



THE 3 STAGES

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Yesterday I was clever, and so
I wanted to change the world.
Today I am wise, so
I am changing myself.

Rumi

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“Knowing others is intelligence; knowing yourself is
True wisdom.
Mastering others is strength;
Mastering yourself is true power.

Lao Tzu



THE 3 STAGES



Human beings rarely take advice from anyone unless desperate. Instead, they continue seeking information from the wrong sources. But if and when something comes from ourselves, (inner wisdom), we're more prepared to listen, but oft times we don't know how to access this wisdom and why I designed this technique.

The question in this technique is open-ended, can be used for anything in life and is so central to you personally; the answer comes with clarity. On the CD (now download) this is designed to never go out of fashion. However, for the clients to fully appreciate this technique I'd have prepared them with the Sieves, Protection and the Chakras so they could understand the concepts of how I worked and how their mind and body worked as well as I wanted them to learn to listen mindfully.

Deleting the Rubbish

We need to delete the mental and emotional rubbish, or we can become ill, and that's where the Sieves came in. But because the perception of most clients was the world was a dangerous and forbidding place, and I never disagreed, we must always believe the client. I wanted to offer them practical yet straightforward ways in which they could protect themselves emotionally and mentally. No matter what intellect the Three Stages technique, I designed fitted the bill.



THE 3 STAGES



They also had the technique on a CD to take home. And I expected them to use this. If they protested I'd tell them to treat it as a free therapy session, think about how much money you'll save (most were on a tight budget) each time you use the Three Stages add up the full cost at the end of six weeks.

I never doubted the client wouldn't, who doesn't want to save money? But my clients also had the Sieves, the Protection and in the third session the Chakra technique. I also expected the clients to be open-minded as open-mindedness is an intelligence in its own right, as is common sense and intuition.

But what is the Three Stages technique about?

First, it's listening with the ear of the heart and soul; others may call this mindful listening. Secondly you meet yourself at three ages to gain insights. The ages are five, fifteen years old and at the end of your life. Now, some people have to wait years before they hear the soul speaking to them, with this technique you'll access this quicker. Treat this as a sign.

I love random information and signs. I have loads of techniques, stories, music and info on my iPod, and if I wake up in the early hours, I go to random, and every time there's a message.



THE 3 STAGES



Sometimes I have to listen harder, others times it's so transparent I'm thrilled. Nothing beats a meaningful message, but I tend to write mine down straight away. You might dismiss these happening as nonsense, and in doing so, miss rare insights from your wisdom.

I often suggested to clients to try this as a means of instant advice, ideally after the other techniques. However, with some clients, I've had to use this in emergencies and miss out the other ones. I've never considered any signs to be foolish because I don't believe they are random, a Cherokee Indian told me that the soul is one step ahead and brings back the information to us, or orchestrates life to happen.

Most times the info is acute and very informative.

But, there have been times when I thought, 'what the hell is that all about?' But because I write it down a few days later, it makes sense.

We have enough wisdom within, why seek it outside of us? And why I designed the Three Stages for those people who had been everywhere, and desperate and stuck in a negative pattern of thinking and behaviour. I'm hot at teaching people to listen mindfully, because many people work too hard, rather than smart.



THE 3 STAGES



There seems to be a misconception about exploring one's higher self (we all have this unique spiritual energy) in some way it's naive, airy-fairy and that's why we suffer longer than necessary. Suffering usually happens when you're not listening to your higher self, but choose the ego instead, and it's often with people who feel superior.

Those who have qualifications in the medical profession have post-grad degrees, those super-intelligent beings, who scoff at this technique mainly because it's way too simple to work, but they are invariably wrong. We all need to be more open-minded.

Open-mindedness is intelligence in its own right.

Unfortunately, the intellect, along with the critical ego, can get in the way of spiritual progress, and any open-mindedness and we need to be aware of this. Try suspending the ego for a while and see what happens. Usually, all you get is silence, hold on, because the ego will have you back into internal dialogue and running around like a lunatic.

Now, I'm careful on the words I choose to describe this technique, because as a hypnotherapist people were always asking me to regress them to a past life, and once I had a man obsessed with time travelling into the future.



THE 3 STAGES



I could do this and have done, but this technique was more about the client's present life and taking advice from themselves. I wanted clients to be aware of this. So how does this technique work?

You go back in time, and meet the five-year-old who I've found is very wise in her naivety, the fifteen-year-old on the cups of womanhood, then to the older you who has seen so much of life. I use this technique when I'm stuck. By the time I was fifteen, I was a pro at finding solutions, and why I was asked to train women in a large charity.

I'm a risk-taker, and fear has never stopped me doing new things. That's not to say I don't feel anxious, but because of my skills, I know how to deal with false evidence that appears real. I can recognise when fears are entirely unfounded, and I'm never reckless.

Fear freezes the mind.

All I ask of anyone is to suspend the ego for a while. And consider this gentle regression and future pacing technique as exciting, a simple wandering through the imagination, as you do with any story. Maybe, just maybe you may become more aware of your needs and hopefully like many clients find a more profound clarity and hope for your future? Fear stops us achieving, and is way out of proportion to reality.



THE 3 STAGES



Fear can make you feel ill, and some people can be violently sick or need to use the toilet more frequently. Usually, nothing remotely happens to justify those fears. But they've been anchored deeply and often triggered until fear has become a habit. Talking to the older you when fear takes over is hugely productive.

When you come from power and experience, rather than fear, you build up your self-esteem inside and outside. Learn something, anything that boosts confidence. It could be this technique, or anything, but keep it small, especially if you feel you've never completed anything in your life.

One student was in this position.

She wanted to complete just one thing in her life, and she did and ended up with a degree. Starting with small steps had her growing exponentially. When you're confident, then you'll steadily be listened to and heard. This student said of the Three Stages.

It was a blessing in disguise. Propelling her gently forwards and the first positive stepping-stone in her chaotic life. This technique gave her hope, allowed her to recognise the inner child, to meet that teenager who was in so much angst, that she ended up advising them, instead of them her. The technique taught her patience to be calm in what seemed an insane world.



THE 3 STAGES



She learnt to analyse without paralysing her mind, emotions and body. Many other clients and students said the Three Stages gave them:

- ❖ Hope, joy and relief,
- ❖ I didn't feel alone anymore,
- ❖ The children taught me how to let go
- ❖ I had my personal advisors,
- ❖ The elders taught me grace and dignity

There's nothing to beat dignity with integrity which they had in abundance once they took off the layers of self-doubts.

The Three Stages not a Miracle

Because the miracle is you. All this does is confirm that you are going to be okay. Trusting in others and the process of life is hard for us human beings because we like to be in control. We rarely take advice from others unless we have reached the pits of despair, and even then we're hard pushed to do so.

And when we reach that crossroads in life, which we invariably do, where we need more than the basic, the intellect, money, then we look to spiritually. A year before I retired, I found myself asking the same questions my clients asked themselves!



THE 3 STAGES



The words were loud in my head. Should I stay on this path, or should I do something else, this was regarding my work. I remember three people over the years say, 'You can't reach out to enough people this way, you need to use different methods.'

I knew they was right, but I made excuses.

There was always a problem that needed sorting, a crisis, an illness in the family, a death, then a house clearance. Life was a double-edged sword. While these problems were necessary to sort out, they were proving to be obstacles that held me back. The answer came when I did this simple technique the Three Stages, plus I'd always used prayer as a potent resource of information. But for those who flinch at prayer, this is a brilliant stepping stone to that inner wisdom you have.

I remember one client well.

Sandra was in a dilemma and wanted a sign, some guidance, someone to tell her what to do. Should she go and see her mother who'd she'd fallen out with years ago or stay at home alone for Christmas? Her heart said yes go; she missed her mother, her head said no, too late, the journey to Manchester on Christmas Eve would be hell. Her ego behaved like a spoilt child feeding her all the justifications as to why not to go. In any arguments, she was right, and her mother was wrong.



THE 3 STAGES



She pleaded with me to tell her what to do. I was not in a profession of telling people what to do. Instead, I preferred people accessed their solutions through indirect and direct techniques and approaches that explore the subconscious for the answers. However, she was so stuck in her rigid mindset, even after Hypnosis, she couldn't figure out what to do. Sometimes people are so low on the scale of awareness, that pride and stubbornness can hold them back.

So I suggested the Three Stages.

Although these were usually at the third session after the others, but we only had an hour. I started with the introduction (called induction in Hypnosis). I could see she was impatient. But as she began to relax, I could see her fidgeting going. We regressed to where she met herself at five years old. The question I always ask is opened ended for the mind to come up with the answer and solutions.

Sandra giggled softly as her five-year-old told Sandra to play more and dragged her into joining her. At this point, I usually leave them to play in their world. I can always see when the client is ready to move on to the next age. The answers are often more pragmatic at fifteen, and the fifteen-year-old told her to lighten up but showed her a photo album of her childhood and Sandra could see she'd had a wonderful childhood. Sandra smiled, her body relaxed even more.



THE 3 STAGES



Again I left them for a while to enjoy each other's company. Afterwards, Sandra told me she believed they had a harsh life of poverty, but the photos showed she wore lovely clothes and shoes. What had happened to her memories? They'd become distorted over time, and this happens when you are holding onto negativity. You're feeding the ego that validates all the wrongs exaggerating them.

We future paced

And Sandra met herself at the end of her life. At this stage, people either feel happy and pleased to meet themselves or are disappointed (this is mostly in weight and smoking). I've had many people hate what they saw, but as we have choices in life, I'd suggest it was never too late to change that older image by doing something now. But for those like Sandra who liked who she saw, the question was answered with one single word. "FORGIVE."

While Sandra never spoke out loud,

Her facial expressions showed she was deep in conversation. Sandra had almost twenty minutes with all three ages. Sandra recalled some words that her older self said that echoed in her mind when we did the technique ones' she could remember word for word.



THE 3 STAGES



When she told me, I smiled. My grandmother used to say the very same thing. ‘Forgive, not because anyone deserves forgiveness. But because you deserve peace yourself.’

But how could I tell Sandra was moving into a trance state?

- ❖ Her breathing became deeper
- ❖ Her face softened; at one stage, she was almost smiling.
- ❖ Her body relaxed, and her shoulders dropped
- ❖ Her feet had flopped to the sides as did her arms
- ❖ She stopped fidgeting with her hands
- ❖ Her pulse rate dropped (I used a finger monitor)
- ❖ Her eyelids were flickering.
- ❖ Her swallowing (gulping) reflex had stopped.
- ❖ She was no longer pale, but a warm pink.
- ❖ Her voice was softer and lighter.

But how did I know the Three Stages would work? I trusted, based on the experience of others. I always played soothing music in the background; a composition used to train Reiki students and sometimes used just to relax. I found the music had terrific qualities and effects when used in therapy, it calmed even the angriest down, and the Reiki music I'd had designed for student training.



THE 3 STAGES



The music was on playing in the background on repeat. That night Sandra phoned her mother. For the next two years, they built bridges. Sandra didn't need to come back because she'd found the solution to her immediate problem, to go home or not? But Sandra had also purchased the whole set, and I know she used them. I smiled as read her long letter telling me her therapy was going well. She meant the CDs. Her sister couldn't mend those bridges.

But as Sandra said in her letter, this wasn't her sister's time or journey, but this was hers. Sandra never regretted her choice. When her mother died three years later, Sandra was a different woman. Her annual letters showed the changes; however, in that first session, Sandra came stiff in her body and stubborn in her views and rigid in her mind.

The energy around her was harsh and bitter.

Her face showed her anger. I remember sighing and wondering why I said she could come. I'd been working smart, and this allowed me to finish early for Christmas and here I was taking a client. I remember asking her that afternoon what she was angry about as in a nanosecond I saw a flash of red haloed around her head. The colour and her demeanour gave me as many clues to her mental and emotional state as her body language.



THE 3 STAGES



Her reply was short, swift and aggressive. "I'm not angry, what makes you think I am?" She jumped up threateningly. But she saw 'that look in the eye' that many have who aren't afraid of others have. I didn't need to do anything at all for; she'd stopped, and was looking at a quote on the wall by Mahatma Gandhi:

The weak can never forgive.

Forgiveness is the attribute of the Strong.

Never underestimate the wisdom of timing; that's why I always had quotes in my room. I was well into those by Nightingale and Conant who did motivational framed quotes. However, ten minutes before Sandra arrived. I had an urge to take the old one down and put up this quote by Gandhi. What prompted me to do that one?

I was aiming to put up something about Christmas. Never, ever question or doubt the legitimacy of the five and fifteen-year-olds honesty, because with this openness comes real courage and wisdom. Of course, when older and at the end of your life, you can see just how time is so precious and the older wiser, YOU will want to offer words of wisdom based on your potential. And because this comes from you, you're more inclined to listen with the ear of the heart and soul.



THE 3 STAGES



If I needed answers to age-old problems that only someone older and wiser could offer, then I'd miss out the children and go straight for the older me? But for most questions, all ages can give you something that you usually need to hear, the older you is likely to give a precise answer. But don't expect to go into a lengthy dialogue; most of the solutions will be short and to the point. However, many people have experienced what appears to be hours of long conversations in just minutes.

Why does this happen?

In this time frame, you're within another realm where much more gets done, and everything slows down to allow healing to take place. What sort of questions would you ask yourself at each age? Clients have ignored the open-ended question on the technique and asked these.

- ❖ What's my purpose in life?
- ❖ Should I do a specific course?
- ❖ Do I take this job?
- ❖ Should I get married?

Spend some time reflecting. Try not to intellectualise the questions you'd ask at each age. Allow for the heart and soul to speak. If the ego responds, you'll know, because there's an element of challenging.



THE 3 STAGES



Be firm as you would with a two-year-old interrupting a conversation. Remember, less is best. The ego is in two states, fight or flight. The ego that pushes people to create is working with the heart, mind and soul. The ego that doesn't will be like the devil incarnate.

Write down the moment you've finished the technique while the memory is fresh in your mind. Anything that moved you to tears, made you feel joyful and happy. Add any negative feelings as well because these are just as crucial to self-healing. But only make a list in bullet points, unless you intend writing a book.

This technique isn't mind reading

Card reading, clairvoyance, second sight, extrasensory perception, or telepathy. Instead, it's the ability to access the past and go into the future authentically. One client found this helpful about his business. He went straight to the older him. He'd worked hard all his life and never stopped struggling, he was questioned his ability and envied others who seemed to make quick decisions. His father could before he died, and his brother could now.

But he seemed to falter, was indecisive about some things and decisive on others, and he put this down to lack of faith, but this wasn't true, he'd loads of trust and confidence, he ran a high profile company.



THE 3 STAGES



He said his older him looked like his father and in an unexpected way it was reassuring. This client had the same problem many had and still have, bogged down by trivialities until they can't see outside of the box. This helps to have clarity, but also hones in on the wisdom (older you) that we already have.

We all think we can do more than is realistic.

From 2013-15 I wasn't getting anything done, well nothing satisfactory and I needed to know why? So I became the client and started with the Reiki music, playing this in the background while I worked. I noticed as I slowed down, I became more productive. I did the Sieves and nonsense and trivialities were coming out until I could think more clearly. This technique is a mild to moderate emotional and mental detoxing and cleansing method that is extremely powerful.

Negative emotions and mental chaos can build up quickly over the years. My success rate with clients was in part due to this technique and the sequence in which I worked. My friend Merlyn who died in 2009, used this all the time and made me promise never to change this concept, so I never did. However, as the client myself, I did the Protection. I'd advocate the protection technique for anyone. In this striving and thrusting world, we all need to feel safe.



THE 3 STAGES



The use of the Protection was mandatory on any of my therapy sessions and the training courses. This simple technique worked for all ages, from children to adults. For good measure, I used the third technique called the Chakras. I can tell which chakras are out and through experience, and each one was out of balance. However, the one that seemed to be the worst was my throat chakra, and I knew why?

I needed to be more honest in my requests for my time, and I often became annoyed at the demands. The Three Stages is the fourth technique. “Write,” was the message I received from all three ages, and so I started to write. One client in 2002 said:

'I felt the Breathe of God.'

I fully understood, she'd reminded me of something I'd long forgotten. Only three people have ever used this expression, and each time it's been moving. As a child, I was devout in my beliefs and faith. I'd experienced this same breath of God when I did my First Holy Communion and again a year later when I did my Confirmation. It was an all-knowing feeling. But we lose this clarity of expression as you age.

We complicate things in our quest for intellectualising and fearing the future. That sense of hope happens with the three ages and is



THE 3 STAGES



tremendously liberating when overwhelmed. I re-did the Three Stages more profoundly, the full forty minutes worth.

I gave myself the gift of TIME and the answers I had, were sharper. My five year old took me to a place I used to go as a child, where I'd created my make-believe home on an old bombed-out garden where I played all day long. I knew what this meant. The words from an old Cherokee who I'd met years before who said to me when I complained of being too busy came back, 'maybe you need to walk barefoot through your tepee.' As it happened, I was unexpectedly thrown into my environment as my husband died very suddenly, and I was on own.

I had all the time to write.

But I couldn't, I was dues a hip replacement, life seemed overwhelming, and so I went back to basics again. I did the Sieves to clear my fears. The Protection for strength and the Chakras because mine were all over the place. I did the Three Stages, and each age told me I'd survive this sudden shock. I knew I would. But even this therapist needed validation because I wasn't a therapist anymore I was walking wounded as my husband used to say when you were upright but crushed inside as he was when he had a car accident and shattered his sternum.



THE 3 STAGES



As I use the Three Stages myself, I look back and think where did that idea come from to make it timeless and universal and I know, my higher self has a direct link to the Great Man upstairs.

SUMMARY

So you're stuck in life and want some answers?

You wanted to figure out this problem for yourself, but can't?

Are people fed up with you seeking advice?

Indecisive and fed up with procrastinating?

Are curious, afraid, but need help?

Sceptical, but curious?

You'd like a relaxation technique, but not bothered what it is?

It's just mind over matter, isn't it?

I've tried this stuff before?

No way it's Hypnosis, I'm not doing that?

Is it just the Placebo Effect?

Even the medical profession uses placebos. They're and can activate spontaneous healing. Hypnosis? You're already in a trance state of fear; all this does is de-hypnotise you. If you disapprove you can always DELETE it. You do have choices; the thought police won't know!



THE 3 STAGES

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The only true wisdom is in knowing you know nothing.

Socrates