

## *Gabby TRT and MORE Treatment Example September 2019*

**Q:** So today, again is the 19<sup>th</sup> of July and Gabby, we're making an audio recording of what we're doing, this is recording number two, because we've got to get back together today. How exciting. This recording may be made available in teaching and training professionals in how to do this kind of work. I want to make sure that's okay with you, yes?

**A:** Yes.

**Q:** Okay, cool. So, first, give me a sense, how did the last little piece leave you, when you think about what we talked about when we ended?

**A:** Actually, I went out there and I was trying to think about it, and it wasn't bothering me.

**Q:** I know, isn't that cool?

**A:** Yeah.

**Q:** Awesome, alright. So, what we really want to do are a few different things. When you talked to me earlier today, you talked about the whole professionalism thing. You talked about the either/all or none. We know that there's been a whole bunch of stuff that's happened in life, that although it's over, it's still underneath the surface that impacts you. And then you also said, because this is something that impacts you at the house, certain songs, music, kinds of music, what's being said in it triggers yuckiness, even if you're just hearing it in the subtle background. And then if somebody says, "You need to be doing it this way." "Huh!" That kind of reaction.

So you've recognized that that stuff has been problematic for you. That's what we want to get adjusted. So if you weren't having that intense reaction when somebody might have corrected you, if you no longer had any of the bad feelings about the stuff that you went through, if you were finding yourself a lot more at ease and comfortable in your own skin and a lot lighter and more peaceful, what would that be like for you?

**A:** It would be nice.

**Q:** How so?

**A:** I wouldn't be so worried about everybody else.

**Q:** Yeah, and if you weren't worried about everybody else, what they might be thinking, how would that be for you? What would that be like? How would you be as a person knowing that?

**A:** I'd probably be more successful in life.

**Q:** Yeah right, and how would you be inside?

**A:** Calmer.

**Q:** Calmer. What's it like when you feel calm?

**A:** Nice.

## *Gabby TRT and MORE Treatment Example September 2019*

**Q:** It is, isn't it? So we want to do more processes that are all about getting your body into states of, as I said earlier, rest because the mind responds, and accelerated healing happens when we rest. But there are two other pieces that I want to illustrate for you that I think will tie into yucky stuff.

So one, as I shared with you before, we're not troubled because of how bad it was or what happened, whose fault or any of that. It's because part of the brain doesn't know that it's over, right? But there's a second thing that happens when we go through negative experiences and it really impacts us because we were all lied to as children. Did you know that we're all lied to?

**A:** Um-hmm.

**Q:** Parents do it.

**A:** Yeah.

**Q:** Community does it, society does it, lies to children. Primarily because most in our culture, we want our children to grow up to be good boys and good girls. So we tell them that if you're a good boy and if you're a good girl your life will be good, and you'll get to live happily ever after. And that lie gets reinforced by the TV shows, by the books, by the stories, by the movies, by the games, by all the stuff engineered for little kids to tell them that when you're being good, good things happen to you. "Mommy loves me, she's happy with me, she praises me, she gives me hugs when I'm being good." Which is great if everything in life is always good. I've never met anybody though, ever in my entire life, that's had nothing but great things. I think we all have bad shit that happens, some more than others, but we all have ugly stuff.

So the problem isn't just that we've told kids that life is good and if they're good their lives will be good, the evil that got installed is the opposite. "Bad things only happen when I'm being bad. Mommy yells at me, mommy punishes me, mommy spanks me when I'm being bad. The bad thing happened because I was doing something wrong." Even a little 18-month-old, who's curious. Mommy knows that when he's quiet he's doing something he probably shouldn't be doing, so she's frantically looking for it, all around the house. She sees him in the bathroom, she sees he's already got the cabinet underneath the sink open; he's got the can of Comet. And you know where everything goes for a little kid, right? And she sees that happening and she shrieks, "No." Rushes over there, yanks it out of his hand, maybe give him a swat on his heinie.

What is the nervous system of that kid learning?

**A:** That he's being bad.

**Q:** "Something that happened to me because I was doing something wrong. Therefore bad things only happen when I'm being bad." Is that true?

**A:** No.

**Q:** Do the bad things in life only happen to us when we're being bad? No. But the problem is we learn that and that's what sticks. It's why it makes it feel like it's my fault or, "I should have known better," or, "I shouldn't have put myself in that situation," or, or... It kind of gives all of that to us. So we live in this world that teaches us that the bad only happens when we're being bad.

## *Gabby TRT and MORE Treatment Example September 2019*

So nobody's shocked when the 23 year old girl who went out with her girlfriends to the bar because she's celebrating, having just gotten a job and while she's there it seemed like one of her girlfriend's friends knew this guy and he seemed to be nice and they were kind of flirty back and forth and he bought her a couple of drinks and he seemed to be really nice and said, "I'll take you home," and he did. And then he raped her. Nobody's shocked when she blames herself for being stupid and careless and putting herself in that situation, saying things like, "I should have known better."

**A:** Um-hmm.

**Q:** Right, like she had a sign that said, "Hi, do you want to rape me!" No, but because it was bad it goes back to being my fault. Make sense?

**A:** Um-hmm.

**Q:** So that gets layered in. So not only do we have the bad things happen, it's intensified, now it's my fault and now it's my identity. It's about my worth, my lovability, whether I'm good enough, whether I'm smart enough. It all gets stuck there.

A four-year old's parents get divorced. Now, at four the kid doesn't really get that it's an issue between mom and dad. The kid just knows that dad's no longer in the house. The kid's thinking, "Well, there's something wrong. Daddy used to live here, now he doesn't." And all little kids are told that the feelings that everybody has around them are because of you. Did you know that? Little children are always told that everybody's feelings are because of you.

My mom, of all people, my mother tells my two little girls, "You make grandma's heart happy." I'm like, "Mom, cut it out. Stop putting pressure on them, because if they can make your heart happy, they can make it sad." That they cause the feelings, "Oh, you make me feel so good. Oh, I love you so much. Oh, I'm so happy. Oh, I'm so proud of you," and then the flip. "I am so angry. I am so disappointed in you. You made me feel so upset." Little kids hear it over and over and over again that they cause feelings.

So the four-year old's parents get divorced. He just knows that dad's not there. The four-year-old starts thinking, not logically because they're not logical then. "Well, daddy doesn't live here. Well, maybe it has something to do with me. Maybe if I was more loveable and maybe if daddy really cared or maybe if I was worth it, daddy would still be here."

Nine, dad's not in the picture. Calls him up, knows that it's his birthday he's going to turn 10. "Hey, I'm going to take you to Disney when you turn 10." The kid turns 10, he's waiting that morning for dad. It just so happens to be Saturday morning. All excited and ready, "Daddy's going to take me to Disney." 9 o'clock, 10 o'clock, 11 o'clock, 12 o'clock, one, two, three. Daddy never shows. Now, the kid might know that dad's got some issues.

Oh no, be here with me. You started applying shit to you Gabby, come on. Get back here with me. Yeah. Hi. We'll get to that thing. We'll get to that. We're doing examples over here that aren't about you on purpose, okay? See, all we know about that is that we're going to be all about getting you free.

## *Gabby TRT and MORE Treatment Example September 2019*

Yeah, because what's happening now? What was the thing that was just going on?

**A:** Because it makes me think about my daughter.

**Q:** Oh, your daughter?

**A:** Yeah.

**Q:** Because you've been feeling bad over not always being present for her?

**A:** Yeah.

**Q:** Okay, well she's not better off with you feeling shitty. Guilt never improves performance. I know that because do you want the guy who's kicking the game, to be feeling horribly guilty over missing one at half time? Is that going to make him do better?

**A:** No.

**Q:** No, right. But aren't you doing things right now that are all about getting you to be better? Or isn't that the thing that's going to be better for her, actually having a healthy mom? Don't you think?

**A:** Yes, but what has this done to her, now?

**Q:** How old is she?

**A:** 11.

**Q:** Yeah. The good news is, nothing permanent. You're going to get that as we clear shit up for you. You really will, I promise. Nothing's permanent. See, the neat thing about human beings is all we are is change. All we are is always changing. So we can make all sorts of changes for the better. Actually it might be good to be able to show, like all this fucked up shit that went on in life and actually you can make it better. We can actually show, like resiliency and strength and courage and all of those things that are going to be really good for a young lady now.

So, dad doesn't show. Now the kid at nine doesn't go, "Oh shit. I know my dad's a drunk, an alcoholic. He's probably on a bender. It's his fault. It's his loss he doesn't get to hang out with me at Disney." No, the kid's going, "If I really mattered and daddy loved me, he would have been there." So it all goes back to me.

At 14 he's dating this girl in middle school. Do you know middle school girls? They're totally committed all the time. Middle school girls are fickle. The wind blows and they like some other guy. Right? But again, she breaks up with him, starts dating this other guy, he doesn't think, "Oh, well she just likes the other guy. It's not about me, she's had a preference change." It's like, "I liked vanilla ice-cream and now I like chocolate." No, "There must be something wrong with me because if I was more loveable then she wouldn't have left."

At 19 he's dating another girl. He's grounded, he can't go to the party, she does. She sleeps with his best friend. Again, "If I mattered, if I was more loveable..." It just reinforces all of these bad

## *Gabby TRT and MORE Treatment Example September 2019*

messages that, “It somehow had something to do with my worth and my lovability and I must not be good enough so therefore I’m not worthy of anything good.” Great, so now I just settle for whoever.

And that then goes on and on and on until we clear stuff up. But see, that active does the third thing and that is our brain is vigilant and sensitive, scanning for things that are similar to any of the stuff that was painful. Looking and reacting fast. The reason we react more quickly is because in the animal world, remember that part of our brain is about survival and the sooner I react to threat in the animal world, the more apt I am to survive it.

The rabbit that heard the twig snap and ran, that dude’s around. The one who heard the twig snap and went, “Is that George or...? Oh-oh.” It got born out of us. So that’s why we react to things, that’s why the soldier dies on the ground when the firework goes pop. It’s not that he doesn’t know that it’s the 4<sup>th</sup> of July and he’s at a firework celebration. He lit the damn thing. His brain confused the sound. That runs us all of the time until we get it all cleared.

So the you that I’m seeing, that kind of urgh in you with the thing that happened, the you that I am seeing, that’s stuff been lifted, lightened and cleared, so that she’s free from the effect of all of that. The you that I’m seeing is really solid, rock solid in her recovery first of all, but solid, like good inside, like good with what she’s up to and where she’s headed. All of the powerful changes that she’s already making. That’s the you that I’m seeing. She’s like at peace. There’s a lot more lightness and ease. She’s a lot lighter on her earlier self.

There’s even flexibility and freedom to be taking criticism or somebody telling her that something’s not quite right as just feedback. So she goes, “Oh, I didn’t realize that. Okay, I’ll just move it over there.” How cool. There is just that flexibility and flow in how she maneuvers through that stuff. That’s the you that I’m seeing. Got it? Yeah, she’s free, she’s light, she’s clear, she’s at ease. She’s really comfortable in her own skin. Oh, and she’s a lot stronger because she’s gotten all of the strength from having made it through yucky stuff.

Nobody goes through yucky stuff to get stronger, but by making it through it and being on the other side of it, you have to be stronger. There’s a reason that somebody who’s already made it through war becomes the platoon leader, not the guy who’s never going to. We don’t want that guy leading the ship. We want somebody who knows how to navigate through it. Right, we want all of that installed so that you get that strength.

So that’s how I’m seeing you. If we were to symbolize that you, symbols work powerfully. That’s why when you see a big yellow arch you go, “Oh, that’s McDonald’s.” You see a swoosh mark on somebody’s sneakers, “That’s Nike.” What does that have to do with sneakers or cheeseburgers?” Not a freaking thing, but they’re symbols of the company. We want to get a way to symbolize you, at peace and clear and light and free. Really good with what she’s up to and where she’s headed so that there’s that sense of joy and flexibility in how she deals the stuff. That’s the you that I’m seeing. Got it?

And if we’re going to symbolize that you, we could use a wild animal. We could use something up in the sky, a natural formation of the earth, something that grows from the ground. We’re going to make it up. What comes to mind?

*Gabby TRT and MORE Treatment Example September 2019*

**A:** You want me to say?

**Q:** Yeah, what comes to mind to symbolize you?

**A:** I don't know.

**Q:** Free, light, clear.

**A:** An eagle.

**Q:** An eagle? And as you see the eagle, is it moving or still?

**A:** It's moving.

**Q:** And soaring or flapping?

**A:** Soaring.

**Q:** Yeah, so we've got a soaring eagle, a powerful symbol. Your mind selected it. See, I can give you symbols like advertisers do and your mind will respond. But see, the unconscious parts know what it will respond to for you, selecting the perfect symbol like the lock produces the perfect key to open it.

So now what we want to do is add a component. You're going to put both feet on the floor. You're going to look up with your eyes, not with your head. You're going to think soaring eagle and take a slow breath in. So look up, think soaring eagle, slow breath in. I know, way too many freaking... Alright, so we'll start over. Look up, think soaring eagle. It's so good, I love it. It's so fun. Right, so look up and out, think soaring eagle, take a deep breath in.

**A:** I already...

**Q:** You already did it. I know, you're fast.

**A:** No, I didn't breathe.

**Q:** We'll try it one more time. I'll slow it down. Look up... See I used to, in the other office, have a tiny little tack that I could direct people to, but I don't have that here yet. But you're going to just simply look up. You're going to think eagle and take a slow breath in. That was it, that was the first part, you did it.

The second part is going to be the exact same thing, this time though after inhaling, when you exhale, you'll close your eyes. So look up and out, think eagle, deep breath in, and then exhale and close your eyes. Good you can open your eyes. The same thing as that, this time though when they close, they're going to remain closed for a few moments. You're going to bring awareness in towards your breath. So look up and out, think eagle, deep breath in, exhale and close your eyes. Good, now with your eyes closed, bring awareness in towards your breath, just notice your breathing, so that as you are you can cause it to happen in a way that's a little bit slower and slightly deeper in how you automatically breathe. That's right. Take another deep breath in, and then exhale and open your eyes.

Good job. Those short moments, what did you begin to notice within yourself?

## *Gabby TRT and MORE Treatment Example September 2019*

**A:** Calm.

**Q:** Yeah, feeling more calm. Again, accelerating the healing. One more time, think soaring eagle, deep breath in, exhale, close your eyes. Good, keeping eyes closed, noticing your breath and as you're causing it to happen, it's happening differently than how it automatically happens, therefore you're altering your state of consciousness, beginning to fuel the transformation. That's right, it's already happening. That's right. We just can't help but laugh. That's right, because we want to have a really good time.

Right, so one more time, think eagle, another deep breath.

**A:** I want to tell you a story.

**Q:** Oh good, tell me a story.

**A:** I went to one of these... Oh my god, what is it?

**Q:** It's a little worm. Apparently, we keep getting these little worms. Weird.

**A:** So I went to this AA meeting and it was like a meditation one.

**Q:** Oh boy, jeez. That's hard.

**A:** I can't remember if the person was talking or if it was a video but it's going down, behind your bellybutton, but calming or whatever. And I just couldn't control myself, I was laughing, I had to leave. I was so embarrassed.

**Q:** Yeah, well they kind of direct that in such a way to make you laugh.

**A:** Everybody was very serious.

**Q:** That's the problem, is that people take it too serious. Right, and this stuff that we're doing today is far too serious to not have a lot of fun. So, we can only be serious to the extent that you're having fun and then you get to have some serious fun. That's right.

So I want you to think of this. Think of the time when you were outside in nature and you see something that's beautiful. What is it that you see?

**A:** It's actually a treehouse.

**Q:** An isn't there a moment that as you're seeing the treehouse that you're experiencing like a sense of excitement and peace?

**A:** Um-hmm.

**Q:** All at the same time and people would say, "Yeah Gabby, it's the treehouse that gives you the feelings." But if we looked at it from a different lens, we could say that the seeing of it, the being there just drew your awareness down and in towards your center, because at your center, whether you realize it or not, you're always peaceful and excited.

## *Gabby TRT and MORE Treatment Example September 2019*

In the same way, I'm at the campfire and I take my hands and I move it down towards the flames and I say, "Boy, this fire's getting hotter." Is it really that the fire's getting hotter? No, I'm becoming way more aware of the heat.

So we know that there have been so many times in your life where awareness has been anywhere but at your center. The stressors, the upsets, the angst, the pains, the guilts, all of that stuff. But the cool thing is, no matter where awareness has been, always at your center you're peaceful and excited.

In the same way you can know that two of us are in this room, because your senses are bringing the data, your intellect organizes it, that's knowledge. People think of knowledge as light, so we'll call it light of knowledge.

We could also say that at your center it's a brighter light, light of wisdom. So we've got knowledge and wisdom.

I remember working with all sorts of different people, but one girl comes into mind. She had a lot of different stuff, some drug stuff, some yucky stuff that happened, some things that happened with family members, some stuff that happened later in life. But one of the things that really bothered her was when she was five, her older brother, Matchbox cars up her leg. So she had a lot of yuck about all of that. And as we worked together, gone, like all gone.

So she was sitting across from me, she was present, she was feeling great and I go, "Okay, all of that urgh," I go, "where was it?" And she goes, "It's gone. I don't feel it." I go, "I know, isn't that cool?" She goes, "Yeah." I go, "But the question was where was it." And we started thinking, like was it at the surface level, up here? She was like, "No, it wasn't an intellectual thing." "Oh, well maybe it was at your center," and she's like, "Dude, serious? How could it survive in the light where I'm peaceful and excited?" So I asked her again, I go, "Where was it?" and she said to me, she goes, "Oh, it was hiding in the shadows between the lights." I said, "Well, what happened?" She goes, "They're not touching." I said, "Cool."

So you know that you have a body and your body is 100% and totally yours but did you know that your body isn't you? I mean, I know that because my mom, when she was 17 worked at an ice-cream stand that sold snow cones. It got stuck, the ice, so she turned it off and jammed her finger in it and the blade... the tip, gone. That part's gone. So when she goes over to people's houses, they don't say to her, "Hey, I'm glad almost all of you could come over."

So we know that we're not our bodies, that you have a body that's totally yours, but it isn't actually you. And we also know that there's not a single cell within your body today that's the same as it was, that they've all been replaced millions of times. Your feet alone are longer than they were when you were two. Yet despite those kinds of changes you're you.

The second thing that's weird, do you know that you think thoughts but that you are not the thinker of your thoughts? What if you're not your thoughts? What if you're not even the thinker of your thoughts? What if your brain is the thinker of your thoughts and you are not your brain? Your brain is simply an organ, like your heart, lungs, kidneys, liver and it does what it does, but it's not actually you.



## *Gabby TRT and MORE Treatment Example September 2019*

So we could say that you have thoughts, they're yours, but your thoughts aren't you. Then we go, wait, maybe you're your feelings, but you feel different ways at different times.

**A:** Like my soul.

**Q:** What?

**A:** A soul.

**Q:** Yes, we think of that as something we have. My soul, right? What if we don't think of it as something we have?

When I was a little kid my mom told me a prayer. I thought it was a horrible thing she did.

**A:** Why?

**Q:** Not telling me this prayer but we had to say it every night and I don't know why she said it at night because it was scary. This is the prayer, you may have heard it. "Now I lay me down to sleep, I pray the Lord my soul to keep. If I should die before I wake, I pray the Lord my soul to take." And then she would kiss me on the forehead, she'd walk towards the door, turn the light off, say, "Good night sweetie, I love you," and shut the door. And now, I'm lying in my bed, dark, thinking about my death. Why is she telling me this?

Now, horrible nightmares of two large hands breaking through my window, ripping open my dead body, grabbing it from me.

When I got older, I started to think of, instead of it being something I have, let's think of my fingers and toes as things I have, but let's think of the light, the soul, light at the center, peace and excitement, that light as you. Because you have thoughts, you have feelings, you're you even though you feel different ways at different times, so you're not feelings. There are things you do and stuff you've done but when you stop doing one thing and did something else, you didn't stop existing because you can't be what you do then, and you're not your feelings and you're not your thoughts and you're not your body, and that leads us to the weird question, what are you?

Instead of thinking of it as something you have, let's think of the light at the center as you. And you know what the coolest part about light is? It can't be touched or hurt or harmed. Only experiences, the love that it allows in is totally whole and complete, indestructible. And I say that because people screw up identity all of the time. They tell me things like they're anxious, they're depressed, they're shy, thinking that the way that they feel is who they are.

If I go the dentist like I did yesterday and I say to you, "You'll never believe what he did." You'll go, "What?" "Well first, he put me in a chair." "Yeah." "Then my head goes down, my feet come up, it's really uncomfortable. Then, he shines this light in my eyes, I'm blinded. Then, he takes a cold instrument, shoves it right up inside of me," and you go, "Huh! Inside your what?" I go, "I'm at the dentist, my mouth."

Which is the same thing that I said to that woman with her brother and the Matchbox cars. "When you were really little he messed with your stuff," and she said to me, "Yeah, he did and it hurt my

## *Gabby TRT and MORE Treatment Example September 2019*

feelings and it screwed up my thinking for a while,” but then she started to smile and she goes, “You know what though? He never touched me. He messed with my body, he hurt my feelings, screwed up my thoughts, but he never got me. He never touched me.” I said, “Wow, that’s pretty powerful.”

So do you want to see something that’s weird? Are you ready for something weird now? Not that this hasn’t already been. I’m going to show you something. Take your arm, put on the pillow. Take that hand and hold it up like this, good. Rest your elbow right there. Look at that spot on your hand and as you’re looking at that spot on your hand, don’t do anything on purpose to move it, notice that you can see the space around your hand.

**A:** Um-hmm.

**Q:** Right, and then I’m going to take my hand from over here and with your peripheral vision you can see my hand moving in. See, what’s really interesting is, as my hand moves in, before my hand ever touches your hand, you’ll notice something. That’s right. You can feel it. Isn’t that weird?

**A:** Um-hmm.

**Q:** That my hand feels very different here than there, and you can see my [unclear 00:28:29]. You feel it, isn’t that interesting?

**A:** Um-hmm.

**Q:** And as you’re feeling it don’t do anything at all on purpose to move the fingers of that hand, just begin to become aware of small little vibrations as the fingers on their own begin to slowly separate. I’m not sure whether you’ll notice. That’s right. A little twitch or a wiggle or a jump or a jerk.

**A:** Are you talking about my fingers?

**Q:** Right. I know, you weren’t sure, were you? That’s right, that’s so good. But check right now, how is your body feeling?

**A:** Fine.

**Q:** It is, isn’t it? Your body’s feeling fine, right. See, we’re all about organizing toward you being free and because we’re going to where we’re headed and your unconscious knows what to do, it also knows which experiences would be useful to clear. That’s right, to get you to be even more free.

So as your thinking about that soaring eagle, your unconscious is going to travel back through your timeline of things that happened that sucked. It’s going to begin to categorize and sort them, chunk them into different content and then it’s going to bring a particular moment to mind to clear. Right. What comes to mind?

**A:** So...

**Q:** Have you got one?

**A:** Yeah.

**Q:** Good. It happened about how long ago?

*Gabby TRT and MORE Treatment Example September 2019*

**A:** A few months ago.

**Q:** A few months ago. Okay, so the feelings that come about it are feelings of what?

**A:** Scared.

**Q:** Scared?

**A:** Yeah, I can feel it in my chest.

**Q:** Oh good, well notice where you are.

**A:** Yeah.

**Q:** Now, not there, here? Now, not there, here, right. That's right and as you're noticing that what do you notice happening to the feelings, as you're realizing you're here, not there? Aren't you here now?

**A:** Um-hmm.

**Q:** Not there then?

**A:** Yeah.

**Q:** That's right. See, that's what we want, is you to be here now. Right. Because there's something that you back then didn't know, that you know. Do you know what the you didn't know back then that you know now? That you're okay here. Aren't you?

**A:** Yes.

**Q:** You are. So we actually have some good news to get in, don't we? I mean, is there anything scary about being here now, with me? No, so what's happening now?

**A:** [Laughs]

**Q:** Oh, you're getting back here now. There you go, and we like it way better when you're here. That's right. See, here's the coolest part about all of the stuff that we're doing. Your job is to intend to be here with me. My job is to keep you here. Notice how I notice that you were going somewhere else, and I stopped, because what am I supposed to do? Get you back here with me. Why? Because I'm way more fun than sucky stuff. Right. So, would it be okay for you to be free?

**A:** Yes.

**Q:** From the effect that that's had?

**A:** Yes.

**Q:** Right, so we've got good news to get in and what's something that happened after that that was more fun than that? Oh, you got baptized. That happened after that didn't it? Right, what's something else?

*Gabby TRT and MORE Treatment Example September 2019*

**A:** I had... Well, I didn't have my kids. Coming to Taylor.

**Q:** Yeah, you got into Taylor. That's better than that, don't you think?

**A:** Yeah.

**Q:** You left jail.

**A:** Yeah.

**Q:** That was a better thing than that, right?

**A:** Um-hmm.

**Q:** Good, so we've got really good news to get in that part of you back then doesn't know yet. See, the reason that there was that feeling is that there's a part of you that doesn't know about being in Taylor, that doesn't know about being baptized, that doesn't know about getting out of jail. So we've actually got really good news. Don't you think?

**A:** Yeah.

**Q:** I mean, check it out. As that's going on and she was scared, if she knew that she got out of jail, she's in Taylor, she got baptized, how much better she is knowing that that stopped and it's no longer happening. She hasn't gotten that news yet. Like you do, you know what, I mean, you're sitting here with me, but the earlier you doesn't know that yet. Right, so we're on our way to getting it cleared.

What's happening now?

**A:** I'm still a little tense.

**Q:** You are?

**A:** Yes.

**Q:** Okay, about that?

**A:** Yes.

**Q:** So what about it is troubling you, for you, now?

**A:** Nothing.

**Q:** Sitting here.

**A:** Just the thought of it.

**Q:** Oh, the thought of it. Well, move the thought way over there. If we took the thought and we just went... put it way over there, and we kind of shrunk it so that we could see what happened way over there, back then, but really small. Like, if we kind of made it as small as the screen. Like that small, got it? Way over there, that small. That's what happened back then and you're sitting here with me now, which is way more enjoyable what went down back then. That's right. See, all we want to do is

*Gabby TRT and MORE Treatment Example September 2019*

get in the good news that what happened back then stopped and that you made it through it and that that experience no longer exists. Which is the thing that we want to get in, don't we?

**A:** Um-hmm.

**Q:** That that moment's over, right. But see, there's an aspect of your brain that doesn't know the really good news. So that thing happened, a few months ago you were where, what happened?

**A:** So...

**Q:** You're in Tampa?

**A:** No. Ocala.

**Q:** You're in Ocala, good, in the forest?

**A:** No.

**Q:** Alright, darn it. The Ocala Forest, isn't that a big thing out there?

**A:** Yeah, it is.

**Q:** So you're in Ocala?

**A:** Yeah.

**Q:** Good, it's daytime or nighttime?

**A:** It's daytime.

**Q:** Daytime and you're where in Ocala?

**A:** In a hotel.

**Q:** You're in a hotel room and you're like in a chair, on the floor, in the bed?

**A:** I'm on the bed.

**Q:** You're on a bed, good, right, and then what happened next?

**A:** I got shot.

**Q:** And then you got shot, where?

**A:** In the chest.

**Q:** And that fucking hurt.

**A:** [Laughs]

**Q:** And then you went, "Fuck." And then what happened next? There was blood?

**A:** I didn't even realize.

*Gabby TRT and MORE Treatment Example September 2019*

**Q:** You didn't even realize it?

**A:** Yeah.

**Q:** It hurt a little bit?

**A:** No.

**Q:** It didn't hurt at all?

**A:** No.

**Q:** Good, and then what happened next?

**A:** I was scared.

**Q:** And then what happened?

**A:** Do you want me to tell you everything that happened?

**Q:** Well, then what happened?

**A:** Well, I told the guy that he needed to call the cops.

**Q:** Right, so you said, "Hey, you need to call the police."

**A:** Yeah.

**Q:** Right, good, and then what happened next?

**A:** He gets rid of the gun.

**Q:** Right, good, and then what happened?

**A:** I started shooting up.

**Q:** Right, because that would have felt better than... Good, what happened next?

**A:** I laid back on the bed.

**Q:** Yeah, good, right and then what happened?

**A:** He came in.

**Q:** Yes, good, and then what happened?

**A:** Another guy came in.

**Q:** Good, right, and then what happened next?

**A:** I told him that he was already caught, the ambulance was on the way.

*Gabby TRT and MORE Treatment Example September 2019*

**Q:** Right, good job, good detail, right and then what happened? You told the other guy that the ambulance was on the way?

**A:** Yeah.

**Q:** Right, good, and then what happened? Because that guy was saying, "Can you get rid of her?"

**A:** Yeah.

**Q:** Alright, and then what happened?

**A:** So the ambulance came.

**Q:** Right, and they went up to the room.

**A:** Yeah, they came to the room.

**Q:** They did, didn't they?

**A:** Um-hmm.

**Q:** That was better.

**A:** Yeah.

**Q:** And then what happened? Did they put you on one of those stretcher things?

**A:** Um-hmm.

**Q:** And they carried you back to the ambulance?

**A:** Um-hmm.

**Q:** And they were driven to the hospital?

**A:** Yeah.

**Q:** Right, and then they did whatever they did.

**A:** Yeah.

**Q:** Right, and then eventually you got to the hospital?

**A:** Um-hmm.

**Q:** Right and then that particular time was over?

**A:** Yes.

**Q:** Right and then later on you did something more fun?

**A:** Yes.

*Gabby TRT and MORE Treatment Example September 2019*

**Q:** Like getting baptized?

**A:** Yes.

**Q:** Good. So notice how there was discomfort.

**A:** Yes.

**Q:** Again, not because that sucked, because it did. You see, we want to get it unplugged. Yeah, because we are all about you being free. Imagine how resilient and smart you are. I mean, I don't know whether you realize that yet, but you will get it. So we've got getting into Taylor, we've got getting out of jail.

**A:** Yeah.

**Q:** Right and then we've got getting out of the hospital and then we've got being in the hospital and then getting to the hospital.

**A:** Are you going backwards?

**Q:** And then being in the ambulance.

**A:** Okay.

**Q:** Right and then getting taken into the ambulance and then being walked down on the thing and then them being in the hotel room and then you telling him, "Yes, somebody's already coming," and then him probably saying, "We've got to do something about her." And then them coming back into the room and then you laying down on the bed and then you shooting up and then him getting rid of the gun and you saying, "You need to call the ambulance," and then you getting hit and then before that there was whatever it was that was going on and before that you'd gone into the hotel room and then somehow you'd gotten to Ocala. Right? So we went through it backwards compared to forwards. Emotionally, how was it? Oh, now we're starting to breathe. Right, what's happening now?

**A:** I'm just noticing how sweaty my hands are.

**Q:** Well right, didn't we just go through a really yucky thing?

**A:** Yeah.

**Q:** Yeah, right. But how's your body feeling right now? There's a big breath, right?

**A:** Yeah, right.

**Q:** It's starting to come back here. Right now, because you can remember that happening. You remember it happening, the thing, the guy coming, you can remember all of that happening, going to the hospital, you remember that happening. You can remember putting your pants on today. Gabby, stop putting on your pants. Say, "I am not putting on my pants." Well, stop me from putting on my pants. Say, "You're not putting on your pants." Well, stop putting on that bracelet. "I'm not putting on my bracelet."



*Gabby TRT and MORE Treatment Example September 2019*

**A:** I'm not putting on a bracelet.

**Q:** Well then stop getting hit by the bullet. "I'm not getting hit by the bullet." Well stop that from happening. Say, "That's not happening."

**A:** It's not happening.

**Q:** So then where is it? Say, "It no longer exists." See, there's no place called the past that it's in, not like a container of the past that stuff is existing in. It actually no longer exists. Do you have a memory of it?

**A:** Yeah.

**Q:** Yeah, but is the memory the same thing as the experience?

**A:** No.

**Q:** No. That's what's starting to happen. Your brain is starting to get that the memory isn't the experience, that it's data. And how wise do you think you have to be, to be so resourceful, that even in a drug state and having been shot, you go, "Oh yeah, people are already on their way. Hello, you can't do anything, people are already on their way." Right.

Just check that out for a moment.

**A:** [Sigh]

**Q:** Right, there we go, as we think about that, is that wise in that moment to be able to say that? Hello, I mean come on. With all of the trouble going on then, my goodness. How wise is she?

**A:** Yeah.

**Q:** Right, and that's the thing that actually kept you alive.

**A:** Um-hmm.

**Q:** Right. Right, you might want to start feeling good about how wise you actually are and resourceful that in that moment, with all of that stuff going on, boy it was. That's what you did. Right.

**A:** Okay. I feel better about it.

**Q:** Right.

**A:** A different perspective.

**Q:** Well, you hadn't been thinking of it in that way. But if we really look at it more clearly, this girl's in the distress that she's in, with what happened, she's resourceful enough to get the guy, convince him first of all to call. "You just shot me, you need to call an ambulance." Okay, he goes, "I've got to get rid of the thing," another guy comes back and says, "You need to take care of her, get rid of her."

## *Gabby TRT and MORE Treatment Example September 2019*

“You can’t do that, they’re on their way.” I mean, who does that? That’s amazing. That’s unbelievable, you’re amazing.

Right, you might want to actually feel really good about that, that that’s how resourceful you are, that that’s what came to mind to do. Right. In the midst of that, that’s remarkable, amazing, unbelievable.

So, when you think about that moment now, what do you notice? Oh by the way, I want you to check this out. In a moment you’re going to close your eyes, you’re going to picture that earlier you in the midst of all of that and you’re going to let her know that she’s okay. You’re going to let her know about accepting God, Jesus, being baptized.

**A:** You’re going to make me cry now.

**Q:** You’re going to let her know. Yeah, but this is going to be a different reason for crying, this is okay. You’re going to let her know that she’s okay and you’re going to let her know how much you appreciate how wise she is, that in the midst of all of that she was able to do what she did. Right. Because you wouldn’t want to feel really good about that. Right. So you just want to let her know that she’s okay. Right. Letting that earlier you know back then. She was in the midst of doing what she was doing to stay alive. Let her know that it’s over, finished, completed, that that experience no longer exists. You’re going to let her know how she’s breathing now, sitting here on the couch with me. You’re going to let her know about getting out of jail, about accepting. You’re going to let her know about being baptized, about getting into Taylor. You’re going to let her know how much she’s already done to drastically change her life for the better. Right. That’s right. Right.

Oh, and you didn’t realize this, I’m not sure whether you realized it at the time, that by shooting up, it kind of lowered your blood pressure. That it aided in keeping you alive at that time. Because you weren’t doing the spike, that wasn’t while I was being shot at. Right.

Yeah, and what’s happening now? What did you notice happen to the earlier you realizing that you’re okay, that you’re sitting here now? Oh, that was a good breath too. That’s right. What do you notice, and you’re getting how wise and brave?

**A:** It makes me feel stronger.

**Q:** Yeah, right, and what do you notice happen at that earlier you space, knowing that she’s okay, when she learns that she’s okay, from the woman who knows?

**A:** She smiles.

**Q:** She does, doesn’t she? That’s right. And that you can be so appreciative of what she was able to do in the midst of one of the most distressing things that somebody can be going through. Right. That’s right. Check out your body right now. Yeah, it’s feeling more calm, right? What do you notice has happened to feeling scared?

**A:** I don’t.

**Q:** You don’t, do you?

*Gabby TRT and MORE Treatment Example September 2019*

**A:** No.

**Q:** Yeah, right. Things are starting to lighten up. That's right. Yeah, there we go. Isn't that awesome? That's right, yeah. Yeah, because we're getting free from the effect that that's had. Right.

**A:** [Sigh]

**Q:** There we go. That's right, and what are you noticing now?

**A:** I actually thought of another...

**Q:** Right, because your brain is like, "Shit, if you can get that, do another, let's do another." I know another one is coming, yay, right. That one happened when?

**A:** A couple of weeks before this.

**Q:** A couple of weeks before that, right, and you're where?

**A:** In the same hotel.

**Q:** So you're in the same hotel room, the same room?

**A:** Yeah.

**Q:** Okay, and you're where, doing what? Are you on the bed, on the floor?

**A:** I'm outside.

**Q:** Oh, you're outside, like on the...?

**A:** Like out front of the, like the sidewalk where you go into the room.

**Q:** Yeah, right, so you're on that sidewalk, right, and then what happened?

**A:** I come out of one door and the guy that shot me, he comes out of the room next door.

**Q:** Good job, good detail, right, and then what happened?

**A:** He comes in and he grabs me.

**Q:** He grabs you?

**A:** Like...

**Q:** By your hair?

**A:** Yeah.

**Q:** Right, and that hurt.

**A:** Yeah.

**Q:** Right, good, and what happened next?

*Gabby TRT and MORE Treatment Example September 2019*

**A:** He starts beating the shit out of me.

**Q:** He hits you with his fists or slaps?

**A:** No, he's hitting me with his fists.

**Q:** In like face, body?

**A:** Everywhere.

**Q:** And that hurt.

**A:** Yes.

**Q:** Right, good, and then what happened next?

**A:** I'm on the ground.

**Q:** Yes, right, and then what happened?

**A:** He's kicking me.

**Q:** Right, good, and then what happened?

**A:** He drags me in the room.

**Q:** Right, good, by your hair?

**A:** Yes.

**Q:** Right, good, and then what happened next?

**A:** He grabs the gun.

**Q:** Yes, good, and then what happened?

**A:** He started talking me in the basement.

**Q:** Right, good, and then what happened next?

**A:** I started to scream.

**Q:** Yeah.

**A:** Oh, no, I shit myself.

**Q:** Right, good job right. Well, that will get somebody to stop.

**A:** No, it did not.

**Q:** Of course not.

**A:** I was screaming now.

*Gabby TRT and MORE Treatment Example September 2019*

**Q:** Right, and then you're screaming, right, and then what happened?

**A:** He tells me to shut up.

**Q:** Right, good, and then what happened?

**A:** I scream louder.

**Q:** Yes, and then what happened?

**A:** He stopped.

**Q:** Yes.

**A:** I got up and ran.

**Q:** You did, didn't you?

**A:** Yes,

**Q:** Right, and then what happened next?

**A:** The police came.

**Q:** Yes.

**A:** And I'm on the other side because I'm hiding from him.

**Q:** Good job, good detail, right, and then what happened next?

**A:** And they're asking me what my name is.

**Q:** Yes.

**A:** And I give them my sister's name.

**Q:** That's right, good job, good detail, good, and then what happened next?

**A:** They said that somebody's been screaming, somebody called the cops.

**Q:** Yes.

**A:** And am I okay, what's wrong with my face?

**Q:** Yes, good job, good detail and then what happened?

**A:** I say, I got into a fight earlier, that I was screaming out there.

**Q:** Right, good job with the detail.

**A:** So, she gets up and she walks, because I had a warrant, so I didn't want to tell them that.

**Q:** Right, of course, right.

*Gabby TRT and MORE Treatment Example September 2019*

**A:** So I get up and I'm walking now.

**Q:** Yes.

**A:** To the other side of the street.

**Q:** Yeah, good job, good detail, and then what happened?

**A:** I get across the street and he's running across the street with a gun.

**Q:** Good job, good detail.

**A:** So I come back towards the car.

**Q:** That's right, good detail, hello, right, what happened next?

**A:** Right now, I've gone to the first door.

**Q:** Yes.

**A:** They opened it, I got in it.

**Q:** Yes, good job, yes, and then what happened?

**A:** So then the person has a baby in there.

**Q:** Good job, good detail.

**A:** And he's like... I don't know if he's the one that called the cops.

**Q:** Yes.

**A:** But he's like freaking out.

**Q:** Yeah, right.

**A:** He doesn't want to talk to them now, he's a drug addict too and he's got his son.

**Q:** Yeah, good job, good detail, right.

**A:** So, he lets me take a shower and he gives me clothes.

**Q:** Yes, good job, good detail. Which was better.

**A:** And he lets me sleep there.

**Q:** Yeah, good job, good detail.

**A:** So, when I wake up to his sister coming in and he's not there, it was terrible.

**Q:** Good job, good detail, right.

**A:** It was very embarrassing. So now I'm having to leave.

*Gabby TRT and MORE Treatment Example September 2019*

**Q:** Right, so then you left.

**A:** I had nowhere to go, I had no shoes on.

**Q:** Right.

**A:** It's daylight now.

**Q:** Yes.

**A:** The lady that owns the place is knocking on doors.

**Q:** Good job, good detail.

**A:** She wants money, so I'm worried she's going to knock on his door.

**Q:** Right, good job.

**A:** And she knows that he beats me and stuff.

**Q:** Yes.

**A:** So she just let me, like hide, until somebody came that I knew to pick me up.

**Q:** Right, and then somebody came and got you.

**A:** Um-hmm.

**Q:** And then that moment ended.

**A:** Yeah.

**Q:** And then later you did something more fun, like get out of jail.

**A:** Yeah.

**Q:** Right, yeah, and be baptized.

**A:** Yeah.

**Q:** Right and getting into Taylor. Right, that's right. So we've got getting into Taylor, being baptized, we've got getting out of jail and then you're with that person and then she had let you wait and then you had seen her and then you left that room and then the sister came home and then you had woken up and then you had gone to sleep and then you had gotten the clothes on and then you had taken the shower and then the guy is like panicked and then he had let you in and then you had ran back across and then you were across and then you were back and then you had met the police and then you had said your sister's name and it was over there and then you had gone over towards the police and then he was out and then you had ran out and then he stopped and then he told you not to say anything and then he had been hitting you with the gun and then he had dragged you in the room and then he was hitting you multiple times in the body and face and then he had grabbed you by the hair and then he had come out of the room and then you had come out of the room and then

## *Gabby TRT and MORE Treatment Example September 2019*

before you were doing something else. Right, going through it backwards, compared to forwards, again, how emotionally was it?

**A:** Not so bad.

**Q:** Right, because your brain is getting that it's data. Right. So you can remember him doing that? Grabbing you, hitting you, doing the whole thing, you can remember all of that happening. The police coming in, you remember shit... Do you know why that happens by the way?

**A:** No.

**Q:** Think of it this way. Animal, in the midst of threat has a tendency to empty bladder and bowels. Why? A full balloon is easier to pop than a deflated balloon. Seriously. So you pick up a rabbit and the rabbit's scared, what does it do? It pops out a turd. Right. I'm telling you. A deflated is safer than an inflated. So that's what happens. It happens in the animal world all of the time. Right. So you can remember doing that, you can remember him hitting you, you can remember him pulling... Do you remember putting your shirt on today?

**A:** Um-hmm.

**Q:** Gabby, stop putting on your shirt.

**A:** I'm not putting on my shirt.

**Q:** Well then, you stop putting on your sandals.

**A:** I'm not putting on my sandals.

**Q:** Well, stop me from putting on my sneakers.

**A:** You're not putting on your sneakers.

**Q:** Well then, you stop him from hitting you.

**A:** He's not hitting me.

**Q:** Well then, stop me from putting on my watch.

**A:** You're not...

**Q:** Stop him from pulling you by your hair.

**A:** He's not pulling me by my hair.

**Q:** Well then, stop that from happening.

**A:** It's not happening.

**Q:** Yes, so then where is it? Go, "It no longer exists." Say, "It no longer exists."

**A:** It no longer exists.



*Gabby TRT and MORE Treatment Example September 2019*

**Q:** Right, which is what we want to get in. And just think like how resilient you are. Right, to be able to make it through that. You're here. Masterful. Right. So again, all of that happening, by the way, did that have anything to do with you? Ah see, this is where we're stuck again. Good, this is fun. See, because you've been thinking it did have something to do with me.

**A:** Yeah.

**Q:** What if it didn't have anything to do with you at all? See, would it have mattered whether you or any other girl at that time, doing that kind of stuff with that kind of guy?

**A:** I don't know.

**Q:** Isn't that how he would have been?

**A:** Um-hmm.

**Q:** I mean, think about it in a different way. A kid is walking in a cafeteria, he's 13, he's got a tray full of food, he just happens to trip. You know those invisible things that kind of run in front of us sometimes and we trip? One of those things got him and he trips, he falls. He falls on the ground, the tray spirals, shit is all over the place. Right? The cafeteria, which was once loud, goes completely silent. Everybody turns, they all look, they all see that he fell, and they all start laughing. They're all making fun, right, picking at the guy. The kid wants Harry Potter's invisibility cloak. He's feeling, "They're all laughing at me." But would it have mattered whether it was that kid or any other kid in the school having that accident? Isn't that what the kids would do?

**A:** Yeah.

**Q:** Right. It had everything to do with what was going on, it wasn't about the kid. A kid comes home with two Ds and two Fs on his report card. Mom looks at him, "Wait until your father comes home." Dad comes home, dad was expecting to get lucky, Mom's pissed, Dad's now pissed. He sees the grades, really even more mad, takes the belt off, beats the kid with the belt, all over, not just the leather part but the buckle, just whacking him. The kid's feeling like, "I'm getting hit because I got the poor grades," but is he? No. See, isn't there like a thousand different ways that dad could handle that situation other than hitting him with the belt? So, did it have to do with the kid or his grades or did it have to do with what was going on with dad? It had to do with what was going on with dad.

See, what's been going on with this thing is that earlier you has been thinking that it had something to do with you because that's where we're looking at it from where we're sitting now. Did it have anything to do with you?

**A:** No.

**Q:** It had a lot to do with what the hell was going on with him. Right. You're just trying to navigate, "Oh, I'll never stop that stuff because drugs were involved too," and other stuff, there was all sorts of shit that was happening with that thing. Right?

**A:** Yes.

## *Gabby TRT and MORE Treatment Example September 2019*

**Q:** But you didn't go into it ahead of time, signing up, "Hey, you know what would be really cool? I'm going to sign up to hang out with this guy that fucking hits me, makes me do all of this shit and then shoots me. That would be fucking cool." I mean, "Hit me, hit me, hit me." None of that was happening, was it? You didn't have any of those thoughts going into it.

**A:** No.

**Q:** No. You didn't know any of that. Right. So that happening had nothing to do with you and everything to do with stuff being off with him. Right. Right. Which we want to get in. Now you're getting it, right, there we go.

So, I want you to repeat these four words after me, here we go. It's...

**A:** It's...

**Q:** Not...

**A:** Not...

**Q:** About...

**A:** About...

**Q:** Me.

**A:** Me.

**Q:** It's not...

**A:** It's not...

**Q:** About me.

**A:** About me.

**Q:** It's not about me.

**A:** It's not about me.

**Q:** Right, now close your eyes. Picture that you back then after it's over. Let her know that it's over, finished, completed, that it no longer exists and him being that way had nothing to do with you and everything to do with stuff being off with him. "It's not about me," so that she gets it. Right, and let her know of all of the positive changes you have already made, right, on your way to being a lot lighter, more peaceful and clear. Right. Yeah, and what's happening now?

**A:** The next thought. Not bad. That was just weird.

**Q:** Isn't this thing way different than that?

**A:** Yes. This is way better.

*Gabby TRT and MORE Treatment Example September 2019*

**Q:** It is, isn't it? People forget that the only purpose is to just stay, have the intention of being with me. I don't have to try really hard to be more fun than really sucky stuff. I can do it. So that actually came to mind, good, this one happened when?

**A:** A few days before that.

**Q:** A few days before that one. Good, and then, what's the thing that happened?

**A:** Walking...

**Q:** You were at that hotel?

**A:** Still at the...

**Q:** Damn that place. We are not going to that hotel. Alright, so you're outside walking?

**A:** Yes.

**Q:** Right, it's daytime or nighttime?

**A:** Nighttime.

**Q:** And you're by the hotel?

**A:** I'm at the hotel.

**Q:** You're at the hotel, just walking on the outside of the hotel?

**A:** Walking across the parking lot.

**Q:** Walking across the parking lot.

**A:** The other side of the hotel.

**Q:** Got it, good, and then what happened next?

**A:** I go in this room

**Q:** Good job.

**A:** And I am buying drugs.

**Q:** Right. So you go into the room and you get some stuff.

**A:** Right.

**Q:** Right.

**A:** The guy wants more money.

**Q:** He does, right.

**A:** He thinks I have money hidden.

*Gabby TRT and MORE Treatment Example September 2019*

**Q:** Good job, right, yeah.

**A:** There's two other women in there.

**Q:** Yes.

**A:** So he tells me to take off my clothes.

**Q:** Good job, good detail.

**A:** And I'm like, "Are you serious?"

**Q:** Right. But of course, he has the stuff so it's like, "Fuck."

**A:** Yeah.

**Q:** Right good.

**A:** And I'm not taking my...

**Q:** No, of course not. Right, and then what happened?

**A:** He jumps up and he got me by the throat.

**Q:** Good job, good detail, right, and then what happened?

**A:** And he's choking the shit out of me.

**Q:** Right, good, and that hurt.

**A:** Yes.

**Q:** Right. So check it out right now, your throat. Just check it out. Right, it's okay. Very good. That's right. So he had his arms around your throat, and then what happened next?

**A:** He's yelling at me.

**Q:** Right, good, and then what happened?

**A:** Then he lets me go.

**Q:** Yes, and then what happened?

**A:** I take my clothes off.

**Q:** Good job, right, and then what happened?

**A:** He gives me drugs.

**Q:** Right, because he saw that you didn't have any extra money?

**A:** Yeah.

*Gabby TRT and MORE Treatment Example September 2019*

**Q:** Right, good, and then what happened next?

**A:** He tells me not to come back in the room.

**Q:** And then you put your clothes back on?

**A:** Yeah.

**Q:** Right, and then he said, “Don’t come back to the room”?

**A:** “Looking like that.”

**Q:** Looking like that?

**A:** Like, in T-shirt and sweatpants.

**Q:** Oh, you should be dressed up like in a suit?

**A:** Like better.

**Q:** Oh, you should definitely be in a suit or a jumper. Heels.

**A:** Yes.

**Q:** Definitely in heels?

**A:** Like, looking better.

**Q:** Oh, okay.

**A:** Makeup on.

**Q:** Right, to come over to get drugs?

**A:** Yes.

**Q:** Because you definitely need to look good to have them. So he said, “Don’t you dare come looking like that again”?

**A:** Yeah.

**Q:** Okay, cool. “I didn’t realize that there was a book that I had to have before I walked into the place. I wasn’t going for an interview.” Right, and then that particular time ended.

**A:** Yes.

**Q:** Right, and then later on you’ve done lots of things that are way better.

**A:** Um-hmm.

**Q:** Right. Right, good. By the way, you when you were recalling that did you notice the same kind of feeling or was it already less?

*Gabby TRT and MORE Treatment Example September 2019*

**A:** It was less.

**Q:** It was, wasn't it? You can remember doing that?

**A:** Yeah.

**Q:** Right, you can remember like washing your hair?

**A:** Um-hmm.

**Q:** Like earlier today or last night? Gabby, stop washing your hair.

**A:** I'm not washing my hair.

**Q:** Well stop him from putting his arms around your throat.

**A:** He's not putting his arms...

**Q:** Well then, you stop putting on your pants.

**A:** I'm not putting on my pants.

**Q:** Well then, stop me from eating dinosaurs.

**A:** You're not eating dinosaurs.

**Q:** Well, stop that from happening.

**A:** It's not happening.

**Q:** So where is it? Say, "It no longer exists."

**A:** It no longer exists.

**Q:** Right, and again, him doing that, did that have anything to do with you?

**A:** No.

**Q:** It had to do a lot with stuff being off with him. That's right. So again, close your eyes. Picture that earlier you, let her know that that's over, finished, completed, that it no longer exists. Let her know that she's okay. Let her know that that happened, and it had everything to do with stuff being off with him, so that she gets it. Then let her know about being baptized, being at Taylor, and all of the powerful things that she's already doing to drastically improve her life. That's right. Oh right, because you're already beginning to see yourself as more than just that. There's a lot more to you than that, isn't there? Yeah.

**A:** Um-hmm.

**Q:** Oh, and that you get to be worth it, to you that is. Oh, you're already beginning to feel like you're worth it to you.

**A:** Um-hmm.

*Gabby TRT and MORE Treatment Example September 2019*

**Q:** Right, isn't that a good news thing?

**A:** Um-hmm.

**Q:** That's right. Right, and then you'll start to get that you're good enough, for you, because how can you not be good enough when you're being who you really are? I mean, what's not good enough about you when you're being you? What's happening now?

**A:** I'm calm.

**Q:** You are, aren't you?

**A:** Um-hmm.

**Q:** Yeah, and you can remember those things.

**A:** Um-hmm.

**Q:** And it's not doing anything. Right. Just check how resilient she is. Right. What kind of skillset does that take, to be able to tell the guy, "Now, you really need to call..."? Oh no, you already did. It's mind blowing, it's amazing. Right, and that was a catalyst to get you out of there and alive out of there. Which you are now, aren't you?

**A:** Yeah.

**Q:** Right.

**A:** [Sigh]

**Q:** Oh, see there's a good breath, that's right. Right, because your body's getting it too. Right. What's happening now?

**A:** I just can see myself getting, like more relaxed.

**Q:** You are, aren't you? Right.

**A:** It's nice.

**Q:** It is, isn't it?

**A:** I feel light.

**Q:** Yeah, the stuff's getting cleared. You're getting to have more freedom. Right. And actually realizing how strong that earlier you was to be able to make it through all of that. Right.

**A:** Um-hmm.

**Q:** Right, isn't that cool?

**A:** It is.

*Gabby TRT and MORE Treatment Example September 2019*

**Q:** Yeah, so when you think about those string of things that happened then, what do you notice now?

**A:** I'm relaxed.

**Q:** Yeah.

**A:** I feel more confident.

**Q:** Yeah. Anything about that stuff happening then that's at all troubling you now? Is there any anger or hurt or guilt or sadness or shame?

**A:** No.

**Q:** Right. Notice how different that is. Isn't that cool?

**A:** It is.

**Q:** Yeah, right.

**A:** Very cool.

**Q:** Yeah, so we're on our way to be getting all sorts of stuff lifted and cleared, right. Right, and you need to actually, from this moment, be really appreciative of how resourceful that earlier you was, going through what she went through and being able to get her out of that. Hello. Right. Yeah. So, are you a Floribbean?

**A:** No. I mean, I guess I am now.

**Q:** Well, but where are you from?

**A:** Maryland.

**Q:** Oh, you're a Marylander. Maryland.

**A:** Yeah.

**Q:** Okay, and did you grow up in Maryland?

**A:** Um-hmm.

**Q:** So like, grow up, go to school for a period of time and then... Is that where the extended family people are, like dad, mom?

**A:** My dad is in Maryland.

**Q:** Your dad is in Maryland.

**A:** My mom lives in Williston.

**Q:** Where the hell is that?



*Gabby TRT and MORE Treatment Example September 2019*

**A:** Like, four hours from here.

**Q:** Williston is a place in Florida?

**A:** Yeah.

**Q:** Oh jeez.

**A:** It's like this big.

**Q:** Like that?

**A:** My sister, one of my sisters lives in Maryland and the other ones are here in Florida.

**Q:** Okay. Are they up in Williston too, the ones that are in Florida or are they in different places?

**A:** Yes, except for one sister is in Dunnellon.

**Q:** I've heard of Dunnellon.

**A:** You have?

**Q:** I have.

**A:** Why, because of the river?

**Q:** I don't know why. I think I've driven through there, by there.

**A:** 41?

**Q:** Yeah. Isn't it on the way to Tallahassee?

**A:** Um-hmm. Instead of 75 you took 41.

**Q:** Yeah, all the way up the coastline to Tallahassee. But I also know Dunedin because I was in Clearwater for a period of time and that's close to Clearwater.

**A:** I've never heard of it.

**Q:** There you go. Yeah, cool. Alright. So we've got that stuff clear, what else? Right. Did you know by the way that when those moments get cleared, so in our brain, in our body, energy is having to be used to deal with the yucky stuff, whether we consciously think of it or not. So as those moments get brought into the present moment and the impact that they've had cleared, all of the energy that was stuck in dealing with them gets released to be able to be renewing, restorative, healing energy inside of you directing towards other carriers.

**A:** Are you ready?

**Q:** You've got another one?

**A:** Um-hmm.

*Gabby TRT and MORE Treatment Example September 2019*

**Q:** Alright. This one you're how old, what happened?

**A:** This was just a few months ago.

**Q:** That was a really good time in your life.

**A:** [Laughs] Yeah.

**Q:** "I can't wait to think back about that. Those few months in my life, they were just wonderful."

**A:** Yeah.

**Q:** You're at the hotel because that's a great place to hang out.

**A:** It's a different hotel.

**Q:** And in Ocala?

**A:** Um-hmm.

**Q:** Oh right. So in Ocala in a different hotel. Daytime or nighttime?

**A:** At night.

**Q:** Right, and you're outside or inside?

**A:** I'm outside in a car.

**Q:** You're outside in a car, good. Front seat, back seat?

**A:** Front seat.

**Q:** Front seat.

**A:** And I get a call.

**Q:** Right.

**A:** Because I do [unclear 01:12:22].

**Q:** In your job?

**A:** [unclear 01:12:23].

**Q:** Right.

**A:** Oh no, it was a text message.

**Q:** A text message.

**A:** And they're telling me they have so much money and they're just driving through, whatever, whatever.

*Gabby TRT and MORE Treatment Example September 2019*

**Q:** Yes.

**A:** So I'm in a rush to get back to the hotel room

**Q:** Good job, good detail. You were driving in a rush to get back?

**A:** Somebody else was driving.

**Q:** You back to the hotel room?

**A:** Right.

**Q:** Got it, good, and then what happened next?

**A:** I get in the hotel room and I left the switch, to the door of the lock, like this.

**Q:** Yes.

**A:** So, somebody knocks.

**Q:** Yes.

**A:** I told them to come in.

**Q:** Yes.

**A:** It's a girl and she's got brass knuckles. So she started punching me in the back of the head.

**Q:** Good job, good detail. That hurt.

**A:** Yeah. So I like, got ahold of her.

**Q:** Yeah.

**A:** And she's still hitting me in the back of the head.

**Q:** Yes.

**A:** And she's telling to let her go.

**Q:** Good job, good detail.

**A:** So I let her go.

**Q:** Yes, and then what happened?

**A:** She left.

**Q:** Oh, she stopped hitting you?

**A:** Yes.

**Q:** Oh, wasn't that good?

*Gabby TRT and MORE Treatment Example September 2019*

A: Yeah.

Q: And then she left?

A: Um-hmm.

Q: Right, and you head feels like, "Fuck."

A: Yeah.

Q: "This was not what I was expecting."

A: Um-hmm.

Q: And then what happened?

A: I realized that I'm wet, because I had wet myself.

Q: Of course, right.

A: And my head...

Q: You know now why that happens?

A: Yes.

Q: Right.

A: And my head is busted.

Q: Yeah, right, and it's bleeding.

A: Very badly.

Q: Yeah, right, and then what happened?

A: I call somebody and tell them to come and pick me up and now I'm calling the dude that choked me. It was his girlfriend.

Q: Good job, good detail. Right.

A: And I'm calling him, because he's my drug dealer.

Q: Good job, good detail.

A: But we're also having sex.

Q: Right good job, right.

A: That's why she did that.

Q: Yes. Well, he's an honorable guy.

*Gabby TRT and MORE Treatment Example September 2019*

A: Oh yes.

Q: Right.

A: That's pretty much that.

Q: Right, and then that time ended.

A: Yes.

Q: And that other person never came through?

A: No, that was her.

Q: Oh, she came.

A: She set it up.

Q: Ah, sneaky.

A: Yeah, very.

Q: Alright, but as you went through it, what did you notice?

A: Relaxed.

Q: Isn't that weird?

A: Um-hmm.

Q: That you were telling me about this thing that sucked.

A: Um-hmm.

Q: And you weren't all, like in it? Isn't that interesting?

A: Um-hmm.

Q: Right, because you know what the other thing is that your brain starts to do? It's really cool that it does this. It's really good at taking specifics and then generalizing. It's not good at taking in generalization and making it specific. It's why when we learn how to tie a pair of sneakers, we typically learn on one pair. It's not like your parents put out 12. "Okay, so these are green, this is how you do the green ones. These ones are blue, this is how you do the blue ones." We learn on one, but once you've mastered it on one, can't you do it on all?

A: Um-hmm.

Q: I know these are boots, so they're a little different. The same thing, you learn on the bicycle that you learn, it's not the same one that you would ride now, but once you got balance, your brain generalizes it to all of other two wheeled items, even motorcycles.

A: That's interesting.

*Gabby TRT and MORE Treatment Example September 2019*

**Q:** The same thing with cars. You don't have to drive the same car that you learned how to drive on.

**A:** Oh, okay. I understand now.

**Q:** It generalizes. It's the same thing if I said to you, "Orange," I could be thinking about fruit, I could be thinking about color, but if I said to you, "Orange, apple, banana," you'd go, "Ah, fruit." You get it, your brain starts to generalize. So with all of that similar construct of that stuff, your brain is beginning to generalize, "Well, if that's not happening, and that's not happening, and that's not happening, and that, well then that can't be happening." Because you can remember her hitting you and being bloody and then you're getting repaired. [This jacket isn't bloody now 01:16:41]?

**A:** No.

**Q:** Right, that's right. You remember putting your pants on?

**A:** Yes.

**Q:** Gabby, stop putting on your pants.

**A:** I'm not putting on my pants.

**Q:** Well, stop her from doing that.

**A:** She's not doing it.

**Q:** So then, where is it? Say, "It no longer exists."

**A:** It no longer exists.

**Q:** Right. Did she at least leave the money?

**A:** No.

**Q:** Shit. God damn it. I mean, that would have been one thing. "I was only doing the thing for the cash anyway. It's not like I needed the cash!" Right, yeah.

**A:** [Sigh]

**Q:** Oh, here we go. Right, it's starting to all filter in. Yeah, things are starting to lighten up. Right. So you can think about the soaring eagle.

**A:** Um-hmm.

**Q:** Right. Take a deep breath in, exhale and close your eyes. Good, with eyes closed, they rest. As eyes rest, closed, you can also rest, and your brain is getting all that has gone and it's beginning to integrate it all the way through. All the way down and in. That's right.

**A:** [Laughs]

**Q:** That's right. It's all happening. Oh, you didn't realize that laughing is the same thing as meditation?

*Gabby TRT and MORE Treatment Example September 2019*

**A:** No.

**Q:** You didn't know that, did you?

**A:** No.

**Q:** Right, but it is. It really is, the same powerful trance. It's just a funnier one.

**A:** That's cool.

**Q:** It is, yeah. Right. That's why I like to laugh a lot. I like to have fun. People say to me all of the time, "You deal with the really shitty stuff that's happened to people." I go, "I know, but it's fun." "What is wrong with you?" I go, "Well, being with me is more fun than the yucky stuff," and that's all we're interested in doing, because we just need your brain to realize that it's stopped. See, some of that bad feeling about you, your brain is going to travel back to your even earlier other stuff, and it's going to travel back, back, back, back, back, and it's going to bring another moment to mind, which might have happened when you were how old?

**A:** This wasn't... Do you want me to go there?

**Q:** Yeah. Good, right, but just check, think about it, tell me about it. What do you notice? Even as you just run it through.

**A:** It stopped.

**Q:** It did, didn't it?

**A:** Um-hmm.

**Q:** Right. Oh, you stopped it?

**A:** No. My thought, when I was digging, it said, "It stopped."

**Q:** Oh, it stopped, right?

**A:** Yeah.

**Q:** Right, the thing that was troubling you.

**A:** Um-hmm.

**Q:** Just a moment ago, that wasn't that long ago?

**A:** Um-hmm.

**Q:** Right. Your brain just went, "Oh, it's stopped."

**A:** Yeah.

**Q:** And you went, "Ah, alright." And now as you think about it, it doesn't have any of that stuff?

**A:** Um-hmm.

*Gabby TRT and MORE Treatment Example September 2019*

**Q:** Right, isn't that cool?

**A:** Yeah.

**Q:** Yeah. Well, you're a fast learner. That's good. That was easy. Why don't we start off with that one? Right. But see, there are messages that you got when you were little, younger stuff, along the way.

**A:** Um-hmm.

**Q:** That might have assisted in aiding you down the path it went. Right, [unclear 01:20:06] likes to talk a lot about root.

**A:** Yes.

**Q:** And we know that one of the commonalities, I don't like to call it a root, but it's a commonality. A commonality of people who have been trafficked, drugged, all of that stuff. Commonality has something to do with, like childhood sexual stuff. That's commonality, I mean lots of people who have had that too. It doesn't mean it's the root, because it would mean anybody who was sexually abused, they would have to have been trafficked later. And unfortunately, there are a lot of people in life or fortunately, I don't know how to say that, that have had sexual abuse that weren't trafficked. [unclear 01:20:48], it's crazy. It is, it's crazy.

I've got two little girls, I've got a nine and a five-year-old. It's just like the concern that I have. They were supposed to go and hang out with cousins whose mom just left because her husband was beating her, and I don't know what other stuff they experienced.

**A:** Don't let them out of your sight.

**Q:** Sometimes it feels that way. But then we also want them to experience life. We want them to be able to go. The problem with society is that we've shrunk what kids can do. Like, when I was a kid I used to go out and ride my bike all around the neighborhood and the blocks and all of that, be out in the woods and do all of those kinds of things. Now kids have to go on play dates, or I have to be there. That's not fun. I mean, maybe for them but not for me and not really good for them either. I don't know what the answer is. I just don't know what the answer is.

But we want to get all of that stuff cleared out because aren't you on your way, by the way, to becoming an even better mom, now?

**A:** Um-hmm.

**Q:** You are. Where are the kids now?

**A:** My daughter is with her dad and my son is with my husband.

**Q:** Okay, cool, and they're, in relationship to here, where?

**A:** Four hours away.

**Q:** In that small little town?



*Gabby TRT and MORE Treatment Example September 2019*

**A:** In Ocala.

**Q:** Oh, in Ocala?

**A:** Um-hmm.

**Q:** Okay. How old is your son? Your daughter's 11, right?

**A:** Six.

**Q:** He's six?

**A:** Um-hmm.

**Q:** We've got a similar split. Yeah. I mean, you're on your way to getting way better.

**A:** Um-hmm.

**Q:** Does your husband gets to know where you are?

**A:** Yes.

**Q:** He does, okay. Does he have any interaction? Have you been able to talk to him? Yeah. I don't know where you are in the program.

**A:** Not yet.

**Q:** Because there are levels.

**A:** Yeah. They are giving him a background check.

**Q:** Is he an okay guy?

**A:** Um-hmm.

**Q:** Cool. Well, that's good. So we want to get all sorts of other things cleared too and we're on our way to be getting things to be a lot lighter and lifted. Because you're not feeling troubled by that stuff, are you?

**A:** Um-hmm.

**Q:** Isn't that weird? I mean, you probably didn't think like, "Oh really, we're going to talk..."

**A:** It's weird because it's so simple.

**Q:** Isn't that crazy? People make it too hard when they do this kind of shit. "See that thing over there, wipe that thing out. Turn it over this way and do that." It is simple.

**A:** Um-hmm.

**Q:** But it takes somebody having to jump in because a lot of people go, "Huh..." Somebody might have done the thing and you started to have tears and... They'd start thinking about themselves and I

## *Gabby TRT and MORE Treatment Example September 2019*

start going, “Hey, hi. What’s happening now? Hey. Stop applying it to you. Get it over here.” Right and then you want to move through stuff, right. Because it’s a collaborative process, we’re doing it together. Right, and what’s happening now?

**A:** I’m feeling lighter.

**Q:** You are, aren’t you?

**A:** Yeah.

**Q:** So is there angst or hurt, pain, guilt stuff around anything with mom, with dad? Because I see that dad doesn’t have any positives, other than the thing that had you be here. So that would be the one positive. Like, I think you’re pretty darn amazing.

**A:** I love my dad but my mom... Everybody would say, “You’re just like your dad. You look just like your dad. You’re just like your dad.”

**Q:** That’s always great for a girl. “Awesome, so I look like a hairy man.” Wow. “That’s great, thanks.”

**A:** No, not like that.

**Q:** I like it when people go, “Oh they look like they’re mother.” Thank goodness. I don’t want my two girls looking like me. That would be awful for them. I’m lucky, I’m a guy. It’s not really about what we look like, thank goodness. Or at least not just all about how we look.

**A:** My dad’s had a very bad drug problem.

**Q:** Yeah.

**A:** And an eating disorder. He just isn’t all there anymore.

**Q:** Yeah.

**A:** He’s in and out of mental institutions.

**Q:** He’s not well?

**A:** Not at all.

**Q:** Right.

**A:** Not even close.

**Q:** So are you like him?

**A:** No.

**Q:** You’re not, are you?

**A:** Uh-uh.

*Gabby TRT and MORE Treatment Example September 2019*

**Q:** Not, you're not. I mean, you might have some DNA from him.

**A:** The shitty ones.

**Q:** I told that to my daughter too. "I'm sorry sweetheart, you got all of the bad qualities from me. You're emotional, you cry, you are sensitive." That's not good as a boy, to be sensitive and cry. I would though, I'd get all cry(y). When I was a little boy, I'd cry, my feelings were there. My feelings were on my sleeve and people would say something mean... Not a good aspect. My mom though told me one time, and I think it was pretty wise of her, whether she believed it or not, she goes, "You know, raw emotion, it's going to be your biggest strength in life." The thing that was like my Achille's heel, the worst part about me, she said, "That's going to be your strength."

**A:** I like your mom.

**Q:** I know, isn't that cool? It was really cool. And she's not highly educated, I mean, she graduated high school. What a cool thing to say.

**A:** Yeah.

**Q:** Because I am, I'm emotional. My wife laughs at me sometimes because I cry too often. It's a little embarrassing.

**A:** Oh gosh.

**Q:** Yeah but see, there was a time when people were telling me that, "You're just like your dad." Right. Like mom would say that when she sees you act a certain way. "You're just like your father," or those things, "You look like your dad." Do you look like him? I mean, does he have long hair?

**A:** No.

**Q:** He doesn't, does he? Feminine qualities?

**A:** I have his eyes.

**Q:** Oh, well, there you go.

**A:** His facial structure.

**Q:** Ah-ha.

**A:** So, I look like my dad.

**Q:** Not really. Right. So we might want to educate an earlier younger you, that she's not just like her dad, she's totally different, she's you. Right. Right. What's happening now?

**A:** I want to be angry at him.

**Q:** Oh, you do?

**A:** Yes.

*Gabby TRT and MORE Treatment Example September 2019*

**Q:** Okay. Well do it.

**A:** [Laughs]

**Q:** Get angry at him. What do you want to be angry at him about?

**A:** That I got hooked on drugs.

**Q:** It's his fault?

**A:** Yes.

**Q:** Because he gave them to you?

**A:** No.

**Q:** No, that would be really shitty.

**A:** Yeah.

**Q:** I would have put that on the bad thing.

**A:** I just let people tell me these things and then I let that be my identity.

**Q:** Right, oh see, that's the problem.

**A:** Um-hmm.

**Q:** You were thinking it was you, but it isn't, is it?

**A:** No.

**Q:** No. And are you using now?

**A:** No.

**Q:** No. Isn't that cool? How long, clean, clear, now?

**A:** I don't know. Probably three months.

**Q:** That's awesome. That's very cool. Good job.

**A:** Thanks.

**Q:** Yeah, right, because you were thinking that if you didn't get that part of genetics that somehow using would have not led to being addicted to it?

**A:** Yes.

**Q:** Oh, I mean, are there people out there that can really like...?

**A:** Yes.

*Gabby TRT and MORE Treatment Example September 2019*

**Q:** There are?

**A:** Yes.

**Q:** Oh, shit, I don't know any of those people.

**A:** Really? I do.

**Q:** Know people who can use hard drugs and not get hooked on them?

**A:** Yes.

**Q:** Seriously?

**A:** Yes.

**Q:** Ah, they can use them just like recreation?

**A:** Yep.

**Q:** Like, "Oh, you know, I decided to shoot a little heroin last weekend, I'm fine now"?

**A:** I wouldn't take it that far.

**Q:** Okay, thank goodness. I mean, maybe somebody can smoke a little pot.

**A:** Smoke some crack.

**Q:** Smoke some crack and not go back to crack?

**A:** Yeah.

**Q:** Well, not yet.

**A:** True.

**Q:** Right. But you stopped?

**A:** Um-hmm.

**Q:** Right. Didn't you?

**A:** I did.

**Q:** You did, didn't you? Right, so you're not doing it now?

**A:** Uh-uh.

**Q:** Right.

**A:** But the music makes me think about it. Not smoking crack but like it puts me back in certain people, like thinking about them or being in certain places.

*Gabby TRT and MORE Treatment Example September 2019*

**Q:** Yeah.

**A:** And then it makes my mood foul.

**Q:** Well, I want you to check it out right now.

**A:** Are you going to play some rap music?

**Q:** No, I want you to just think about.

**A:** Think about what, the rap music?

**Q:** Maybe a place or a song that you might hear that normally would take you back. What's happening?

**A:** It's not so bad.

**Q:** It isn't, is it?

**A:** Uh-uh.

**Q:** You're so good.

**A:** This is actually fun.

**Q:** Right. Who would have thought it? Who would have thought it? We can deal with really heavy awful stuff and have it be fun.

**A:** Um-hmm.

**Q:** From [unclear 01:33:19]?

**A:** [unclear 01:33:23].

**Q:** Oh that's it, yeah. That's way up there. Like Pinellas, past, up, on that side.

**A:** It's not.

**Q:** Isn't it? It's not? I don't know where it is then, clearly. Is it in Polk?

**A:** I don't know.

**Q:** I know they make water.

**A:** Yeah, that's about it.

**Q:** That's all I know.

**A:** Yeah.

**Q:** Right. So you want to be angry at him?

**A:** No.

*Gabby TRT and MORE Treatment Example September 2019*

**Q:** Well, are you?

**A:** No. I wanted to be though.

**Q:** You wanted to be?

**A:** Yeah, and I don't want to.

**Q:** Well try.

**A:** Try to be angry at him?

**Q:** Yeah. Are you trying or not trying?

**A:** I feel like I don't need to.

**Q:** You feel like you don't need to? Isn't that cool?

**A:** Um-hmm.

**Q:** Right. Isn't that a good news thing?

**A:** Um-hmm.

**Q:** Have you ever heard the saying; it makes me so mad it makes me sick? It actually, anger blocks healing, because in the midst of threat, which is where anger would be, healing drops. A bullet starts flying through the windows, we're not going to look for the broom to sweep up the glass. "We've got to make it nice and tidy." That's not what we're interested in doing. Right. You're realizing that you're not just like him?

**A:** Yes.

**Q:** That's right, you're you.

**A:** Um-hmm.

**Q:** Completely, distinctly different than him, because you've stopped. Right. Isn't that cool?

**A:** It is. [Sigh]

**Q:** What's happening now?

**A:** Now I'm digging for more stuff.

**Q:** Yeah, is it coming?

**A:** I'm looking for more, like big stuff. But if I have to dig, apparently it isn't that big, right?

**Q:** Isn't that interesting? Yeah. Right. You're getting to be more free.

**A:** Um-hmm.

*Gabby TRT and MORE Treatment Example September 2019*

**Q:** And actually more good with you. Right.

**A:** It's nice.

**Q:** It is, isn't it?

**A:** I just hope I can keep this when I walk out of the door.

**Q:** Where is it going to go?

**A:** I don't know. I might come back.

**Q:** It's not just contained in here.

**A:** Okay.

**Q:** Right, because it goes with you. I mean, who has it happened to?

**A:** Me.

**Q:** Right. See, the thing you are going to begin to realize is that stuff has changed and as that stuff changes, you're going to notice more things that are new and different for you. You won't be troubled by that stuff. Because you can try to feel troubled by it, you know, think about the guy and putting his hands around your throat because you didn't take your clothes off because you must have more money. Right. It doesn't have the same thing.

**A:** Right.

**Q:** You're not even feeling bad about what happened when you were a kid.

**A:** No.

**Q:** No, right. Right. See, and the difference is you've never not been able to. See, you've always felt bad about that. Since the thing happened you've always been scared and you're not feeling those feelings now.

**A:** Uh-uh.

**Q:** Right. Which means your brain is getting it, and when you learn that Santa, that pervert that watches little children all of the time isn't real, can you go back to believing in him? Can you think he is? That's how it works. Right.

So what will happen, as you move forward through your day, is your brain will continue to integrate and generalize what it's got in mind, and of course, when you sleep tonight, the first few hours of sleep are about the physical restoration of the body. The last few hours of sleep are about emotional restoration and the integration of new learnings. So you'll notice all sorts of things being different.

Then, we'll get back together again, but you're already noticing feeling a lot lighter, feeling more comfortable with you and actually really appreciative of the wisdom you have inside because damn,



*Gabby TRT and MORE Treatment Example September 2019*

that was freaking resourceful. I mean, like amazing. Right, right. And then since then, all of the amazing, powerful changes you've already made, yeah. Right. Isn't that cool?

**A:** Um-hmm.

**Q:** Yeah. So you did great work today.

**A:** Thanks.