

CTRN

Create the Life you Love

*24-hour
Success
Program*

Introduction

Welcome to the program!

You are now working one-on-one with a CTRN Practitioner, and learning a series of new tools and techniques. Please read this document very carefully. It details some of the steps you will take after your initial work with your Practitioner is complete. It covers:

- how we will work together to take the process to successful conclusion
- a written record of some of the key techniques you will learn

**Please follow the instructions here carefully, and in full –
This is an integral part of your success program.**

Let's summarize some fundamental ideas:

First, you, and you alone, are totally responsible for everything you feel, because what you feel depends on the *way you think*. Creating a better life is achieved through: (a) enacting the precise methods we have taught you, and (b) taking responsibility for our conscious thinking, while becoming aware of what we want to be accepted at an unconscious level.

Second: we have the tendency to do what feels familiar (including the way we think), so this program is designed to help you condition yourself to think in new ways that gets you what you want. Actually, many times you will be using successful thinking patterns from other areas of your life and transferring those patterns, (focus on what you want) to this aspect of your life as well.

Third: When you let go of past limitations and the old way of doing things – as you did working with us – your unconscious needs to understand what to do instead in those situations which used to be a problem. The level of conditioning required varies from individual to individual.

What appears in this document is the minimum you require of yourself – and we require of you – as a client committed to the process. You can choose to do more, and master your thinking even faster. Your practitioner may also give you additional tasks based on your unique situation.

One final thought, before you start is... enjoy! As you work with this program you will discover, maybe for the first time, the extraordinary power you have to create whatever feelings you want, whenever you want, and to create your future the way you want it.

The Three Steps to Successful Change

1) Do the Change Work

Let go of negative emotions and limiting beliefs, develop new unconscious strategies, and take total responsibility for everything you experience.

2) Take action in the real world

This means doing whatever is necessary to get the results you are seeking. In this context, it means completing the exercises laid out in this document. Taking action also convinces your conscious mind that this is the new pattern. Note that taking action specifically and unequivocally involves both:

(a) *Repetition*, to embed the new pattern into your unconscious. Understanding all the exercises is a starting point; repetition of each exercise is fundamental for creating new unconscious patterns.

(b) *Communication*, for fine-tuning. As important as repetition is, it will work successfully only if you complete the exercises correctly. Your Practitioner needs to hear from you at least once every day, six days a week, until you are free from your fear/phobia. From the information that you send, he or she will be able to monitor the steps you are taking, and respond to your questions. Most important of all, each time you send an update you must let your Practitioner know which parts of the process are working well, where you need more help and advice, or if you feel that a given exercise is unclear, needs changing, or refining.

3) Focus on What you Want

Ultimately this is the key to success in other areas of your life as much as in the results you desire right now. Your unconscious is like an auto-pilot designed to influence your every action and decision to propel you towards the images you give it. Precise visualization is much more effective than pure willpower, so you need to be constantly vigilant and immediately replace any thoughts about what you don't want with what you do.

What to Do – Summary

By the time you start these exercises, you have completed the first three hours of the 24 hour program working with your Practitioner.

As you will see, throwing yourself with great enthusiasm at these exercises can only accelerate your progress. How quickly you complete process is up to you:

You could, for instance, spend an hour a day for the next 21 days. If you're looking for faster results, it is more than feasible to concentrate much of the work in the program in a few days, and to achieve significant results more quickly as a result.

Nevertheless, however much you accelerate your progress to achieve the result you are looking for, please continue with the process described below for *at least the full 21 day* period recommended – to ensure that, through *repetition*, you engrain the new pattern.

In addition, please (re-)read *As a Man Thinketh*, and write a page on what you now understand about the degree to which you influence your life compared with factors outside your control.

Record the date and time of each of the activities listed on the following page, along with notes on what you experience ... Email your practitioner every day for the first two weeks, then weekly thereafter, and on any day that you perceive the problem.

The last two pages of this document are pages for you to print out, to record your progress, in preparation for sending the emails.

What To Do - Activities

Do the following three times per day, every day for 21 days:

- *once in the morning*
- *once in the middle of the day*
- *once in the evening*

We suggest you then continue at least once per day, indefinitely. After all, these techniques work in all areas of your life, and there's always some area for improvement. Once you get into a routine, this will just take a few minutes:

- A: Build and Maintain a Powerful Positive Anchor
- B: Time Line Therapy for any negative emotions since last session
- C: Visualize a complete Success Scenario
- D: Any other exercises you have agreed with your Practitioner
- E: For the duration of this program, email your Practitioner once a day, six days a week, until you are free of your fear/phobia AND on any day you perceive that the problem has not gone:
 - ⇒ Outline information on your progress, including confirmation that you completed the exercises, and any questions – *this is very important - it allows your Practitioner to monitor your progress and make adjustments as necessary;*
 - ⇒ How you immediately took responsibility and changed your state if ever you experienced feelings you didn't want;
 - ⇒ What positive future-focused things you learned each day;
 - ⇒ How tomorrow will be even better;
 - ⇒ Optional: Five things that were great about the day. (Your focus always needs to be on what is right and what you want.)

On the next page there is a sample email – your emails should follow this form. You can cut and paste a template for your emails from our website at: <http://clients.CTRN.com>

To: John Practitioner
From: Formerly Fearful
Date: 25th July 2005
Subject: DAY 3 PROGRESS REPORT (24th July)

+++ WERE ALL EXERCISES COMPLETED? +++ **YES**

+++ MORNING SESSION Time: 7.30am (15 mins)

RESOURCE ANCHORING (Building and Using)
yes

TIME LINE THERAPY
On anxiety

SUCCESS SCENARIO
yes

+++ MID DAY SESSION Time: 1.45pm (20 mins)

RESOURCE ANCHORING (Building and Using)
Added some more different states

TIME LINE THERAPY
On limiting decisions

SUCCESS SCENARIO
reviewed

+++ EVENING SESSION Time: 11.10pm (20 mins)

RESOURCE ANCHORING (Building and Using)
Used and worked

TIME LINE THERAPY
Reviewed and nothing to work on so set smart goal for next week

SUCCESS SCENARIO
Adjusted more present state

+++ LEARNINGS FROM TODAY +++
keep positive perception

+++ HOW I WILL ENSURE TOMORROW IS EVEN BETTER +++
keep focused

+++ TEST IN ACTUAL EVENT +++
yes and did well

+++ SUCCESS / NOT SUCCESS +++
100%

+++ AREAS NEEDING ASSISTANCE +++
goal specifics. Goals may be too abstract

+++ I WANT MY PRACTITIONER TO KNOW +++
Things are going very well.

**SAMPLE
UPDATE EMAIL TO
PRACTITIONER**

Build & Maintain a Powerful Positive Anchor

Please read these notes carefully. If you don't fully understand any part of this, please contact your Practitioner.

Anchoring uses your nervous system's powerful, automatic, built-in system for linking together emotions with a unique stimulus. (Anchoring is the reason you have a certain feeling or a certain memory in response, for example, to a particular piece of music, situation, sight or smell.)

The job here is to bundle together a collection of overwhelmingly positive powerful emotions you can call up whenever you want. Now when you are in a situation in which you would previously have experienced negative feelings, just 'fire' the anchor and your mind will 're-code' the situation with the new feelings. First it may become neutral, and then a positive experience.

1: *Decide the state or emotion you wish to anchor*

You can anchor any positive states you like. You need to be sure you are anchoring 'pure' positive states – ones that are only positive for you. Here are some suggestions that are very powerful for many people. Pick ones that work for you, and add your own:

- **Powerful, Centered and Strong.** The feeling of "I RULE!" you get when you have just triumphed at something...
- **Totally Calm.**
- **Totally Relaxed.** That feeling you know of lying somewhere, perhaps with the sounds of nature surrounding you...
- **Excited Anticipation.** The feeling of excitement just before opening a large Christmas gift!
- **Perfect Love.** The feeling you have when, forgetting all else, you think of how much you love and are loved...
- **Falling about with Laughter.** The feeling of unstoppable hysterical laughter!

2: *Choose a unique part of the body to which you will attach the anchor*

Anchoring works by linking strong emotions to a unique stimulus. This means a stimulus you can create easily whenever you want - and one that doesn't happen normally in day-to-day life. Squeezing the fist of your non-writing hand tight is a good one, because it generally doesn't otherwise happen, and you can do it discreetly if there are other people around. As long as it is unique you can anchor anywhere, as long as you can repeat it accurately: an individual knuckle, your

earlobe, a freckle on an arm, are all excellent. *You may have chosen a different anchor working with your practitioner. If so, use that one for this process.*

3: a: Remember a time when you felt that state or emotion

Float back into your body at the time. See the things you saw through your own eyes, hear the things you heard, smell any smells, taste any tastes, and really allow the feelings of that time to flow throughout your body. Breathe the feelings into every cell from head to toe.

Repeat this process over and over and you may increase the intensity as you relive the experience.

Or b: Just create the state in your body

Perhaps imagining a situation - and really allow the positive feelings to flow throughout your body. Breathe the feelings into every cell from head to toe.

Or c: Anchor when in a Naturally Great State in Day-to-Day life

This is the most positive of all – and is of course the way your nervous system is creating anchors all the time. When you are naturally in that great state in day-to-day life - when you are running, loving, laughing, whatever...

4: As the feelings reach their PEAK, press on the anchor for 5-10 seconds

Make sure that the stimulus you create is UNIQUE and can be replicated easily. Then, as the feelings reach their strongest, apply the anchor (e.g. squeeze your fist) for 5-10 seconds. This is the part where you are creating the link in your nervous system between the stimulus and the feeling.

5: Let your feelings return to normal

6: REPEAT a number of times

Repeat a number of times to make the anchor more and more powerful - to put 'deposits' in the account. Use other examples of the same state/emotion to build a 'pure' anchor (e.g. Pure Love, or Pure Motivation) AND stack a collection of different positive states in the same place to make a powerful 'Resource Anchor'. The more you do this, the more powerful the anchor will become.

To use your Anchor

To use an anchor, 'fire' it (ie squeeze your fist or pump your fist if that feels better to you) **for an extended period, if required all the way through the challenging situation.** Even though we only build the anchor for 5-10 seconds when creating it, you may need to use it for longer than that. The rule is: Build a strong anchor, then use it for as long as required.

Build your anchor often (remember, its like a bank account, you need to make deposits, not just withdrawals!), and always use it move yourself to a positive state when you catch yourself less than resourceful, or you just need some extra resources in a situation.

Time Line Therapy™

PLEASE NOTE: THIS PROCESS IS FOR YOUR OWN PERSONAL USE, AND MUST ONLY BE ENGAGED AFTER YOU HAVE BEEN TRAINED BY A CERTIFIED PRACTITIONER OF TIME LINE THERAPY™. IT WOULD BE TOTALLY INAPPROPRIATE TO TEACH OR USE THIS PROCESS WITH OTHERS.

Wording is VERY important, so please follow step by step until you actually know the process easily and effortlessly now!

* Ask your Unconscious Mind (UM) if it's totally OK for you to release all the _____ (emotion) and for you to have a conscious experience of this being so today. If yes, next step. If no, just remember negative emotions aren't good for the body, so negotiate with your UM until you get a congruent YES.

* Ask UM what is the root cause, the first event which when disconnected will cause the whole issue to disappear - was it before, during or after your birth?

- If BEFORE: In the Womb or before?
 - If IN THE WOMB, What month?
 - If BEFORE, ask Past Life or Genealogically?
 - If PAST LIFE, How many lifetimes ago?
 - If GENEALOGICALLY, how many generations ago?
- If DURING: Go to next step
- If AFTER: What age?

* Then float all the way back above your Time Line all the way back to the first event. Once you're there, as you are right above the event and you look down upon the event, ask your UM what you need to learn, the learning of which will allow you to let go of the _____ (emotion) easily and effortlessly. Preserve the learning in that special place your UM preserves all those learnings so that when you will need it, it will be there, integrated at the level of automatic behavior.

* Once that's done, float back BEFORE that event OR ANY CHAIN OF EVENTS THAT LED TO THAT EVENT, turn around and look towards now. Ask: Now where's the _____ (emotion)? Has it totally disappeared, now? Here you ask your UM for an answer, and most likely respond that IT HAS DISSAPPEARED. If it hasn't then you need to do one or more of the following:

- o Float further up and further back before the event
- o Ask 'is this the first event, or is there an earlier one?' If there is an earlier one, you need to float above and before that
- o Ask your UM for any further learnings needed to release all the emotion

Make sure the feeling has gone before proceeding further.

* Then TEST the first event - float right into the event, see what you saw, hear what you heard and check - make sure _____ (emotion) totally disappeared.

* Once it's done and you feel flat (in other words, even if the event is still the same, the negative emotion in question is gone and you may feel nothing or another emotion instead - if it's another negative emotion (like Anger, for example), make a note of this event and later work on Anger. Make sure you only check for the absence of the emotion you were working on, float all the way back to now, allowing all the events between then and now to re-evaluate themselves in the light of the new changes done; preserve the learnings and let go of the _____ (emotion) all the way back to now. You will know when you're back. Once you are, float down into your body and come back into the room.

* If you feel like, stand up and stretch - or just think of something else for a couple of minutes (to let the changes integrate in your neurology)

* Then TEST several (2-3-4, how many you need to in order for you to be convinced you are done) SPECIFIC events where you used to be able to feel that old emotion. Go back, step into your body at the time, look through your own eyes and check that the old emotion... That's right, it disappeared!

* Once testing in the past is done, float out into the future to an unspecified time which, if it had happened in the past, would have caused you to feel that old emotion - and now, how is this different? What are you doing different, what are you feeling instead? What other resources and strategies do you have available, ways of thinking unavailable previously to you?

Make sure you repeat the last step as many times as necessary so you're convinced you are done.

Time Line Therapy™ for Anxiety (ie Fear/Worry about a future event)

* Grade the 'bad' feeling about the future event out of 10.

* Float out half an hour after the successful completion of the event, and notice how you feel. (You'll feel great, because it has been successfully completed – make any adjustments to have just the feeling just the way you want it).

* Check how good you feel about the future event now. You'll notice a change – maybe all the change you need. Repeat as required.

Visualize a Complete Success Scenario

So just relax, totally... And do your creative visualization program.

Run a movie of what you want in your head... Looking through your own eyes... Feeling calm and confident... Imagine how successfully it will turn out, and how good you'll feel about it and yourself... Because you know you are choosing how things are, you know you're in control...

If you were the director, producer and star... what would you come up with? Now run the movie again, and make it 10 times better. Play with the brightness, the color, the sharpness until everything is just right. What will you see? What will you hear? What will you feel? What will your success taste and smell like? How will you focus on what you want, what words will you say to yourself or others?

When your resource anchor is powerful, hold it all the way through... When you finish, step out of the picture/movie... then after you finish float up above the event on your Time Line to 15 minutes past its SUCCESSFUL conclusion and notice how good you feel, and how it all turned out so well for you. As you found out, WHEN you imagine the event SUCCESSFULLY (in other words, what you want), there's zero anxiety... because it went well! Remember, wherever there's anxiety, about anything, it's a sign from your unconscious mind to focus on what you want!

Sport Psychology research literature also documents very well the effectiveness of visualization techniques for athletes of all levels to improve performance and release anxiety.

Daily Checklist – Date: _____

Morning Session – Time: _____

Check when completed

- Building & Maintain a Powerful Positive Resource Anchor**

Time taken: _____

Notes: _____

- Time Line Therapy for any negative emotions since last session**

Time taken: _____

Notes: _____

- Visualize your complete Success Scenario**

Time taken: _____

Notes: _____

Midday Session – Time: _____

Check when completed

- Building & Maintain a Powerful Positive Resource Anchor**

Time taken: _____

Notes: _____

- Time Line Therapy for any negative emotions since last session**

Time taken: _____

Notes: _____

- Visualize your complete Success Scenario**

Time taken: _____

Notes: _____

Evening Session – Time: _____

Check when completed

Building & Maintain a Powerful Positive Resource Anchor

Time taken: _____

Notes: _____

Time Line Therapy for any negative emotions since last session

Time taken: _____

Notes: _____

Visualize your complete Success Scenario

Time taken: _____

Notes: _____

For the duration of this program, email your Practitioner once a day for fourteen days, then weekly:

- ⇒ Outline information on your progress, including confirmation that you completed the exercises, and any questions – *this is very important - it allows your Practitioner to monitor your progress and make adjustments as necessary;*
- ⇒ How you immediately took responsibility and changed your state if ever you experienced feelings you didn't want;
- ⇒ What positive future-focused things you learned today;
- ⇒ How tomorrow will be even better;
- ⇒ Optional: Five things that were great about the day. (Your focus always needs to be on what is right and what you want.)

Other Notes:
