

# CLEAR THE FEAR

(And the other stuff that holds you back and costs you)

...FAST

Mark Shepard, NLPT

"The Courage Coach"

NLP Rapid Change Specialist

## Anxiety

Anxiety is best described as “thinking about what you don’t want to have happen.”

Your ability to imagine the worst is actually a great skill that can be utilized in imagining the best and manifesting it into your life.

Everything you experience and call reality starts with a thought.

Everything.

Think about it...

## Phobia

A phobia is the result of an intense, one-time learning event. It anchors a set of triggers that unfailingly recreate the memory and reaction like a pre-set on your car radio.

Unintelligent, unimaginative, thick-skinned people don’t seem to create phobias. (Or, if they do, they don’t seem to notice them!)

Smart, creative, sensitive people do. Often in many areas of their lives.

The same mechanism that trains you to avoid touching a hot stove (a good thing) has gotten a bit too good at its job. It’s supposed to protect you.

Phobias are created quickly. They can be extinguished just as quickly without the use of drugs or endless hours of talk therapy or painful “desensitization.”

# Table of Contents

Foundation BreakThrough Map	4
<b>Introduction</b>	5
Clear The Fear (song)	10
My Story	11
Thirsty For The Sky (song)	15
The Tools of Transformation: NLP, Hypnosis, Time Line, EFT	16
NLP Communication Model	20
Deletion, Distortion & Generalization	21
Getting to "Cause"	25
On the Causeway (song)	34
Roll Your Rock Away (song)	35
Snap Out of It! (song)	36
12 Steps to Creating Change	38
Take Response-Ability	39
Coming Home (song)	40
The Mind-Body Connection: and the Physiology of Excellence	41
The Story of Mr. Wright	43
Your Neurology	45
Meet Your Unconscious Mind	46
Resource Anchor (quick start)	48
Prime Directives of Your Unconscious Mind	52
Hypnosis	54
When You Walk Through Roses (song)	58
 <b>Part One: Cracking the Code</b>	 59
Detailed Personal History	60
Strategy Elicitation	68
Habits	69
 <b>Part Two: Clearing the Cause</b>	 75
Can You Imagine? (song)	76
Time Line Therapy™	77
Why the Emotions Disappear	87
Cartesian Coordinates	88
What Are Negative Emotions?	89
Clearing Negative Emotions	91
Discovering the Root Cause	92
Root Cause Worksheet	93
Negative Emotions Script	94
What are Beliefs & Limiting Decisions?	96
Determining Limiting Decisions & Beliefs	97
What are Your Limiting Decisions & Beliefs?	98
Beliefs Worksheet	101
Limiting Decisions Script	104
The Fast Phobia Model	106
Parts Integration	107
Notes	109

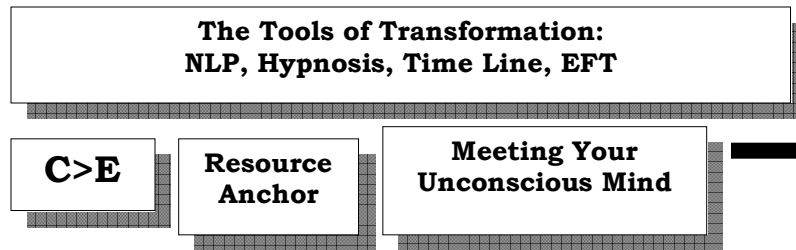
# CLEAR THE FEAR *FAST*

<b>Part Three: Creating Choices</b>	110
Clearing Anxiety	111
Shaping the Future	113
Shaping the Future (song)	114
Motivation (song)	115
S.M.A.R.T. Goals	116
Arise, Arise (song)	124
Field of Dreams (song)	125
 <b>Part Four: Program the Power</b>	 126
Swish Pattern	127
Anchoring	129
Submodalities Belief Change	131
Affirmations	135
Victory (song)	138
Better Than Expected (song)	139
Self-Hypnosis	140
Letter from Mark Shepard	141
 <b>Appendix</b>	 142
Worksheet	143
Children of the Drum (song)	144
Be Patient With Your Drumming (song)	145
Spirit in a Body (song)	146
Ancient of Days (song)	147
Freedom (song)	148
Beautiful Person (song)	149
Best Day of Your Life (song)	150
Books	151

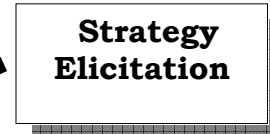
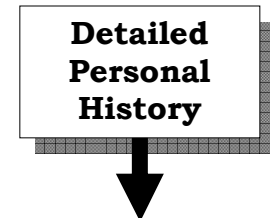
# CLEAR THE FEAR *FAST*

## The Foundation Breakthrough Process: a Map

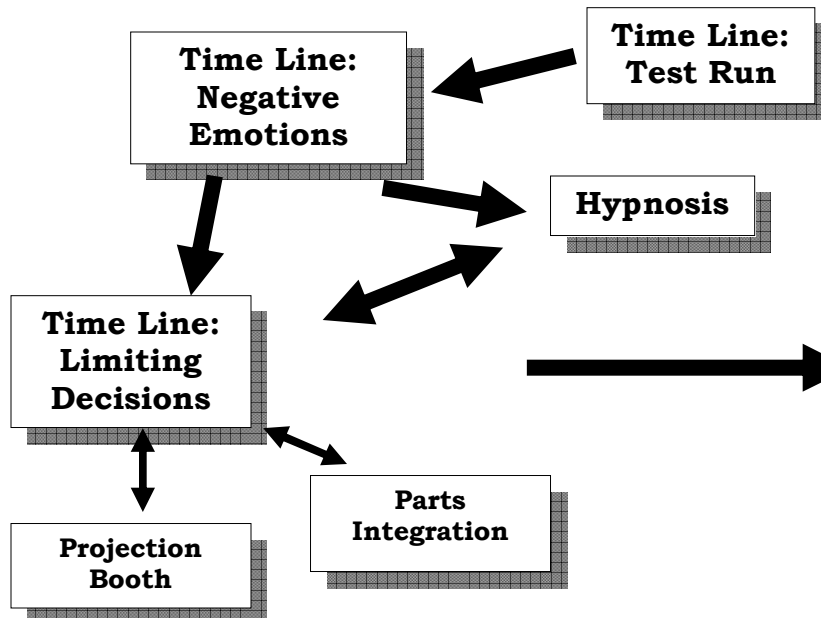
Introduction:



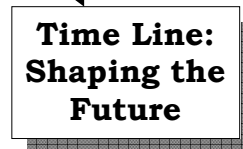
Part 1:  
Cracking The Code



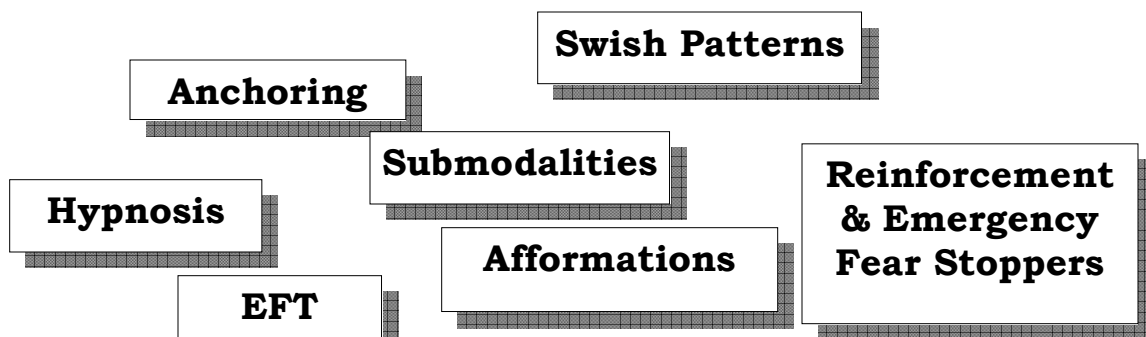
Part 2: Clearing The Cause



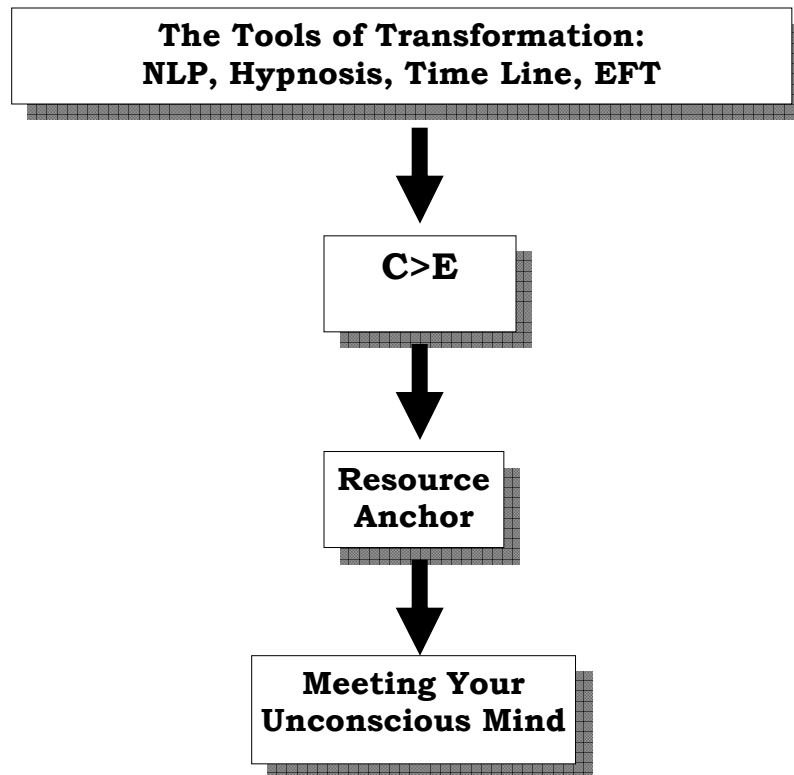
Part 3:  
Creating Choices



Part 4:  
Programming the Power



# INTRODUCTION - PREPARING FOR CHANGE



## Disclaimer

The information in this workbook and CD set is designed to provide useful tools and resources for people who are interested in personal growth and development and who are willing to take responsibility for generating positive changes in their lives through the use of NLP, self-hypnosis, Time Line Therapy™, EFT, creative visualization and other techniques.

This program does not claim to cure anything or heal anything and is not a substitute for normal medical care. You are advised to seek the counsel of the appropriate medical and psychotherapeutic practitioners available to you. Additionally you should continue any present medical treatment and consult your regular medical practitioner for treatment of any new or old illnesses.

Ultimately you are in charge of your change.

## CLEAR THE FEAR *FAST*

The voice on the other end of the phone was tense, “Hi, my name is John and I have a little problem with bridges and heights...”

It turned out it was more than a little problem. John had been driving across a long bridge on his way back from a trip across the Hudson River and had experienced a terrifying hallucination. The bridge seemed to get longer and longer. Terrified since age 5 of being blown over the side, John drove faster to get to the end of the bridge. He finally realized that he was more of a danger to himself and others than he was in danger of falling over the side of the bridge. So after over thirty years of suffering, he came to see me.

He was not only terrified of bridges but of heights in general as well as deep water. He was so frightened of bridges and heights that even seeing them on TV or in a magazine could cause him to faint.

The very evening after our single all-day session he easily and comfortably drove across a bridge to a party where he went out on to an upper floor balcony. Prior to working with me, a door open to a balcony would have sent him to hug the far interior wall.

Then there is the story of my friend Pam. She was afraid of speaking in public. An hour after working with me she wasn't. She was also afraid of flying and at the end of our all-day session she was able to comfortably enjoy her first flight in over 25 years.

Then there was the Psychotherapist (we'll call him “Bill”) who was terrified of everything. And when it became necessary for him to fly, he reluctantly came to me for help. Not only was he able to get on the flight the next day but once he arrived, he even went scuba diving—something he never would have done before.

I have worked with numerous salespeople who avoided the phone or who sweated and shook through their product demonstrations or who lost their jobs because they were afraid of driving. One went from \$20,000 before working with me to \$190,000 afterwards. Another left his sales job and went into business with his brother, using his new-found confidence to attract more venture capital than they even needed. His company now sell products all over the world.

It's been a privilege to help executives and managers who dreaded the thought of having to speak in front of their peers or even in small groups.



## CLEAR THE FEAR *FAST*

The list goes on:

- An airline steward who was so convinced people were laughing at him that he couldn't leave his house.
- Students terrified of tests.
- Competitive horseback riders afraid to get back in the saddle.
- Grown men afraid to cross the street.
- One woman so terrified of the Mall that if her son got hurt inside she would call 911 but wouldn't be able to go in herself.

What did each of these people have in common?

Fear.

Whether it manifested as a low level of anxiety or a full-blown phobia, it caused extreme discomfort and pain. And it cost them plenty. It cost them jobs and relationships and, without exception, it hurt them physically.

Most of them endured it as long as they could. Many tried traditional talk therapy and anti-anxiety drugs with little effect.

But it wasn't until they were desperate enough to try anything that they found their way to me.

My name is Mark Shepard, the NLP Courage Coach. I help people to clear the fear and the other behaviors and beliefs that hold them back and cost them so much financially, emotionally and physically.

I'm a certified master practitioner and trainer of something called Neuro Linguistic Programming—or NLP for short. Essentially NLP is all about how you run your brain to create the results you want in your life rather than the ones you've been creating up to now.

In this program we'll explore in more detail how you create your anxiety or phobias and how you can create something infinitely better. Faster, easier than you may at this point think possible.

I've created this workbook and CD program for three kinds of people.

- First of all, for those of you who due to time, distance or financial constraints may not be able to work with me one-on-one.

## CLEAR THE FEAR *FAST*

- Secondly, for the clients I've worked with who need some reinforcement or who, on their own, may want to tackle other issues than the ones we've addressed together. I always encourage my clients to be self-motivated "do-it-yourselfers."
- Thirdly, I created this program for me. Yes, me! There are times when I still catch myself thinking the stray negative thought or harboring a limiting belief.

I wanted to create the ability to pop in a CD containing specific NLP techniques so that I could clear my own stuff fast too. Lately I've been using these same techniques to create peak performance in my life and businesses. The cool thing is these tools work for a lot more than just fears, anxiety and phobias. So I challenge you to explore them to your fullest ability.

This program is organized in basically the same way that I work with my clients one-on-one. Where appropriate I've created introductions to each technique and then a specific section for actually doing the technique.

Because you may not be familiar with NLP, Hypnosis, Time Line Therapy™, EFT or the other techniques and tools I use, I've included some basic info on them. These practices are more thoroughly covered in my NLP practitioner training which I give each year in July. If you have any questions please feel free to call my office at the phone number listed on this workbook.

And, now, shall we get started?

## CLEAR THE FEAR *FAST*

### Clear The Fear

5/7/2006

Are you feeling frightened, even terrified?  
I see you there shaking, petrified  
Your gut is churning, your mouth is dry  
Your hands are sweating, like you're gonna die  
Fear has the power to tear you to shreds  
But you have the power to diminish the dread  
What were you thinking that caused you see  
The worst that could happen and wish you could flee?

Refrain  
Clear the fear  
Move towards the rewards  
Dislodge the sabotage  
Get your dream out of the garage  
Get out of your own way  
It could happen here today.

You might not know this but you're in charge  
You're the one who makes the monster large  
So what would happen if you shrank it down  
Or maybe even turned off the sound?  
You have the power to turn it around  
Cut yourself loose from what drags you down  
Float out to the future and then take a look back  
See yourself making progress, free from attack

Refrain

So what will happen when you clear your fear?  
Will you be closer to those you hold dear?  
Will you make more money? Would you have more fun?  
Will you have the courage to get things done?  
Thoughts have the power to destroy or create  
Now what was that old habit that you wanted to break?  
I feel like I know you though we may have just met  
Give yourself permission to take the next step and...

Refrain

## My Story

I came to NLP, Hypnosis and Time Line Therapy™ on a lifelong journey of pain, frustration, depression, anxiety, limiting beliefs and self-defeating behaviors.

I had emotional issues, financial issues and physical issues.

### **Emotional Issues**

As a kid I was highly sensitive. The least little thing could make me cry: loud noises; an angry look or criticism from a parent; being laughed at and teased by other kids. My mom is fond of telling me that I wasn't accepted to nursery school because I cried too much! I was also terrified of bugs. The very thought of a moth fluttering around my head or something crawling on me would cause all the hair on the back of my neck to stand up. I would literally "freak out!"

Later on in elementary school, I basically stunk at sports so I was always the last one chosen for any team in gym. At recess I mostly played by myself unless I happened to be the "prey" of other kids who were looking for someone to bully or be the "monkey in the middle." I was a classic underachiever. All my teachers and all the tests acknowledged that I was "bright" but my grades were barely passing.

It took me well into the second grade before I could read; but once I learned, I took refuge in books.

### **Financial Issues**

I was never very good at math. I had a lot of limiting beliefs about my abilities to handle and manage money. Coming from a comfortable middle class upbringing, I had lots of conflicting beliefs about prosperity and wealth that seemed to conspire to keep me always struggling. Whether it was always losing at monopoly to my older sister or just that queasy feeling I had about math in general, at some point I decided I was a loser. I also formed a belief early on that "there was never enough."

### **Physical Issues**

Although I looked healthy, I had numerous food allergies, I was totally addicted to sweets and simple carbs and I had very little energy. Over the years I tried a lot of different diets to try to correct the problem. I could barely make it through the day without a nap. Then, I would sleep nine or ten hours. Having so little energy made me depressed because I knew that without a high energy level I would never achieve my boyhood dream of making it in the music business. Being depressed robbed me of even more energy so I would turn to chocolate chip cookies for soothing. Does this kind

## CLEAR THE FEAR *FAST*

of vicious cycle sound or feel familiar to you? Where I was then may not look much different than where you are now.

The main source of my pain (so I thought) was my seeming inability to get my songs out into the world. I couldn't handle criticism or rejection. And I interpreted EVERYTHING as criticism and rejection. The very thought of picking up the phone and calling ANYONE—much less a record company or booking agent—sent me deep into panic and fear. If anyone EVER expressed dislike for one of my songs or CDs, I would often just stop performing it or never listen to it again. Whatever anybody else said had far more value and meaning than anything I decided.

In relationships, I just could not speak my truth; I held onto negative emotions like anger and resentment because I didn't want to say anything that “wasn't nice.” At the same time I was dependent and needy.

In almost every area of my life I was the epitome of a victim. I operated from a place of deep fear.

Financially I was a ruin. In an elaborate plan to raise money to market my music, I'd bought four houses for nothing down at the top of the 1980s real estate bubble. Shortly after buying them the bubble burst and I ended up owing more on them than they were worth. Eventually I lost everything, my home, my marriage.

In other words I was a mess, maybe even more of a mess than you think you are...

In the late 1980s I tried psychotherapy with little progress. Then I stumbled onto a book by a former NASA physicist named Barbara Brennan called *Hands of Light*. Since she was a physicist she seemed to bring a lot of credibility to this wild notion that there is something called “healing energy.” I eventually found one of her students, Mearah Marqua, to work with. I began studying energy healing with her one weekend a month. Slowly things began to change. And I continued to study with other healers, one of whom used a pendulum to test me for food allergies. Within a week or two of following her recommendations, I had about fifty percent more energy. I also read everything I could get my hands on about healing, personal empowerment, success, etc.

At some point in this process, I stumbled on the books of Anthony Robbins who introduced me to NLP (Neuro Linguistic Programming). I liked a lot of what Tony said but I could never seem to make the “magical” changes he wrote about. I would feel good for a couple of days and then fall right back into the old junk.

## CLEAR THE FEAR *FAST*

Still it seemed like a potentially positive path. One day I was attempting to soothe my feelings of desperation, depression and anxiety in the self-help section of my local bookstore. The title of one book got my attention: *How to Change Beliefs with NLP* by Robert Dilts. I bought it, took it home and tried some of the NLP techniques on myself.

Whereas Tony Robbins books were exciting and motivating but then seemed to fizzle out after a while, these very practical, simple techniques seemed to work. I was amazed at the sudden rapidity with which I was able to make positive changes. That first day I used a submodality shift technique to change my self-limiting belief that I was shy. In about 10 minutes I just stopped being shy. It was a little bit weird. Nice weird.

Before NLP I was able to make changes in my life but they seemed to take forever and be accompanied by a lot of struggle and angst.

With NLP (by the way, when I say NLP, I am referring to NLP, Hypnosis and Time Line Therapy™ as a body) rapid, dramatic changes came easily and required no willpower or “efforting.” The way I perceived the world was rapidly changing.

Predictably, I was on a tear to learn absolutely everything I could about this subject. So I read books, I bought tape programs and I eventually got the opportunity to study intensively in person with world renowned Master Trainer of NLP, and Hypnosis, Tad James. Tad James is also the creator of Time Line Therapy™.

The techniques in this program have been used by Tad and other NLP pioneers for decades. Why NLP isn't a common household name by now is beyond the scope of this program. The fact is that when applied intelligently and compassionately these tools can make all the difference in your life...fast!

(It could take me a whole book to tell you my story fully, and I know you aren't here to learn about me so much as you are here to learn how to clear the fear and the other stuff that's been hurting you and holding you back.

The point I want to make, though, is that the tools I offer here work. I know they work because I've used them in my own life to get great results. Increasingly I've been blessed with the opportunity to use these tools to help other people get results in their lives in my private practice as well as through my speaking and consulting.

## **CLEAR THE FEAR *FAST***

The very fact that I have an ever-expanding number of opportunities to integrate my music into my coaching and consulting work and be well-paid for it is just one example of the changes I've manifested in my life using these cutting edge tools for transformation. At one point that seemed so impossible that I seriously considered some drastically self-destructive actions.

I'd like to share another song with you. The first version of this song wasn't so positive. As you listen to it think about what it means to you to be "thirsty for the sky." If it were possible to "shake off the chains of fear and climb up into the atmosphere,..." what would your life look like?

## **Thirsty For The Sky**

**9/4-25/2000**

I've been dreaming of birds and leaves,  
clouds of dust and dandelion seeds  
And other things that spend their time in the sky  
I've been dreaming of healing the hurt,  
digging myself up out of the dirt  
Mending my broken wings so I can take flight

### **Refrain**

I feel so dangerous and I feel so alive  
I get so receptive to the heavens, so thirsty for the sky  
I feel like a Peregrine Falcon, untamed and unbound  
It's been a long time since I've had my heart on the ground

Sometimes when I am talking,  
I think I'm brilliant, I think I am stalking  
Some great truth but then I realize the weakness of words...  
Though I may be just a candle flame  
In a universe too huge to explain  
That doesn't mean I can't speak my intent and be heard!

### **Refrain**

I release myself from the chains of fear,  
climb up into the atmosphere  
Now I quiet my thoughts so that I can see  
I give myself to the calling wind  
Out to where the horizon bends  
Unattached and at ease I set myself free



# The Tools of Transformation

Before we can start changing stuff it would help to have some basic working knowledge about the tools we'll be working with.

- **NLP (Neuro Linguistic Programming)**
- **Hypnosis**
- **Time Line Therapy™**
- **EFT (emotional freedom technique)**

Turn the page to discover...

# Neuro Linguistic Programming

## (a.k.a. NLP)

What the heck is it, and why should you care?

**NLP is to personal transformation what Pilates is to fitness, what BOSE is to stereo systems, what Jedi master training is to elementary school..**

*NLP is the study of excellence. (Tad James, PhD)*

*NLP is an attitude and a methodology that leaves behind a trail of techniques. (Richard Bandler, PhD, co-founder of NLP)*

*NLP enables you to understand what makes you tick; how you think, how you feel, how you make sense of everyday life in the world around you. Armed with this understanding, your whole life—work and play—can become magical.*  
- Romilla Ready and Kate Burton, "NLP For Dummies"

**In my opinion, NLP is a model of internal and external communication that enables rapid and profound change.**

NLP is about consistently achieving our desired outcomes in all areas of our lives. Some approaches focus on “why” we do something. NLP focuses on “how” we “do” a certain behavior.

NLP is currently being used by therapists, world-class athletes, an increasing number of our world leaders, and top business and arts professionals.

I use NLP with:

- Phobia sufferers to interrupt the pattern of fear in trigger situations and take charge of their thoughts and emotions in empowering ways.
- Salespeople and other business professionals to break through the blocks that hold them back and to communicate more effectively with themselves and others.

“Yeah, yeah, yeah, but what is it really?”

In a nutshell, **NLP is about how you run your brain.**

Bill Clinton was NLP-trained.  
Tony Blair was NLP Trained  
Barack Obama was NLP trained

George W. Bush was not.

Any questions?

# The Tools of Transformation

## Why should you care?

Because it works. Once you learn how you create certain behaviors in your life you can also change them and create something different.

You do want to create something different, don't you? That's why you're here, right? There is literally nothing more effective on the planet. I know because I've searched.

I continue to search, and I know beyond a shadow of a doubt that everything that does work works because of these principles regardless of what it is called.

The way I see it, Hypnosis and Time Line Therapy™ are an intrinsic part of Neuro Linguistic Programming. Some consider them to be technically separate fields of study. Some consider NLP to be a part of the Hypnosis family. Personally I don't care what something is called so long as I can use it to get results. Throughout this book, whenever I refer to NLP, I am referring to all of these related areas of transformation—Hypnosis, Time Line Therapy™ and EFT.

## Hypnosis

is a useful state of heightened awareness enabling permanent, positive change, and activating our natural healing abilities. It has been approved by the American Medical Association since 1958. Hypnosis has tremendous implications for improving communication with the unconscious mind—where all change takes place. Through Hypnosis many weight loss clients find themselves easily able to stop behaviors that were previously compulsive and out of control. We will be dispelling some of the myths about Hypnosis (trust me, you will not be quacking like a duck at any point during this program!) and exploring some of the amazing abilities of your unconscious mind. If NLP enables us to change the programs we run, Hypnosis enables us to save the new programs to the hard drive of our beings.

## Time Line Therapy™

is a leading edge transformation modality used worldwide for releasing traumatic emotions such as anger, grief and fear as well as limiting decisions, anxiety and phobias. **It has tremendous applications in clearing out the underlying causes of unwanted behaviors in the past.** We also use it for

**NLP** enables us to change the programs we run.

**Hypnosis** enables us to save the new programs to the hard drive of our beings.

**Time Line** acts like Norton Utilities Software to enable us to clear out “viruses” and “de-frag” the data.

**EFT** is a combination of all of the above and acts like keyboard shortcuts that save time.

## **CLEAR THE FEAR *FAST***

“programming” future goals. In some ways, Time Line is the perfect combination of NLP and Hypnosis. Its simplicity is misleading because its effectiveness is often astonishing. In my opinion the discovery of the Time Line Therapy™ techniques will someday be considered one of the greatest discoveries of all time. You will get to experience this for yourself. If NLP enables us to change the programs we run, and Hypnosis enables us to save the new programs to the hard drive of your being, then Time Line is like the Norton Utilities Software that enables you to clear out “viruses” and “de-fragment” the data.

### **EFT (Emotional Freedom Technique)**

EFT has been said to be a psychological version of Acupuncture (without the needles). In my experience it combines many NLP concepts with physical tapping of certain Energy Meridian points. Tapping these points with a specific intention often causes dramatic change. Fast. If it works, I use it. For more info on EFT, visit [www.emofree.com](http://www.emofree.com). You can download the EFT manual for free.

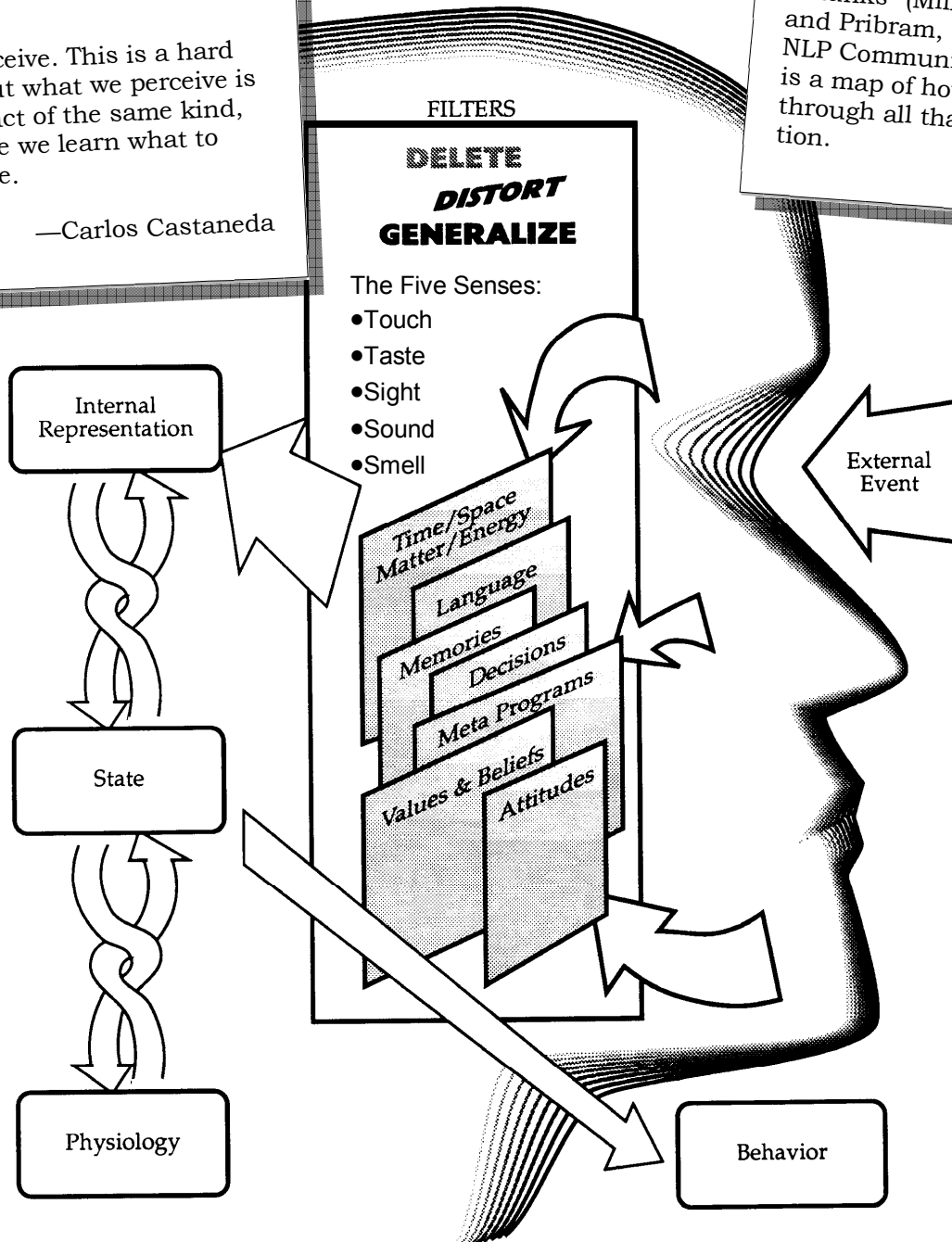
# NLP Communication Model

The core of our being is the act of perceiving, and the magic of our being is the act of awareness. Perceptions and awareness are a single, functional, inextricable unit...

We perceive. This is a hard fact. But what we perceive is not a fact of the same kind, because we learn what to perceive.

—Carlos Castaneda

Every second we are deluged with 2 million bits of information from the world "out there." We can only process 134 bits in 7 or so "chunks" (Miller, Galanter and Pribram, 1961). The NLP Communication model is a map of how we filter through all that information.



# Deletion, Distortion & Generalization

The “Typoglycemia” piece is a good example of the phenomenal power of your mind to take the very hint of something and internally adjust it and create meaning. In NLP we call this Generalization.

## Generalization

As far as your brain goes, generalizing enables us to save a lot of time and energy trying to figure stuff out.

One glance gives us sufficient information to respond. When we see a four-legged structure with a horizontal surface and a vertical structure on one side, we don’t have to study it to know that it’s a chair. This has some disadvantages, though, because it is the basis for “assumptions.” And sometimes we are not dealing with something as simple as a chair.

In the complex area of human emotions and interactions, generalizing is the same process operating in racial profiling and prejudice based on gender, religion, skin color, age, appearance, accent, etc.

It also happens with “one-time-learning-events” behind most phobias. One client of mine had a scary experience on a certain bridge. For a while it was only that bridge. Gradually, however, that specific fear generalized to other bridges.

## Distortion

When we look at the moon, my ninth-grade earth science teacher assured me, we distort it in our minds so that it appears much larger than it really is. Sure enough, if you ever take a picture of the moon without special telephoto lenses, you can see this. The moon, which appeared “as big as a wash tub,” is this tiny little blip. In romantic relationships we may distort our partner’s good qualities in the beginning and then during a break-up distort their negative qualities just as much or more. On the job, an employee can distort the boss’s abruptness or intensity and interpret it to mean a pink slip is on the way. A friend of mine who has a spider phobia takes the “eensy weensy spider” and makes it huge and close and hairy. That’s distortion. Ever had the experience of “blowing something out of proportion?” That’s distortion too.

## Typoglycemia

I cdnuolt blveiee taht I cluod  
aulaclty uesdnatnrd waht I  
was rdanieg. The  
phaonmneal pweor of the  
hmuan mnid. Aoccdrnig to a  
rscheearch at Cmabrigde  
Uinervtisy, it deosn't mtttaer  
inwaht oredr the ltteers in a  
wrod are, the only iprmoatnt  
tihng is taht the frist and lsat  
ltteer be in the rghit  
pclae. The rset can be a taotl  
mses and you can sitll raed it  
wouthit a porbelm. Tihs is  
bcuseae the huamn mnid  
deos not raed ervey lteter by  
istlef, but the wrod as a  
wlohe. Amzanig huh? yaeh  
and I awlyas thought slpeling  
was ipmorantt.

(source: forwarded e-mail  
from well-meaning friend)

## CLEAR THE FEAR *FAST*

### Deletion

Have you ever wandered around the house looking for your keys only to find them right in front of you on the table? You were deleting the pertinent information. At work you may get a generally good review but in your mind delete all the positives and focus on the negatives. According to many women, most men seem to be mysteriously able to delete the fact that the house is a mess! Someone suffering from anxiety often deletes the good possibilities and instead distorts the negative possibilities of future events and generalizes them to every possible future event.

What's even more challenging is that we often do all three processes simultaneously! According to many women (generalization), most men seem to be mysteriously able to delete the fact that the house is a mess! (generalization, distortion and deletion) What about the millions of men who are compulsively neat? What about the millions of women who are slob?

For another example, you may see your spouse frown and “interpret” it to mean he or she is angry at you. You may be right but he or she may not even be thinking about you.

#### Reality Check:

Have you ever overheard someone talking in glowing terms about someone only to realize that they were talking about **you**?

How did that feel?

Were you able to let it in, or did you discount it in some way?

In working with clients who have a poor self-image, I find they do this a lot. They take a tiny bit of information from other people—a whisper or a bit of subtle body language—and build a negative experience from it. They delete the positive possibilities, then distort the negative and generalize that “everybody hates me.” Usually this follows a pattern originating from childhood. What would happen if we were able to “delete” the old pattern?

Since we do this so well, it's fun to use it to help ourselves. We can take a bit of information and conclude that other people are finding us likeable and attractive. We can delete the internal pictures and feelings that we have been distorting to be afraid or filled with anxiety.

Later on we'll learn how to do this and program the new way of interpreting the world into our neurology.

I just wanted you to know about it so that we could have a little common ground to work with.



# Taking back Your Life, Clearing the "Victim Programming" & "Getting to Cause"

So many of us go through our lives feeling trapped, helpless, hopeless and victimized. Little by little we give up on the dreams that used to seem so possible as kids. It seems as if our "default" program is to feel victimized by what happens to us. The media supports this notion.

Everyday we hear on the news about this "victim" or that "victim." So many of us walk around with feelings of resentment and frustration that life isn't fair or that we didn't get what we wanted in life. If we are in an unsatisfying relationship, it's "just the way it is" or it's the other person's fault. If we are crippled by fears and phobias, it's something that "just happens."

If we aren't making enough money, well, Mom and Dad always said, "Money doesn't grow on trees." Rich people are mean and selfish anyway. Or the government will take most of it, so why bother to try? If we're overweight, well, it's our genes. If we hate our job, well, you've got to eat, right? Doesn't everybody hate their job?

We are victims of the endless tape loop of toxic and abusive self-talk running endlessly in our minds. I read somewhere that we think over 60,000 thoughts everyday, most of it negative and self-limiting. For many of us the voice is that of our parents or teachers or other childhood authority figures telling us we are bad or stupid or worthless or sinful or just not good enough.

## **There is another approach.**

And that is: **we are the creators of our lives.** For some this may be radical. In this belief system, if we

### **It's Everyone's Fault but Mine.**

"We have become a society of victims..."

In Cleveland, Ohio, a man sued M&M/Mars and a local candy dealer for \$500,000.00 to cover hospitalization and surgery bills. He bit through his lip when he chomped down on an M&M peanut that did not have a peanut in it.

In Boston, MA, a would-be lifeguard, who is totally deaf, sued the YMCA for \$20 million for prejudicially and insensitively requiring its lifeguards to be able to hear noises and distress signals.

In Raymondville, Texas, a man sued a dog owner for \$25,000 after tripping over the dog in the man's kitchen, claiming the man neglected to warn him of the dog's propensity of lying in certain areas....

Few people will turn to themselves to take responsibility for their results until they have exhausted all opportunities to blame someone else."

-Larry Winget  
*Shut Up, Stop Whining and  
Get A Life*, pp. 13-14.



## CLEAR THE FEAR *FAST*

experience an external event, **on some level we chose it.** If we aren't making enough money there's a message we aren't listening to or there's a piece of us that resists success. If our significant other leaves us, it's because on some level we needed to learn something or grow in some way. And the more we can appreciate this opportunity to learn, the better.

By the way, none of this is any more "true" than the belief that we are victims. What it does do is give us a tremendous amount of power: the power to choose how to respond to the events in our lives. If **we** are the ones creating everything in our lives, then **we** can begin to create what we want rather than what we don't want.

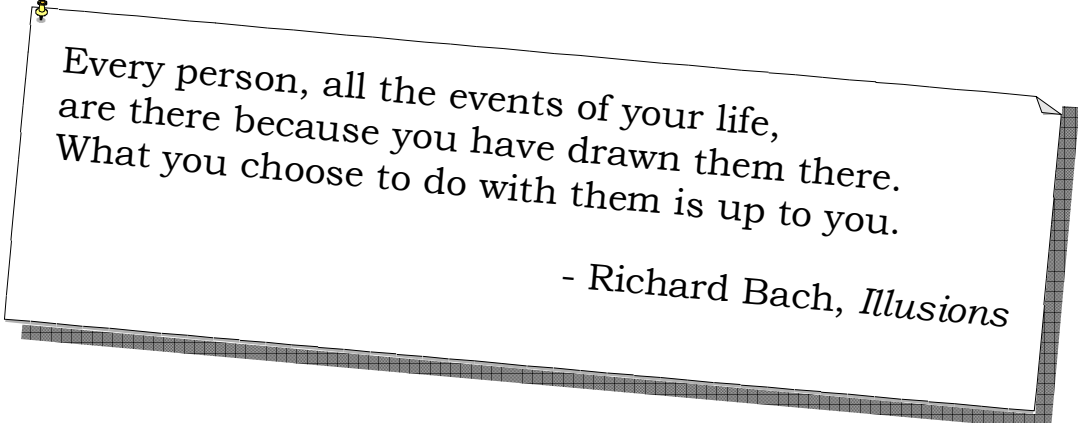
### **Perception is Projection**

Whatever we are perceiving in our lives actually originated from within us. It is our interpretation of the world. It's as if there is nothing or nobody out there until we aim our internal movie projector outwards and switch on the light. And every event, every person is simply a reflection of ourselves. If it's someone we admire, that's the brilliant or beautiful side of us. If it is someone we don't like or find annoying or unattractive, that's the part of ourselves that is either like that or fears being like that.

The point is not that any of it is "true." The point is when we operate from this philosophy we are at cause, rather than at effect. We are creating our lives. "It" is no longer "happening" to us. And, by the way, the very fact that you are reading this means on some level you created it at this moment in your life to learn whatever... you.... need...to....learn ....now.

This is particularly important in clearing the fear and the other blocks that hold you back. Once you become aware that you are creating your phobic response by what you are focusing on and how you are running your internal representations, you have the power to change.

So let's roll up our sleeves and begin the process of getting to cause.



Every person, all the events of your life,  
are there because you have drawn them there.  
What you choose to do with them is up to you.

- Richard Bach, *Illusions*

Getting to Cause...

# CAUSE > EFFECT

We may have been taught, and therefore have believed that we live at the mercy of others, or fate, or luck, or chance; certainly that is what most people on this planet live by. But once you start to see the Law of Attraction in operation, you ultimately come to understand that there is no such thing as a victim; never has been, never will be.

There is no good luck, bad luck, good fortune or coincidence. There is no destiny, fate or providence. There is no big judge in the sky keeping score on how right or wrong you've been. There is no karma from past lives nor penance.

That's all victim stuff. And there is not a victim among us, only co-creators in thought and feeling, powerful magnets attracting like bees to honey the matching frequency of our ever-flowing vibrations."

—Lynn Grabhorn, *Excuse Me, Your Life Is Waiting*, pp. 23-24.

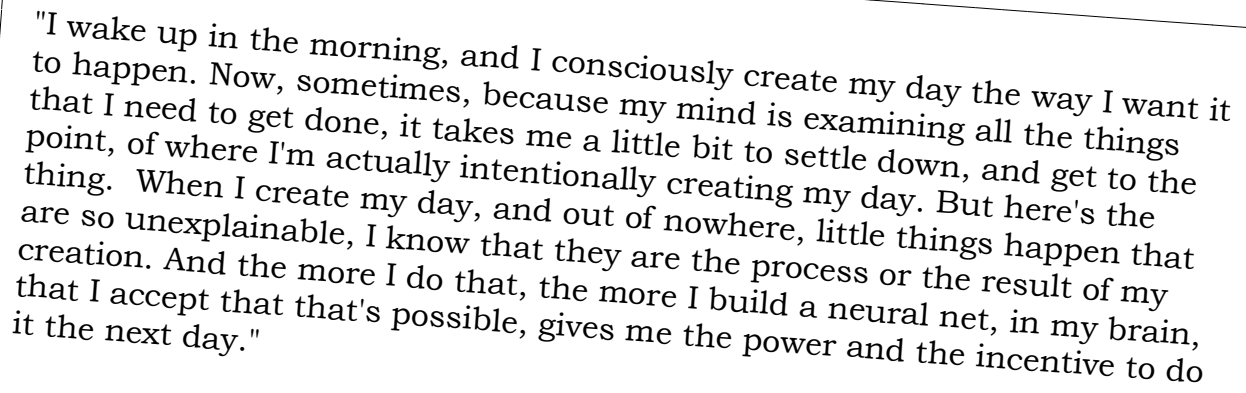
## Getting to Cause...

### Cause > Effect

Are you at cause in your life? Or are you a victim of this or that, or something else?

One of the most empowering ideas I've ever experienced is the notion that we are the creators of our lives. Whatever it is you are experiencing now has been created by you, by your thoughts, decisions, beliefs, focus, and interpretations.

Even if you could prove to a jury of your peers that something was **done to** you, from this new point of view, **you still created it**. The point is this: no matter what happens in your life, when you "get to cause" and take "Response-Ability" for your outcomes, **you shift into a position of power**. You are no longer a victim and **you never were one in the first place**. You are now in a position to acknowledge your old programs and to replace them with more effective ones.



"I wake up in the morning, and I consciously create my day the way I want it to happen. Now, sometimes, because my mind is examining all the things that I need to get done, it takes me a little bit to settle down, and get to the point, of where I'm actually intentionally creating my day. But here's the thing. When I create my day, and out of nowhere, little things happen that are so unexplainable, I know that they are the process or the result of my creation. And the more I do that, the more I build a neural net, in my brain, that I accept that that's possible, gives me the power and the incentive to do it the next day."

- Dr. Joe Dispenza, from the film "What the Bleep Do We Know?"

## Getting to Cause...

### Cause > Effect

In *Secrets of the Millionaire Mind*, T. Harv Eker makes a great point about cause and effect:

One of the most important things you can ever understand is that we do not live on only one plane of existence. We live in at least four realms at once. These four quadrants are the physical world, the mental world, the emotional world and the spiritual world.

What most people never realize is that the physical realm is merely a “printout” of the other three.

For example, let’s suppose you’ve just written a letter on your computer. You hit the print key and the letter comes out of your printer. You look at your hard copy, and lo and behold, you find a typo. So you take your trusty eraser and rub out the typo. Then you hit print again and out comes the same typo.

Oh my gosh! How could this be? You just erased it! So this time you get a bigger eraser and you rub even harder and longer. You even study a three-hundred-page manual called *Effective Erasing*. Now you’ve got all the “tools” and knowledge you need. You’re ready. You hit print and there it is again! “No way!” you cry out, stunned in amazement. “How could this be? What’s going on here? Am I in ‘The Twilight Zone?’”

What’s going on here is that the real problem cannot be changed in the “printout,” the physical world; it can only be changed in the “program,” the mental, emotional, and spiritual worlds.

Money is a result, wealth is a result, health is a result, illness is a result, your weight is a result. We live in a world of cause and effect. (emphasis mine)

- T. Harv Eker, *Secrets of the Millionaire Mind*,  
HarperCollins, 2005, pp.13-14.

## Getting to Cause

One of the challenges of this concept of becoming “Response-Able” is the idea that if we are to truly move away from the victim mentality, then how do we account for horrible instances of abuse and cruelty, tragedy and horror that really do seem to come from outside ourselves?

This is not an idea we can easily embrace. It is a discussion we cannot fully bring ourselves to because we are so deeply terrified by the heinous acts in our world, confused by and afraid of the pain and injustice and danger. Yet in the larger context we must at least ask, “Could there be meaning and purpose in them?”

We fear that if we allow that there is purpose, it means we must accept the gross inequities and exonerate the people who perpetuate them. But this idea defies reason. It is a “victim” mentality. Feeling on the other hand the situation is unredeemable and beyond our control leaves us without option. But recognizing the purpose or opportunity in such chaotic events, we can then utilize them to bring change. When we see the larger purpose underlying an event, our understanding aids us in healing the pain and bringing about growth. When we act on that understanding, we learn to trust ourselves.

- Lenedra J. Carroll, *The Architecture of All Abundance*, New World Library, Novato, California, 2001, pp. 282-283.

Therapist Pamela E. Butler, in her book, *Talking to Yourself: Learning the Language of Self-Affirmation*, makes a distinction between “True Victims” and “Professional Victims.” The “True Victim” is the child in an abusive family situation. Later that child may grow up to be a “Professional Victim” having incorporated the victim pattern and behaviors designed to enable the child to survive to such an extent that they continue to respond to the world in that way.

The person operating in the victim position has usually not realized that she is no longer living within the confines of her childhood situation and that she no longer has to live by the decisions necessary at that time... She is no longer a *true* victim, but that fact may make little difference if she does not know it. Like the person who drowns within three feet of the shore because it is dark and she does not know where she is, so the Professional Victim relies on old information about herself and others and remains limited by inadequate options.

- Pamela E. Butler, *Talking to Yourself: Learning the Language of Self-Affirmation*, p. 194.

## CLEAR THE FEAR *FAST*

The point for this program is that **it is up to us to discern meaning from the events of our lives**. By choosing to find a positive purpose in whatever “happened to us” as kids or teenagers or even last week, we can gather the power to change our “now.”

So just consider for a moment. Do you want to accept the challenge of owning your experience and thereby becoming empowered to change it or would you rather just blame your “condition” on factors outside of your control?

One of the reasons I enjoy working with Phobia and Anxiety sufferers so much is that they usually get this very quickly. They always have the ability to use their imaginations. They are creative and intelligent.

They know that they are creating these extreme reactions to usually “harmless” triggers or situations. Once I teach them how they are creating their problem, they are usually quick to begin using the same techniques to change. When they get that they are in charge of their experience, positive or negative, they really own their change. This creates a situation where the change is self-initiated and maintained.

## More on Getting to Cause:

### **The Mind-Body Connection**

Your thoughts have biochemical consequences in your body.

Imagine cutting a wedge out of a fresh lemon: that fine mist of pungent juices from the peel and the true scent of lemon freshness. Take the wedge and imagine biting into it. Doesn't just thinking about biting into a lemon make your mouth pucker and produce more saliva?

The mind doesn't distinguish between what is experienced visually and what is imagined.

Studies were done with a person's brain hooked up to sophisticated sensors. The person then was given something to look at and the neural net lit up in a specific part of the brain. Then the person was asked to close his eyes and imagine the same object. The brain reacted exactly the same way. ("What the Bleep Do We Know?")

So if you are imagining yourself losing the sale or falling off the bridge, going down in flames on a plane or being rejected by members of the opposite sex, your brain will deliver all the chemicals, enzymes, and neuro-peptides that make that a reality. Imagine yourself healthy, closing the deal, arriving safely on the other side of the bridge, picking up your luggage after landing safely or being warmly received by the other person and the same process will begin to deliver a very different reality.

It also helps if you visualize yourself actually taking the necessary action so that you can make the changes in your life that you want.

Ah, but sometimes it's not so simple. Sometimes there are multiple old programs and patterns of thought that sabotage your conscious attempts at "thinking positive" and "doing the right thing."

Later on you will learn how to clear old programs and retrain your brain to give you more and more of what you want.

One thing we can do right away is to start anchoring these concepts internally. One very effective way to do that is through songs. This whole journey for me started with writing songs. My songs have always been more about transformation and making sense of the world than about your typical teenage love angst. Lately I've been writing songs about NLP!

## CLEAR THE FEAR *FAST*

The next few pages contain lyrics to songs—from my CD “Eyes on the Horizon”—that present this information poetically.

Have you ever gotten a song stuck in your head? That’s the idea. Listen to these songs repeatedly until they are playing in your head even without the CD. Play them in the car when you’re driving around. Play them softly in the background while you are going about your day. Some people play them while they sleep. This is one nearly effortless way to begin to reprogram yourself. It’s also supposed to be enjoyable. So if you don’t care for my style of music go out and find your own tunes that support positive change.

One suggestion: you might want to avoid “I Can’t Get No Satisfaction” by the Rolling Stones!

Did you notice that song start playing in your head just reading about it? I know I did. So take a moment and consciously choose your internal soundtrack.

I worked recently with some marketing executives for a company that was just climbing out of a period of downsizing and financial anxiety. I was brought in by an amazing dynamo of a business consultant named Kathy MacAffee. She felt my songs were just the thing to shake things up as well as to assist the members of the marketing team to develop and buy in to a new rallying cry to help them move forward.

I started our day-long session with a song. I could tell there was a bit of resistance but as I sang I felt it largely melt. By the end of the day I’d written a new piece for them using their words and concepts. We were pretty excited. It seemed like a change had occurred at a fairly deep level in the participants and the song was something that could anchor that shift and remind them in the days and weeks to come of their new “motivating purpose.”

To our surprise, the evaluations indicated that the music was the part of the workshop valued least by some of the respondents. They didn’t understand why it had been on the agenda. In their minds it didn’t seem important. “How is music going to help us make more money?” seemed to be the question.

So just in case you too are wondering why this course in dealing with anxiety and fear has so much music in it, I want to share these thoughts.

First of all I’m a songwriter. It’s what I do. I process everything I learn and feel through words and music.



## CLEAR THE FEAR *FAST*

Secondly, because of my own fears related to performing, criticism and rejection, I stopped myself many times from seeking a wider audience. In that way I might be like you. A lot of my clients are terrified by what others might think of them. And I can totally relate. So it is appropriate to put my music out here whether you get it or not.

Thirdly, music has a powerful effect on the brain and its retention of concepts. Songs get stuck in your head. If the song is a powerful one that is linguistically designed to support your change and transformation, then that's a positive tool for change and it should be used.

In his book, *The Last Nine Innings*, Charles Euchner takes a deep look at the internal processes of excellence that make up top baseball players' performance.

He tells the story of how then Giants hitting coach Dusty Baker would play music in the batting cage to get his hitters to understand unconsciously the different approaches they needed to take against different pitchers.

When the Giants were facing a power pitcher like Curt Schilling, Baker would play hard-driving music like AC/DC. When the Giants faced a finesse pitcher like Greg Maddux, he would play soft stuff, like 1970s oldies. Baker would play the songs he wanted the players to blend into their subconscious and then send them in to hit. Baker's strategy in the cage was to coax the players into grooving and swaying with the music.

The science of the brain supports Baker's approach. Researchers have found that a set of circuits in the front of the brain keep rhythm and melody in the head long after the music is heard. That's why you cannot get a song out of your head, whether it's a bad radio jingle or Beethoven's *Ode to Joy*. That part of the brain—called the rostromedial prefrontal cortex—not only processes music but also controls the body's movement. The brain's circuitry for music is also the circuitry for dance—and for moving around a baseball diamond. “The experience of the groove in music is a state where our perceptions and actions are meshed together,” says Petr Janata of the Center for the Mind and Brain at the University of California's Davis campus.

- Charles Euchner, *The Last Nine Innings*,  
Sourcebooks, Inc., 2006, p. 77.

When we are approaching learning and change it is all about perception and action “meshed together.” And when we learn something, we want it to stick. (Otherwise, why bother?) Since songs get “stuck” in our heads, they are ideal unconscious “anchors” for new information, beliefs and behaviors.

## **CLEAR THE FEAR *FAST***

I do hope you enjoy my music but, ultimately, whether it is to your taste or not, it serves a vital purpose in this process of clearing the fear and other blocks that hold you back and cost you financially, physically and emotionally. So I invite you to keep an open mind as I you move through this program and hear my songs at various points. They are there for a reason. Allow them to sink in.

# CLEAR THE FEAR *FAST*

## On The Cause Way

Irvine CA July-August 2003

You can be who you choose to be  
You have everything that you need  
To allow yourself to set yourself free  
You may not think you are free  
You may think you need some kind of key  
To unlock the door that isn't there...

If you focus hard enough  
It's on the floor with the other stuff  
But you must bend to pick it up  
You can turn it upside down  
You can turn it all around  
You can even choose to leave it on the ground

Refrain  
There's a light out on the causeway  
Not everyone can see it glow  
You may dream you're wide-awake  
Don't you know that's how you'll know?

What you see is what you create  
From the thoughts you think that dominate  
As you fix or change your state  
What can now be pre-supposed?  
Are we parts or are we whole?  
The most flexible has the most control

Refrain

You may look up or glance across  
You may look down to feel a loss  
Or you may choose to look inside  
You may remember to the left  
While you create your future right  
Exactly how, you do it best...

Refrain

**Commentary:** This song is full of concepts that support the process of moving from the victim side (being at effect of something outside yourself) to the cause side of the equation (where you have the power to change your life).

This song also has several embedded poetic references to NLP eye patterns as well as the pre-suppositions of NLP.

## Roll Your Rock Away

6/1/03-6/4/03

You could believe in Santa Claus  
Yet still not believe in yourself  
You could pause because  
You're afraid of your turn  
In the urn on the living room shelf  
You could have a brand new set of Ginsu knives  
You could have more good luck than  
An alley cat's got lives  
You could outdeal the devil in the dark of night  
While you scan the future with your second sight  
But you got to roll your rock away

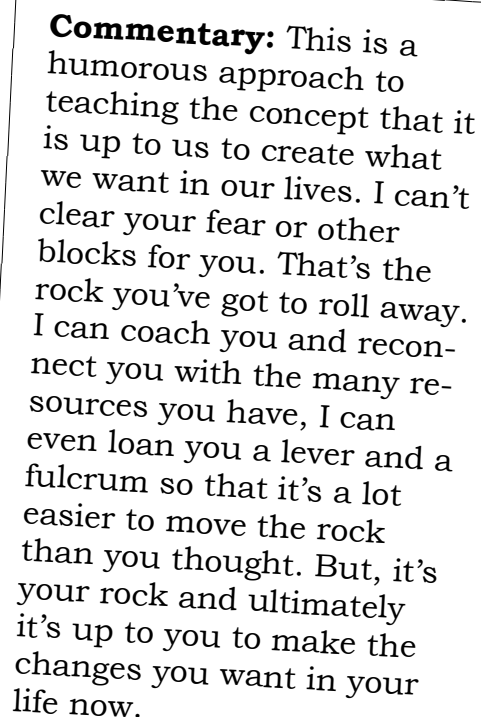
You could dance to the beat  
Of a different drummer  
While you drive down the street  
In your bright red Hummer  
You might look hot on the beach this summer  
Or be the coolest dude in a crowd of cucumbers  
You could talk a dog off a meat wagon  
Convince Austin Powers to give up shagging  
Or sell snow to the city of Buffalo  
As part of your own reality TV Show  
But you got to roll your rock away

You may have the cleanest house in Babylon  
Or the best-tasting salt in Gomorra  
You may be the latest prophet reciting  
From the Bible, the Koran,  
The Wall St. Journal, or the Torah  
You can get yourself a groovy guru  
And a magical mantra to mutter  
Or you may prefer modern scientific voodoo  
As you hit the links with your carbon fiber putter  
You got to roll your rock away

### Bridge

Would you dare to take my hand?  
Let me show you your own Promised Land  
It begins when you choose to see  
Yourself the way you want to be  
(You got to roll your rock away)

You could be drowning in the desert  
Thirsty in the pouring rain  
You might be wondering  
When someone's gonna finally explain  
Why you can lead a horse to water  
You might even get him to drink  
You can lead a man to knowledge  
But I'll be damned if you can make him think  
He's got to roll his own rock away



**Commentary:** This is a humorous approach to teaching the concept that it is up to us to create what we want in our lives. I can't clear your fear or other blocks for you. That's the rock you've got to roll away. I can coach you and reconnect you with the many resources you have, I can even loan you a lever and a fulcrum so that it's a lot easier to move the rock than you thought. But, it's your rock and ultimately it's up to you to make the changes you want in your life now.

## Snap Out Of It

May 2004, Oct. 2004

Something happened that you didn't want to happen  
Now you think that everything has turned to crap and  
The Universe would like it if you failed  
Don't you think that pattern's just a little stale?

When I hear your story I just cannot help but wonder  
What was it that you chose to think that tore your heart asunder?  
What if you had seen it differently?  
Like maybe now at last you could be free?

### Refrain

Snap out of it, Snap out of it, Snap out of it, baby  
Do you think it would break your face to smile?  
Baby, I have seen friendlier crocodiles

Now I'm not saying that your lover didn't hurt you  
I'm not saying he or she did not desert you  
All I'm saying is **now you get to choose**  
Whether you will grow and learn or simply sing the blues

### Refrain

Snap out of it, Snap out of it, Snap out of it, baby  
Do you think that you're the only one?  
What would it cost for you to have some fun?

Sometimes I wonder what it takes to get you moving  
Do you need a shock, a shout, a drug that's proven?  
I'm not sure that we will ever know  
Meantime, you've been tumbling in the undertow

### Refrain

Snap out of it, Snap out of it, Snap out of it baby  
Do you think Rome was built in a day?  
So get to work or go outside and get to play!

Now don't get mad at me for popping your self-pity  
Sometimes it feels so good to see the world as shitty  
Once I was much whinier than you  
'Til someone shoved my nose into a different point of view  
And I had simply had to...

### Refrain

Snap out of it, Snap out of it, Snap out of it, baby  
Did you lose the wind from out your sail?  
What would you do if you knew you could not fail?

Change is everywhere you look, you're gonna find it  
Change your job, your look, your cover, change your mind, it  
Changes your thoughts which change the way you feel  
Pay attention, baby, 'cause your thoughts are real.

### Refrain

### Commentary:

This song is about taking charge of your emotional states.

I don't always want to hear this song but it does snap me out of any funk I may get into. (Yes, I still get into funks now and then—but a hell of a lot less than I used to.

I spent most of my life (until recently) wallowing in one down state or another. This program is all about helping you to "snap out of" whatever patterns have gotten you to where you are now.

When the subconscious mind must choose between deeply rooted emotions and logic, emotions will almost always win.

—T. Harv Eker, *Secrets of the Millionaire Mind*

## 12 Steps to Creating Change

1. **Awareness.** First, you have to actually become “aware” that something needs to be changed. This is the first step of every 12-step program.
2. **“Response-Ability.”** Next, take **“Response-Ability”** for where you are and “get to cause.” If you created this, experience that no longer serves you, then you can create something better. **By the way, this is NOT blame.** Responsibility literally means “being able to respond.” You know now what you don’t want. What is it that you do want to create? Whatever you’ve created up to now is exactly what you needed to get to the place where you are open and ready to change.
3. **Understanding (without judgment).** Understanding where your old pattern or program comes from enables your unconscious mind to “Preserve the Learnings” and let go of the old beliefs, vows, limiting decisions and knee-jerk emotional triggers.
4. **Educate yourself.** Learn how to run your brain and communicate effectively with your unconscious mind so you can begin to manifest the kind of life you want now. Model other people who have successfully done what you want to do.
5. **Expand your perceptions.** Eliminate old routines and patterns of behavior.
6. **Clarify your values.** What is most important to you?
7. **Focus on what you want.** Create a powerfully vivid, fully sensory visualization of what you want. Write it down, see it, hear it, feel it, taste it, and smell it. Engrave it on your being.
8. **Clear up the past.** Stalk and release negative habits and emotions, disempowering beliefs and limiting decisions inconsistent with what you want.
9. **Program your future.** Insert your goals into your future timeline.
10. **Align your Thoughts with your Goals.**
11. **Take Action.** Play everything at **100%**..
12. **Get support. Reinforce** the positive results. Repeat Steps 1-12 as necessary.

# Take “Response-Ability” for Where You Are and Where You Want to Be

If you created this, then you can create something better. By the way, as I said before, this is NOT blame. You’ve already been beating up on yourself enough, haven’t you?

Consider this: Who you are now is the sum of all the thoughts, memories, perceptions, visualizations, self-talk and past programming you’ve been running all your life. If that has gotten you an unsatisfactory result, then it’s time to do something different, isn’t it?

Some key beliefs from the “pre-suppositions of NLP” which you need to program into your unconscious mind are:

1. There is no failure. Only feedback. There are no problems. Only challenges.
2. Everyone is doing the best they can with the resources they perceive to be available (including you).
3. Everyone has all the resources they need to get the results they want (even if they don’t yet perceive that they have those resources).
4. To access our additional resources, we need to expand our perception enough to become aware of them.

## **Four Keys to Successful Change**

No matter what the context of change we are working with (health/fitness, relationships, career/business), we need to:

1. Be motivated and committed to change.
2. Find out how we are creating the current unsatisfactory result.
3. Ecologically address and interrupt old past patterns and programming to clear the blocks and heal the hurt parts of our lives in ways that are acceptable to our Unconscious Minds.
4. Learn how to run our brains and take charge of our internal representations so that we are in control of our behavioral choices and results out into the future.



## **CLEAR THE FEAR *FAST***

### **Coming Home**

Revised 9/30/02

Have you been stumbling through frozen winter fields,  
Running from the shadows of the wounds that would not heal?  
Have you been like the children who live on what they steal?  
Are you open to the wisdom that your pain just might reveal?

#### **Refrain**

It's been a long time that I've been gone  
It's been a long time that you've been gone  
It's been a long time that we've been gone  
I believe we're coming Home

I invite you to a higher trance  
Where the rhythms fill your body and remind you how to dance  
Where healing hands can hold you and help release the hurt  
Where you can re-create yourself with your thoughts and words

#### **Refrain**

You are chosen to live within the Light  
And I was born to tell you that it is yours by birthright  
I may be a healer, but it's time for you to see  
You are just as much a healer, a healer as me...

#### **Refrain (2X)**

## The Mind-Body Connection and the Physiology of Excellence

The way we hold and move our bodies affects the way we feel and what emotions we can experience.

Try this:

1. Stand up straight and tall, take a nice deep breath in and let it out, breathe in again and out again (and breathe in and out one more time).
2. Smile and look up at the ceiling.
3. Now while in that position, try to feel depressed!

Bet you can't!

Of course, if you wanted to feel depressed you might breathe shallowly, hunch over and look down.

The key here is that a big part of how we feel is determined by how we move (or don't move) our bodies.

Volumes have been written on the philosophical belief system of dualism that arose out of ancient Greece and the Middle East: that our minds are separate from our bodies. More recent thinking and research seems to point the opposite way. Our minds and bodies are intrinsically interconnected. What you think affects your body, even down to the cellular level. And what's going on in your body affects your mind and emotions.

Deepak Chopra, in his book *Quantum Healing*, points out that our immune system is constantly eavesdropping on our internal dialogue.

As reported by Chopra, author Michael Crichton, while a medical resident interviewed all the patients on the cardiac ward. Without exception each had some "heart"-based issue going on in their lives prior to manifesting "heart" trouble.

Dr. Hammer from Germany has 40,000 case histories directly linking cancer and other diseases to significant emotional events three to five years prior to the first symptoms.

## CLEAR THE FEAR *FAST*

Personally, not long after I began my own healing journey, two very large painful ganglions on my right and left wrists one day **just disappeared**. My sister had an identical ganglion on her wrist. She had hers operated on and it came back. She later had a second operation. The question is: did I change my thoughts significantly after I started working with the energy healer? Yes. The fact that my sister and I both had the same physical manifestation in the form of ganglions says less to me about heredity and more about common thought patterns we both might have picked up in our childhood.

I have since used self-hypnosis to heal a number of health issues. Most recently I had a nasty looking “thing” on my back. I visualized healthy blood supply and smooth healthy skin. I touched the area with love and compassion. I asked my unconscious mind to heal that area. Three weeks later it was “miraculously” gone. Dr. Topher Morrison, who taught my Hypnosis certification course, originally got into Hypnosis because he had 40 warts on his feet. Using self-hypnotic techniques like visualizing healthy blood supply and smooth healthy skin, his warts disappeared in less than three months. He was sufficiently impressed so that, like me, he began to seriously explore the power of the mind-body connection.

## The Story of "Mr. Wright"

In the late 1950s well-publicized reports claimed a new wonder drug called Krebiozen would "cure cancer." Dr. Philip West had a patient named "Mr. Wright" whose body was riddled with orange-sized tumors. Mr. Wright was totally bedridden and was expected to live less than two weeks. The hospital treating Mr. Wright was chosen to be one of the test sites for the new drug. Even though he did not fit the requirements of the test, Mr. Wright convinced his doctor to include him. Dr. West relented and administered the Krebiozen, then went off for the weekend. Mr. Wright was so sick that Dr. West did not expect to see Mr. Wright alive on Monday morning.

When he came back, he was amazed to see that Mr. Wright was not only alive but was walking around extolling the wonders of Krebiozen to the other patients. In two days the tumors had melted "like snowballs on the surface of a hot stove" and were half the size they had been on Friday.

Within 10 days, Mr. Wright was released from the hospital and went back to his life. From being bedridden and needing oxygen to breathe, he even returned to flying his private plane at 12,000 feet "with no discomfort."

After two months, during which Mr. Wright was perfectly healthy, newspapers started reporting that Krebiozen was not working. Mr. Wright read or heard about these reports and returned to the hospital. The tumors had re-formed. Dr. West, amazed at his patient's rapid healing and rapid re-manifestation of the tumors, told Mr. Wright that the reason it had stopped working was because the original Krebiozen didn't have a long enough shelf life, and that he would now receive the new, improved version. The doctor then proceeded to inject Mr. Wright with purified water.

Just as before, the tumors melted away like "snowballs on a hot stove." And once again Mr. Wright went back to flying his plane.

"Today, the idea that the brain and the immune system are interconnected is no longer considered preposterous. It is an incontrovertible fact.

Research from a burgeoning field known as *pyschoneuroimmunology* (PNI, for short) has taught us that the brain and nervous system are intimately involved in the activities of the immune system. So, too, is the endocrine system, our network of glands and the hormones they secrete.

PNI research is building a scientific base for a viewpoint long held by advocates of "holistic" medicine: that all our biological systems, including those governing "mind" and "body" are integrated into a seamless whole."

- Henry Dreher,  
*The Immune Power  
Personality: 7 Traits You  
Can Develop To Stay  
Healthy*, p.14.

## CLEAR THE FEAR *FAST*

Eventually, though, Krebiozen was judged to be totally worthless by the medical community. As soon as Mr. Wright heard this, he returned to the hospital and died within two days.

- Earnest L. Rossi, *The Psychobiology of Mind-Body Healing*, 1993, pp. 4-8

This story illustrates the scientifically documented power of the mind.

How is this kind of dramatic change possible?

One answer to this is that, frankly, we are pretty amazing beings!

According to Dr. Paul Goodwin, PhD., we have so much neural material in our bodies that if you took away all our skin and muscle we would still be just as recognizable as we are today.

So it's not a huge leap of the imagination to compare our neural network to the telephone system. Think about a phone call from New York City to San Francisco. If it is normally routed through Chicago and Chicago is out of service, our vastly redundant telephone network can easily route the call through St. Louis instead. Our neurology works the same way. The blocks and patterns in our neurology can be cleared and changed. We just have to know how.

THERE ARE:

$$(10^{10})^{10}$$

NEUROLOGICAL  
CONNECTIONS IN YOUR  
BODY. THAT'S THE NUMBER  
1 WITH 10 ZEROS AFTER IT,  
WRITTEN ELEVEN TIMES!

100,000,000,000,000,000,000,  
000,000,000,000,000,000,000,000,  
000,000,000,000,000,000,000,000,000,  
000,000,000,000,000,000,000,000,000!

## Meet Your Unconscious Mind

Since all of our tools of transformation depend on communicating with your unconscious mind to clear and re-program unconscious patterns of thought, emotion and behavior it would help to actually know what your unconscious mind is, wouldn't it?

Eric Booth, in his book, *The Everyday Work of Art: Awakening the Extraordinary in Your Daily Life* (Sourcebooks, Inc., P.O. Box 372, Naperville, IL 60566, 630-961-3900, 1999) gives a great description of the Unconscious Mind:

When he was a boy, his mother took him and his siblings on a trip across the Atlantic Ocean on a German freighter. As he explored the ship, he noticed one grizzled old sailor who seemed to be everywhere, silently obeying the orders of the Captain. Because he had remarkably skinny legs, the family affectionately began calling the old sailor "Skinny Legs." If Eric explored the engine room, there was Skinny Legs. If he climbed up to the bridge where the ship was steered, there was Skinny Legs alert at the helm. No matter where he went on the ship, there was Skinny Legs quietly doing his job.

In many ways your unconscious mind is like that. Unfortunately, there are certain ways we have to communicate with your unconscious mind so that it clearly gets the message.

We have to speak in positive terms. This is not just because it's "nice" to be positive. Your Unconscious Mind has difficulty processing negatives. For example: Don't think of a Blue Tree! What popped into you mind first?

You would never say to your Labrador Retriever, "Don't Come!" if you wanted him to stay. You would just tell him to "stay."

To get what you want: first, clear the Unconscious Blocks, Negative Emotions, and Limiting Decisions/ Beliefs that you are using to create your current reality.

Then, program your future free of the old baggage...so you can focus on what you want., instead of on what you don't want.

The conscious mind can handle negatives and we often talk a lot about what we don't want. This has the unfortunate result of programming yourself for failure and disappointment because your Unconscious Mind only gets what you focus on.

For example: if a lion were chasing you, you would need to know that and focus on not being eaten for a moment. Then, to stay alive, you would have to focus on getting to safety. If you paid too much attention to the lion ..... Gulp!

Take a moment and think about a situation that causes you to feel fear, resistance or negativity. What is it you have to focus on to get that fear response? For the bridge-phobic, it might be seeing himself being blown off the bridge. For the salesperson, it might be seeing the person on the other end of the phone being annoyed by the "interruption." For the person with test anxiety, it may be imagining flunking or that horrible feeling of having forgotten the answer. The shy guy is almost always imagining rejection and humiliation.

Now consciously shrink that image down. Or push it away. Or shake your mental etch-a-sketch to clear the screen and replace it with a big bright close picture of the most beautiful beach with turquoise blue water... Feel the cool salt breeze on your face. Feel the wet sand on your bare feet. Hear the crash of the waves and the cries of the seagulls. See a beautiful sailboat bobbing at anchor...

Or imagine holding a really soft fluffy kitten in your hands...

Imagine having front row seats at a concert of your favorite musicians...

Imagine a mother duck leading her ducklings out into a pond for the first time...

Think about a day in the Spring when all the cherry trees were in bloom...

Imagine looking down at the world from the vantage point of a red tail hawk...

How does a fish perceive you standing on the river bank?

Have you ever touched the soft velvety nose of a friendly horse?

What other sensory-rich, pleasurable, positive, attractive, compelling things can you think of right now?

On the next page of your manual make a list:.



# The NLP Resource Anchor: Your Favorite Things

Be as thorough as possible.

Keep writing for at least 10 minutes. Do it now!!!!

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## Your Favorite Things (continued)

Now I want you to take a moment and go through that list of positive, pleasurable things. As you read off your list, I want you to squeeze your right earlobe in a consistent, memorable way.

For example: think of the calm refreshing beach scene with the seagulls and the cool breeze, the soft wet sand underfoot and the waves washing in and washing out. While you are imagining this as vividly as possible, squeeze your ear lobe.

Imagine the positive pleasurable experience and squeeze your ear. Then release.

Think of the next one and at the height of your pleasurable memory or imaginary experience, squeeze your earlobe. Then go on to the next one and the next one. Focus on each of your favorite things in turn and “lock in” the pleasurable sensations with each squeeze of your ear lobe.

If you don’t have at least ten of these powerfully pleasurable experiences to focus on, use some of mine from the previous page.

We are creating a resource anchor. And it’s important to do this thoroughly. We’ll learn more about anchoring later. Right now I just want you to be able to create a safe trigger so that if you need it at any point you can fire it off and get back to a place of pleasure and safety.

Go ahead. Do it now. Then come back to this page.

Did you remember as vividly as possible at least 10 favorite memories or experiences? If “Yes,” turn the page. If “No,” what are you waiting for? You’re in charge of your change!

Okay, now I have just one question for you...

**Do you smell popcorn?**

## CLEAR THE FEAR *FAST*

### Did you smell popcorn or not?

It really doesn't matter whether you did or not. That was what we call a "pattern interrupt." You'll hear me use it again from time to time as we work together.

Asking you if you smell popcorn changes your focus for a moment so we can get a little space in between thoughts and processes.

Now, squeeze your ear lobe to "fire" the resource anchor.

If you've followed my directions thus far, you should feel all the good feelings sort of bubble up in the next few moments.

Sometimes it's subtle, so **pay attention**. Other times it's pretty dramatic.

If you **don't** feel it now, go back and do the process again. If you **do** feel it, then go ahead and turn to the next page.

## YOUR UNCONSCIOUS MIND...

- 1. Stores your memories.**
- 2. Generates and manages your emotions.**
- 3. Organizes all memories.**
  - Time Line
  - Gestalt
- 4. Represses memories with unresolved negative emotion.**
- 5. Presents repressed memories for “resolution”**
  - (and to release emotions)
- 6. Keeps repressed emotions repressed for protection.**
- 7. Runs the body.**
  - Has a blueprint:
    - of body now
    - of perfect health (function of higher self)
- 8. Preserves the body.**
  - Maintains the integrity of the body
- 9. Is a highly moral being.**
- 10. Likes to follow directions and wants to serve you.**

Your Unconscious Mind (cont'd)

**11. Controls and maintains all perceptions.**

Regular (5 senses)

Telepathic

Receives and transmits to  
the conscious mind

**12. Generates, stores, distributes and transmits “energy.”**

**13. Responds with instinct and habit.**

**14. Needs repetition for long-term projects.**

**15. Is programmed to continually seek more and more.**

Always more to discover

**16. Does not need parts to function.**

**17. Is symbolic.**

Uses and responds to  
symbols

**18. Takes everything personally.**

**19. Works on the principle of least effort.**

Path of least resistance

**20. Does not process negatives.**

**Note to  
“Skinny Legs”**

Dear Unconscious  
Mind,

Thank you for all the  
wonderful things you  
do for me!

You know that thing  
you do that worked so  
well to keep me safe  
back in childhood?

Thank so much for  
protecting me!

I'm a grown-up now  
and I am sincerely ask-  
ing your assistance  
and support in releas-  
ing the old response  
pattern. It's not help-  
ing anymore. It's hurt-  
ing.

Please replace the old  
habit with life affirm-  
ing, healthy new  
choices. Okay?

Thanks!  
Your Loving “Captain”  
(Conscious Mind)

*P.S. How can I take  
exquisite care of you  
today?*

## Hypnosis— Communicating with Your Unconscious Mind

Now that you've met your unconscious mind, let's learn more about Hypnosis and what we can and cannot expect from your unconscious mind.

As I mentioned before, your unconscious mind does not process negatives.

Remember when I said, **“Don't think of a blue tree!”**

You thought of a blue tree! You did, didn't you? Me, too.

So if you don't want to react in a certain way in a trigger situation, telling yourself “not to” is literally programming yourself for failure.

It would be more helpful to focus on what you want yourself to be wanting.

For example, instead of saying “Don't be afraid!” or “Don't freak out!” or “Don't screw this up!” you might want to experiment with telling yourself something more useful like: “I can do this!” Even better, put it into a “why” or a “how” question such as “Why can I do this?” or “How can I move through this temporary blip of discomfort?”

If you want to get on an airplane but are afraid, is it more effective to visualize the plane going down in a burst of flames or picking up your luggage after arriving safely? Your unconscious mind does not know the difference between what's real or imagined, so we want to always present your unconscious mind with what we want it to do and what we want it to experience rather than what we don't want it to do or experience.

### **It's safe**

The other important thing most people don't know about Hypnosis is that **you cannot be hypnotized to do something you do not want to do**. It may look that way on TV or in the movies or even with a stage hypnotist. But the reality is: if you don't want to rob a bank, I can't hypnotize you to rob a bank.

That's the good news. The challenge results if you consciously want to stop a certain behavior but your unconscious mind has lots of reasons to continue the behavior. That may be a road block to change.

## CLEAR THE FEAR *FAST*

So in our detailed personal history we will ask, “what do you get out of the old pattern or behavior? How does the problem benefit you, or what does it protect you from?”

Ultimately, a conflict between the “part” of you that wants to change and the “part” of you that gets something out of staying the same has the same effect of hindering the hypnotic process.

Some new clients often express a bit of fear that they will “go under” Hypnosis and “lose control.” Again that’s the way things are portrayed in the movies. Most people just feel relaxed. And anyone who has ever been mesmerized by the highway or lost in a good book or totally carried away by a great movie has already been hypnotized and is familiar with the way trance feels.

Essentially, Hypnosis is about setting aside your busy, fidgety, compulsive, over-thinking, “conscious” mind (willpower) and talking directly to your calm, simple, powerful, results-oriented unconscious mind (Imagination).

In a contest between your “Will” and your “Imagination,” **imagination always wins.**



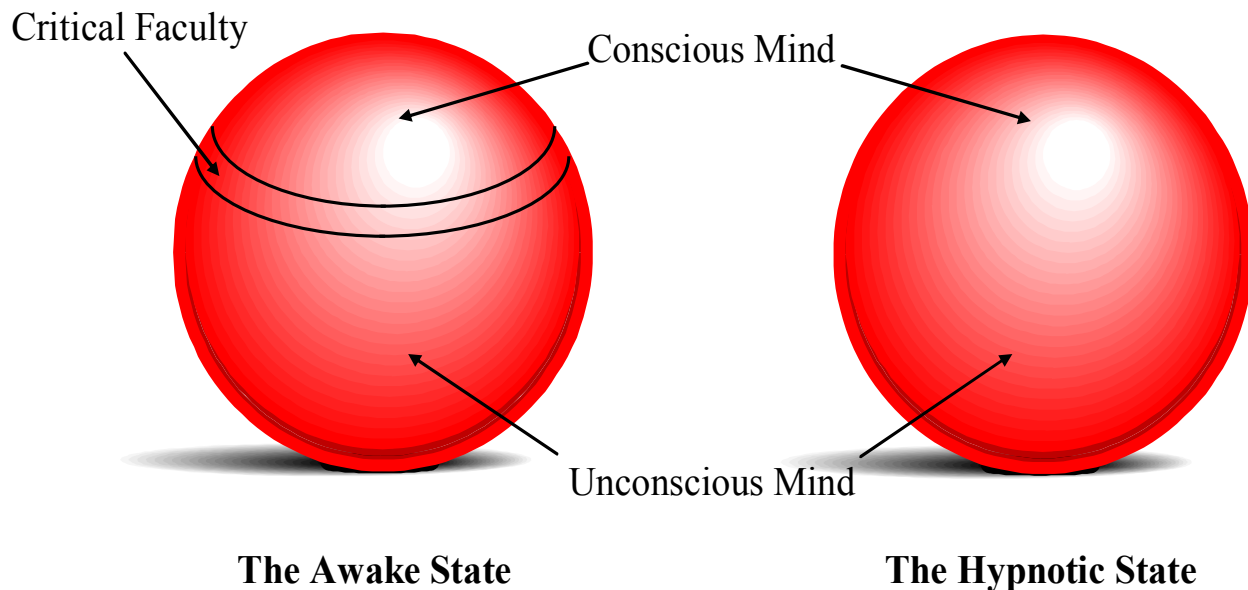
## What is Hypnosis?

### Hypnosis Is Not...

Sleep  
A State of Unconsciousness  
Being Gullible  
Being Weak-Minded  
Being Controlled by Someone Else  
A Loss of Self-Control

### Hypnosis Is...

An Awake State  
A State of Relaxation  
Imagination  
Exercise for Your Mind  
Rapport with Your Unconscious  
The Ultimate Display of Control



***“My patients are my patients because they are out of rapport with their unconscious minds.” - Milton Erickson***

THE LEAST  
YOU NEED TO KNOW ABOUT  
YOUR UNCONSCIOUS MIND::

YOU GET WHAT YOU  
FOCUS ON,  
SO  
FOCUS ON WHAT  
YOU WANT!

## When You Walk through Roses

2/2/04-2/9/04

When you walk through roses  
Do you feel the thorns  
Or do you see the blossoms  
In spite of what you've torn?  
Can you catch a glimpse of heaven  
In a drop of dew?  
Or your reflection  
In the people around you?

Refrain  
We get what we focus on  
So focus in on what you want  
Focus in on me, focusing my love on you...

If you cried a river  
Would it feel much better  
Than if you laughed the ocean  
And then chose to dive right in?  
When you hear a jazz band  
Do you hear the bass or the horns?  
And if somebody asked you  
Could you tell them why you were born?

Refrain

If I wrapped my arms around you  
Would you feel constrained  
Or would you feel connected  
And choose freely to remain?  
If I then released you  
And then danced away  
Would you choose to feel abandoned  
Or would you see it as a chance to play?

### Commentary:

I cannot stress enough the power of focus. Because your unconscious mind is programmed to give you whatever you focus on, it is vital that we focus primarily on what we want. A little bit of focus on what we don't want is appropriate in some instances but then we have to shift the focus to where we want to go.

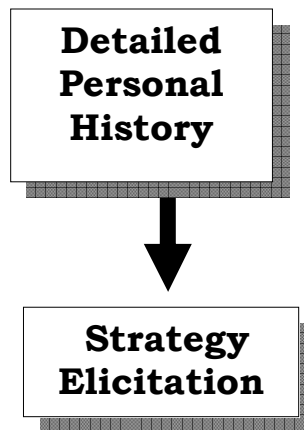
My favorite example of this is the lion.

It is good to know that a lion is chasing you. But if you ran away only looking back at the lion and not looking for a tree to climb, you are not very likely to escape. In fact you may actually bump into the tree and knock yourself out!

It's more effective to notice the lion and then run like hell towards the safety of that tree.

# PART ONE- CRACKING THE CODE

What was the problem?



## Detailed Personal History

With these questions, we begin to “engage” your unconscious mind in the process of solving your current challenge. Please answer these questions as best you can either on your own or along with the CD. If writing isn’t easy for you, record your answers on a tape recorder, or have a friend ask you the questions and record the answers as accurately as possible.

Make sure you have a quiet place to work undisturbed for 30-60 minutes. Do your best to ask these questions of your unconscious mind. How? Just relax and drop the question in. Then notice whatever pops to the surface first. Write that down. Try to capture whatever thoughts and images float up first without judging or editing or fretting or fussing. It’s important to do the questions in order because they are linguistically designed to begin loosening the “problem.” By the way, eventually we will begin calling your problem your “challenge” or your “project.”

1. What was the Problem? Be as specific as possible.

---

---

---

2. How has this problem’s presence affected you?

---

---

---

---

---

---

## CLEAR THE FEAR *FAST*

3. What has this problem cost you? Emotionally? Physically? Financially? What else?

---

---

---

---

---

---

---

4. What has it cost you that you are pretending not to recognize?

---

---

---

---

---

---

---

## CLEAR THE FEAR *FAST*

5. What was the cause of this problem (behaviors actually performed by you or beliefs you hold)? When did you choose to have this situation be created? Why? Ask your unconscious mind.

---

---

---

---

---

---

---

---

---

---

6. How do you want life to be instead? Be specific.

---

---

---

---

---

---

---

---

---

---

## CLEAR THE FEAR *FAST*

7. What will this new behavior gain for you?

---

---

---

---

---

---

---

---

---

---

8. What else will happen as a result of this new behavior that you are not thinking of?

---

---

---

---

---

---

---

---

---

---



## CLEAR THE FEAR *FAST*

9. What else will happen as a result of this new behavior that you were pretending not to recognize the need for?

---

---

---

---

---

---

---

---

---

---

10. What could you have done instead that would have produced the desired results?

---

---

---

---

---

---

---

---

---

---

## CLEAR THE FEAR *FAST*

11. Have you ever done that? Or have you ever known anyone who has done that?

---

---

---

---

---

---

---

---

---

---

12. What resources, beliefs and/or behaviors would create the desired outcomes and prevent the problem from existing in the future?

---

---

---

---

---

---

---

---

---

---

## CLEAR THE FEAR *FAST*

13. Is there anything your unconscious mind wants you to know, or is there anything you're not getting which, if you got it, would allow the problem to disappear?

---

---

---

---

---

---

---

---

---

---

14. Is there a purpose for this problem? Is there a reason for this problem? Ask your unconscious mind.

---

---

---

---

---

---

---

---

---

---

## CLEAR THE FEAR *FAST*

15. Is it OK with your Unconscious Mind to support us in permanently, positively removing this problem today, and for it to allow you to have an undeniable experience of it, when we are complete?

---

---

---

---

---

---

---

---

---

---

# STRATEGY ELICITATION-

How do you  
“do”  
the problem?

## Habits:

### Unconscious Patterns of Thought and Behavior

For many people their attempts to change negative patterns or habits in their lives and to replace them with positive ones brings them right up against the wall of a seemingly uncooperative unconscious mind.

We are what we repeatedly do. Excellence, then, is not an act, but a habit.

—Aristotle

Part of the problem is the approach. We seem to think we can force change with our willpower. One apt analogy is trying to lift your car by your own strength. Unless you are a professional weight lifter, it ain't gonna happen. And you can even hurt yourself trying. But get a simple tool, like a jack, and even a child can raise the car.

Any habit needs all its parts in order to function. If some parts are missing the habit is disassembled.

—Carlos Casteneda

We approach changing our habits, with our conscious minds when the very nature of a habit determines that it is in the realm of the unconscious mind. Think about it. When you were learning to drive a car, all the things you did at first were conscious, weren't they?

You had to literally be aware of things like: "Move foot from brake to gas." "Push a little on gas." "Push a little less." "Oh, look ahead!" "Turn steering wheel, oops! not so much!"

Gradually, through practice, more and more of the work of driving got transferred to the realm of habit: your Unconscious Mind. So now, the act of driving is something that just happens in the background while you think about other things. So it stands to reason that to change a habit you have to actually approach it on the unconscious level as well as to take the necessary conscious steps to install and reinforce new habits.

I have not come to health by wishing for it, laying myself in the hands of others, or ignoring the problems that were affecting it. I tried all of these approaches, of course, without success. I count my health today from the moments—when ill, dying or suffering physically—that I realized I had the wisdom within me for my healing. I count my health from the occasions when I took charge of my path to wellness. I count my health today from the times I looked kindly but unflinchingly at myself and began to change the habits that did not serve me.

—Lenedra J. Carrol,

*The Architecture of All Abundance*, p. 247.

One challenge in all of this is the expectations we have. Some people seem to think that long-term positive change can happen without having to take the time or make the effort to actually "practice" the new patterns of thought and

## CLEAR THE FEAR *FAST*

behavior for a long enough period of time for them to become installed as new habits. We want change without effort.

Now don't get me wrong, using Hypnosis and NLP and Time Line Therapy™ will help to save time and will give you the leverage that a jack gives so that it becomes a lot easier and more possible to achieve your desired results. However, you still have to get out of your car, open the trunk, get the jack out, place it properly and start turning the crank.

I can teach you how to do this but ultimately you have to apply the principles consistently and persistently enough to lock in the new patterns.

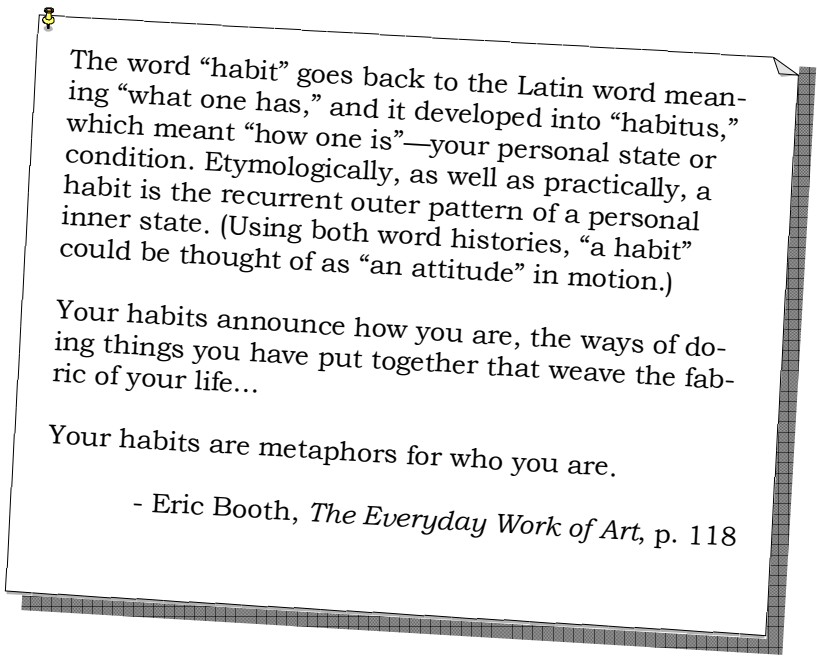
Sorry, I didn't mean to get back on my "Response-Ability" soapbox. But it's crucial that you understand this. If you are overeating because you are stressed out from living a life where you are running around all day from before sunrise to after midnight doing, and doing and doing, you are not going to stop the overeating until you stop the larger pattern of "dis-ease" in your life.

If you are a salesperson who is avoiding the phone because you don't believe in the quality of the products you sell, you may need to change jobs and find something you believe in. Once you do that, you may be delighted to discover that "selling" becomes more like "sharing."

If you have a phobia it's natural to try to avoid whatever it is that terrifies you. You may have to explore what secondary gain you get from having this problem.

In fact, phobias are "one-time learning events" that are so powerful and intense they almost instantly become habits. But if you can interrupt the phobic pattern and scramble the unconscious strategy the phobia usually can't run.

This is the area where change might not be totally comfortable. We say we want things to be different. But are we willing to put our money where our mouth is and actually think differently and practice different behaviors long enough for them to become second nature?



The word "habit" goes back to the Latin word meaning "what one has," and it developed into "habitus," which meant "how one is"—your personal state or condition. Etymologically, as well as practically, a habit is the recurrent outer pattern of a personal inner state. (Using both word histories, "a habit" could be thought of as "an attitude" in motion.)

Your habits announce how you are, the ways of doing things you have put together that weave the fabric of your life...

Your habits are metaphors for who you are.

- Eric Booth, *The Everyday Work of Art*, p. 118

## Interrupting Your Old Patterns and Habits

**To interrupt the old patterns, we have to know what they are and how we do them.**

**Think about this:** When you brush your teeth, how do you do that? I mean, what do you do first? What do you do next? Do you wet your toothbrush? In hot or cold water? Do you put a smidge of toothpaste on the brush or do you fill up all the bristles? Do you wet your toothbrush again, or not? Do you brush your top teeth or your bottom teeth first? How long do you brush for? When you are done do you rinse and tap the toothbrush on the side of the sink or just shake off the excess water?

However you do this, it is more than likely you do it the same way every time, don't you? In NLP we call this a "strategy." And you might be surprised to know that you have a strategy for virtually everything you do, from brushing your teeth to falling in love or out of love, to knowing when it's time to feel anxious or fearful or confident or that it's time to eat, or time to sit like a lump on the couch watching reruns on the shopping channel...

Normally, when I work with a client I will elicit his or her strategy for doing whatever problem they've come to me for help with. I can often pick up the strategy just from a client's eye patterns. It's a bit of a challenge for you to do this on your own because these strategies are usually unconscious.

Here's an example:

When I worked with a client who had the bridge phobia, I asked him, "So how do you do it?" He looked at me like I was crazy. So I said, "Just pretend for a moment that you could hire me as a temp to do your problem for you so you could just forget about it. What would I have to do first to freak myself out about bridges?"

"Well," he said, "you have to drive along the highway and see a sign that says: Beacon/Newburgh Bridge 20 miles. And you say to yourself 'whoa, 20 miles to the bridge;' then you feel that feeling in your stomach."

Now what was so interesting was the guy was coming back from riding a roller coaster! He loved roller coasters but freaked out on bridges. So I said "Okay, let me see if I get this. I'm driving along and I see a sign that says: Beacon/Newburgh Bridge 20 miles, and I say to myself COOOOOL! Only twenty miles



## CLEAR THE FEAR *FAST*

until I get to go over the bridge. Bridges are like ROLLER COASTERS! Is that what I do?”

“NO!” he said. “That’s NOT how you do it.”

“But,” I replied, “ if you DID say that, would you still be able to do the problem?” He smiled sheepishly and said, “Well probably not.”

What I did was cause him to actually try on a new behavior, a new approach without being aware of it.

This is rarely the only intervention I will do, but it is a good first step. Sometimes, it’s enough in and of itself to help people change. I was feeling a little sad the other day and by asking myself “How am I creating this emotion?” Once I saw the steps I went through (1. run a picture of myself being alone; 2. tell myself in a kind of a slow sad voice “I knew this would happen;” 3. look down and to my right; 4. heave a few huge sighs; 5. repeat), I was able to shift it by running different pictures, saying different things and in a different tone of voice and moving my eyes in different ways.

By asking yourself the following series of questions you should be able to get a pretty clear idea of how you do whatever it is you have been doing that has resulted in the undesirable behaviors that brought you here. Or do this with a friend.

1. How do you know it’s time to \_\_\_\_\_?  
(the undesirable behavior)
2. What’s the very first thing you do? Do you think something? Feel something? Say something to yourself? Hear something? Get a picture of something? Smell or taste something?  
\_\_\_\_\_
3. What do you do next? Do you think something? Feel Something? Say something to yourself? Hear something ? Get a picture of something? Smell or taste something?  
\_\_\_\_\_
4. What do you do next?  
\_\_\_\_\_  
\_\_\_\_\_

## CLEAR THE FEAR *FAST*

5. What Next? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

6. What Next? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

7. What Next? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

8. What Next? \_\_\_\_\_.

\_\_\_\_\_  
—  
\_\_\_\_\_  
—

Keep asking yourself until you get the whole strategy.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## CLEAR THE FEAR *FAST*

---

A really important question to ask yourself is: Have I ever “forgotten” to do this behavior? If you’ve ever forgotten to do the behavior, you want to explore what it was that caused you to forget to do the problem. Eliciting the strategy for forgetting to do the problem is even more important than finding out how you do the problem.

The whole point of this is that once you know “how” you do something, you can actually do things differently. The reality is that any habit is like a table. It needs all its legs to stand. If you take one piece out of the puzzle of “problem,” it can’t stand. The strategy won’t run.

Have you ever “forgotten” to do this problem?

If yes, describe the circumstances. If no, are you sure? Ask your unconscious mind...

---

---

---

---

---

---

---

---

---

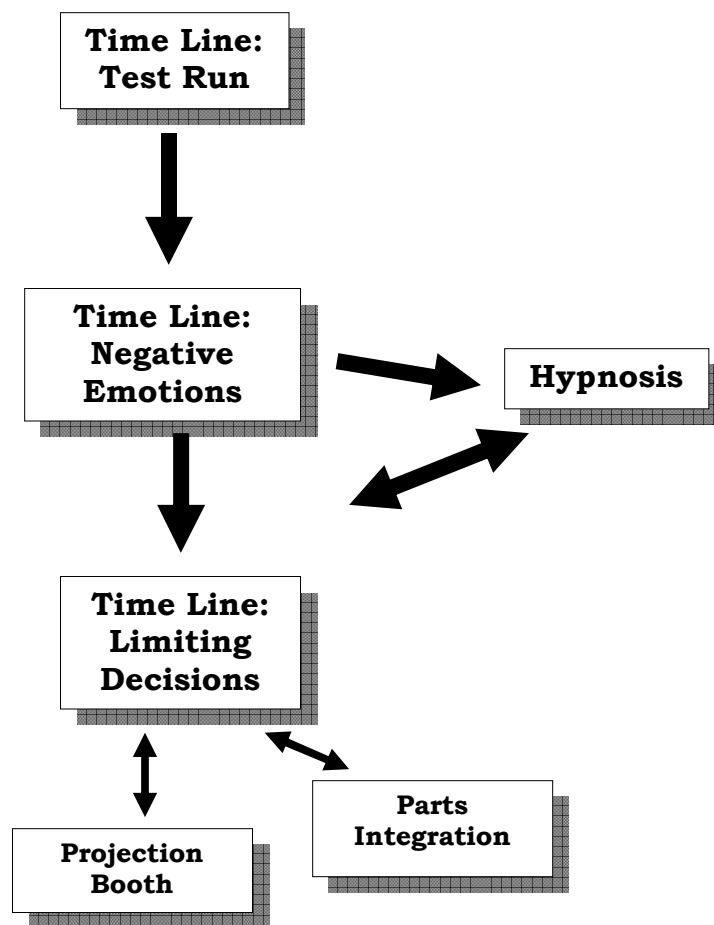
---

---

During my freshman year of high school, my English teacher gave the assignment to write an essay teaching someone how to tie his shoe. So that’s another way I sometimes approach this. Write an essay like a user’s manual teaching someone else to do your problem. Try it!

# PART TWO - CLEARING THE CAUSE

or clearing the  
Conditioned Response Activated Programs  
(A.k.a. "C.R.A.P.")



## Can You Imagine?

2/4/06

(Where does your genie live? Where does your genie live?)

### Hey, can you imagine...Letting go?

Letting go of the hurt? Replacing it with love?  
Letting go of attachment to the push and shove?  
Can you imagine letting go of Doubt?  
(don't make me have to shout)  
Let it go, let it go, let it go, let it go. PUSH IT OUT!

### Can you imagine letting go of "yeah but?"

and the little hut your dreams have been crammed into  
And exchanging all the negativity  
(and passivity and self-pity and lack of integrity)  
for a shining castle by the sea?  
I dare you to consider the possibilities...

### Hey, can you imagine letting go of fear?

Imagine really being "here." Right now. In this moment.  
Spread your feathers, never say never, untie the tethers  
Make your quirks work for you, Baby!  
You are perfect just the way you are  
Make your quirks work for you, Baby!

### Refrain

Can you imagine being who you were born to be?  
Shaking off the chains of mediocrity  
Can you imagine setting yourself free  
Of all the excuses and the victim mentality  
Can you imagine?

### Hey, Can you imagine...

#### Living your life with no regrets?

As if each of your problems was just a little test  
"This is a test of the emergency broadcast system  
This is only a test! If this were a real emergency  
you wouldn't be able to feel anything..."  
But you do feel! Don't you?  
So as the Genie says, "**Get excited! You are alive.**"  
Now what are you going to do with it?  
I said, "What are you going to do with it?"  
I dare you to live a life of passion and power,  
movement and magic,  
wealth and wonder, curiosity and creativity,  
collaboration and community.  
Live a life full of juice and joy,  
abundance and prosperity

### Refrain

### Hey, can you imagine?

#### Living your dreams.

Up in the mountains  
Or downtown in the city  
Or on your own private island  
in a place so pretty  
that it takes your breath away?  
Even when you're cleaning the garage?

### Can you imagine?

#### Bringing healing to the hurt.

Water to the desert. Prosperity to the poor.  
Education to the uninformed  
Selling peace and love door to door?

### Can you imagine floating like a golden leaf

On a warm October breeze  
and looking down  
On your life spread out below you  
like the storyboard  
Of the greatest movie ever made?

### Can you imagine accepting yourself fully and completely?

And the people in your life  
And the strangers on the street  
Can you imagine standing  
on your own two feet  
On the shoulders of giants?  
And one day other giants  
standing on your shoulders?  
And one day other giants standing on the  
shoulders of the giants standing on your  
shoulders while you are standing on the  
shoulders of giants standing on the shoul-  
ders of giants...

### Refrain

(Where does your genie live?  
Where does your genie live?  
In.....side....You!)

# Introducing Time Line Therapy™

## —A Powerful Tool For Clearing The Past And Programming The Future

In one of Master NLP Trainer Tad James's NLP courses, the students were doing an exercise where they broke up into small groups to practice various NLP techniques. One woman, associated into a traumatic event in her life. In other words she was suddenly "stuck" in a very uncomfortable memory where something "bad" happened. Because your unconscious mind doesn't recognize the difference between past, present and future, it was a traumatic as if it were happening "now."

Tad took her out in the hall to calm her down and it seemed like nothing in his NLP arsenal was working.

He asked her to float up above the event and observe it from a safe distance above. This usually helps but in this case it didn't. So intuitively, Tad asked her to float above the event and go farther back in time to at least 15 minutes before the event started and turn and observe the event from there...

Tad said it was almost as if someone had flipped a switch.

"It's gone!" she said.

Tad was very interested! "Are you sure?" he asked.

"Yes. Positive!" she replied.

Tad then had her go right down into the original traumatic event to make sure the emotions had disappeared. Even looking through her own eyes in that memory she felt neutral, clear and undisturbed.

From that original experience, Tad went on to develop Time Line Therapy™ as a model for permanent positive change. As a student of Tad and a certified master practitioner and trainer of these techniques, it is my intention to give my clients and students an opportunity to get the benefit of Time Line Therapy™ techniques as a method of reinforcing the change work we've already done. Personally I use the CD with these techniques to clear any old Limiting Decisions that may come up in my own life.

## CLEAR THE FEAR *FAST*

This section is also good for people who cannot locate a practitioner nearby. In the next section you will gain access to these tools and begin to use them for your own transformation.

**Disclaimer:** The author takes no responsibility for any experiences, positive or negative, that the user may have as a result of using these techniques. Persons with severe psychological problems or trauma in their past are advised to do this work under the supervision of qualified professionals. For a list of these, call my office or contact the Time Line Therapy™ Association.

For the complete schedule of upcoming Time Line Therapy™, NLP and Hypnosis Training programs, please visit my website at [www.markshepard.com](http://www.markshepard.com).

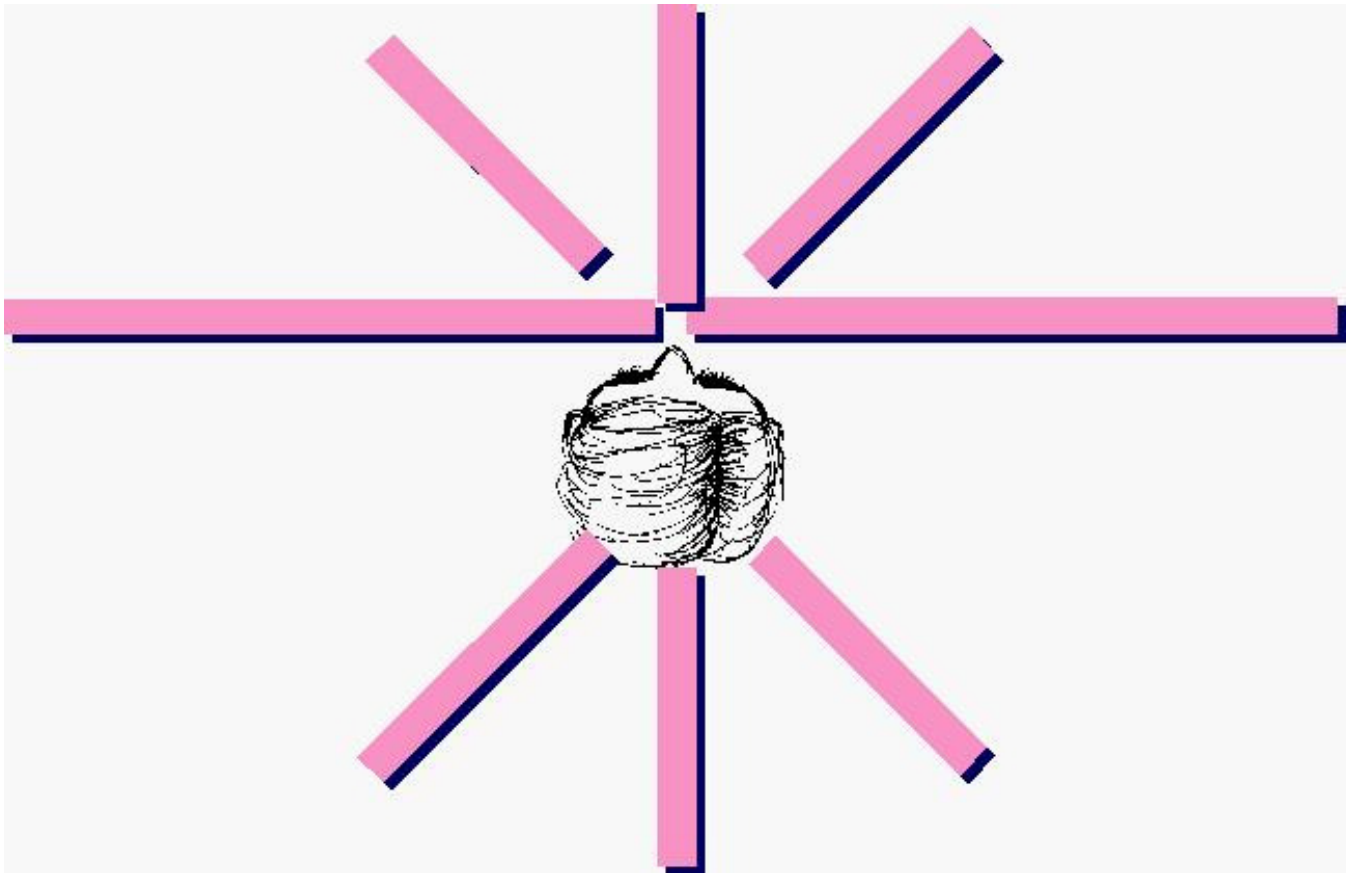
For more information about Tad James, go to [www.TadJames.com](http://www.TadJames.com)

## THE MAJOR TECHNIQUES

1. **Eliciting Your Time Line and Taking a Test Drive.** Discovering the direction and location of your Time Line.
2. **Discovering the Root Cause or First Event** for a Negative Emotion or Limiting Decision.
3. **Releasing a Negative Emotion** including, but not limited to, anger, sadness, fear, hurt, guilt. This is also the order in which to release the emotions.
4. **Removing a Limiting Decision** including “not good enough,” “can’t make enough money,” “can’t have a great relationship” or “can’t make the changes I want to make.”



## ELICITATION OF THE TIME LINE #1



To do Time Line Clearing, it helps to actually become aware of what your time line is like.

So just STOP for a moment and pay attention to the first impressions that bubble up into your awareness as I ask the following:

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 that 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 concept that I'm interested in; it's your unconscious. So, if I were to ask your unconscious mind where your past is, to what direction would you point?

## CLEAR THE FEAR *FAST*

And your future, toward what direction would you point if I asked your unconscious mind where your future is?

**NOTE:** As you become aware of your Time Line, make sure that you understand that however you do it (how you organize the past and future) is perfect for you. Make no value judgments about the organization of your Time Line. If for some reason the way you organize your Time Line isn't allowing you to get the best results with this process, then you can change it.

If you don't just have one Time Line, just ask your unconscious mind, "Which of these Time Lines would be the best to use to cause the most pervasive and long lasting change to occur?"

Go ahead and make a note on the previous page where your past and future are.

Or just make a note of it right here.

## **ELICITATION OF THE TIME LINE #2**

Please use this page ONLY IF after using Elicitation #1, you don't yet have a clear idea of how you organize your Time Line.

So take a moment to STOP. And take a few deep breaths. Imagine the breath coming in the bottoms of your feet and flowing up the back of your legs, up your spine and over the top of your head. Then release the breath down the front of your body and begin a new breath.

Can you remember something that happened one week ago?

Good, as you do, can you notice where it comes from?  
(Alternatively, since some people can't notice where a memory comes from, they can notice where it goes "to.")

Repeat the process for one month ago, one year ago, five years ago, and 10 years ago.

Now, think of something one month in the future. As you do, can you notice where that event is? Or in what direction that event is?

Now repeat this process for an event one year in the future, five years in the future, and 10 years in the future.

Do you notice that this arrangement implies a line, or some linear arrangement of your memories?

## FIRST TEST OF ELICITATION

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

If no: “Well, could you notice that?”

If still no: “Is your past arranged by location, for example, where you lived?”

If yes: “How would it look if, for purposes of this process, it were stretched out in a line?”

**(Remember Time Line Therapy™ is not *only* a visual process; it can be done visually or auditorally or kinesthetically.)**

Good, now when I say line, I don’t mean to imply only visual, because in a moment I’m going to ask you to float up above that line, and by float, I also mean as sounds floating on the wind, or floating in the bathtub, or visually. However you float up above your Time Line is perfect. So, can you just float up above your Time Line?

If you are doing this process visually make sure you are looking through your own eyes.

## Take a Test Drive Above Your Time Line

Now, remaining above your Time Line, just float back into the past. Ask your unconscious mind to take you back to a really happy, pleasurable memory. It could be last week or last year. It could be a pleasurable or happy memory ten years ago or 20 years ago. It could be way back in your early childhood. If you need more time just pause the CD and push “play” when you are ready for the next step. (pause) Are you there? Good.

Now staying up above your time line, look down into that pleasant event (or if you are floating in a “feeling” or “kinesthetic” way follow your feelings down into the event. In a moment, not yet, but in a moment I’m going to ask you to float right down into the event looking through your own eyes. Before you do that, make sure the event you chose is a pleasant, pleasurable one. Okay?

Now when you are ready, go ahead and float down into that event looking through your own eyes and notice as many details as you can notice. That’s right. While you are there, notice if you can increase the pleasure by brightening the colors or increasing the size of the experience. What pleasurable feelings do you have in your body? What do you hear? Are there any pleasurable tastes or smells? Play with increasing the pleasure, one aspect at a time. Feeling full of pleasure and happiness, remember to anchor those good feelings on your ear lobe.

Good, now float back up above the event and once again see yourself in the picture or sense that you are separate from the event.

If you want, you can preserve any new insights you’ve gathered and float back toward now. Come all the way back to now...

If you need to, stop the CD and then start it again when you get back to now.

(pause) Are you back to now? Good.

## CLEAR THE FEAR *FAST*

Now, still floating up above your Time Line, face toward the future, And as you float out above your future, notice if there are bright areas or any areas that are less than bright? Feel free to “brighten up” any areas that could use it. Some of my clients like to sprinkle “fairy dust” down into their future as they glide out...way out into the future...

Paying attention to where you are and what you are experiencing, now go all the way out...all the way out 15 minutes past the successful completion of your life...and turn and look back towards now...imagine everything in your life working out better than you could possibly imagine!...and enjoy that feeling of peace and completion...Anchor it on your ear lobe.

Now turn back out to the future and float even farther out...way...out...into the...light. And pause there for a moment enjoying the light...(pause)

If you need a few more moments just pause the CD (but make sure you do come back in a moment or two by pressing play again!).

That’s right. And now turn back towards now and zip back to the present moment staying above your time line all the way back to now.

And once above now...

Are you there?

Go ahead and float up higher. Float so high that you can see your entire time line in one view or in one frame. You can see the whole time line all at once. Then float up even higher. So high that your entire time line is only a yard long (pause) and then even higher... so high that it’s only a foot long (pause) and then way...up...so...high... that it’s only one inch long...(pause)

Take a moment and notice what it’s like up there. How does that put everything into perspective? Remember how to float up this high.

## CLEAR THE FEAR *FAST*

Sometimes we need to float this high to release completely some old emotion or limiting belief or decision.

Good, float back down into now and come back in the room.

How was that?

If it's helpful for you, go ahead and make some notes describing what it was like. What did you learn?

---

---

---

---

---

---

---

---

Do you smell popcorn?

## 3 REASONS THE EMOTIONS DISAPPEAR

### 1. Psychological (Reframe)

Based on the work of Leslie Cameron-Bandler in *Emotional Hostage*, 1987, and Alfred Korzybski, *Science and Sanity*, 1933, all emotions require time to express their meaning, so a switch in the temporal perspective reframes the emotion. The emotion is reframed, and so it disappears. (Technically it is a context reframe.)

### 2. Metaphysical (Illusion)

Based on the book, *A Course in Miracles*, there is only one real emotion on the planet—Love. All the negative emotions are derivatives of fear and are an illusion, so a switch in the temporal perspective shows the emotion to be the illusion it is, and it disappears.

### 3. Quantum Physics: (Non-Mirror Image Reverse)

Based on the work of Quantum Physics and Calculus, Position 3 is the Non-Mirror Image Reverse of the way the emotion is held in “now.” So Position 3 is the multi-dimensional neurological opposite of “now.” What happens is that this position acts like anti-matter, and the neurological boundaries of the emotion in the body get blown out—they disappear.



## Cartesian Coordinates

Just see what happens when you run your challenge or problem through these four questions.

What would happen if you did Change?	What wouldn't happen if you did Change?
What would happen if you didn't Change?	What wouldn't happen if you didn't Change?

## What are Negative Emotions?

In their simplest form emotions are states we feel in our bodies.

Anger, sadness, fear, hurt, shame/guilt.

Happiness, joy, confidence, power, love.

Emotions can be positive or negative.

According to scientists, emotions are complex biochemical storms or programs involving neuro-peptides and receptors on the surface of your cells. After a while the cells become accustomed or “addicted” to certain emotions and begin to lose the ability to receive the non-habitual emotions.

According to the theory of Time Line Therapy, emotions are stored in chains or “Gestalts” in the body.

To use Anger as an example:

At one point you felt anger for the first time. Maybe your mom didn’t change your diaper right away and you got “pissed off.”

“Bing” — a pearl of anger.

Then later your older brother took a toy from you and you felt this strange new feeling again. Anger.

“Bing” — another pearl of anger is added to the now growing string of pearls.

Still later you got angry on the playground and on and on through your teen years and adulthood until now you are stuck in traffic and feeling so full of rage and anger you are seeing red and feeling like ripping the steering wheel out of your car and hitting someone with it.

The current incident is trivial in comparison to the towering rage you feel. What’s going on? What’s happening is your entire chain or gestalt of anger has been activated in your neurology. Because of the way your unconscious mind is hardwired, all the anger you have ever felt is still in your system and you are feeling all of it together and all at once.

The good news is that we can release the earliest root cause event and clear the entire chain of anger (or sadness, fear, guilt and shame). We will still be

## CLEAR THE FEAR *FAST*

able to feel anger in the future but it will be appropriate to that situation and clear of stored anger from the past.

The same is true for fear. If anger is an appropriate response to someone violating your boundaries (fight), fear is built into our genetic code as a response to an external event that you need to get away from (flight).

We will never extinguish the fight or flight mechanism because it is hard-wired into our default programming. We can, however, take it off its hair-trigger alert status and clean up our hard drives so that we are no longer victims of the habits of the past.

It is important in Time Line to determine the root cause event. We can go into a specific “significant event” in the middle of a gestalt, or chain of memories. That’s what traditional therapy tends to do. “Let’s talk about that day on the playground when you were 10...” Addressing that specific event may indeed lessen its impact on the present experience but it probably won’t eliminate it.

Tad James discovered that there was always a root cause event and when the emotion or limiting belief/decision was cleared there and all the way back to the present, then the problem would disappear.

So the next step is to elicit what the root cause event is. Sometimes there is some dramatic event that was the root cause. Most of the time it is something trivial. This is where communication with your unconscious mind is crucial.

Your unconscious mind records EVERYTHING. If you can trust it, it will take you back to the original root cause event—the event that, when disconnected, will cause this problem to disappear.

The language is precise and designed to bypass your conscious mind. So it doesn’t matter if you don’t quite get this. What is important is that you trust the intuitive imagery and information that “bubbles” up from your unconscious.

## Clearing The Negative Emotions:

Anger, Sadness, Fear, Hurt, Guilt/Shame

When we clear these emotions we do it in a specific order.

Anger first, because usually underneath anger we find Sadness. We also strive to clear Anger and Sadness in the same session. The last thing we want is for the anger to be gone and the person to be left with unbearable sadness.

So if you are doing this process independently, please only begin it if you have enough time.

Now one thing you have to understand: when we clear a negative emotion, that does not mean you will never feel it again. What we are after is clearing the “gestalt” so that anger or sadness or fear you feel is appropriate in the moment and not accelerated or exaggerated by years and years of storing it in your neurology.

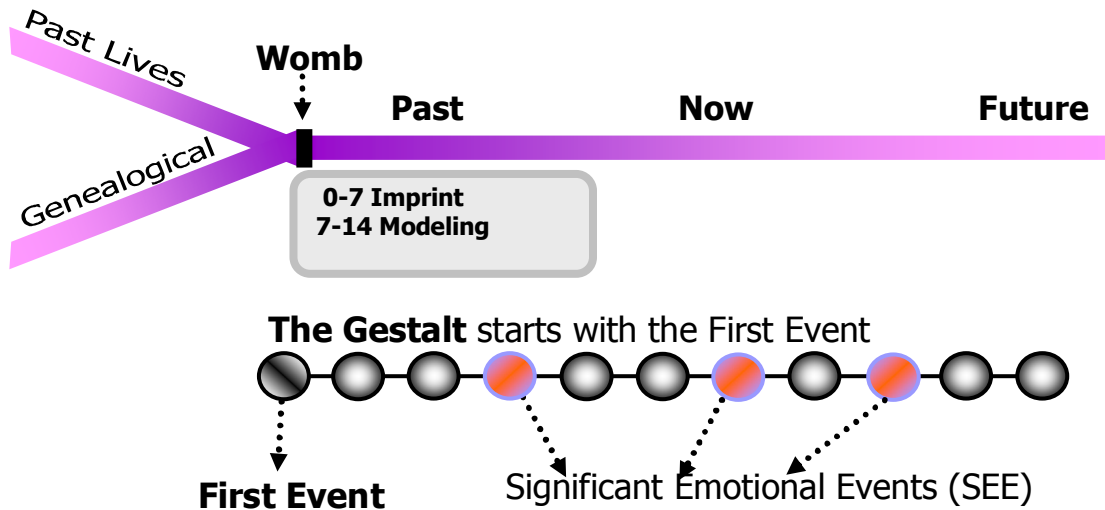
What will you feel?

You may feel neutral. You may feel lightness and exhilaration. You may feel the next emotion that you are about to clear.

When I cleared Anger, I suddenly had absolutely no negative feeling towards a couple of people with whom I previously had been very angry. It wasn't like I had “forgiven” them. It just felt like there was nothing there. I was able to totally change how I thought of them. They may have still had “stuff” about me but I no longer had anything other than a peaceful neutral feeling about them. It was really cool.

After clearing some of my limiting beliefs, it was like the entire world had changed! This is something that is really hard to describe.

## Discovering the Root Cause or First Event for a Negative Emotion or Limiting Decision



1. Is it all right with your Unconscious Mind for you to release this (emotion or limiting decision) today and for you to be aware of it consciously? If you don't know what the root cause is right away, just trust your unconscious mind. What's the first thing that comes to mind?

### 2. Find the First Event:

"What is the root cause of this problem, the first event which, when disconnected, will cause the problem to disappear?"

If you were to know, was it before, during, or after your birth?

**BEFORE:** "In the womb or before?"

**WOMB:** "What month?"

**BEFORE:** "Was it a past life or passed down to you genealogically?"

**PAST LIFE:** "How many lifetimes ago?"

**GENEALOGICAL:** "How many generations ago?"

**AFTER:** "If you were to know, what age were you?"

(use the handy checklist on the next page to keep track)

# Worksheet:

## Root Cause Event and Preserving the "Learnings"

\_\_\_ Before \_\_\_ During \_\_\_ After Your birth?

If Before, \_\_\_ In womb \_\_\_ Before?

If Before, \_\_\_ Genealogical \_\_\_ Past Life

If Genealogical, how many generations? \_\_\_\_\_

If Past Life, how many lifetimes ago? \_\_\_\_\_

Notes:

---

---

---

---

---

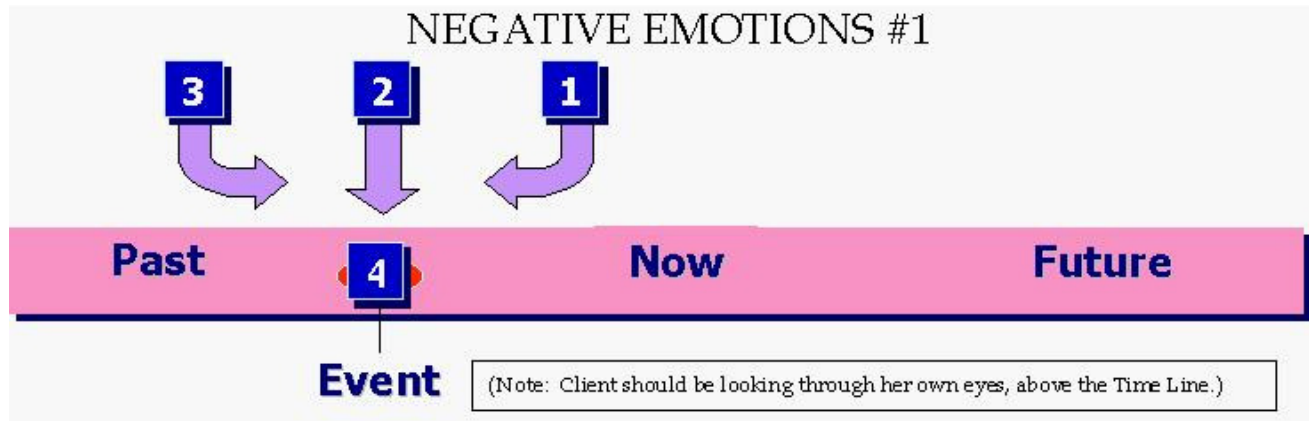
---

---

---

---

## CLEAR THE FEAR *FAST*



# Clearing Negative Emotions

## Procedure

1. Just float up above your Time Line, and over the past to Position #1, facing the past; and when you get there, notice the event. Let me know when you're there... (If you need more time, just push **pause** on your CD player until you're ready for the next step.)
2. Now, float to Position #2 directly up above the event so you are looking down on the event as an observer. Ask your Unconscious Mind what it needs to learn from the event, the learning of which will allow you to let go of the ( name the emotion ) easily and effortlessly. Your Unconscious Mind can preserve the insights and "learnings" so that if you need them in the future, they'll be there... (If you need more time, just push **pause** on your CD player until you're ready for the next step.)
3. Now, float to Position #3 so you are above the event and at least 15 minutes before the event... Your back is to the past and you are looking toward now. (Make sure you are well before any of the chain of events that led to that event.) And ask yourself, "Now, where is the ( name the emotion )?" Is it gone? If the ( name the emotion ) isn't totally **gone**, float higher up and farther back until it disappears. (If you need more time, just push **pause** on your CD player until you're ready for the next step.)
4. When the ( name the emotion ) is gone, float down inside the event, to Position #4, looking through your own eyes, and check on the emotions. Are they there? Or have they disappeared! Now!! There may be other emotions present than the one we are currently working on. That's fine. Notice that the ( name the emotion ) we've cleared is gone. And you

## CLEAR THE FEAR *FAST*

have a feeling of neutrality... Good, go back up to Position #3 above the event and before the event.

5. Now, come back to now above your Time Line only as quickly as you can let go of all the ( name the emotion ) on the events all the way back to now. Assume position 3 with each subsequent event, preserve the learnings, and let go of the ( name the emotion ) all the way back to now. When you've cleared all the ( name the emotion ) all the way back to now... Float down into now, and come on back into the room.  
**(Do you smell popcorn?)**
6. **Test:** (back at now) Can you remember any event in the past 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 **it's gone**. (Pause) Good come back to now.
7. **Future pace:** (back at now) I want you to go out into the future to an unspecified time in the future which, if it had happened in the past, you would have felt inappropriate or unwarranted ( name the emotion ). Notice if you can find that old emotion; or you may find that **it's gone**. OK? Good. Come back to now.

Please note: if the emotion does not totally disappear, it is possible that:

- a. There is an earlier root cause event than the one that first came up. No big deal. Just acknowledge that the first pass was good practice and ask your unconscious mind to take you back to the **earliest root cause event, the event that, when disconnected, will cause the problem to totally disappear**. And re-run the process again.
- b. There is some reason why your unconscious mind is not ready to release the emotion. Go back over all the areas in your life that this particular problem is costing you and hurting you (especially your body/health). Remind your unconscious mind that its number one prime directive is to **preserve the body**. Negative emotions hurt the body. By releasing this old emotion, your unconscious mind is ensuring the health and well-being of the body.
- c. There is some way that you are benefiting from this problem. You may need to reevaluate the way you answered the questions in the detailed personal history. Your unconscious mind may be too threatened by the change to change. This may call for some focused one-on-one coaching work.



## What Are Beliefs and Limiting Decisions?

“A belief is a generalization about a relationship  
between experiences.” – Robert Dilts

“Our beliefs are like unquestioned commands, telling us how things are,  
what’s possible and what’s impossible, what we can and cannot do. They  
shape every action, every thought, and every feeling that we experience.”  
– Anthony Robbins, *Awaken The Giant Within*, p. 24

“Things do not change; we change.”  
– Henry David Thoreau

“If you can conceive it and believe it, you can achieve it!”  
– Zig Ziglar

“If you have belief even as small as a mustard seed you can do amazing  
things, even move mountains.”  
Paraphrase of a well-known Teacher from the suburbs of Jerusalem,  
circa 30 AD

“Beliefs address the world and how we operate in it. Beliefs guide us in  
perceiving and interpreting ‘reality’.”  
– L. Michael Hall and Barbara P. Belnap,  
*The Sourcebook of Magic: A Comprehensive Guide to NLP*, p. 302

“Behaviors are organized around some very durable things called beliefs. A  
belief tends to be much more universal and categorical than an  
understanding. Existing beliefs can even prevent a person from considering  
new evidence **or a new belief.**”  
– Richard Bandler, Co-creator of NLP, 1982

## Determining Limiting Decisions

We use Time Line Therapy™ techniques to release negative emotions and limiting decisions. Generally, anything that is not a negative emotion such as Anger, Sadness, Fear or Guilt is a Limiting Decision. There are also some additional clues for identifying a limiting decision. You'll know it's a limiting decision when it is described as:

1. **Anything you can't feel:** For example, "I don't feel happy."
2. **Negations:** As in the example above, anytime you hear a negation describing anything, which might be a Negative Emotion, you should be looking for a Limiting Decision. Examples include: "I'm not capable;" "I don't feel loved;" and "I can't lose the weight I want."
3. **Comparatives:** Whenever you hear a comparison, such as "I wish I could lose weight," consider it a Limiting Decision. Comparatives include statements such as "I have low self esteem;" "I am not good enough" or "I want to feel better about myself."
4. **All beliefs:** What is not obvious is that any time we have a Limiting Belief we must have a Limiting Decision which preceded it. Each time in the past when you adopted a Limiting Belief, a Limiting Decision preceded that acceptance. A Limiting Decision precedes even the beliefs that were adopted from other people. If you find yourself saying "I don't believe I can do it," ask yourself, "When did I decide that?"
5. **Physiological Issues:** Many issues that result in physiological symptomology have their roots in decisions. (This includes all physiological symptoms that look like dis-ease.)
6. **Accidents:** Many events in our past are the result of decisions that we made preceding the event. Even if this is not "true," when we accept our own creation of a past "accident," then we can un-choose the event and thus change our future.
7. **A Negative Emotion for which you are not "at Cause:"** If there is a negative emotion for which you are not at cause, then it might be necessary to get to the Limiting Decision for when you decided to create that negative emotion.

## What Are Your Limiting Beliefs and Decisions?

Quite often our limiting decisions or “childhood vows” operate like the stem of a bunch of grapes. Beliefs “cluster” on the stem of a decision.

If you could change any belief about yourself and the world you’ve created up to now, what would you change?

When working one-on-one, I am usually alert to the limiting decisions/beliefs of a client. I make a note of them and we make sure to clear them.

Since you are working on your own, you are going to have to begin to notice the areas of your life where you get stuck—particularly if you can catch yourself saying something like, “this always happens to me...” Not only is it victim stuff. It’s a decision.

When did you decide this stuff always happens to you?

For example, as a kid I basically stunk at sports. I “always” got picked last when teams were being created in gym. At some point I must have decided I was a “loser.” I also generalized that “nobody liked me.” This was such a strong force in my life that I deleted any evidence to the contrary. This particular belief began to crumble when I became a father. It was amazing to see the athleticism I displayed in catching kids who were about to tip backwards in their chairs or glasses of milk teetering on the edge of the table, not to mention my wrestling ability!

But beginning to build evidence that the old belief was false only does part of the job. The fact is at some point I decided I was a “loser” and always would be a “loser.” So even though I began to think of myself as coordinated, the older, deeper, more destructive “program” was still in place. That “program” was what we call a Limiting Decision.

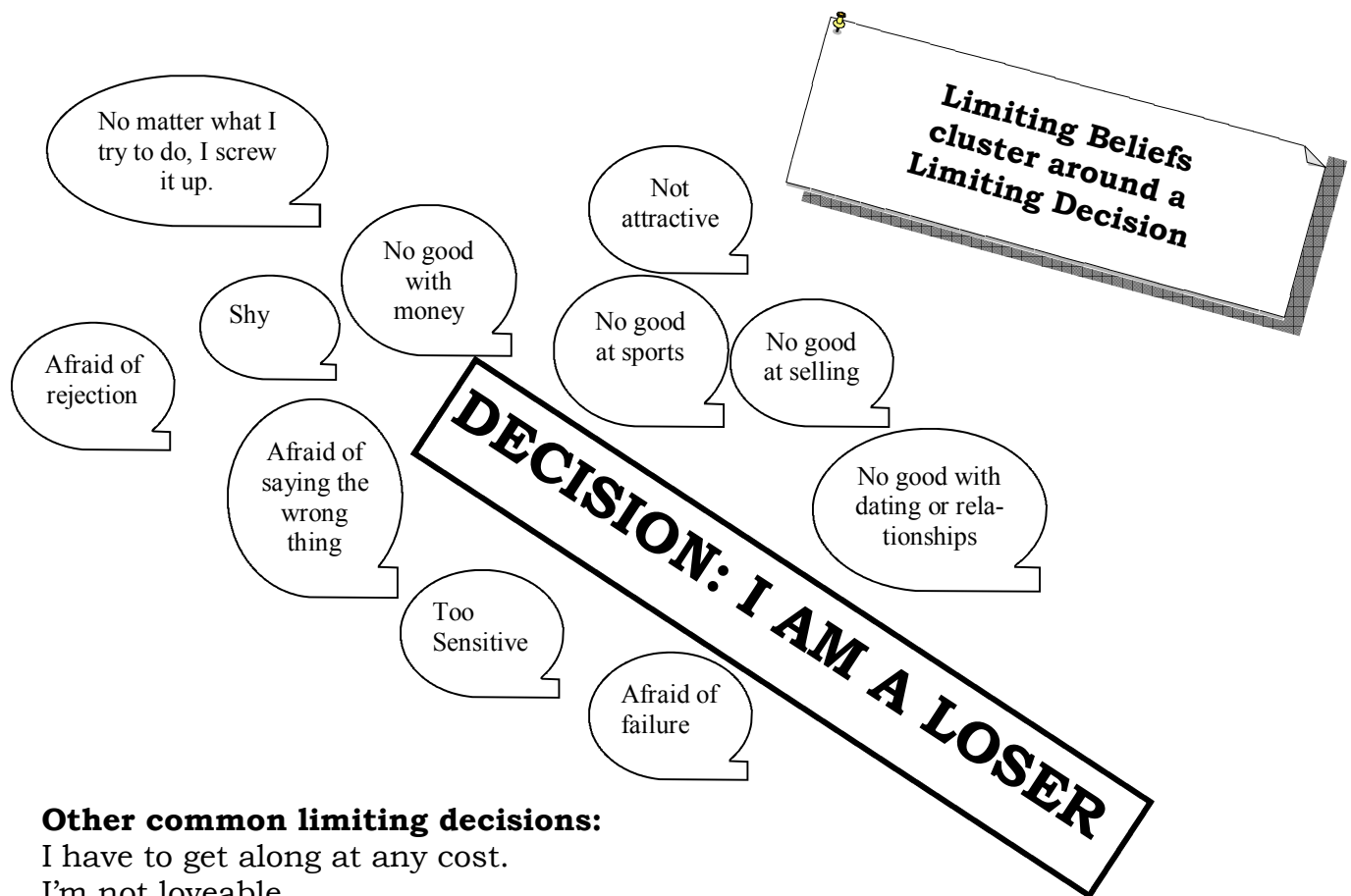
So the decision was that I was a “loser” and off of that stem grew numerous beliefs about numerous areas of my life—sports, relationships, career, etc. You can spend a lot of time clearing each specific belief or you can go right to the source and clear the decision. Clearing the decision usually clears all the clusters of belief stemming from it.

## CLEAR THE FEAR *FAST*

So think about those areas of your life that seem to “always” be stuck or limited. Let’s flush out what’s going on. You can also mine the answers to your “Detailed Personal History” questions in the previous section.

Look for clusters of beliefs that are similar but slightly different or that show up in different contexts. Then ask yourself, “What’s underneath this?”

### Illustration:



#### **Other common limiting decisions:**

I have to get along at any cost.  
I’m not loveable.  
I’m not good enough.  
There’s something wrong with me.  
I’m not smart.

Illustration:



## Beliefs Worksheet

Think of the problem, challenge or “project” you are currently working on. And as fast as you can, without “thinking” about your answer, fill in the blanks of the following sentences:

My problem is I’m (a) \_\_\_\_\_

\_\_\_\_\_ is \_\_\_\_\_

People who have \_\_\_\_\_ are \_\_\_\_\_

People who don’t have \_\_\_\_\_ are \_\_\_\_\_

People who have \_\_\_\_\_ have \_\_\_\_\_

People who don’t have \_\_\_\_\_ have \_\_\_\_\_

People who have \_\_\_\_\_ get \_\_\_\_\_

People who don’t have \_\_\_\_\_ get \_\_\_\_\_

Having \_\_\_\_\_ means you can \_\_\_\_\_

Having \_\_\_\_\_ means you can’t \_\_\_\_\_

Without \_\_\_\_\_ I \_\_\_\_\_

With \_\_\_\_\_ I \_\_\_\_\_

With plenty of (opposite of the problem) \_\_\_\_\_, I \_\_\_\_\_

With plenty of \_\_\_\_\_, I would have to stop \_\_\_\_\_

What people with plenty of \_\_\_\_\_ give up is \_\_\_\_\_

What people with plenty of \_\_\_\_\_ have to do to continue having plenty of \_\_\_\_\_ is \_\_\_\_\_

\_\_\_\_\_ causes \_\_\_\_\_

\_\_\_\_\_ creates \_\_\_\_\_

## CLEAR THE FEAR *FAST*

What is hard about \_\_\_\_\_ is \_\_\_\_\_

What is easy about \_\_\_\_\_ is \_\_\_\_\_

To have a lot of \_\_\_\_\_, one has to give up \_\_\_\_\_

If I had more \_\_\_\_\_, I would \_\_\_\_\_

How I withhold \_\_\_\_\_ from myself is \_\_\_\_\_

I can give myself \_\_\_\_\_ when I \_\_\_\_\_

If I have more \_\_\_\_\_, I would have to give myself \_\_\_\_\_

If I had more \_\_\_\_\_, I would allow myself \_\_\_\_\_

## CLEAR THE FEAR *FAST*

Take a moment to go back now and circle all the statements that reveal limiting beliefs. List the beliefs here:

---

---

---

---

---

---

---

---

---

---

Now, looking at those beliefs, is there a common thread or theme? What is the “decision,” or what are the “decisions,” underneath all of those beliefs? Go ahead and list them.

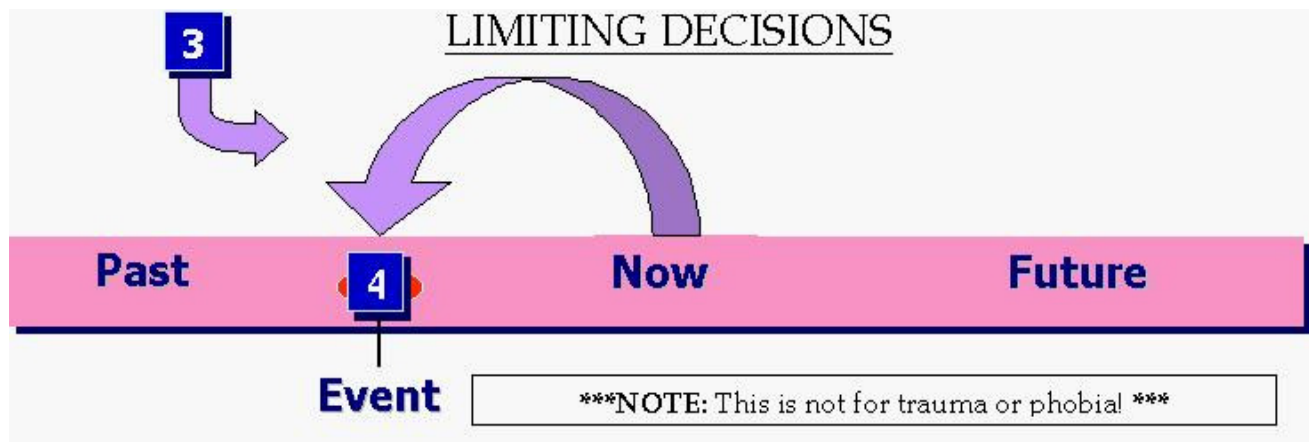
---

---

---



## CLEAR THE FEAR *FAST*



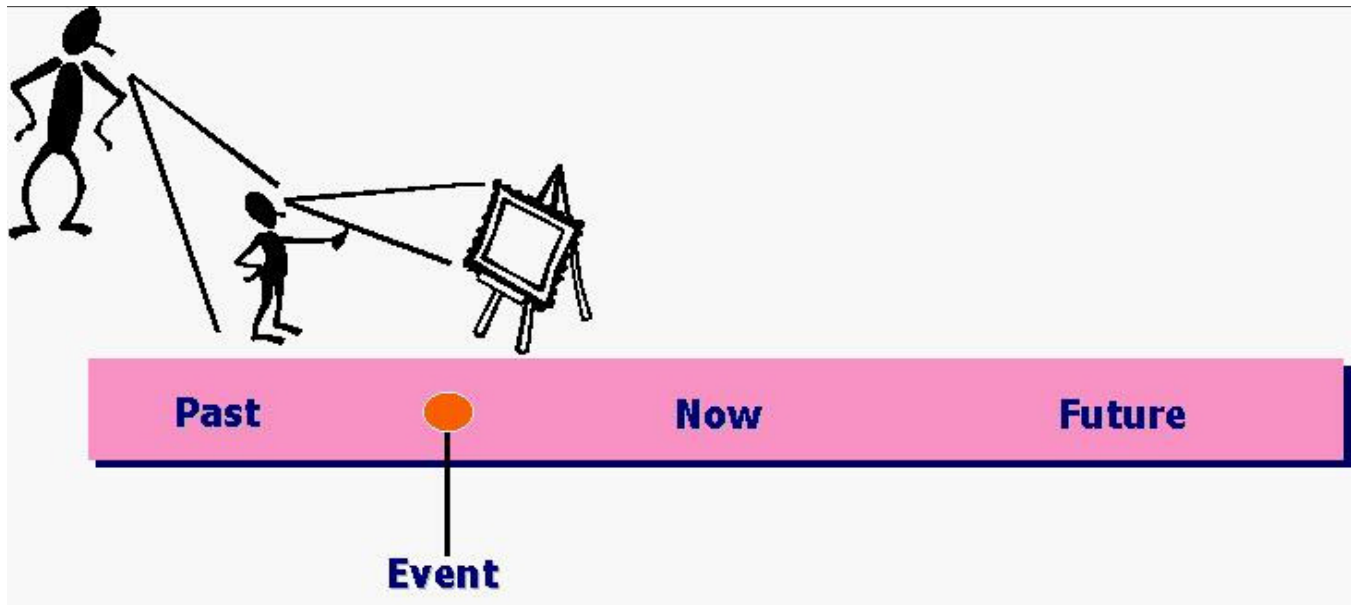
### Procedure

1. I'd like to ask your unconscious mind to float up in the air, above your Time Line, into the past and down into the event—right into Position #4.” (pause)
2. Notice what emotions are present, and also note if you are aware of the decision that was made there, too. (If not, then I'd like you to rewind the movie of your memory until you come to the time of the decision ... right now.) If you need more time, go ahead and pause the CD until you are ready to take the next step. <sup>2</sup>
3. Float back up above the Time Line and go to Position #3, at least 15 minutes before the beginning of the event, or before the chain of events that led to that event. Turn and look toward now. Go ahead and preserve the positive learnings right here in position 3. Float high enough and far enough back until the emotions disappear and the decision disappears too.”
4. “Now where are the emotions? [1](#) And the decision, did it disappear, too? [2](#)
5. Once they're gone, float down inside the event, to Position #4, looking through your own eyes, and check on the emotions. Are they there? Or have they disappeared! Now!! Good, and the decision too—it's disappeared! Good, come back up to Position #3.”

## CLEAR THE FEAR *FAST*

6. “And come back to now only as quickly as you allow all the events between then and now to re-evaluate themselves in light of your new choices. Let go of all the negative emotions on those events, assume Position #3, preserve the learnings, let go of the emotions, and allow each event to re-evaluate itself all the way back to now.”
7. As you come back to now, I'd like your Unconscious Mind to allow you to notice at least three (or more) events where you could have (desired decision) but because of the decision which we just deleted, you didn't notice the possibility, and now you can.
8. **Test:** Now, how do you feel about that old decision (or belief)?
9. **Future Pace:** I want you to go out into the future to an unspecified time in the future that would be most appropriate, and imagine a time when something like this could happen again. Now, how do you react, OK?... Good, come back to now.

## The Fast Phobia Model



Use Negative Emotions #1, first. If that doesn't work, then use this page.

### Procedure

1. (Optional) Establish a resource anchor.
2. Acknowledge one-trial learning and client's ability to learn.
3. Discover and scramble the strategy used for having phobia. (Use the Logical Levels of Therapy.)
4. Have them go back to the first event.
5. Make movie screen above the Time Line, and have them watch from the projection booth.
6. Run the movie forward in black and white to the end.
7. Freeze frame at end, and white (or black) out.
8. Have the client associate into the memory and run it backwards in color to the beginning.
9. Repeat steps 5 - 8 until the client can't get the feeling (K) back. (If you are deleting a memory, then repeat until the memory is not accessible—give appropriate instructions.)
10. Check ecology. If necessary, use a swish.
11. Test and future pace.

## Parts Integration

Have you felt conflicted? Have you ever said to someone, “a part of me wants to do this and a part of me doesn't?” That’s an indication that there are two or more “parts” operating in the your neurology.

Usually both seemingly conflicting parts have the same ultimate goal for the person. It’s usually “happiness,” or both parts may ultimately be trying to protect the person. Unfortunately they are usually going about protecting the person in opposite ways, thereby causing conflict.

This technique may admittedly be a little challenging to do on your own. I include it here for those of my students and clients who have done the process with me and would like to be able to use it in other areas on their own.

1. Identify the conflict and the parts involved: Make sure you identify the parts clearly, and understand the nature of the conflict.
2. Have the Part which represents the unwanted state or behavior come out on the hand first: “I wonder if I can talk to this Part. Which hand would it like to come out and stand on?”
3. Make sure that you have a full sensory image (pictures, sounds, feelings) of the part as it comes out on the hand: “Who does this part look like; does it look like someone you know?”
4. Elicit the “Opposite Number” to come out on the other hand: “I’d like to talk to the Part with which this Part is most in conflict, the flip side of the coin, the opposite number. Let’s have it come out and stand on the other hand.”
5. Make sure that you have a full sensory image (pictures, sounds, feelings) of the Part as it comes out on the hand: “Who does this Part look like; does it look like someone you know?”

## CLEAR THE FEAR *FAST*

6. Separate intention from behavior: Reframe each Part so that the Parts realize that they actually have the same intention by chunking up—ask: “What is the intention ...” or “For what purpose ...” (Begin chunking up first with the Part that has the unwanted state or behavior. As you do, make sure that the client’s intention stays associated.)

Now, have the Parts notice they were once part of a larger whole.

Ask for other Parts that were also once part of the larger whole. Have them join in the integration.

What resources or attributes does each Part have that the other Part would like to have?

7. Bring the hands together and at the same time have the internal images begin to merge.
8. Take the integrated part inside and have it merge into the wholeness inside.
9. Test and future pace: Imagine this in the future. Now, when you think of that situation, notice how you feel. Do you feel more integrated? Whole? Of one mind?

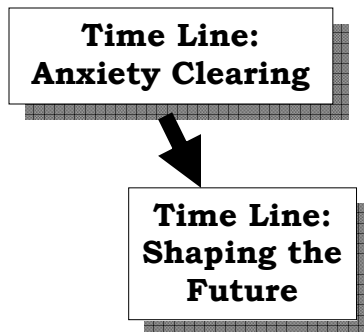
## Notes:

[illegible]

# PART THREE - CREATING CHOICES

CLEARING ANXIETY

SHAPING YOUR FUTURE



## Anxiety

As I mentioned in the very beginning of this program, anxiety is created by thinking about what you do not want to have happen in the future. Usually we take what we don't want to have happen and "blow it out of proportion" by making it big and bright and close and then generalizing it to a bunch of situations that haven't yet happened.

And if you remember what we learned about your unconscious mind, your unconscious mind does not know the difference between what's real and what's imagined. So if you imagine horrible things happening to you or your loved ones, your unconscious mind thinks that's real and your body reacts as if it were real. So you can create quite a storm of Neuro-chemicals triggering the fight or flight mechanism.

The way to disengage this is to float up above the future event and go out 15 minutes past the successful completion of that event, then turn and look back seeing it all work out better than you could possibly imagine!

This is not just Pollyanna positive or wishful thinking. This very simple technique does the same exact thing you've been doing all along to freak yourself out but gives you a great result instead.

One trick with this technique is to be sure that you have gone far enough out.

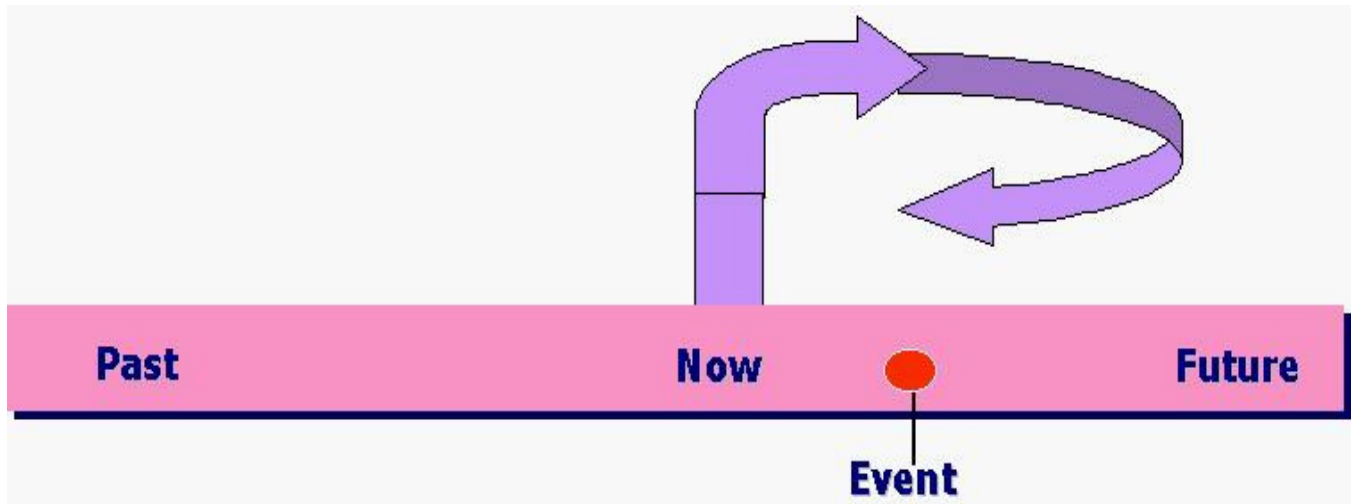
I once was driving to a performance and I was running behind. Since it was rush hour I started imagining a big traffic jam. I so clearly saw an 18-wheeler jackknifed across the road and miles of stopped cars. Then I imagined my car breaking down. It had been making a funny noise and had a lot of miles on it. I then imagined being late for the gig and the people refusing to pay me...

Jeez! I caught myself finally. And doing the anxiety technique, I saw myself arriving safely. I felt a bit better but it wasn't totally gone; so I went farther out into the future and imagined myself finishing the show and being handed the check by the smiling person who was so glad she had booked me. Better but not yet gone. So I finally went all the way out to seeing myself arriving home safely that night. Poof! Anxiety gone. I just needed to go out far enough.

Interestingly enough, the very next day my car broke down a block away from my house as I was on the way to the mechanic to get it looked at!



## ANXIETY



### Procedure

1. Float up above the Time Line, and out into the future to 15 minutes after the successful completion of the event about which you thought you were anxious. Tell me when you're there.
2. Good. Turn and look back towards now, along the Time Line.
3. Now, where's the anxiety?
4. Come back to now.
5. If desired, test by thinking about what used to make you anxious, and notice that the feeling is emotionally balanced, or flat.

### Note:

- a. For this to be the most effective, you must first clear fear in the past.
- b. If the anxiety doesn't disappear, make sure you have gone far enough out into the future.
- c. For fear of death, go out 15 minutes past the successful completion of your life and turn and look back on a life well-lived.

# **SHAPING THE FUTURE**

## **USING TIME LINE**

## **Shaping the Future**

9/20/06

What is a champion?  
What is a leader and  
What do I need to do today to inspire  
The shapers of the future?

What gets me up at dawn?  
Singing a better song,  
Working to leave behind a positive Lego-cy  
For the Shapers of the future

Refrain  
Shaping the Future  
Shaping the Future

What is the vision and  
What is the mission and  
What does it mean to connect at a deeper level  
With the shapers of the future?

Refrain

Bridge  
Dare to be bold. Dare to take the lead  
Dare to take the long view. Dare to proceed  
You've got to own it. You've got to hone it  
You've got to find and fulfill the need  
You've got to learn it. You've got to earn it  
You've got to water all the growing seeds

Why do you play to win?  
Think like a champion  
Find a way to grow and learn even if you lose  
'Cause you're a shaper of the future

Refrain

What is a champion?  
What is a leader and  
What do I need to do today to inspire  
The shapers of the future?

Refrain

## **Motivation**

9/17/2006

(The Kathy MacAfee Song)

### Motivation

It's concentrated inspiration put into action

It's 10,000 steps in the right direction

It's a goal on the horizon that you always keep in sight

It's taking a chance on a dance at the leading edge of life

### Motivation

It's what you said to yourself this morning that got you out of bed

It's focusing on the things you want to do before you're dead

It's a quiet kind of power that grinds down walls or goes around them

It's the ability to see opportunities where everyone else sees problems

### Refrain

Focus in on who you truly are

Aim high for one specific star

Stop trying to be everything to everyone

Focus in on who you truly are

Aim high for one specific star

Then take a deep breath... and get it done

### Bridge

Motivation, Innovation, Inspiration,

Concentration, Re-Creation, Motivation

### Motivation

It's noticing the grass is just as green over here on your side

It's thinking the kinds of thoughts that open the world up wide

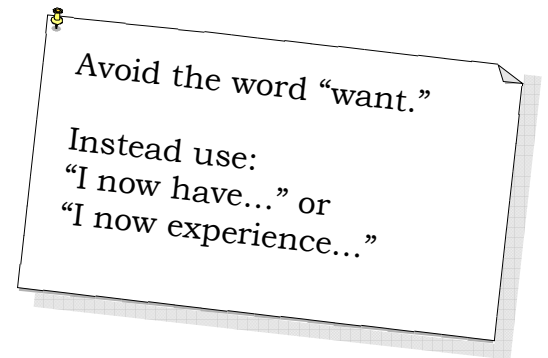
It's standing strong in the moment you decided

To call upon the deep resources you always had inside

### Refrain

## S.M.A.R.T. GOALS

Goal: “An aim or an end in mind”  
*Aim* relates to direction  
*End* relates to outcome



**S** Specific  
Simple

**M** Measurable  
Meaningful to you

**A** As if now  
Achievable  
All Areas of your Life

**R** Realistic  
Responsible/Ecological

**T** Timed  
Toward What You Want

## One Example of a Short-term Goal

**On Friday morning, May 8th, 2004,** I had hit a little cash flow glitch. I had done a number of presentations that involved waiting many, many weeks for payment. Tax time had come and I had written a larger check to the IRS than I had expected to, etc., etc. I had just paid the monthly bills and while there had been enough to cover most of them, a few were still sitting on my desk. I was close to a zero balance in my checking account. I knew I needed to focus my thoughts to make sure I was clear and receptive to money. I forced myself to focus on what I wanted—more money coming in—rather than on what I didn't want—being broke. I was still in the process of building my Hypnosis practice so there were still occasional gaps in my schedule. This was also an area of considerable fear for me and I hadn't really cleared all of the underlying root causes.

So I set the following goal making sure it fit the S.M.A.R.T. formula on the previous page and more fully described in the following pages:

“It is Monday, May 10th. I now have \$1,000.00 positive balance in my checking account. In addition I have 15 hours of Hypnosis appointments scheduled for the coming week.

Then I did the process exactly as described.

### **Results:**

#### **Friday 5/8/04**

Within two hours the phone rang and two new clients booked appointments for the following week. Not just one or two hours either, 7 hours at \$150/hour (\$1,050.)—my fee at that time. (As of this writing in October of 2006, I now charge \$500 per hour.) This brought my appointment schedule up to 13 hours for the week.

#### **Monday, 5/10/04 10:00 am**

I checked the mailbox and found an envelope with a check that had come on Saturday (somehow I'd missed it when I fished the mail out of the box). It was for \$750.00 and represented a presentation I had already given but that was not supposed to be paid for another three weeks. I know because I had called earlier the previous week to check.

#### **1:00 pm**

Two more checks arrived in the mail—\$550 each. Only one of them was expected. The unexpected check was payment in advance for a presentation I was to give on May 27th! I did not request this check from the presenter at

## CLEAR THE FEAR *FAST*

any time. It was very clearly “Balance Due on day of performance.” Yet it came anyway.

Total results from this goal-setting session?

\$ 750.00 - unexpected check  
\$ 550.00 - unexpected check  
\$ 550.00 - expected check  
\$1,850.00

\$1,050.00 - new business

So I was able to finish paying my bills and ended the day with an \$800.00 positive balance in my account. If this is an example of what is possible for a small short-term goal, imagine what it can do for your longer-term goals!

As I look back on this example it seems funny how little I was asking for at the time. Part of this process is to be realistic. I wasn't expecting a million dollars in my mailbox. However, the other part is to dream big enough so that you are continually growing and expanding in the direction you want to go. The goals I'm setting now are much larger! It also doesn't seem to be any harder to manifest big goals than little ones. So think BIG!

### **A few other examples of results from using this process:**

#### **Dramatic weight loss**

I recently had a client who came and did great work releasing and clearing huge chunks of negative emotional material. He went on to easily and effortlessly lose approximately 20 pounds.

He gave me a call a month or two after our last session and came in to do a reinforcement and goal-setting session. He was going on a cruise with his wife and several friends and wanted to return a week later having lost an additional pound.

We set up the goal according to the S.M.A.R.T. guidelines, inserting a proper picture of himself returning one pound lighter. Then he went off on his vacation. When he returned, he was happy to say that he had indeed lost an additional pound while several of his friends had gained weight. One friend gained close to 15 pounds!

I saw him again for a reinforcement session just before the Christmas holidays. He had lost an additional 10 pounds and was now going to the gym three times a week with a buddy.

## **CLEAR THE FEAR *FAST***

### **Increase income by 9-1/2 times**

I also worked with a Commercial Real Estate Broker. After clearing out his past with Time Line, I taught him this goal-setting process. Six months later I checked in with him, and he'd increased his income for the year by 9-1/2 times!

I recently saw him at a business event where they were pulling business cards from a basket and giving out prizes. I suggested he put himself winning out into his immediate future. He did and won himself a free lunch!

This process works (but it only works if you actually use it.) Sometimes I forget to do it! Can you believe that?

Jeez! That's like having a Ferrari in the garage, forgetting about it and riding your tricycle to work instead because that's what you've always ridden!



## What Do You Want?

One of the greatest contributions of the art and science of Neuro Linguistic Programming is the understanding that the way you state the goal does make a difference. Researchers in the mid- to late 1970s discovered that a goal which is positively stated is more accomplishable than one that is negatively stated. So...

I Want \_\_\_\_\_

---

---

---

---

---

---

## Say it the Way You Want it—Example

### **Wrong:**

- I want to no longer be afraid of bridges, social situations and spiders.
- I don't want to be overweight any more.
- I don't want to feel tired anymore.
- I wish I weren't so afraid.
- I'm tired of being poor.
- I want to make more money.
- It is now February and I am the heavy-weight champion of the world (even though I'm 45, have never been to a gym and don't like fighting).

### **Right:**

It is now \_\_\_\_/\_\_\_\_/\_\_\_\_. I easily and comfortably cross any bridge that I come upon.

I am currently wearing size \_\_\_\_\_.

It is now \_\_/\_\_/\_\_. I am feeling slim and trim, fit and full of energy. I maintain healthy habits of exercise, nutrition and rest daily.

It is now \_\_\_\_/\_\_\_\_/\_\_\_\_. I have \_\_\_\_\_ in my checking account after paying myself first (savings) and paying all my bills, taxes, etc.

It is \_\_\_\_/\_\_\_\_/\_\_\_\_. I am now living in my 4,000-square-foot, Tudor-style, three-bedroom home with:

\_\_\_\_\_  
(then name all the specific features you want)

**Simple, Measurable, As if Now, Realistic, Timed**

**CLEAR THE FEAR *FAST***

Now Write your Goal so it's  
**S.M.A.R.T.**

---

---

---

---

---

---

---

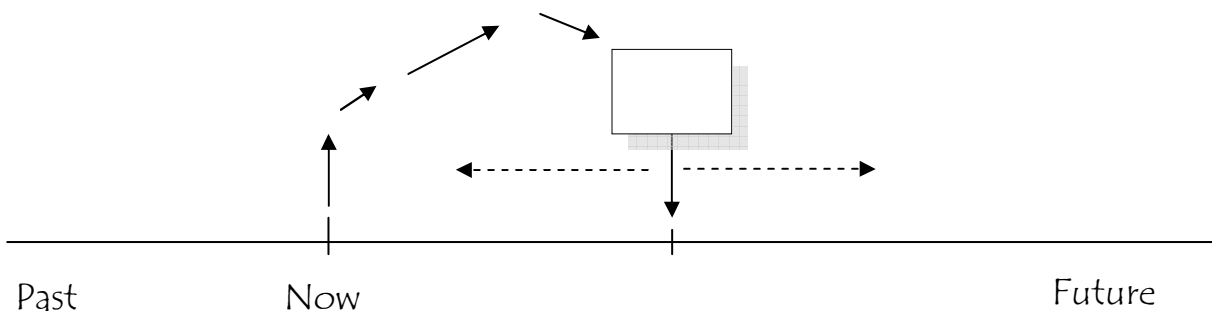
---

---

---

# Shape Your Future by Inserting Your Goals into Your Future Time Line

1. **What do you want? Be sure the goal is stated so it is S.M.A.R.T.** (see previous pages)
2. **Get the last step:** What is the last thing that has to happen so you know you got it?
3. **Make a Picture looking through your own eyes.**
4. **Adjust the Qualities**—Adjust them for the most positive Visual, Auditory and Kinesthetic qualities (for the most compelling feeling).
5. **Step out of the Picture so you see yourself in the Picture.**
6. **Take the Picture and Float above Now.**
7. **Energize the Picture with four deep breaths.**
8. **Float out into the future to the specific date.**
9. **Insert the Picture into the Time Line.**
10. **Notice how the Events between then and now re-evaluate themselves to support the goal.**
11. **Then turn and look out towards the future and notice how future events continue to unfold in a positive manner.**
12. **Float back to now.**
13. **Then, let go of the form!**



## **CLEAR THE FEAR *FAST***

### **Arise, Arise**

modified 9/2002

Oh Dreamer of dreams, painter of pictures...

Look out your window see the cars rush through the rain  
Do they stop beside the road just to complain?  
Arise! Arise!

Why is it possible for you to live your dreams?  
You may have stumbled but it's better than it seems  
Arise! Arise!

Refrain  
Have your courage with you!  
Take it deep in to the night. Now you are shining!  
Lift your heart up to the sky  
Allow your dreams to rise and keep on climbing...

Take a good lesson from the rising of the moon  
He hoists himself into the sky by his own tune  
Arise! Arise!  
Failure is a myth because we all have things to learn  
You are the thoughts you think, so set your inner fire alight and burn  
Arise! Arise!

Refrain

Now take your hopes and dreams and raise them like a flag  
Keep them always in your eyes as you climb the tallest mountain crag  
Arise! Arise!

Refrain

Oh Dreamer of dreams, painter of pictures...Arise! Arise!

## **Field of Dreams (Take a Ride with Me)**

7/21/2002

When I was a young boy I dreamed a mighty dream  
But I told it to the dream thieves and they laughed and called me “green”  
They told me I should wake up to reality  
They said that I had better take responsibility

So I got myself a good job and I went to school at night  
I followed to the letter all their sound advice  
I got a better job and then a bigger house and car  
I had my benefits and a dozen credit cards

### **Refrain**

Take a ride with me, Take a ride and see  
Take a ride with me, To your field of dreams

One night I could not sleep and so I went out for a walk  
It seemed as if the moonlight and the stars began to talk  
They whispered and they sang about my long-forgotten dream  
They told me I could live it. It was mine still to redeem

The moon said I should listen to that still small voice inside  
Instead of to the dream thieves because the dream thieves have to lie  
They have to steal from you ‘cause they’ve been robbed right to the bone  
But if you dare to live your dream, they just might find their own

### **Refrain**

### **Bridge**

Why do you see the possibilities?  
Why do you live a mighty dream lately?  
Why do you listen to your own wisdom?  
Why do you know to ask the right questions?

So if you are a young boy or a young girl in your heart  
Now is the time to give that mighty dream of yours a start  
If you come to a crossroads where you need to choose  
Choose the “path with heart” and it will give you dancing shoes

### **Refrain**

Why do you see the possibilities?...

# PART 4 - PROGRAMMING THE POWER

**Anchoring**

**Swish Patterns**

**Submodalities**

**Affirmations**

**Hypnosis**

**EFT**

**Reinforcement  
& Emergency  
Fear Stoppers**

# Swish Patterns

## KEYS TO SUCCESSFUL SWISH PATTERNS

Swish patterns are used to create momentum toward a compelling future.

The Swish Pattern installs choices for a new way of life rather than to change or remove old habits.

## DOING A SWISH PATTERN

1. Get the picture that represents the habit or situation you would like to change. When you think of \_\_\_\_\_, do you have a picture?
2. Get a picture of the type of person you would like to be. How would you like to be instead? When you think of that do you have a picture?
3. Change the visual intensity of the desired state (brightness, size, distance, etc.) for the most “real” or most positive feelings.
4. Bring back the old picture (#1). NOW STEP INTO THE PICTURE, fully associated—looking through your own eyes.
5. Now insert in the lower left-hand corner, a small, dark picture of the desired state.
6. Simultaneously, have picture of current state rapidly shrink and recede to a distant point while dark picture explodes into full view. (This **can** be accompanied by either an internal or external *SWIISSH* sound, but **is not necessary**—speed is!)
7. Repeat #6 a minimum of five times. Enjoy the results!

## NOTES TO KEEP IN MIND

Be fully associated (looking through your own eyes) in old pattern picture.

Have detailed sensory-specific representations in the desired state.

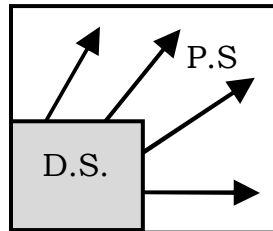
Be disassociated (seeing yourself) in the final picture.

Make sure to have a break state between each Swish Pattern so as not to loop them. Close eyes during each step of process and open them between steps.



## SubModalities Swish Pattern Script

1. Present State: How do you know it's time to \_\_\_\_\_? (e.g., feel bad.) When you think of that \_\_\_\_\_ (State or Behavior), do you have a picture? **(Break State)**
2. Desired State: How would you like to (feel/act) instead? When you think of that \_\_\_\_\_ (State or Behavior), do you have a picture?
3. If necessary, adjust the visual intensity of the Desired State for the most positive Kinesthetic. Step into your body.
4. Good, now step out of the picture, so you see your body in the picture. **(Break State)**



5. Now, can you take the old picture and bring it up on the screen? Make sure that you are looking through your own eyes.
6. Good. As you have the old picture on the screen, can you see the new picture in the lower left-hand corner, small and dark? Make sure you see your body in the picture.
7. Good, now have the picture explode big and bright, and have it explode up so that it covers the old picture, while the old picture shrinks down and becomes small and dark in the lower left-hand corner, and do that as quickly as sssswishhhhh.
8. O.K., sssswishhhhh.
9. Now, clear the screen.
10. Repeat steps 5, 6, 8, and 9 until the unwanted state or behavior is not accessible.
11. Test and imagine yourself in the future encountering the old situation. How do you respond now?

# Anchoring

## DESIRED OUTCOME

To be able to anchor a positive, empowered, resourceful state in yourself, at any time.

## THEORY

**Definition:** If a specific stimulus is applied to a person who is at the peak of an experience in an associated, intense state, then the stimulus and experience will be linked neurologically. Anchoring can assist you in gaining access to past states and linking the past state to the present and the future.

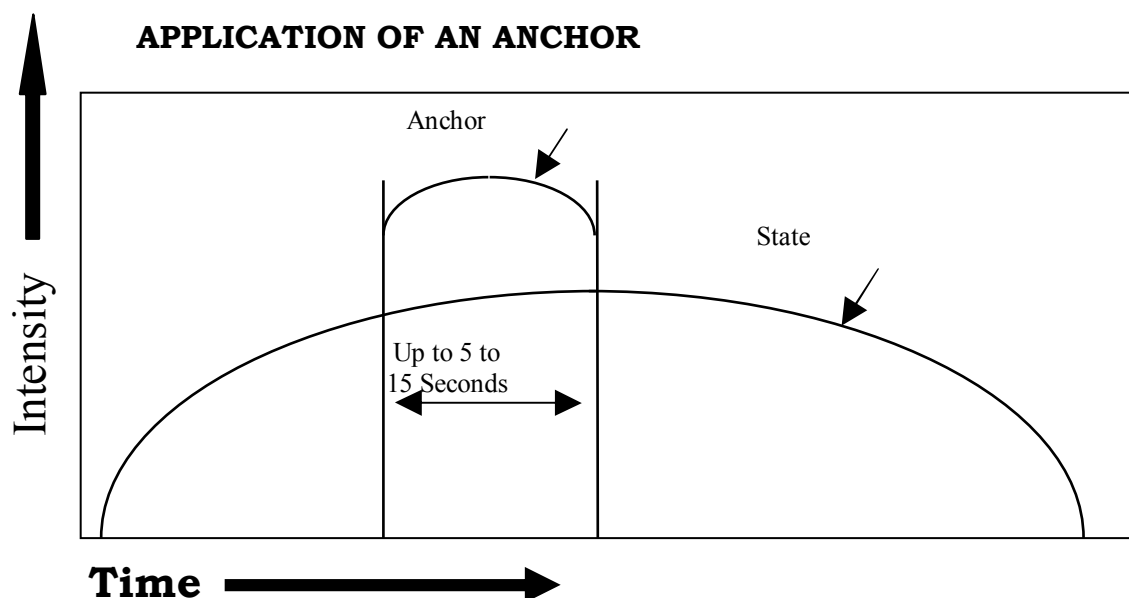
## PROCESS

### The Four Steps to Anchoring

1. **Recall** a past vivid experience.
2. **Anchor** (Provide) a specific stimulus at the peak (see chart below).
3. **Change** the person's state.
4. **Evoke the State** and set off the anchor to test it.

### The Five Keys to Anchoring

1. **Intensity** of the Experience
2. **Timing** of the Anchor
3. **Uniqueness** of the Anchor
4. **Replication** of the Stimulus
5. **Number** of Times



## State Elicitation Script

The best states to anchor are naturally occurring states. Next best are past, vivid, highly associated states. Least preferable are constructed states.

Can you remember a time when you were totally \_\_\_\_\_X'd\_\_\_\_\_?

Can you remember a specific time?

As you go back to that time now ... go right back to that time, float down into your body and see what you saw, hear what you heard, and really feel the feelings of being totally \_\_\_\_\_X'd\_\_\_\_\_.

## States For Stacking Anchors

To stack anchors, elicit several instances of states and anchor them in the same place. The state chosen for a particular stacked anchor can be the same or different. (In a Resource Anchor and Collapse Anchors, the states stacked should be different. In Chaining Anchors the states used for each stacked anchor should be the same.)

Examples of States:

- A time when you felt totally powerful.
- A time when you felt totally loved.
- A time when you really felt you could have whatever you wanted, a time when you could have it all.
- A time when you felt really energetic, when you had a ton of energy.
- A time when you fell down laughing.
- A time when you felt totally confident.

## Submodalities Belief Change Script

(Whenever you do any SubModalities work, you should use the SubModalities Checklists on the next pages. This adds to your precision and accuracy.)

1. Can you think of a limiting belief about yourself that you wish you did not have? What is it? As you think about that belief, do you have a picture? (Use the SubModalities list on the following page(s) to describe the details of your picture.)
2. Can you think of a belief which is no longer true? For example, perhaps you used to be a smoker. Someone who was a smoker used to believe they were a smoker, but now they no longer believe that. Or someone who used to own a new 1985 car believed that they were a new car owner, but now they no longer do. Or perhaps the belief that you are no longer 18. Do you have something like that which used to be true for you, but no longer is? Good, what is it? As you think about that old belief, do you have a picture? Where is that old belief now? (Use the SubModalities list on the following page(s) to describe the details of your picture. For best results, the location should be different!)

3. Change the SubModalities of #1 into the SubModalities of #2.

TEST: Now, what do you think about that old belief?

4. Can you think of a belief which for you is absolutely true? Like, for example, the belief that the sun is going to come up tomorrow. Do you believe that? (Or, the belief that it's good to breathe.) Good, what is it? As you think about that belief, do you have a picture? (Use the SubModalities list on the following page(s) to describe the details of your picture.)
5. Can you think of a belief that you want to have, which is the opposite of the belief in #1? Good, what is it? As you think about that belief, do you have a picture? (Use the SubModalities list on the following page(s) to describe the details of your picture.)
6. Change the SubModalities of #5 into the SubModalities of #4.

TEST: Now, what do you believe?  
Why do you believe you have this new belief?

## CLEAR THE FEAR *FAST*

Submodality Checklist
Trigger _____
<b><u>Visual</u></b>
<input type="checkbox"/> B & W <input type="checkbox"/> color
<input type="checkbox"/> Bright <input type="checkbox"/> Dim
Location: <input type="checkbox"/> Near <input type="checkbox"/> Far
<input type="checkbox"/> life-size <input type="checkbox"/> smaller <input type="checkbox"/> Larger
<input type="checkbox"/> Associated? (through your eyes)
<input type="checkbox"/> Dissociated? (Looking as an observer)
<input type="checkbox"/> Focused? <input type="checkbox"/> Defocused?
Focus: <input type="checkbox"/> Changing? <input type="checkbox"/> Steady?
<input type="checkbox"/> Framed? <input type="checkbox"/> Panoramic?
<input type="checkbox"/> Movie? <input type="checkbox"/> Still?
Movie - <input type="checkbox"/> Fast <input type="checkbox"/> Normal <input type="checkbox"/> Slow
<b><u>Kinesthetic: any feelings important?</u></b>
Location
Size
Shape
Intensity
Steady
Movement/Duration
Vibration
Pressure <input type="checkbox"/> Soft <input type="checkbox"/> hard
Weight <input type="checkbox"/> Light <input type="checkbox"/> Heavy
<b><u>Auditory: Any sounds important?</u></b>
Location
Direction
<input type="checkbox"/> Internal? <input type="checkbox"/> External?
<input type="checkbox"/> Loud? <input type="checkbox"/> Soft?
Tempo: <input type="checkbox"/> Fast? <input type="checkbox"/> Slow?

Submodality Checklist
Relief _____
<b><u>Visual</u></b>
<input type="checkbox"/> B & W <input type="checkbox"/> color
<input type="checkbox"/> Bright <input type="checkbox"/> Dim
Location: <input type="checkbox"/> Near <input type="checkbox"/> Far
<input type="checkbox"/> life-size <input type="checkbox"/> smaller <input type="checkbox"/> Larger
<input type="checkbox"/> Associated? (through your eyes)
<input type="checkbox"/> Dissociated? (Looking as an observer)
<input type="checkbox"/> Focused? <input type="checkbox"/> Defocused?
Focus: <input type="checkbox"/> Changing? <input type="checkbox"/> Steady?
<input type="checkbox"/> Framed? <input type="checkbox"/> Panoramic?
<input type="checkbox"/> Movie? <input type="checkbox"/> Still?
Movie - <input type="checkbox"/> Fast <input type="checkbox"/> Normal <input type="checkbox"/> Slow Motion?
<b><u>Kinesthetic: any feelings important?</u></b>
Location
Size
Shape
Intensity
Steady
Movement/Duration
Vibration
Pressure <input type="checkbox"/> Soft <input type="checkbox"/> hard
Weight <input type="checkbox"/> Light <input type="checkbox"/> Heavy
<b><u>Auditory: Any sounds important?</u></b>
Location
Direction
<input type="checkbox"/> Internal? <input type="checkbox"/> External?
<input type="checkbox"/> Loud? <input type="checkbox"/> Soft?
Tempo: <input type="checkbox"/> Fast? <input type="checkbox"/> Slow?

## CLEAR THE FEAR *FAST*

Submodality Checklist True Belief _____	
<b><u>Visual</u></b>	
[ ] B & W [ ] color	
[ ] Bright [ ] Dim	
Location: [ ] Near [ ] Far	
[ ] life-size [ ] smaller [ ] Larger	
[ ] Associated? (through your eyes)	
[ ] Dissociated? (Looking as an observer)	
[ ] Focused? [ ] Defocused?	
Focus: [ ] Changing? [ ] Steady?	
[ ] Framed? [ ] Panoramic?	
[ ] Movie? [ ] Still?	
Movie - [ ] Fast [ ] Normal [ ] Slow	
<b><u>Kinesthetic: any feelings important?</u></b>	
Location	
Size	
Shape	
Intensity	
Steady	
Movement/Duration	
Vibration	
Pressure [ ] Soft [ ] hard	
Weight [ ] Light [ ] Heavy	
<b><u>Auditory: Any sounds important?</u></b>	
Location	
Direction	
[ ] Internal? [ ] External?	
[ ] Loud? [ ] Soft?	
Tempo: [ ] Fast? [ ] Slow?	

Submodality Checklist Desired Belief _____	
<b><u>Visual</u></b>	
[ ] B & W [ ] color	
[ ] Bright [ ] Dim	
Location: [ ] Near [ ] Far	
[ ] life-size [ ] smaller [ ] Larger	
[ ] Associated? (through your eyes)	
[ ] Dissociated? (Looking as an observer)	
[ ] Focused? [ ] Defocused?	
Focus: [ ] Changing? [ ] Steady?	
[ ] Framed? [ ] Panoramic?	
[ ] Movie? [ ] Still?	
Movie - [ ] Fast [ ] Normal [ ] Slow Motion?	
<b><u>Kinesthetic: any feelings important?</u></b>	
Location	
Size	
Shape	
Intensity	
Steady	
Movement/Duration	
Vibration	
Pressure [ ] Soft [ ] hard	
Weight [ ] Light [ ] Heavy	
<b><u>Auditory: Any sounds important?</u></b>	
Location	
Direction	
[ ] Internal? [ ] External?	
[ ] Loud? [ ] Soft?	
Tempo: [ ] Fast? [ ] Slow?	

## CLEAR THE FEAR *FAST*

Submodality Checklist A. _____	
<b><u>Visual</u></b>	
<input type="checkbox"/> B & W <input type="checkbox"/> color	
<input type="checkbox"/> Bright <input type="checkbox"/> Dim	
Location: <input type="checkbox"/> Near <input type="checkbox"/> Far	
<input type="checkbox"/> life-size <input type="checkbox"/> smaller <input type="checkbox"/> Larger	
<input type="checkbox"/> Associated? (through your eyes)	
<input type="checkbox"/> Dissociated? (Looking as an observer)	
<input type="checkbox"/> Focused? <input type="checkbox"/> Defocused?	
Focus: <input type="checkbox"/> Changing? <input type="checkbox"/> Steady?	
<input type="checkbox"/> Framed? <input type="checkbox"/> Panoramic?	
<input type="checkbox"/> Movie? <input type="checkbox"/> Still?	
Movie - <input type="checkbox"/> Fast <input type="checkbox"/> Normal <input type="checkbox"/> Slow	
<b><u>Kinesthetic: any feelings important?</u></b>	
Location	
Size	
Shape	
Intensity	
Steady	
Movement/Duration	
Vibration	
Pressure <input type="checkbox"/> Soft <input type="checkbox"/> hard	
Weight <input type="checkbox"/> Light <input type="checkbox"/> Heavy	
<b><u>Auditory: Any sounds important?</u></b>	
Location	
Direction	
<input type="checkbox"/> Internal? <input type="checkbox"/> External?	
<input type="checkbox"/> Loud? <input type="checkbox"/> Soft?	
Tempo: <input type="checkbox"/> Fast? <input type="checkbox"/> Slow?	

Submodality Checklist B. _____	
<b><u>Visual</u></b>	
<input type="checkbox"/> B & W <input type="checkbox"/> color	
<input type="checkbox"/> Bright <input type="checkbox"/> Dim	
Location: <input type="checkbox"/> Near <input type="checkbox"/> Far	
<input type="checkbox"/> life-size <input type="checkbox"/> smaller <input type="checkbox"/> Larger	
<input type="checkbox"/> Associated? (through your eyes)	
<input type="checkbox"/> Dissociated? (Looking as an observer)	
<input type="checkbox"/> Focused? <input type="checkbox"/> Defocused?	
Focus: <input type="checkbox"/> Changing? <input type="checkbox"/> Steady?	
<input type="checkbox"/> Framed? <input type="checkbox"/> Panoramic?	
<input type="checkbox"/> Movie? <input type="checkbox"/> Still?	
Movie - <input type="checkbox"/> Fast <input type="checkbox"/> Normal <input type="checkbox"/> Slow Motion?	
<b><u>Kinesthetic: any feelings important?</u></b>	
Location	
Size	
Shape	
Intensity	
Steady	
Movement/Duration	
Vibration	
Pressure <input type="checkbox"/> Soft <input type="checkbox"/> hard	
Weight <input type="checkbox"/> Light <input type="checkbox"/> Heavy	
<b><u>Auditory: Any sounds important?</u></b>	
Location	
Direction	
<input type="checkbox"/> Internal? <input type="checkbox"/> External?	
<input type="checkbox"/> Loud? <input type="checkbox"/> Soft?	
Tempo: <input type="checkbox"/> Fast? <input type="checkbox"/> Slow?	

## Why Is It Possible?

### The “Science” of Affirmations

This is not technically NLP because I first began to use Affirmations after reading a book by Noah St. John entitled *Permission to Succeed*. He coined the phrase “Affirmations” to distinguish them from “Affirmations.” It is simply the use of positive empowering questions as a way to connect powerfully and directly to your unconscious mind. In essence, an affirmation is a fast form of self-hypnosis. Or maybe it’s an “Anchor.” But it is NLP because it’s using language to change your internal experience.

You see, the brain tends to function like a computer. When you ask any question, your unconscious mind begins to look for supporting evidence and answers. It’s the old garbage in, garbage out deal. Ask a crappy question and you get a crappy answer! Ask an empowering positive question to get an empowering positive answer.

For a non-empowering example: I was once assisting in the production of a national radio jingle. The producer was a lovely and wonderful man who was a delight to work with and who was probably making deep into the “six figures” income-wise. There was some snag with the Advertising agency or clients and I heard him whisper under his breath: “Why is it never easy?” I heard shortly thereafter that he left that business, depressed and frustrated. The point I’m trying to make is that we are already asking ourselves questions all the time. When we ask questions that presuppose or assume a negative answer, that is what we will get.

Please see the “Victory Song,” “Arise, Arise,” “Better Than Expected,” and “Field of Dreams” for songs that use this concept to reinforce positive questions.

Here’s a positive example:

An important piece of equipment began to show its age by functioning erratically and showing signs of unreliability. I used it so much that I never had a chance to send it out for repairs. So I ordered a replacement by mail and requested UPS 2-day air service so I would have the new amplifier in time for an important engagement. Well, it did not come the day it was supposed to. Then the day of the gig, it started to snow like crazy. I had intended to use this amplifier instead of my full sound system at this event. Around lunch time it still had not arrived. I left the office to go home for lunch and, sure enough, the UPS delivery man came when I was gone. To my ultimate frustration, he did not leave the package (even though I had specifically instructed that it did not require a signature). Meanwhile it started snowing



## CLEAR THE FEAR *FAST*

like crazy and all of my equipment was in my trailer in the middle of a huge snow drift that was made bigger by the plow. I started to lose my usually calm demeanor. Because the presenters of the event refused to cancel (just because of a little snow) and because my amp hadn't arrived and because my old amp wasn't working reliably, I had to slog through the snow and haul out my full sound system. But, of course, to do that I had to remove all the seats from my mini van. It was just one of those situations where a person could get really stressed out. I caught myself starting to form an old habitual victim question on my lips: "Why does this always happen to me...?" (sound of a LOUD buzzer here to interrupt the old pattern)

Once I caught myself beginning to ask that question, I stopped and began to consciously say out loud:

"Why does it work out better than I can possibly Imagine?

WHY DOES IT WORK OUT BETTER THAN I CAN POSSIBLY IMAGINE?

WHY DOES IT WORK OUT BETTER THAN I CAN POSSIBLY IMAGINE?

WHY DOES IT WORK OUT BETTER THAN I CAN  
POSSIBLY IMAGINE?"

Practically chanting this affirmation, I finished packing up the car and headed out into the snow.

After about 15 minutes of driving, the snow stopped! The sun came out! I got to the location nice and early and was met by a pleasant and courteous staff! The unloading was direct and easy, no stairs! And once I saw the room, a huge ballroom filled with tables for almost 200 diners, I saw at once that my new amplifier would never have been enough sound reinforcement for the entire room. If it had come on time, I would have shown up unprepared.

It did certainly work out better than I could possibly imagine.

I could give you hundreds of examples of how this one affirmation has helped me and other people I've taught it to redirect our thoughts and transform life for the better.

### **Here are some others:**

Why am I more and more healthy everyday?

Why do I find myself eating only healthy nutritious foods?

Why do I find a way to touch the lives of others in a positive way?

How can I create the space in my life to consistently and healthfully exercise my body?

How can I take exquisite care of myself and my body today and everyday?

How can I use this information to powerfully and positively transform my life now?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

(Affirmations continued)

## Victory Song

5/23-25/2002

Why does it all now come together?  
Why do you see it all as one?  
Why do you feel light as a feather  
Now that your true work has begun?  
Why is your body full of wisdom?  
Why can you access all you know?  
Now take whatever may be too dim  
Simply ignite it so it glows!

### Refrain

Turn up the volume of the choir!  
Paint all your colors that much brighter  
Fill your spirit full of fire  
Taste the sweetness  
Taste the sweetness... of victory

Why do we heal ourselves with laughter?  
Why do we heal ourselves with love?  
Why do we focus on what matters  
As the baseball rockets to the glove?  
Now, can you feel the pulse of music  
like healthy sweat upon your skin?  
Why do you know that you can do it?  
Coming from behind to take the win!

### Refrain

Why do you take decisive action?  
Why do you aim for your best shot?  
Why do you tap into your passion  
When you give it everything you've got?  
Why do you give yourself permission  
to be abundant and at ease?  
Now take the time to turn and listen  
to the thunder of applause upon the breeze!

## CLEAR THE FEAR ***FIST***

(Affirmations continued)

### **Why Does It Work out Better than Expected?** 4/02-9/02

Well, you're crawling in the muck, underneath your truck  
Your wrench just slipped and it's starting to rain  
Your boss just told you off, the horse you bet on lost  
And your brand new shirt now has an oil stain.  
Go ahead and bang your fist, express your deep distress,  
When everything is going down the drain  
The last thing you want to hear is a voice that's full of cheer  
Man, you got a right to complain

Refrain

Why does it work out better than expected?  
Why is this proof that luck is on your side?  
Why is it true what you have suspected?  
What's good or bad is always in your mind

Your computer may have crashed but don't let your hopes get dashed  
Today they cost a lot less to replace  
You may be having a bad hair day but at least you got some hair. Hey,  
Some folks don't even have a trace  
That old geezer driving slow, you know the... one... who ...will... not... go...  
Might save you from a moving violation  
And the one who broke your heart just gave you a brand-new start  
And saved you from dysfunctional relations!

Refrain

Now you may call me a fool, brainwashed in my own drool  
You can even say it to my face  
But what looks bad right now is really good somehow  
And everything is falling into place  
Though you can sneer and call me names, point your finger, lay some blame  
I dare you to move your thoughts a level higher  
'Cause if your morning had gone fine, you would have been at work on time  
Just as that former colleague lit the fire

Refrain

## Self—Hypnosis

We covered the basics about Hypnosis earlier in this workbook. As far as its use in “programming the power,” there’s not a lot you have to know.

The idea is to pick an appropriate self-hypnosis CD from the set, pop it in and kick back and listen to it.

1. At the time of this writing (2/2007)the Cultivating Confidence and Courage Self-Hypnosis CD is included in this set. Depending on your bonus package you may also have:

1. StressBusters
2. Weight Loss/Healthy Eating Optimal Nutrition and Fitness

### **Other Self-Hypnosis CD programs in the works:**

1. Relax, Refresh and Release
2. Sleep Through the Night
3. Get Motivated! Energy, Alertness and Action
4. Get Sharp! Increasing you memory, retention and access to your re-sources...

As I get these done, they will be available at my website  
[www.markshepard.com](http://www.markshepard.com)

Any suggestions? I’m always open to adding specific Hypnosis CDs to this set.

Feel free to drop me a line or e-mail me at [mark@markshepard.com](mailto:mark@markshepard.com)

---

---

---

## CLEAR THE FEAR *FAST*

### From the Desk of Mark Shepard:

Hey!

You did it!

You persisted and made it all the way through this program. Studies show that most people never read the books they buy or listen to the audio programs they purchase. You're different! Congratulations!

If you're like me you'll want to come back again and again to specific areas of Clear the Fear Fast to fine tune and support the changes you already made.

As an acknowledgment for your efforts I would like to extend to you a complimentary 1/2 hour consult (\$250 value). I welcome your questions and may be able to assist you with the one thing you need in order to make the shift you want.

Please contact my office at 888-598-7709 to make an appointment.

Please note this offer is extended for a limited time only. So, if you want it you've got to do it soon. I also reserve the right to withdraw this offer without notice.

In the meantime, I wish you all the best with your adventures in clearing the fear and the other stuff that has held you back in the past.

May your future be bright, shiny, abundant and full of peace, confidence, courage and love.

Yours truly,

*Mark*

Mark Shepard  
Franklin, NY 2010

# **APPENDIX**

## CLEAR THE FEAR *FAST*

### Worksheet:

Root Cause Event and Preserving the "learnings"

\_\_\_ Before    \_\_\_ During    \_\_\_ After    Your birth?

If Before -    \_\_\_ In womb    \_\_\_ Before?

If Before -    \_\_\_ Genealogical    \_\_\_ Past Life

If Genealogical, how many generations? \_\_\_\_\_

If Past Life, how many lifetimes ago? \_\_\_\_\_

Notes:

---

---

---

---

---

---

---

---

---

---

---

---



## **Children of the Drum**

11/27/01, 9/27/02

He was born in Trenton, NJ, where the boom-box ruled in the streets  
He was born in Trenton, NJ, but he lived for an ancient beat  
Kevin wanted a drum for Christmas, Kevin wanted a drum  
Kevin wanted a drum for Christmas, Kevin wanted a drum

I was born in suburbia, just wondering what I was worthy of  
I was born in suburbia, with a passionate rhythm love  
I just wanted a drum for Christmas, I just wanted a drum  
I just wanted a drum for Christmas, I just wanted a drum

### **Refrain**

Play on, my brothers. Play on, my friends  
Play on, my sisters. We are children of the drum

Kevin joined the marines for music. They said he could march in the band  
Kevin joined the marines for music, but they put a gun in his hand  
I got a job just to pay the rent and, soon, I felt like a rat in a race  
I got a job just to pay the rent, but my dream still showed on my face

### **Refrain**

Life somehow brought us both together, to the beat of an African drum  
Life somehow brought us both together, two souls playing as one  
Sometimes it takes a while to live the dreams you had as a kid  
Sometimes it takes a while to live, but aren't you glad that you did...

### **Last Refrain**

Play on, my brothers. Play on, my friends  
Play on, my sisters. We are children of the drum

Kevin wanted a drum for Christmas, Kevin wanted a drum  
I just wanted a drum for Christmas, I just wanted a drum...

## **CLEAR THE FEAR *FAST***

### **Be Patient**

(inspired by a saying of the Shona People of Zimbabwe, Africa)

Be patient with your drumming  
The night is long (3X)  
Whoa-oh-oh

Be patient with your learning  
There is no “wrong” (3X)  
Whoa-oh-oh

Be patient with your singing  
You will find your song (3X)  
Whoa-oh-oh

Be patient with your sorrow  
you will find your joy (3X)  
Whoa-oh-oh

Be patient with your journey  
You will find your way (3X)  
Whoa-oh-oh

## **Spirit in a Body**

8/1/02

Do a little bit of dancing  
Do a little bit of laughing  
Do a little bit of loving  
and you're almost there  
Do a little bit of walking  
Do a little bit of talking  
Do a little bit of giving  
And there's love to spare

Refrain (2X)

I'm a spirit in a body. You're a spirit in a body  
We are spirits in our bodies, touching soul to soul

Do a little bit of learning  
Do a little bit of growing  
Lose a little self-importance  
and you clear your mind  
Do a little bit of breathing  
Get better at receiving  
Give yourself another chance  
To remember how to shine

Refrain

Bridge

Touch me Soul to Soul (4X)

If you dare to really listen  
You start to notice things that glisten  
And the parts that you were missing  
Come together as a whole  
Get yourself a little looser  
And move a little closer (to me)  
Let go of what you're holding  
And let's all break free!

## CLEAR THE FEAR *FAST*

### The Ancient of Days

(I never felt more alive than I feel right now)

The “Ancient of Days” still goes door to door  
There’s not a salesman alive who can claim to know his product more  
And he grins like a carnie man as he opens his sack  
And he looks at me funny as he says, “You know you’re always welcome back!”

And, oh, you know, I never felt more alive  
Than I feel right now, Than I feel right now...

The light through my window now is a higher vibration  
It charges me up till I’m incandescent  
And I’m opening up inside like a door or a fist  
Or an eye or a flower you know I open up so wide

Refrain

The sun is alive and the earth is his daughter  
And I am a sailor upon deep water  
And the notes of this song, well, they lift to the heavens  
And I know in my heart that there’s no such thing as wrong

Refrain

Bridge (2X)  
Can you see through me now?  
Can you hold me in your delicate hands?  
Do you remember when I was young?  
When I could barely stand?

Refrain

The “Ancient of Days” smiles like a child  
He carries me home and he tucks me into bed  
The house is so still tonight. I love it this way  
I can hear all the sounds that I usually miss by day

Refrain

## **Freedom (It's a Long Road)**

Freedom is a word  
That is very often heard  
But just as often much misunderstood  
It might mean nothing left to lose  
Or that you get to choose  
Between two leaders, neither of them good

It might mean that you have no plans  
Or that you cut loose when you dance  
It might mean you have the guts to speak  
your mind  
It could mean you have no regrets,  
Beliefs, possessions, pets  
Or that you always pay your bills on time

Refrain  
It's been a long road  
That I've been walking down  
That I've been lost and found on  
It's been a long road  
That I've been walking down  
But now I hear the sounds of...  
Freedom

I choose not to be a slave  
To the assumptions you have made  
And I accept the consequences of my choice  
I will make my own mistakes  
I will find out what it takes  
From now on I will heed my inner voice

I pledge allegiance to myself  
For the sake of my own health  
Not a country or a point of view  
If I declare myself to be  
A human being free  
Well, you know, that gives your freedom back  
to you

Refrain

Bridge  
Freedom. Freedom.

Freedom is a bird

That is seldom seen or heard  
But still it rises up on falcon's wings  
And when it bursts up into flight  
With its feathers full of light  
It fills my heart with joy to hear it sing...

## **Beautiful Person**

Refrain

I am a beautiful person  
I am a part of All That Is  
I accept the abundance of Creation  
And the Infinite gifts it gives

I could not love you when I hated myself  
I could not give to you when I was poor  
I could not heal the world when I had no health  
Or bring you peace by bringing you war

Refrain

I am the lion that I saw in my dream  
I unleash the hidden power in me  
I am the universe just beyond my eyes  
That I am only beginning to see

Refrain

I am a joyful emotion too huge to be contained in me  
I am the universe just beyond my eyes that I am only beginning to see  
I spark across the mountains and the oceans  
To the edges of the galaxy

Refrain

## **The Very Best Day of Your Life**

June 1997 edited 9/02

You may sing like an angel, drive like Andretti,  
March down the street in a shower of confetti  
Consult with kings, donate money to the president  
You might even brush your teeth with Pepsodent  
But this could be the very day that you die (2X)

You could have plenty of insurance, stocks and bonds  
Michael Jordan sneakers and a perfect lawn  
You could have every single hair still on your head  
You could be floating on air in your water bed  
But this could be the very day that you die (2X)

Your time could run out before you even notice  
You could leave in an elevator made by Otis  
You could drop while you shop, while you're drinking a soda  
You might never come back from your trip to the Dakota  
This could be the very day that you die (2X)

You could slip on a banana peel, drown in the tub  
Get caught between a mother bear and her cub  
Get run over by a fire truck  
Have a heart attack in the middle of a good...book  
This could be the very day that you die (2X)

This old guy I know says death is not the enemy  
Death is our only worthy adversary  
Death helps us focus on the stuff that really matters  
One thought about death can cut right through the flatter-chatter  
This could be the very day that you die (2X)

Now all that's been said and you're still not dead  
You might want to start to live your life instead  
You might want to do what you've left undone  
You might want to learn to dance and play the drum!  
This could be the very best day of your life (2X)

### Books

Bandler, Richard. *Time for a Change*, Meta Publications, Capitola, CA, 1993.  
ISBN 0-916990-28-1

Booth, Eric. *The Everyday Work of Art*. Sourcebooks, Inc., Naperville, IL 1999.  
ISBN 1-57071-438-X

Carrol, Lenedra J. *The Architecture of All Abundance Seven Foundations to Prosperity*, New World Library, Novato CA, 2001 ISBN 1-57731-189-2

Dilts, Robert. *Changing Belief Systems with NLP*. Meta Publications, Capitola, CA, 1990. ISBN 0-916990-24-9

Dreher, Henry. *The Immune Power Personality: 7 Traits You Can Develop To Stay Healthy*. Penguin Books, USA, 1996.

Euchner, Charles. *The Last Nine Innings*, Sourcebooks, Inc., 2006.

Grabhorn, Lynn. *Excuse Me, Your Life Is Waiting*.

Grinder, John and Richard Bandler. *Structure of Magic I & II*. Science and Behavior Books, Palo Alto, CA. ISBN 08314-0044-7 and 08314-0049-8

James, Tad and Wyatt Woodsmall. *Time Line Therapy™ and the Basis of Personality*. Meta Publications, Capitola, CA, 1988, 1990. ISBN 0-916990-21-4

Lewis, Byron and Frank Pucelik. *Magic of NLP Demystified*. Metamorphus Press, Portland OR, 1990. ISBN 1-55552-017-0

Pryor, Karen. *Don't Shoot The Dog! The New Art of Teaching and Training*. Bantam Books, 1984, 1999. ISBN 0-553-38039-7

Robbins, Anthony. *Awaken the Giant Within*. Simon & Schuster, NY, 1992.  
ISBN 0-671-72734-6

Robbins, Anthony. *Unlimited Power*. Simon & Schuster, NY, 1986.  
ISBN 0-671-6008-0

Rossi, Earnest L. *The Psychobiology of Mind-Body Healing*, W.W. Norton & Company, New York, 1993.

St. John, Noah. *Permission to Succeed*. Health Communications, Inc., Deerfield Beach, FL. ISBN 1-55874-719-2