



The Colours of Life

Coaching - Energy Healing - Spiritual/Soul Therapies

Time Line Therapy™

Time Line Therapy™ helps you create rapid, lasting change by enabling you to release the negative emotions and limiting beliefs that are trapped in your unconscious. The processes will help you replace those negative thoughts with positive learning that support your success thereby allowing you to react to a present experience based on present conditions and not react to situations that present themselves today based on emotions linked to events from the past.

Time Line Therapy™ (TLT) was developed by Tad James, Ph.D. in the 1980's. The Time Line is how we encode and store memories to differentiate the past, present and future.

Time Line Therapy™ is a process that in minutes can assist with:

- Letting go of Negative Emotions – Anger, Sadness, Fear, Old Hurts and Guilt
- Letting go of Limiting Decisions such as I'm not good enough, I'm not smart enough...I cannot make money.
- Relieve Anxiety
- Create your future the way you want it

Misplaced emotional reactions such as angry outbursts and limiting decisions create false limitations which prevent you from achieving the quality of life that you desire and stop you from being able to create reachable and attainable goals and outcomes.

TLT™ is a technique that allows us to work at the unconscious level to aid in moving past limiting beliefs and misplaced emotional experience by guiding a person to access specific memories and then learning how to disconnect from the negative feelings associated with those memories.

When negative emotions and limiting decision are released a change in behaviour patterns results, allowing a person to react to a present experience based on present conditions and not react to situations that present themselves today based on emotions linked to events from the past.



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