

The Linking Technique

Use this technique for the exploration of belief systems. This linking process uses a current situation that has an emotional charge attached to it in order to regress or go back to another time that felt the same or similar in nature. This creates a bridge between the past and the present for the purpose of gaining insight and understanding into the early decisions we made about ourselves and life.

Step one

Choose a recent situation to explore. This situation should have strong feelings or unpleasant feelings connected with it.

Step two

Begin by sitting or lying down in a comfortable position. Close your eyes and allow yourself to relax completely. Take a deep breath and when you exhale let go of any tension you might be aware of in your body. As you inhale, breathe in peace and tranquility; as you exhale, breathe out tension. Let go of any thoughts or cares.... Continue in this manner until a relaxed state is reached.

Step three

Allow yourself now to connect with the situation you have decided to explore. See the situation as it unfolded. Where were you? Who was there? Make the situation as real as you can, seeing... smelling... hearing any sounds... What was said? What are you feeling -- emotionally... physically... making it as real as possible. Use all your senses to experience what happened... What are the thoughts you are having about the situation? How did you react? What conclusion did you reach about yourself?

Step four

Continue to stay in touch with the feelings, but allow the situation to fade and allow another situation to come to you. A time when you were younger, when you felt a similar way. The circumstances were different, but the feelings were the same. Allow this situation to unfold.... Where were you? Who was there? Make the situation as real as you can, seeing... smelling... hearing any sounds... What was said? What are you feeling -- emotionally... physically... making it as real as possible. Use all your senses to experience what happened... What are the thoughts you are having about the situation? How did you react? What conclusion did you reach about yourself?

Step five

Repeat step four, going to an even younger time. Notice what the child is saying about his or her self. What belief is forming? Be aware of what the child needed or wanted. You can do healing work at this time, if desired. Fill in the blanks on the "Exploring Belief Sheets." Discuss or journal your awarenesses.