

1. Relax and Breath
2. Begin Creating a Picture



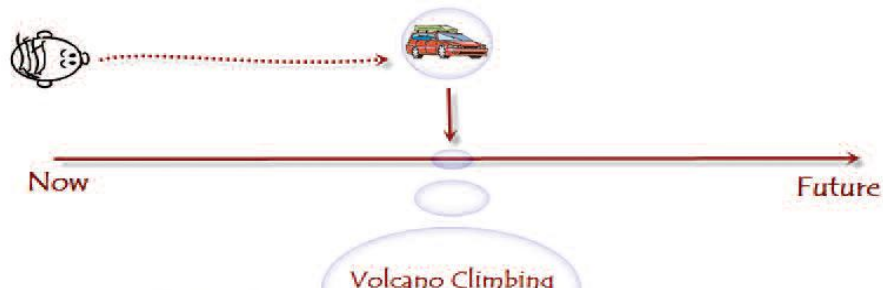
3. Make it More Vivid



4. Locate Your Future Timeline



5. Locate Your Outcome Date



6. Move Towards the Future and Insert Your IR

7. Disassociate – See Yourself



8. Come Back to NOW – Bring the Emotions With You

