

Peak Power Hypnosis

**Green Light/Red Light
Thinking & Timelines**

'Green Light / Red Light' Thinking

First sit down and answer the question:

"What would you do, if you knew you would succeed?"



Green Light thinking means coming up with ideas and not judging them. Simply writing them all down without judgment. The ideas you don't use (that may even sound to far fetched when you're Green Light thinking) may lead you to other thoughts that will work for you...

After a good nights sleep, you then apply '**Red Light**' thinking to your list. Go through it and knock out all the things that you didn't judge when you were writing your list.

The idea is to get the critical part of your mind out of the way while you answer the question. Just thinking about what you would do if you could do anything. Then thinking about ways you would achieve that.



It's true that most people never do this simple process... it's also true that most people work for someone else for their whole life and never achieve their dreams. The people who choose to do these kind of things are the people who generally tend to work for themselves and live life on their own terms. Coincidence? I don't think so!

Once you have a plan, its time to put things in motion to make them happen. Here we can use another fantastic tool from the creative mind of Dr Richard Bandler and his style of N.L.P. This is the concept of **Time Lines**.

TIME LINES

Your Time Line is the imaginary line that you can draw between the remembered thoughts in your mind and the imagined thoughts of events that haven't happened yet.

If you think of something that happened yesterday and then think of something that happened five years ago you will be thinking of them in a different way. Unless you were thinking of the same activity, not only will the content be different (we are largely unconcerned with content when plotting a Time Line) but the very way you are remembering or representing the information to yourself will be different.

Before we continue with Time Lines, let us consider the different ways you remember or imagine things. The way we experience the world is through our five senses we then represent them in our minds; visually, as images or pictures in our minds eye; as sounds, remembering something someone said to us or a piece of music; as feelings, pleasant and not so pleasant, smells and tastes...

The images we make in our minds eye have qualities that differ from image to image. Sometimes they can be large images and sometimes they will be small, they can be black and white or colour, focused or unfocused, two-dimensional or three- dimensional...



If you imagine a rainbow right now, it would be in colour. Now imagine the very same rainbow but as a black and white image. Put it back to colour and now make the image very small. Return it to the size you first had it. Now imagine seeing yourself underneath the rainbow.

The same is true for the sounds we imagine. It can be a very interesting exercise in creating flexibility in your thinking to imagine the sound of someone's voice, someone that you know well, imagine them saying something and move it so it sounds like the voice is coming from your feet, then put it back again, you can make it loud, then quiet, add an echo or even change the pitch so it no longer sounds like the person you were thinking of. The practical applications are enormous in changing the way you respond to situations.

Someone suffering a phobic response to spiders is, in their mind, either making an enlarged image of the spider or some fearful sounding internal dialogue about it, this causes a kinaesthetic (feeling) response that they call a phobia or fear. If the internal dialogue was turned into a very comical one, indeed one that made them laugh and the image in the mind's eye was likewise changed so it looked ridiculous it would make that person laugh and the scariness of the spider would be reduced. Laughing at a spider and feeling amused cannot happen at the same time as having a negative phobic response to seeing a spider.

It is normally the case that if it is something that is scaring a person, making the image smaller, dimmer and fuzzy will make the feeling smaller. While making an image bigger and brighter will increase the feelings. Try it now, think something that makes you feel GOOD and then make the image in your mind bigger and brighter and notice how it increases the good feelings.

Likewise if you think of something someone said to you that upset you, notice how you feel. Now change the tonality of the voice to a high pitched squeaky voice and imagine it coming from your toe and notice how different it makes you feel.

Now when you try these things, you will see how they affect you (they are generalisations so some things will work slightly differently for different people, but the basic structure is there), you now have more of an insight into how you can affect your thoughts on a deeper level...

SO NOW BACK TO TIME LINES

If you imagine something you did yesterday, take a moment to notice the location of the image in your minds eye, does it appear to your right, left, in front etc. Next think of something that you did five years ago and notice where that image is. Then think of something that you know you are going to do in the future (have a birthday, go to a celebration etc.) and notice where that image is. A line can now be drawn between these three points this is your Time Line (or a very small three point section of one Time Line).

CREATING A COMPELLING FUTURE EXERCISE

Think about the goal you want to achieve in 2 years time (or 1,3, 5 etc years) imagine seeing all the things that assure you that you have achieved this goal.

(Using the example of two years) now imagine all the things you would need to have done in 12 months to be half way to your goal.

Next think about the things you will need to have achieved in 6 months and in 18 months time, so you have four points. A quarter of the way there, half way there, three quarters of the way and the whole way there.

Now you have a plan of things that need to be done. Imagine travelling 6 months into the future and seeing all the things you would see if you had done all of them. Do the same for 12, 18 and 24 months.

When you are 24 months in the future imagining what it will be like to have achieved these things look back down your Time Line and with the benefit of hindsight before the fact imagine what you could have done differently to have got there quicker or got more things achieved.

Then imagine floating down to the beginning of your Time Line, looking back to your goal. Now that you feel good about this new compelling future increase the feelings of desire and excitement for the future, spin and whirl the feelings inside you faster and faster and make them bigger, then imagine all of those feelings of desire and excitement and duplicate them. Spread the feelings along your Time Line in front of you, brightening it and making it a much more compelling place to be.

What if you extended your timeline, making it longer and putting new things in? How could you benefit from stretching your Time Line (when you're on holiday) so time lasts longer and shrinking it so boring things (the plane flight) seem shorter? Of course time isn't changing, but the way you perceive it is.

“Put your hand on a hot stove and it seems like an hour. Sit with a pretty girl for an hour and it seems like a minute. That's relativity.”
One of Einstein's definitions of Relativity