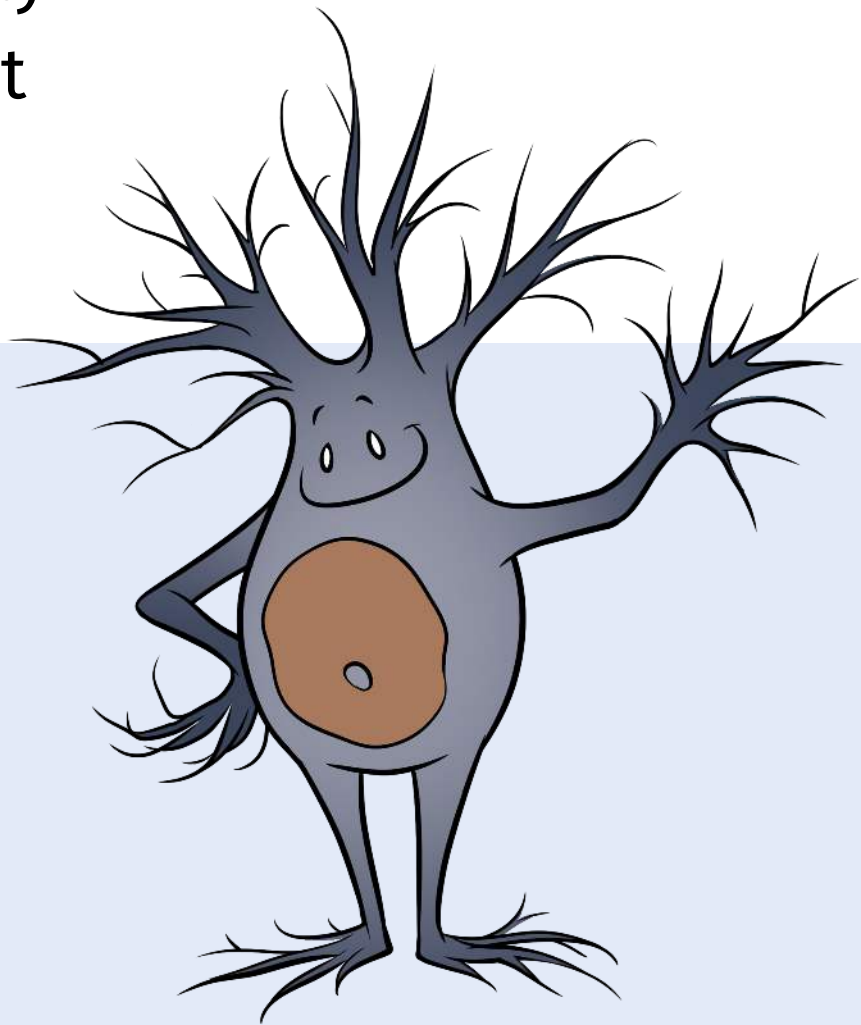


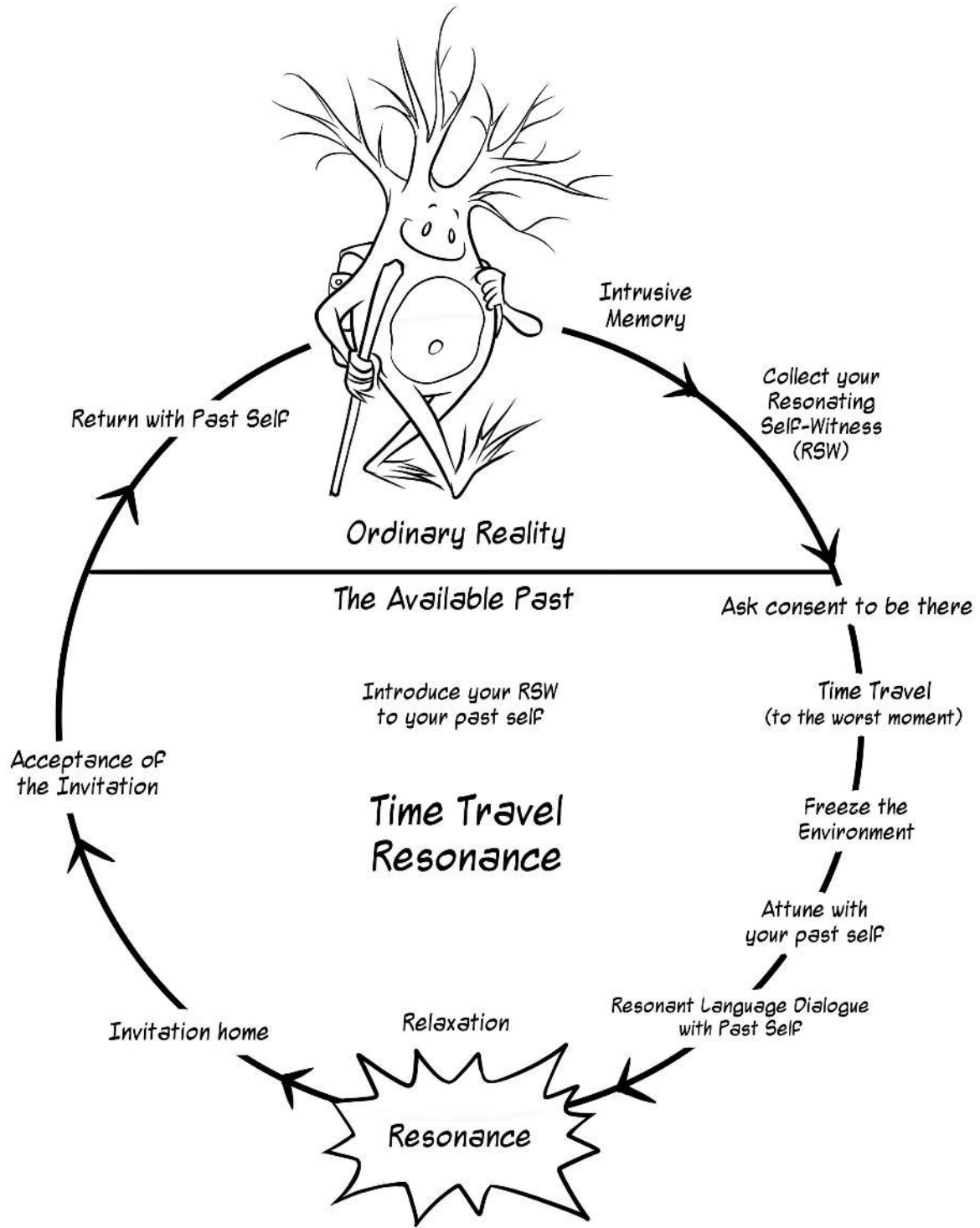
# A GUIDE TO TIME TRAVEL RESONANCE:



A step-by-step guide to  
supporting and gently  
transforming difficult  
memories



# The Time Travel Journey



# Steps to Time travel Resonance

Follow the steps below to accompany yourself or others

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- 01 Choose a **memory** you want to work with
- 02 Identify the **age of the self** when the memory happened.
- 03 **Consent:** Ask the younger self if it's okay to time travel to them to bring them empathy and resonance
- 04 If they say yes, gather your **Resonating Self Witness** - the part of you that has warmth for the younger self (or bring someone else along in your imagination who has warmth for the younger self).
- 05 As you arrive in the memory, **visually imagine arriving**, you wearing the clothes you are in now, arriving in the past.
- 06 **Freeze** the environment so that everyone is safe. You can put everyone in floating golden bubbles, or airlift people out, or turn them to stone.
- 07 Notice whether your younger self can perceive your presence. (**Do they know you are there?**)
- 08 If the younger self can perceive you, make sure they know who you are (an **introduction** might be necessary).
- 09 Now, **notice the body** experience of the younger self. Based on what you feel or perceive, what is the first resonant guess for this younger self?
- 10 How does your younger self **respond**? Enter a **body-aware resonant dialogue** with your younger self.
  - What physical states need to be acknowledged?
  - What enormities need to be recognized?
- 11 Once the body of the younger self **relaxes fully**, invite them home with you
- 12 And if they would like to come, then step back through time and space, and bring them **home**.
- 13 Fully **celebrate** their presence in your present.

# Time Travel Worksheet

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What is the intrusive memory: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

About how old are you in the memory: \_\_\_\_\_

Do you like your younger self? Yes/No

If yes, then your Resonating Self-Witness is here and you can time travel!

If no, who will you bring with you who does like your younger self: \_\_\_\_\_  
\_\_\_\_\_

Does your younger self consent to you time traveling? Yes/No

If no, ask if you can try again later.

If yes, then travel through time and space to your younger self.

Freeze the environment so that everyone is safe. What needs to happen to stop the harm and make everyone safe? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Does your younger self see you/know you are there? Yes/No

If no, begin resonance and ask again later.

If yes, does your younger self know who you are? Yes/No

If no, then introduce yourself and begin resonance.

If yes, continue to resonance.

Tracking your younger self's body and responses, make resonant language guesses for your younger self until their body relaxes or softens. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Once their body has relaxed, ask them, would they like to come home with you? Yes/No

If no, find out if there is someone else who needs to come home with them, or if they need to go to another safe place, or if they need more time and more support. You can leave a loving part of yourself or of the other person there with the younger part if you need to.

If yes, time travel home through time and space, and celebrate having them with you.