remembering or working with. The script asks the Client for just a Recall Word to aid the Client remember the event when the pain has gone. The Recall Word does not have to tell the Practitioner anything private and the Practitioner should write this word down on the Script. This record is because sometimes after the pain has gone the Client’s memory needs jogging to recall the event.

Getting Set Up

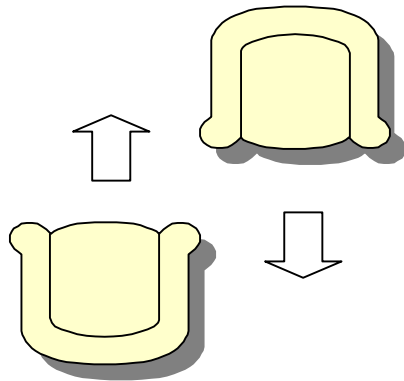
Print out one copy of the script and staple it together into a booklet of 5 A4 pages.

Get a pen and a backrest so the Practitioner can make notes.

Sit opposite each another in chairs with vertical backs but not directly opposite.

It is important that both Practitioner and Client keep their backs vertical throughout the process.

Each of you should have the other person in front and to your right so set up your chairs like this:



Options For Working This Script

This script is written to allow the Practitioner to either A) use a set format and a list of Contexts specifically designed to relieve PTSD or B) discover the Presenting Problems, associated Context and Life Path for themselves and work with those.

A) The untrained Practitioner should use the Standard “Fore & Aft” **Life Path Layout**, begin the session at the part of the script headed **Part Three: The Life Path Therapy™ Release Intervention** and work with the **List Of Contexts**, 1-16, specifically chosen to repair PTSD - all of which is provided below.

B) The trained Practitioner, with sufficient skill and confidence, will be able to work out the Clients’ **Presenting Problem**, from that discover the appropriate **Context** to use, and then map the Client’s own **Life Path**. They should start at the beginning of the script.

What Is A Presenting Problem?

A Presenting Problem is what is wrong with the Client’s life on the outside. It is situational: “I can’t keep a girlfriend / make enough money / keep my weight down” etc.

A Presenting Problem is **not**, “I feel sad / frightened / angry all the time”.

It could be, “I get angry with my wife all the time”.

Getting The Client’s Permission

Several times in the course of the script the Practitioner asks the Client for permission to work with something. This is vitally important so do not miss it out.

How To Know A “Context” When You See One

The principle upon which Life Path Therapy operates is that within the client’s mind there is trapped pain relating to that general area in life of which the Presenting Problem is a specific facet.

If your Client keeps getting into fights that is his Presenting Problem but his Context would be something like Aggression or Police Trouble.

If your Client “can’t keep a girlfriend” that is his Presenting Problem but the context to work with, so as to find the root cause, would be something like “relationships” or “romance”, “girls” or whatever.

The Context is one or two words which describe and specify the general area of the Presenting Problem. Very often this problem forms a theme and recurs in a client’s life.

Correct Contexts can be hard to nail down and I sometimes have to work with more than one to fix a Presenting Problem. To get around this I have produced a list of contexts which the PTSD Practitioner working from this guide can use.

It is vital to perform these Contexts in the order they are given. I can pretty much guarantee that after the first session the Client will feel a lot better. After four sessions the Client will be fixed up pretty well but continue with the next Context, perhaps once a week, until the Client feels they are fixed.

The idea of Onion Skins is often used to describe the way pain is stacked in the mind. When you take off one “skin” of trauma with a session of Life Path Therapy then sometimes the next one comes straight up to be dealt with - the Client begins to feel uncomfortable. Sometimes it takes a week or two. After one or several sessions there is nothing else to do and the Client stays feeling good. Or as good as any normal human being trying to live their life.

Each session consists of working with the five Emotions and a Limiting Decision on one Context and takes about 50 minutes to an hour.

Both the Practitioner and Client may feel tired, “spacey” or “smashed” after a session. This is normal. The Client may not be able to stop laughing when they have gotten rid of a lot of pain.

It is generally enough to do one Context per day, and one per week is probably best, but no harm can be done however often you work if spreading out the sessions is not practical owing to time constraints.

List of Contexts: Start at #1 and continue until the Client no longer has the symptoms.

1. *Conflict*
2. *Danger*
3. *Death*
4. *Injury*

5. *Family*
6. *Parents*
7. *Children*
8. *Partners*

9. *Home*
10. *Work*
11. *Health*
12. *Happiness*

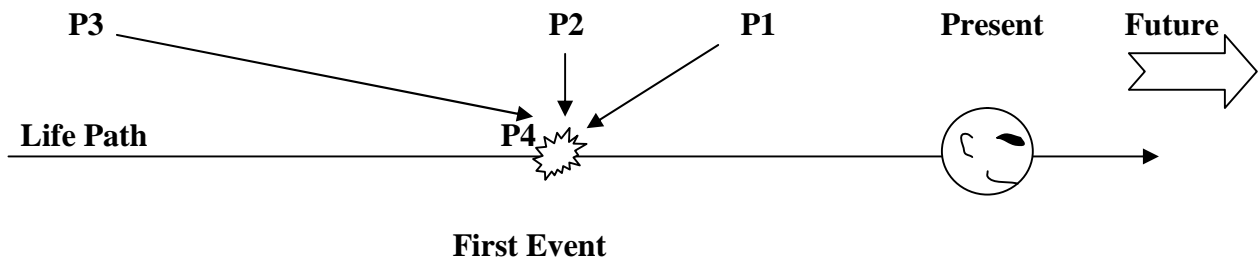
13. *Self-Esteem*
14. *Self Image*
15. *Contentment*
16. *Fun*

These linked memories might also be imagined as dominos stood on edge waiting to fall because if you can get before the first memory in a Context (The First Event) and neutralise it, by taking Position 3 relative to it, then you can run along your Life Path and neutralise all the other memories in the same Context in a matter of moments. You will see how this works in the script itself.

Working with Life Path Therapy™ in your head involves closing your eyes and imagining you are moving about above and along your Life Path to take specific positions relative to certain memories. Taking these positions causes major changes to occur in the way your mind stores and processes pain resulting in the pain disappearing instantly. You really do have to experience this to believe it.

If you cannot make pictures in your head then see the next header below.

The instructions mention Position 1. This is shown below and involves being above your Life Path facing backwards towards the Past and down onto the First Event. Position 2 is still facing backwards but looking straight down onto the First Event. Position 3 is well before the First Event and having turned around to look through that First Event and towards the Present.



Position 4 is the First Event itself and, if it is not so at the beginning, will become clear to the Client when they get there.

For People Who Cannot Make Pictures In Their Heads

It may seem a little strange to you that some people cannot make pictures in their heads. Unless you are one of them of course. Actually, people are all wired up a little different but we mostly don't notice how other people process their thoughts and so on. I won't say any more about this here as the goal is to get you cured or curing rather than listening to a lecture.

If the Client can make pictures, even if they are not very clear, then follow the instructions and use internal pictures. You will find that sometimes the actual event is not clear until it just springs into the Client's awareness as they move above it on their Life Path.

If the Client cannot make pictures of any kind then mark out a line on the floor. At one end mark "Present" and then along the line represents the Client's Past. Some yards along this Past place a marker which will represent the First Event. This is where the term "Life Path Therapy™" came from as I have worked extensively with this external representation.

When performing the intervention have the Client stand at the Present, turn to the past and walk back into his past and take up the positions 1-4 in a similar way to how they might have been imagined.



The First Event

In order to clear the emotional pain relating to a collection, or gestalt, of memories connected to one Context we need to find the First Event. Put simply, when you take Position 3 on the First Event it drains the pain away from it instantly and without any discomfort at all. It does feel surprising and a little strange when you stop hurting – but it feels good too. This useful technique simply uses the mechanism by which the mind stores and processes information to bring about change.

The mind also has a number of safety-catches like a rifle. Systems which stop you hurting yourself. One of these is called Repression and is where the brain hides painful memories away out of sight to stop them being in our thoughts all day. There is a lot more to this but I have said enough to get the point across.

Sometimes the First Event is Repressed or just unpleasant and therefore the Client's mind does not want to remember it when they are trying to find it. To help you out the mind often makes up a memory and places it in your far past – in a real or imaginary "Past Life" for instance. The point is that this memory, true or false, is so far back it will always work as the First Event and clear the chain of memories relating to the particular emotion in that Context. For the experts, the mind uses the false memory as a symbol or analogy to manipulate.

Though I admit this Past Life thing can sound a bit spooky if you don't realise what is happening.

Many people believe in past lives – reincarnation – whereas some do not. For this exercise be aware that other people have different belief systems to yourself. It seems possible that sometimes these past-life recollections are "true" and sometimes they are constructed by the unconscious mind as a painless way of dealing with past events in the current life through symbols. It doesn't matter which.

In a similar way, some people believe it is possible to hold inside your mind, and be influenced by, events which affected our blood ancestors. That is, something happened to a great, great grandmother which affected her behaviour and the lesson or experience was somehow passed down through the family to play out in the current life of the client. It doesn't matter if this is true either.

Many people believe that it is possible for the unborn child to pick up emotions and even memories from its mother during the time it is gestating. Children are almost certainly affected by their mothers traumatic experiences whilst they are being carried in the womb.

I have had many "Past Life" memories come up while working on myself, and some of them were amazingly realistic, but I am not at all convinced they were real memories of real past lives. The only thing that matters is that this trick makes it more comfortable for your mind to deal with things and it works for you.

Common Sticking Points And How To Deal With Them

- If a Client says “I don’t know what the Root Cause is.” Reply: “I know you don’t but if you did.... take whatever comes up.... Trust your unconscious mind.”
- When eliciting the Root Cause for a Limiting Decision ask the client to go to Root Cause and if they are unable then ask for the Limiting Decision. Tell them to go to when the decision was made.
- If a Client is unable to recall or visualise when requested then use the “Fluffy Dice” technique. Again, I will not tell you how this works but it does: Ask the Client to imagine a fluffy dice the size of an orange just behind their head. Ask them what numbers they can see then ask them to make it turn to show other numbers. This will cause a shift in their mind-state allowing memories to surface as visualisations. An alternative is to ask for a change of eye focus: When a Client cannot access memories they are often “trying too hard” and you will find their eyes are closely focussed on something directly to their front. Ask them to defocus as in a day-dream by becoming aware of their peripheral vision – what they can see out of the corner of their eyes without moving their eyeballs - and this will cause a similar shift to the dice.
- If the Client says both past life and family then do the earlier first followed by the latter.
- Acknowledge the change: When the client experiences a powerful shift acknowledge it. “That was a big one wasn’t it?”

Clarification:

The **PTSD Repair Kit** is designed to remove the emotional pain and associated negative behaviours of PTSD sufferers. And to be administered by an untrained person.

The Life Path Therapy™ **Repair Personal History System** is designed to remove the trapped emotional pain that all people have locked inside them and which prevents them living the happy, successful life they desire. It is effectively a full, thorough and targeted version of the PTSD Repair Kit designed to be administered by a trained Practitioner.

The Life Path Therapy™ **Life Goal Achievement System** is designed to bring about the specific life goals desired by a person through causing their mind to make the correct decisions necessary to bring their dreams into reality. It is effective for any realistic goal such as financial success or satisfying relationships – or even getting a book published. For the Life Goal Achievement System to work effectively the Client **MUST** have already removed all their trapped emotional pain and limiting decisions using the Repair Personal History System or the strength of their negative programming will continue to attract the pain and failure which currently blocks their goals.

SECTION THREE: The Intervention Script

The Life Path Therapy™ Release Intervention

Client

Date

Practitioner

Part One: Establishing The Presenting Problem

“What external event or situation would you like to stop happening in your life?”

Answer (Y)

Write it down

Presenting Problem:

Gain Permission to resolve this Problem with Life Path Therapy™

“Is it ok with your Unconscious Mind if we stop Y from happening any more?”

If “Yes” continue, if “No” establish to what outcome Y is a secondary gain using the following sentence and resolve that issue:

“If you were to stop Y happening any more what would be wrong with that?”

Elicit Context:

“When did Y first happen?”

“What was happening then?”

“How did that make you feel?”

Continue to elicit early experience of Y until both a Context (X) is established and a negative emotion is experienced as this latter activates the issue.

A Context will be situational such as business, education, romance, family, control etc.

It should be no more than two or three words e.g. “Bad Partners, Parents, Work etc.”

Write it down:

Context

Part Two: Discovering The Life Path Of The Client

“If I were to ask your unconscious mind where your Past is, and where your Future is, I have an idea that you might say, “It’s from right to left or front to back or up to down” or in some direction from you in relation to your body. And it’s not your Conscious Mind’s concept that I’m interested in, it’s your Unconscious Mind’s opinion. So, if I were to ask your Unconscious Mind “Where is your past”, in what direction would you point?””

Note all analogue behaviour during elicitation as cues to Client’s Life Path layout

“And your future? In what direction would you point if I asked your Unconscious Mind, “Where is your future?””

Do not pass judgement on the Client’s Life Path layout.

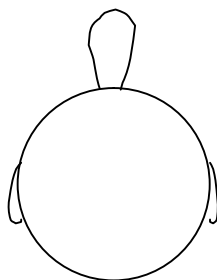
“Now, would you bring to mind the directions that you pointed to (or the memories of past and future that you noticed)? Do you notice now that they imply a line?”

“This is what we call your Life Path.”

If this Life Path elicitation fails, another technique is to ask for a series of events in the Client’s Past, and Expected in their Future, then string these together. Observe gestures, eye movement etc.

If the Client’s Life Path cannot be definitively established tell the Client to imagine their Life Path Future is a line which stretches straight out in front of them from their nose and their Past is a line straight out behind them from the back of their head.

Draw in a representation of the Client’s current Life Path:



Part Three: The Life Path Therapy™ Release Intervention

Perform this release process for Anger in the Context of X.

Repeat in the same session for Sadness, Fear, Guilt, Hurt and Limiting Decisions all in the Context of X. The whole process should take no more than one hour and performed properly will resolve the Presenting Problem.

1) Gain Permission From Client

“Is it okay with your unconscious mind if you release all the (Name emotion or say “limiting decision”) in the context of X today and for you to be aware of that consciously?”

2) Activate Emotion In Client

“How do you know you have (Name emotion or say “limiting decision”)? Can you think of one Situation or Event in the context of X when you have been (Name emotion or say “felt you were influenced by a limiting decision)?”

Ask Client for a word to aid their later recall of this Situation or Event.

Write it down and tick it off later when that stage is completed.

Emotion	Recall-Word	Event Time Location	Completed
Anger
Sadness
Fear
Guilt
Hurt
Limiting Decision

Where in your body do you get the sensations associated with this (Name emotion or say “limiting decision”)?”

3) Find The First Event In The Client’s Past

“What is the root cause of this (Name emotion or say “limiting decision”), the first episode of (Name emotion or say “limiting decision”) in the context of X which, when disconnected, will cause the (Name emotion or say “limiting decision”) to disappear?” (Do not expect an answer at this stage)

“If you were to know, was that very first Event before, during or after your birth?”

Work through the following tree system to locate the First Event:

BEFORE BIRTH:

“In the womb or before?”

WOMB:

“What Month?”

BEFORE WOMB:

“Was it a past life or passed down to you through your family?”

PAST LIFE:

“How many lifetimes ago did this happen?”

THROUGH FAMILY:

“How many generations ago did this happen?”

AFTER BIRTH:

“As you know this, what age were you when this happened?”

You may well elicit the position in time of the First Event without the Client having conscious knowledge of the Event. This is not a problem. Record Event Time & Location information above.

4) Life Path Visualisation

“Just close your eyes and float up above your Life Path in the Present. (Pause) Have your Life Path swing around so the Past is in front of you. (Pause)

Float into the Past to a Position still above your Life Path but before you reach the Event and still facing the Past. When you get there you will notice the Event below and in front of you. Let me know when you are there.” (Wait for Client to affirm arrival.) “We will call this Position #1.”

“Now float to a position directly above the event so you are looking down onto the event. We will call this Position #2. (Wait for Client to affirm arrival.)

Ask your Unconscious Mind what it needs to learn from this Event, the learning of which will allow you to let go of the (Name emotion or say “limiting decision”) easily and effortlessly right now. Your Unconscious Mind can preserve these learnings so that if you need them in the Future they will be there for you. OK? Now tell me:

- *What useful lesson did you need to learn from this Event?**
- *Is this lesson positive? (This answer must be positive – if not ask for a positive lesson)*
- *How will knowing this serve you in the future?*
- *Does your unconscious mind know how to use this knowledge?
(If Client says “No” you say, “Ask your unconscious to teach you. Now.” And check again.)*
- *What colour is this learning? (Wait for answer.)*
- *And where in your body do you need to place this learning to keep it safe?
(Client will gesture to stomach or wherever)*
- *Go ahead and do that now. (Client will affirm this is done)*
- *What do you need to stop doing to make these changes happen now?*
- *What do you need to start doing to make these changes happen now?*
- *Have you taken all the learnings from this event?”
If “Yes”, continue, if “No”, recycle to * “What else did you need to learn from this Event?”*

“Now float to a position well above and well before the beginning of this Event. Turn your Life Path so that you are facing along it and looking over the Event towards the Present. Make sure you are well before the entire chain of happenings which lead to this particular Event. We will call this Position #3.”

“Ask yourself, “Where is the (Name emotion or say “limiting decision) now?”

The emotion should not now be triggered in the Client this Event.

If the Client says the emotion is gone then continue to the paragraph below. If the emotion persists either the client is not far enough back before the Event or this is not the true First Event. Have the Client move back further and ask again. The Client may yawn or otherwise demonstrate relaxation when the release point is reached. If the emotion still persists then have the Client turn and see the *actual* First Event which will be further back on their Life Path. Take the Client back above their Life Path, to Position #1 relative to this earlier Event and continue as above.

“Now float down inside the Event to a position looking through your own eyes. We will call this Position #4. Check for any negative connections to your body in the Event such as cords. Do you have cords or similar?”

Await Client response. If “Yes” have the client imagine a knife, sword or suitable instrument and cut all the ties. Wait and check for confirmation that this is accomplished.

“Still inside your own body in the Event, and looking through your own eyes, check for (Name emotion or say “limiting decision”) Is it gone?”

If “No”, take the Client to Position #1 on earlier Event and continue as above.

“Now float back up above your Life Path to the position you took a little while ago before the chain of happenings which lead to this event and which we called Position #3. You will find you are looking over the Event and facing the Present.

I want you to know that you can come back to Now only as quickly as you can let go of all the (Name emotion or say “limiting decision”) relating to X on all the events all the way back to Now. You can release all the (Name emotion or say “limiting decision”) by assuming Position #3, above and well before each event, preserving the learnings and letting go of the (Name emotion or say “limiting decision”) all the way back to Now. Your Unconscious Mind knows how to do this very quickly so go ahead and do that. Show me when you are done.”

This will take a few seconds to a few minutes. When the Client indicates that they are returned to Now tell them:

“Come back into the room and open your eyes.”

Break state: “What time is it?” (This changes the Client’s mental state to end the reprogramming)

Test: (Refer to Recall-Words at the beginning of this section)

“Can you remember the event you recalled earlier where you used to be able to feel that old emotion? Go back and notice if you can feel it or you may find that you cannot. “How do you know you cannot?”

Future pace:

“I want you to go out into the future to a time in the future which, if it had happened in the past, you would have felt inappropriate or unwarranted (Name emotion or say “limiting decision”) and notice if you can find that old emotion or you may find that you cannot. OK?”

With Test and Future Pace observe the Client for congruency as they visualise.

If they react to the visualisations with exaggerated or unreasonable negative emotions then providing the instructions above have been followed carefully there must be another Context associated with them. Discover this Context and repeat whole intervention for that Context later.

Return to Part Three: “The Life Path Therapy™ Release Intervention” and continue through all emotions and LDs in the one Context. The intervention is then complete.