

## The past, the now and the future.

Our past has a great effect on both our present and our ability to focus on the future. However, despite that, it is not the past, but the emotions centred around the events of the past, that can create the problems ... or block our ability to reach our full potential.

That is why I find EFT (Emotional Freedom Therapy) so useful. With its help I am usually able to help those who come to see me to release those past emotions. Simply and very effectively. After all, the Chinese have been doing something similar for thousands of years, using energy lines and meridians.

In some cases, such as heavy addictions like gambling and alcoholism, I need to use regression as well. Invariably, the client will go back to their early childhood, as this is when our model of the world was created. And, all too often, this modelling remains with us, blocking our potential.

I have been asked many times, to help a client to forget something. My answer is always the same. I cannot. And, even if I could, I would not. Because all I would be doing is getting them to forget the issue at the conscious level. And the problem would *still be there* at the subconscious level.

Our subconscious mind knows everything that has happened to us since the moment of conception; even, in my opinion, back into past lives. A perfect example is one lady who came to me because she was struggling with life - and had been since she was a child. Using regression, she went straight back to when she was two months old ... listening to her parents, who were not married and did not intend to get married, discussing her adoption. The issues in her present revolved around the subconscious memories of a two-month old!

Through regression, we were able to release the emotions of that past event, freeing her up to create a brand new future. What kind of future is entirely up to her. I would not have the audacity to tell her, or any of my clients, how to run their lives. But I can help them down the track that they desire to go.

And there's more to their future success than just the release of the past emotions. They also need to leave with the belief that they can do it. And the knowledge that they need to focus on what it is that they want. A story from my own past, may help make my point.

Long before I studied hypnotherapy, I was living on the Isle of Man and going through a stressful stage in my life. I decided that the way to put some zest into my life was to buy a sporty car. So, my cousin, who is very much into cars, my youngest daughter, who was going to choose the colour, and I went to Measham, the largest second-hand car auctioneers in the U.K.

I bought a white Ford Sierra XR4i, the real souped up model. It was powerful enough to still be accelerating at 100 m.p.h. - miles per hour, not kms! Much of the time, I just drove it around the Isle of Man, which is only ten miles wide and thirty eight miles long and mostly in the main town.

Periodically, I took it over to the mainland. Just six miles from the ferry terminal and you were on the M6, a six-lane highway between Scotland and England. Back in those days, the police were not so anti speeding. In fact, to be in the fast lane you had to be traveling at least 90 *miles* per hour.

Trucks were not allowed in the fast lane, so I didn't have to worry about them pulling out in front of me. Of course, at that speed I was totally focused on the road ahead - if there were going to be any problems, they were going to be in front of me.

About 100 miles later, it seemed as though I was in a different car - even more powerful than I thought. You see, all the gunk that had built up in the engine from driving around the Isle of Man had been blasted out through the exhaust.

So why am I telling you this story? Because, life is just like that. When you are living in the present with total belief and focus ... all the emotions of your past, that have previously been blocking up your progress, are just blasted away. And you're free to move into the future with all your personal power at your disposal.

**T**otal believability and focus will take you to wherever you want to go. The emotions of your past simply become irrelevant.