**Time Line Therapy**

Time Line Therapy® (TLT) is a powerful therapeutic process Shivanii practices to release negative emotions attached to past events such as anger, fear, sadness, hurt and guilt. TLT eliminates self-limiting beliefs that block you from flowing with your dreams you aspire to achieve.

### HOW DOES IT WORK?

In Time Line Therapy®, your unconscious mind is activated by guiding you through to a relaxed state. You are then taken to a point in your past before you experienced the negative emotions stored in your subconscious mind.

You are then guided to those events where your negative emotions were created and release you from those feelings.

### WHY IS TIME LINE THERAPY® IMPORTANT?

Negative emotions sabotage and block your work, relationships, health, and life. Taking away the negative emotions attached to past events changes behaviours and perspectives on life.

Next time a situation that would normally make you feel bad arises, you will be able to deal with it intelligently and consciously rather than react from your autopilot on how you felt towards a similar event in the past.

### CAN IT ERASE PAINFUL MEMORIES?

Time Line Therapy® does not delete events from your memory. It only erases the negative emotions attached to those memories. After undergoing a TLT session, you will still remember past events in your life, but you will no longer drown in sadness, anger, fear or other emotions that you previously associated with those events.

### WHAT ARE THE BENEFITS OF TIME LINE THERAPY®?

Time Line Therapy® may improve all aspects of life as it eliminates negative emotions that may lead to a wide range of physical and mental health disorders. By utilising this powerful therapy, you will be able to:

* Boost your confidence
* Overcome fears and phobias
* Release stress
* Improve your relationships
* Silence the negative voice in your head
* Acknowledge your self-worth
* Forgive and be compassionate to others
* Live in the present moment
* Release trauma from your life
* Open yourself up to better experiences
* Realise your goals

Your subconscious mind records all of your experiences. It impacts your current situation and your future outlook on life. Time Line Therapy® switches off the negative emotions you have anchored to those past events. You unfold and explore the lessons you learnt in the process in order to guide you in making the right choices and decisions moving forward.