Steps for Shifting Time Hypnosis

[Also called “Time Warp Hypnosis” or “Quantum Leap” or “Bridging Time Hypnosis”]

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1. Determine the client’s issue.

2. Explain the opportunity to move them beyond the time of their issue.

The Steps:

1. The issue:

2. Ideal time:

3. Additional Suggestion Needed -option

4.Time Warp Symbol

5. Use the Senses

6. Homework for client

\*\*\*Replay the “Time Shift” for 7 days\*\*\*

[They could record the session on a smart phone or recorder and listen.]