

Modifications from Chapter 302 © Monica Geers Dahl

"Now is the only time over which we have dominion." - Tolstoy

In our social foundation, we have concepts of past, present and future and language to express these forms of time. In our society, it is common for stories to have a beginning, middle and end. Some societies have the idea that there are only two forms of time, Now and all other time. Even calendars differ from society to society.

You may notice more than one way to measure time, such as by a clock, another manner for measuring time is by subjective experience. Remember when you were a child? Time seemed to stretch out forever. As an adult, there isn't enough time in the day. Your perception of time changes. As a child, you must focus on the task at hand in order to learn how it is done. As you get older, you do more and more on "automatic". Once you've learned to do something, often you do it the same way for as long as you do it, unless something or someone comes along to teach you how to do it better. I assume that as long as you are doing something automatically, you don't have to pay attention and that moment of automatic activity eats up a bit of time.

Past / Present / Future

Some people live in all time as if now, without past or future. These people may find it difficult to learn from the past or plan for the future. This assumption is in conflict with normative Western linear time, and disrupts the cause and effect thinking of scientific rationale.

Some people live for the future, ignoring the past and the now. These people may refuse to acknowledge the past or deal with the now. This assumption is disruptive of appreciation and the ability to savor the only time in which we are truly alive, right now, this moment of embodied life.

Some people live in the past, ignoring the now and the future. These people live in their memories and refuse to cope with the now or plan for the future. This assumption is able to automatically repeat patterns whether they are beneficial or pleasant in the spontaneous unfolding of the present life or not. This is the foundation of "tradition".

Some people live in the now, and plan for the future, taking the past into account. These people learn from the past, set plans for the future and tend to the now. This assumption provides the greatest flexibility in the post modern Western world. This is a full engagement of authentic being in response to the current situation, a wholesome Gestalt of peak performance.

Which are you? Do you have a stable measure of time, or are you flexible?

Subjective Time

Some people have an excellent inner clock that keeps them right on time.

Some people have an excellent inner clock that has them at the right place, at the right time, even when they are not on time by the clock.

Some people have an excellent inner clock that has them at the wrong place, at the wrong time, it seems.

Which clock do you have?

Goals and Timing / Linear Time

Why does it seem to be so difficult for some people to get what they want while others get what they want with apparent ease? Why is it that some people are tormented with doubt, guilt, anxiety, shame and lack of self control, while others are filled with self control, deciding what they want and making it happen? It is the difference between rolling with the punches and planning the next strategy. It is the difference between a cork bobbing with the tide and a boat with power and steering capacity.

Writing the story of your life, or a particular phase in your life, is crucial. When you know how your story is beginning and what your objectives are, you can set realistic plans for the future. When you decide what you get out of life that you like, don't like, and want or need that you haven't gotten yet, you can more effectively move toward pleasure, away from pain and achieve more of your dreams. Goal setting is a vital part of achievement. If your path through life grows rocky, and you have no specific goal, you may change directions to avoid discomfort. If you know where you are going, when the way gets rough, you press on to the goal, having the vision to persist when others fail for lack of clarity.

Some people assume that the process of knowing where you are going is a mysterious uncontrollable process filled with "lucky breaks", "dumb luck" or "talent".

Victory goes to the most persistent. - Napoleon

Most successful people have been responsible for their own successes. The processes of self direction and fulfillment are simple. It is an investment of time in writing a plan for the future. Those who know where they are going understand that life is filled with mysteries and uncertainties. Following a dream takes persistence and self discipline. You have used self discipline in learning to read, or speak, if you are reading this or listening to this on tape. The process of planning your future is another simple self discipline that can be learned and made automatic. All this stems from a sense of self and a sense of time.

Memory, Past and Future

How do you measure time?

What is past, what is yet to come and how do you know you are in the now? How do you know the difference between the past and the future? How do you know when you have already experienced something and when you are anticipating something?

"Think of something pleasant from the past . . . Let me know when you've got something . . . and then store that memory. Now Think of something pleasant you have planned for the future . . . Let me know when you've got something..... Then store that memory. Which direction did you find the memory of the past, left, right, front, back, above or below?"

(Wait for response)

"Which direction did you find the memory of the future, left, right, front, back, up or down?"

Storing Time

Your memories and experiences are recorded in several ways. One is emotionally, as we have explored with ISE and SSE. Another is by reference, say the sight of a horse chestnut tree in the fall, triggers a memory of the tree you used to stand beneath on cold mornings while awaiting the school bus. Another way is sequentially, just like consecutive pictures (32 frames per second) produce movies (*moving pictures*) and notes strung together and played in a certain order create familiar music. This movement from moment to moment in a linear manner can be used to represent the movement you perceive from the past, to the present and into the future.

This is a cultural bias, as some cultures view time in a circular order of now, being surrounded by all other time. But to use our cultural bias, it is helpful to explore how you have threaded time through the magnificent equipment called *the body*. How do you thread the concepts of time through, on or around your being? Once you understand this, you have a tool to help you plan your future, clear up old ideas and recreate the now. It can be used for content or non-content techniques of therapeutic value. Our cultural bias gives us an ability to measure time from the moment of conception, in a line, to death, (*and beyond*).

"Imagine now, if you would, that you can rise above that line of time, float far above that line of time you call 'My Life' and leave all that behind. Leave all the feelings and memories where they are down there. Float up, way up into the middle of nowhere. My voice goes with you where ever you go and all the way through to the other side. Now surround yourself in a bright white, silvery or golden light like sunlight. Imagine the creative intelligence of the universe is surrounding you, soothing you, bathing you. Notice how good you feel, to be above all that, then

come all the way back to the body and open the eyes. Notice how good you feel."

"Now close your eyes and think, for a moment, about something pleasant that happened in your teen years, don't tell me what it is, just tell me when you've got it."

(Wait for response)

"Then something from pleasant from childhood."

(Wait for response.)

"And then think about something you have planned for next week."

(Wait for response.)

"And then something that you have planned to have happen a year from now."

(Wait for response.)

"Which way did you look for the past? Left? Right? Up? Down? Front? Back?"

(Wait for response.)

"Which way did you look for the future? Left? Right? Up? Down? Front? Back?"

(Wait for response.)

"Does that create a thread of time, a line of time that stretches from the past from the future?"

(If yes,)

"Does that line of time pass in front of, behind, above, below or through the body?"

Time Travel

"Close your eyes. Float way up above the line of time and stretch that line of time out straight. Put a flag on "Now" and notice the color of your flag. Now tie a string to your toe and tie the other end of the string to the base of that flag, so that you can easily find your way back to the now. Then float out toward the future end of the time line as far out as you can. Go all the way out to the moment of death, if you can and pause. Notice how peaceful you feel . . . Turn and look back to the Now in the misty distance of time. Notice how relaxed you feel and Good. Then come all the way back to the Now. That was easy, wasn't it?"

"Now float into the past, back as far as you can go. Go all the way back to the moment of conception, if you can. Notice how you feel, there at the beginning of your time in this body . . . And good . . . then come back to the Now only as fast as you remember something wonderful from your childhood, something you thought you had forgotten a long, long time ago. Coming all the way back to the now only as fast as you remember something wonderful from childhood, something you thought you forgot a long, long time ago. Then come all the way back to the now and back into the body, only as fast as you remember something wonderful that you thought you forgot a long time ago. When you are back in the Now, just allow the eyes to open and close and go deeper into the knowing . . ."

(wait for fractionation)

"Easy, wasn't it? Did you remember something that you haven't thought of in a long time? That means you are doing it."

(if yes)

"You are traveling through time along the thread of your life. This thread or line of time is how you store time internally. Everyone has one, most people aren't aware of it or don't know how to use it productively. It is something anyone can learn. You can learn how to use it. Now you are curious, and you are becoming aware that YOU can CREATE YOUR FUTURE, just AS EASILY AS YOU have CREATED YOUR PAST memories."

Time as a Diagnostic Tool

"Close your eyes, breathe deep and listen to the sound of your breathing. As soon as you notice your breathing, float up into the middle of nowhere and become surrounded by the creative intelligence of the universe. It soothes, bathes, permeates and penetrates every muscle, cell, tissue and fiber of your being, and beyond. Let my voice go with you where ever you go and trust yourself completely. Look far beneath you, Notice your time stretching from the moment of conception to the moment of death. Notice how it feels to BE ABOVE ALL THAT. Imagine that you can just stretch it out in a straight line, if it isn't already, getting all the kinks and angles out, so that it stretches out like a straight cord, rope, thread or line from the moment of conception, to the moment of death and beyond

it all is the light.

Float way up, up into the light, the creative intelligence of the universe soothes, bathes and permeates you, protecting you in love, light, truth, warmth, peace, humor, joy, serenity and the perfect blueprint of health. Leave all the thoughts, ideas, feelings and memories down there as you float up into the middle of nowhere and notice how peaceful it is. Let the creative intelligence of the universe fill every muscle, cell, tissue and fiber of the being. Watch, feel, hear the creative intelligence of the universe fill every part of you...your spirit, your mind and your innermost being and notice how much more relaxed you are than a few short moments ago.

Now look down on that time and notice if the length of that line is the same color, intensity and brightness throughout the entire length, or if there are any shadows, gaps, knots, snarls or dark spots anywhere. "

(Pause and wait for response. If the line is bright throughout, go on to the next exercise. If the line has any gaps, dark spots or shadows:)

"Now tell me, how many spots, shadows, gaps or dark spots do you perceive on that line of time?"

(Wait for response)

"Those spots are symbols of times and situations in which there are still unfinished emotions. Times that are too painful to remember, so you've taken time and energy to remember to forget those things, isn't that so?"

(Wait for response).

"In fact, in those times, were times of limited choices, choices that you found unpleasant and unsatisfactory at that time. Isn't that so."

(Wait for response)

"In your mind is a warehouse of knowing of what works and what doesn't work. You know what I mean. By trial and error you have made many decisions in your life, isn't that so?"

(Wait for response)

"Would you like to take the learning of what worked and what didn't work in those situations, times and places and put the learning into the warehouse of learning of what worked and what didn't work?"

Turning up the Light

"Have you ever used a dimmer on a light switch? Imagine that you can just TURN

UP THE LIGHT in those dark areas. You can do them one at a time or all at once. Let me know when they are all bright."

(Wait for response. Once the thread of life is light in its entirety:)

"Then come all the way back into the body, letting the line of time rearrange itself in the way that is most comfortable and powerfully positive for you. Now take a good deep breath, open the eyes and notice how good you feel. Things are much brighter. Brighter than you've felt in a long time and it just keeps getting brighter and clearer and brighter and better and good and excellent."

(Sometimes a dark spot, gap or shadow on the line is particularly stubborn.)

Out Damned Spot #1

"Close your eyes and float way up into the middle of nowhere. Imagine that the creative intelligence of the universe is filling every part of your being. A bright, white, silvery or golden light soothing, bathing, permeating and penetrating every part of you. Notice how good that feels. Then float out to the moment of conception and imagine that bright, creative intelligence of the universe floating through your being, flowing off your fingers and your chest onto that line of time . . . filling that line of time with a bright, white, silvery, or golden light of the creative intelligence of the universe . . . filling that line like a garden hose is filled with water . . . as you turn on the spigot . . . and that line of time fills and swells with the warmth and smoothness of the wonderfully nourishing fluid of life flowing through that line of time . . . filling every part with a wonderful feeling of well being, a brightness and clarity, warmth, strength, persistence and the vital relaxation of the creative forces of life.

Fill the entire line and when you are done, notice that life force flowing beyond that line of time, as if into a beautiful garden. When that thread of life is completely filled, permeated and penetrated with that warm and beautiful feeling and brightness, float all the way back to the now and notice how good you feel about all that. Look down at that line of time and notice what you perceive, what does that line of time look like now."

(Wait for response, if it is all clear:)

"Come back into the body, open the eyes and notice the difference. Notice how much brighter and clearer it is."

Out Damned Spot #2

"Close your eyes and float way up into the middle of nowhere. Imagine that the creative intelligence of the universe is filling every part of your being. A bright, white, silvery or golden light soothing, bathing, permeating and penetrating every part of you.

Notice how good that feels."

"Now pick a time, a time of neutral energy, a time that just was. Notice how every time is a small dot or vignette on that line of time. Pick one out that isn't particularly important, an innocuous time. And drop kick that dot of time into the sun. Notice what you perceive when you DO THAT. Tell me about that."

(Wait for response)

"Now pick out that snarl, dark spot, tangle, cloud, gap and drop kick it into the sun, filling the place it used to be with sunlight. Tell me about that."

Out Damned Spot #3

"Now, close your eyes and float up above the line of time and this time I want you to float way up, up into the middle of nowhere, up so far that you are looking down on the entire continuum of past, present and future. Some people like to put their eyes way up there because it is easier to visualize that way, but whatever you do is fine, imagine gaining some distance. Be above it all, looking down on the past, present and future."

(pause)

"Notice how good it feels to be above all that. Now tell me, are there any spots, shadows, gaps or dark spots on that line of time?"

(Response)

"Those spots are symbols of times and situations in which you experienced limited choices, choices that you found unpleasant and unsatisfactory at that time. Isn't that so. . ."

(Response)

"In your mind is a ware house of knowing of what works and what doesn't work. You know what I mean. By trial and error you have made many decisions in your life, isn't that so. . ."

(Response)

"If you could, you would go back to those places, those spots that you've taken the time to remember to forget and make them go away, but you can't. It is important that you release that knowledge from those times and let them be filed in the warehouse of knowledge of what works and what doesn't work. That way you can remember to USE WHAT WORKS and avoid what doesn't work. Would you like to do that? "

(Wait for affirmative response)

"Float over to the most important spot and notice it turn into a movie, As I count from 1 to 5 it comes on like an old time movie in black and white and goes in high speed from that first scene to the time of most intense emotions. Ready?"

"1, 2, 3, 4, 5, now see it going high speed in black and white until it reaches the scene of most intense emotion and freeze frame it there. Tell me when you get there, to the scene of most intense emotions and freeze frame it. Open and close the eyes to let me know you are there and go deeper into the understanding. . ."

(wait for eyes to open and close)

. . ."and white it out, white it out, white it out. Turn up the brightness until the picture is fuzzed out with light. When you get there, let the eyes open and close so that I know you've done that and you go deeper into the understanding."

(Wait for eyes to open and close)

"As I count from 1 to 5, again, the movie starts again, this time you are in it and it is in full color, running backwards, at high speed from the scene of most intense emotions to a time five minutes before that feeling ever happened, or even five minutes before you thought about that feeling happening, or even five minutes before you thought you'd ever have to think about having that thought of that feeling. Going all the way back to a time before . . . and when you get there, let the eyes open and close so I know you are there."
"

(wait for eyes)

"Notice how you FEEL NOW. Where is that old feeling now?"

(The usual response is "gone". If it is not gone, replay the scene as many times, black and white forward high speed, disassociated, until the scene of most intense emotions, freeze frame the scene of most intense emotions, white it out, then full color backwards, associated, until the feelings related to the spot are fully released. Once the feelings are purged:)

"Now file that memory in the line of time and notice how IT'S CHANGED. Notice how everything around it has LIGHTENED UP as you've released all that old emotion and memory to the warehouse of knowing. Now Tell me, how does the thread of life LOOK NOW?"

Achieving Your Goals

Now decide what you want to achieve. Write it down. Say it out loud. Say it to yourself.

"What is one thing that I want to accomplish?"

"What do I want from the universe?"

"What does the universe want from me?"

"Act as if you know what you want and let your unconscious tell you what it is. You can trust your unconscious mind, you know. It is important to know what you want in any situation. KNOW YOUR OUTCOME."

"Now imagine what you just said or wrote. Make a picture, in your mind, of what you just said or wrote. Make it a picture, sketch, movie."

"Notice how you feel about it. How does it feel?"

"Notice how it sounds. How does it sound?"

"How do you talk to yourself? How do you talk to others? How do others talk to you? What kind of things are being said? Who is saying that?"

"Who else seems to be involved?"

"Imagine what you want in such a way that you know you have what you've written down or said. In other words, in the impression, image or picture you make, you know that you have what you wrote down or said you want. I want you to picture it in a way so that you know that you have it. Use every sense. What does it look like when YOU HAVE ACHIEVED IT. What does it sound like when YOU HAVE ACHIEVED IT. What does it feel like when YOU HAVE ACHIEVED IT. What does it smell or taste like when YOU HAVE ACHIEVED IT. If it is a process, imagine it at the end of the process. Picture it so you know it is complete. Picture it so that if you were to see that picture you would say, "OK, I have it."

(pause)

"Now make sure you see yourself in the picture. See your body in the picture. And then take that picture with you and get up way above the thread of life and put the picture out in the future, whenever it would be most appropriate for its accomplishment."

(pause)

"Glide way up there with that picture and put it out in the place along with the other pictures that are there in the future, and as you do, notice that the events between then and now which are necessary to support making this event an undeniable occurrence are created and align themselves to support that particular goal happening automatically, effectively."

(pause)

"When you are done, come back to now and float back into the now."

The Power of Thought

"Every invention, every idea starts in someone's mind. Relax and as you allow yourself to relax you explore possibilities, your mind power brings you more and more ideas . . . ideas for how to achieve your goals. The ideas generated give greater strength to your goals, making it even easier to succeed. Pick one thing that you would like to Achieve and Imagine Yourself Achieving all your goals. Build a picture of it and Imagine that it is happening right now. Build a fantasy with your mind until you can Feel the Excitement of it happening. Feel yourself doing it. What does it taste or smell like. How do you move and breathe as the person who has succeeded moves and breathes. What do you say and how do you feel about that. Listen closely. Watch closely. Notice how you speak to yourself about that and notice how you feel about that. Then step into the body and notice the feelings in the body. Notice what you think as a successful person. Notice how you breathe and move and speak as a successful person. Is this what you want? How much do you want it? If you want it bad, you may notice you are salivating. Or even licking your lips."

(A lip lick means they are associated to the successful feelings.)

"Now step back out of that picture, image, perception and impression and install it in your line of time. Just take that entire impression and perception and tuck it into the line of time at the point in which YOU HAVE ACHIEVED THIS. Notice how everything between then and now aligns itself in getting you what you want."