

Course Schedule

What you will learn

Day one

- A- Intro
- B- Conscious and subconscious mind
- C- Representational systems
- D- Eye accessing cues
- E- Rapport
- F- NLP presuppositions
- G- Submodalities

Day two

- A- Grid technique
- B- Anchoring
- C- Chaining anchoring
- D- Fast phobia cure – rewind technique
- E- Rewind technique modified
- F- Break the state (BTS)

Day three

- A- NLP frames
- B- State of excellence
- C- Framing
- D- Swish pattern
- E- Visual squash – 2 parts integration
- F- New behavior generator
- G- New behavior generator modified
- H- 6 steps reframing

Day Four

- A- Timeline
- B- Future pacing
- C- Godiva chocolate
- D- Meta model

Day Five and Six

A- The ATH© (Advanced Time Healing)

Deep Cleaning of The Timeline Starting Day ZERO

- 1- Discover how the brain works – Advanced functionalities
- 2- Start the cleaning process
 - a. Preparation
 - i. Creating Rapport
 - ii. Metamodel for better understanding
 - iii. Understanding the challenge. Creating the perfect plan
 - b. Techniques
 - i. Discovering the timeline
 - ii. Understanding the timeline directions and meanings
 - iii. Joining timelines if they are many
 - iv. Fixing the timeline directions and shape
 - v. Discovering the preferred color. Timeline color change
 - vi. Dominant hand and timeline direction
 - vii. Superman landing or Day zero landing. removing the dust and clearing the view on the timeline
 - viii. Numbering the timeline
 - ix. Visualizing the chunks
 - x. Circulating on the timeline
 - xi. Discovering the filters
 - xii. Finding the resistance
 - xiii. Locating the challenge
 - xiv. CODING DIRECTION
 - xv. PULLING BACK.
 1. Pull back
 2. Face the timeline, it is in front of you from left to right side or the opposite according to the dominant hand
 3. Raise a white screen above the event
 4. The Watcher and the on screen technique
 5. Apply the right techniques
 6. Test the feelings
 7. Move back above the timeline and behind the screen
 8. Eye glasses technique
 9. Project to the present and future
 10. Release the feelings you don't need anymore by sending them to the sun to be burnt and disappear. The timeline will be lighter
 11. Screens photocopies
 12. Move with copy 2 to the present

13.Synchronization between screen 1 and 2

14.Reserve the coding direction

- xvi. Discover the IGNORED data. Data to be ignored and data to be used. Our brain doesn't delete data. It is all stored as to be ignored
- xvii. Paralleled timelines
- xviii. Diving technique
- xix. Moon technique
- xx. Shortcut technique
- xxi. Expending areas on the timeline
- xxii. Elevator technique
- xxiii. Glass screens preview on the timeline
- xxiv. Making the future as past
- xxv. Personalize the feeling. If the challenge is a human, place, color, number,.... who / what would it be?
- xxvi. Rewind technique modifications
- xxvii. Copy the positive feeling and bring it to the present and the future then sync
- xxviii. Hunting technique
- xxix. Create the BOND. The past is teaching the present, the present is influencing the future, the future is releasing the past
- xxx. The confront. (face people in your past and tell them what you wanted to say at that time. Let the true feelings appear, don't mask them. If you felt angry and you couldn't express it just show anger, if you wanted to cry and you couldn't just start to cry, if you wanted to shout loud or to hit or to go nasty, just do it. Reconcile with yourself. And make a discussion with them even if they are dead. Later on forgive them if you can)
- xxxi. Reconciliation. Each age should reconcile with what happened with it at that time. Year after another
- xxxii. Child journey to the present. bring your child-self with you to the present and future to see the positive change that you made. And the child's anxiety will disappear
- xxxiii. Child empowerment. Let the child support the present after being empowered. (double technique)
- xxxiv. Vacuum technique. Seawater technique
- xxxv. Balloons, Boxing Bags, kicking, scissors cutting burn into the sun
- xxxvi. Rolling up / down technique. changing filters structure. Zipping, rolling down. roll down the new learnings to the timeline. Feel the electrical connection between the learning and the timeline to the future.
- xxxvii. Fixing feelings and learnings and filters on the timeline
- xxxviii. No BTS. We apply a series of techniques, related to each other, at the same time, before we break the state.
- xxxix. Future pacing. We go tomorrow, after tomorrow, 6 days consecutively, then one week after, then 2 weeks after, then one

- month after than 6 months after, then one year after. Then 5 years after. Otherwise, the brain will consider it as a day-dream
- xl. Empowering yourself in the past from the future and let the future creating change in feelings in the past
 - xli. Future planning. See the priorities. Sync between priorities. Capabilities. And desire

c. Closure. Make sure the old behaviors and feelings are neutral

3- Create new behaviors

- a. New behavior generator
- b. Changing filters, creating new filters
- c. Preparation
- d. Create the perfect spot
- e. Application
- f. 2 copies technique, heart and brain

4- Fix the behavior on the timeline

- a. Add it to the timeline
- b. Future facing
- c. BOND

5- Test

- a. Test the main 3 feelings
- b. Edit and improve
- c. Fix again
- d. Test

B- Start your NLP session ABCs