

*Healing Your Past*  
*and*  
*Creating Your Ideal Future!*

*Future Visioning*<sup>tm</sup>

*Empowering Hypnotherapy, Healing and Life Coaching,  
For Individuals, Couples and Organizations!*

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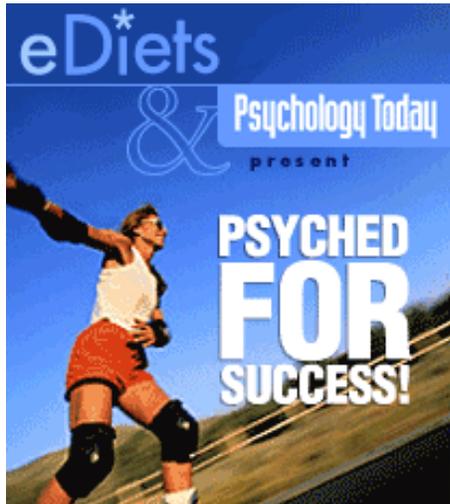
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# Ti Caine's FutureVisioning™

Presented by  
**Psychology Today**  
and **eDiets.com** in **Psyched For Success!**



{ Aim For The Moon:  
You Can Have It All!

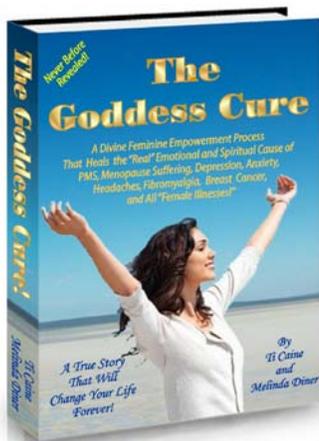
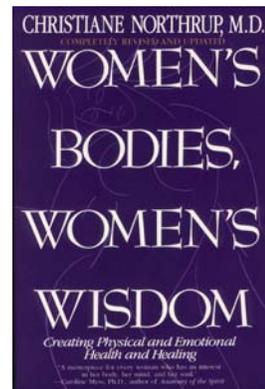
We may not have a genie in a bottle,  
but we do have the next best thing:  
World renowned life coach Ti Caine.

Ti can help you shoot for the moon and  
create an awesome future! ⇨ ⇨ ⇨

## FutureVisioning™

Is also featured in the healing chapter of  
Dr. Christianne Northrup's Best Selling Book  
"Women's Bodies, Women's Wisdom"

Over 1 million copies sold. ⇨ ⇨ ⇨



## NEW EBOOK!

Melinda's incredible true story of how the  
FutureVisioning process helped her  
completely heal 26 years of PMS, Anxiety,  
Depression, Menopause Pain and Breast  
Cancer fears... all healed in just a few  
⇨ ⇨ ⇨ sessions.

# Aim For The Moon: You Can Have It All!

Special for Psychology Today's *Psyched for Success* newsletter  
by Hara Estroff Marano, Editor at Large

The subject is lasting change, how to get beyond resolutions that repeatedly meet failure and into the promised land of sustained change.

The secret is, you can achieve what you want only if you have a clear vision of where you are headed. "The reason most people aren't moving forward," says Ti Caine, a hypnotherapist and life coach based in Sherman Oaks, California, "is that they don't even know where they are going." If they are going anywhere, it's towards whatever they got programmed for, which is essentially whatever their parents envisioned for them. They are not even living their own lives.



Successful people, on the other hand, know where they are going and dare to aim for the moon. They believe that everything is possible -- while most people are taught to settle. But settling is the antithesis of the human spirit. Nevertheless, Caine points out, whole schools of thought are dedicated to the idea that the way to achieve happiness is to lower your expectations and pretend to be happy with whatever you have. That, Caine argues, is more accurately the passport to depression.

The only failure in life is not to try. You can live your life and learn to manage the mistakes. But if you never try, you atrophy as a human being. Caine recalls the most meaningful summation he ever heard of this core truth. He was addressing a group of drug addicts in a rehabilitation center, winding up an impassioned 45-minute talk, when a cowboy in the corner stood up and roped in the bull: "I think I understand what you are getting at. What we say in Montana, where I come from is, 'better to aim for the moon and miss, than aim for a pile of sh\*t and hit.'"

Caine believes that the biggest delusion people try to settle for is that they are powerless and should be satisfied just with what they have, when they really want more from life. He is particularly concerned about the many people in unsatisfying and even destructive relationships who are trying to convince themselves -- or their partners are trying to convince them -- that what they have is good enough. It is important to be honest.

In order to transform your present into the future you want, it is necessary to tell yourself the truth about what you really want, and to envision the whole future -- FutureVisioning, he calls it - - not just in the single facet you want to change but your whole future in its entirety. That's because everything works together, and each facet of your life influences all the others. Further, looking at your whole life deters the seesaw effect that mars so many self improvement efforts, whereby you successfully change one element of your life, such as achieving weight loss, only to sabotage yourself by gaining it all back or messing up in another area, such as your finances or your relationship.

Caine insists that it is critically important to clarify and write down your goals. In one notable study of Yale graduates, 3 percent of seniors reported having specific written financial goals. About 10 percent had general goals that were not committed to paper. The rest had no specific goals. Twenty years later, *the 3 percent who wrote down their goals had outperformed the other 97% combined.* Writing down your goals gives you power and creates enthusiasm.

Having a complete vision of the future gives you a constant source of hope and motivation. Of course, the command to envision your whole future right off is far too global to help out most people. It's most likely to induce a brain freeze, so Caine has found that breaking the future into its various domains helps people to discover that they really do know what they want.

In his seminars and private sessions Caine, as a certified hypnotherapist, actually guides his clients out into their future so they can really see, feel and experience their ideal life. This incredible FutureVisioning experience then engages their powerful subconscious mind to actually help them create those dreams coming true.

This is a secret that all successful people use unconsciously. You can join the winners and take the first step toward getting what you really want right now! Use the following guidelines to start writing down what your life will be like when your dreams come true.

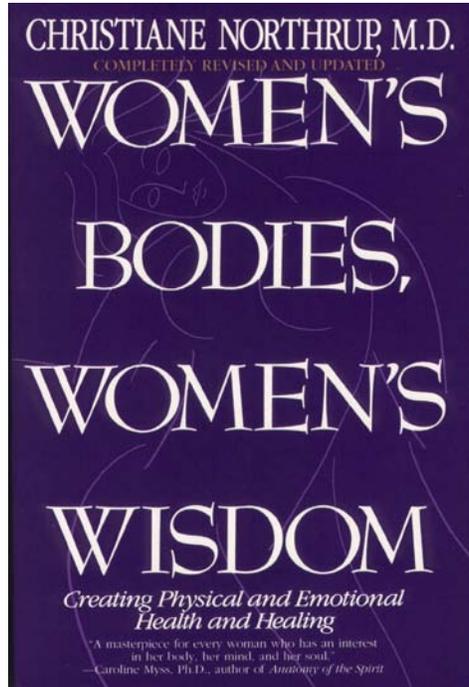
- How will you feel emotionally living your ideal future? Describe how you will enjoy and express your full range of emotions while living your ideal life.
- Describe your ideal loving relationship and/or family. Include specific qualities for you and your mate. Describe the size of your family, the relationships between members and a list of aspirations, including things you would like to do together.
- Visualize a totally fulfilling social life. Describe the friends, business associates and community acquaintances you would enjoy, including the social events and the position or image you would like to attain. Whatever you can imagine, list it.
- Describe your dream physical and health state, weight, nutrition, exercise patterns and the activities you would like to be involved in as part of an energetic and joyful life.
- Describe the mental state you would like to attain, including all of the things you'd like to learn and know, the creativity you would like to develop, the formal and informal education level you would like to achieve, and the things that turn you on intellectually.
- What do you want in your life career-wise and financially three to five years from now? How will you feel in your ideal career? Imagine your financial dreams coming true. Be specific and list anything of value that would be symbolic of financial success, especially your giving.
- What do you really want in your life spiritually in three to five years? Describe the spiritual, moral state to which you aspire. What would it be like to have a magnificent and inspiring relationship with your inner guides, your high self, God, the Goddess or the Source as you imagine it?

**Ti Caine is a dynamic speaker, an international workshop leader, a renowned hypnotherapist and life coach. Ti is the creator of FutureVisioning; a powerful, breakthrough methodology which teaches individuals and organizations how to design and create their most successful and fulfilling futures. On the way to their awesome futures he also helps individuals to heal anything that stands in the way of their success. He has helped many people heal illnesses, from Chronic Fatigue and PMS to Headaches and Anxiety problems, he also teaches clients how to eliminate blockages like fear and self sabotage. He helps organizations to rapidly increase both effectiveness and profits. Empowered future oriented individuals enthusiastically and powerfully move forward, creating the best possible futures for themselves and for their organization.**

**Hara Estroff Marano is the senior writer and Editor-At-Large of *Psychology Today* magazine. An award-winning writer on human behavior, Hara's articles have appeared in publications including the *New York Times*, *Smithsonian*, *Family Circle* and *Ladies Home Journal*. She lives in New York City.**

**You can go to [www.futurevisioning.com](http://www.futurevisioning.com) to get more information to empower yourself and to enrich your life.**

**Dr. Christiane Northrup's  
1 Million + Best Selling Book  
Features Ti Caine and Future Visioning**



***Chapter 15: Steps For Healing***

***Imagine Your Future:  
Change Your Consciousness, Change Your Cells***

For years, I had my patients begin their health journeys by exploring their pasts to find clues to how they were creating their present conditions. Then recently I had a phone conversation with Ti Caine, a hypnotherapist who helps people heal their pasts in part by helping them dream up their futures. (See Resources.) He reminded me of something very powerful that I already knew and had experienced repeatedly: It is really our vision and hope for the future that heals us and draws us forward. Our cells keep replacing themselves daily, and we create a whole new body every seven years. So it is not really accurate to say that our pasts are locked in our bodies, though sometimes it seems that way.

What is really going on is that the consciousness that is creating our cells is often locked in the past and that consciousness keeps re-creating the same old patterns. If, however, we can change the consciousness that creates our cells, then our cells and lives improve automatically, because health and joy are our natural state. The easiest and fastest way to do this is to imagine your future self in as much detail as you possibly can. Doing this will assist you through any healing process you're currently involved in. So before you dive into the steps listed here, invite your future self to accompany you on your journey, and ask yourself this question:

***If you were in optimal health, what would your life look like?***

## MY LIFE WENT FROM DISMAL TO FABULOUS IN LESS THAN THREE WEEKS

Paralyzing Panic Attacks were the reason I started working with Ti. In my late teens, I had experienced a lot of insecurity, anxiety and claustrophobia that seriously interfered with my life. Even though I am a hypnotherapist myself, and I've been through years of regular therapy, I still spent those years just coping with my anxieties, and they never really went away.

When the panic attacks, anxiety, fear of flying and fear of being away from home came back in my late 20s, they had a devastating effect. Little by little my world closed in on me. I didn't want to be home alone, yet I couldn't travel more than a mile or two without experiencing paralyzing fear. My career was also stuck in confusion, and my relationship with my husband was in serious trouble.

I read about Ti in Christiane Northrop's book, "Women's Bodies Women's Wisdom." I live in Florida and Ti is in California. And even though he lives on the other side of the country, and there are thousands of therapists and hypnotherapists closer to me, something in my intuition told me that I should call him. I'm extremely glad I followed my intuition.

I felt better and my life changed during our very first conversation. Ti's unique approach helped me immediately understand that the reason I was afraid and panicked was because I couldn't see my bright future and the only future I had been programmed to believe in was filled with struggling and pain. My fears and panic attacks finally made sense.

Ti helped me reclaim my power and connect with my healthy, happy and successful future, and with this hope and the passion awakened he then helped me relatively easily heal the limitations from my past. We did several sessions over the next few weeks, all of them on the phone, and I found this to be the most complete and most powerful healing and growing process I've ever experienced.

Within less than three weeks my whole life changed, and I easily got on a plane to fly all the way across the United States to the west coast and back -- and I enjoyed the whole trip... I not only completely healed my "panic disorder", but my whole life changed for the better!

The following is a list of the incredible changes that have occurred in just these few weeks:

1. I now fly alone anywhere I want without fear.
2. My panic attacks are gone, and I don't worry about them, because I'm not afraid of them anymore.
3. My relationship with my husband that was full of fighting and pain, is now fantastic! 101% better than I had dared to dream.
4. My relationships with my Mom and Dad have improved enormously. (Previously a problem.)
5. I sleep peacefully now, and I have much more energy.
6. My career is opening in wonderful new ways.
7. I feel my emotions much more, and I love my feelings the tears of joy!
8. I have learned to respect, appreciate and love myself.
9. I've lost weight effortlessly!!!
10. I am more relaxed and am now really enjoying my life.

In a matter of weeks my life has gone from dismal to fabulous, and I feel more alive than ever before.

Jan Morison,  
Florida









To be guided into your future and to learn how to make these dreams come true visit: [www.futurevisioning.com](http://www.futurevisioning.com)

or call 818-995-1331. ©Ti Caine 2005

## **FutureVisioning Is Powerful and New!**

**This is not more “Affirmations”, “Goal Setting,” “Positive Thinking” or telling you to just “Be In the Moment” because “Everything Happens for a Reason”.**

**This is about actually developing a relationship with Your Future Self! No Doctor, Healer, Coach, Seminar or Goals Program can teach you the FutureVisioning Process for tapping into the Incredible Power of Your Future, because this process of working with the future has never been available before.**

**If you have been searching for the ultimate way to Heal Your Past and Create A Great New Life... Your search is over... You’ve finally found what you’ve been looking for...**

First I help you design your Ideal Future, and then I will guide you out into that Ideal Future so you can actually meet your Awesome Future Self, and experience yourself living the life of total success, health and happiness that you really deserve!

Then I will guide you back into the past so that you can heal and release the old emotional blockages and limiting beliefs that have created all of your struggles, illnesses and self sabotage. You can then more powerfully and gracefully move forward to create your true unlimited success.

**Does this really work?**

**“YES IT DOES!”**

The FutureVisioning process has helped thousands of people, just like you, to powerfully and gracefully create successes in every area of their lives. They have created new careers, business success and financial freedom, released life long fears and phobias, understood and released years of chronic stress and anxiety, healed major illnesses: Anxiety, Chronic Fatigue, Migraines, PMS, Menopause Symptoms, Hot Flashes, Insomnia, and even Cancer... And, they have also discovered their true passion, enhanced both their business and personal relationships, discovered unstoppable motivation, created true happiness and built strong, fulfilling families and effective empowered organizations!

**You Are Powerful,  
You Can Heal Your Past,  
and You Can Create Your Awesome Future!**

For a consultation or more information, Please

Email: [ti@FutureVisioning.com](mailto:ti@FutureVisioning.com),

Call: Ti Caine at (818) 995-1331

Visit: [www.FutureVisioning.com](http://www.FutureVisioning.com)

## **Ti Caine C.H.T.**

*Certified Hypnotherapist, Healer, Author, Speaker, Life Coach*

I am a Certified Hypnotherapist, Metaphysician, Healer, Spiritual Teacher, and Life Coach and I created the FutureVisioning™ MetaTherapy system to help people powerfully heal and create success and happiness by tapping into the incredible power of the future. My greatest joy comes from helping individuals, couples and organizations to create health, happiness and success, by showing them how to both Heal Their Past and how to Create Their Ideal Future. My clients have accomplished amazing things including: healing major illnesses, releasing life long fears, understanding and releasing chronic stress, saving and transforming relationships, doubling and tripling incomes, creating organizational effectiveness and successes, reclaiming real motivation and happiness, and discovering true peace of mind.



In addition to experience in business and sales and the film and video industry, I explored and developed my own passion, insight and wisdom through a wide variety of experiences in Love, Life, Growth, Nature and the World. I grew up in Utah and spent every summer at our log cabin by a lake in the forests of Montana, then I traveled around the world several times seeking philosophical and spiritual knowledge, visited gurus in India, lived for 4 months in Nepal, traveled all through Europe and the Mediterranean, was hired as a charter sailboat skipper in the Greek Islands, journeyed with other metaphysical explorers through Central and South America, lived aboard a 50 foot sailboat in Tahiti for 4 months, and perhaps the most wonderful and enlightening journey of all, I've had the joy of being a father and friend to my wonderful 24 year old daughter.

I have passionately enjoyed over 35 years of exploring consciousness, growth and personal empowerment, and studied, practiced and integrated the most valuable aspects of Reichian Breath and Body Work, Hypnotherapy, Expressive Movement, Psychology of Selves, Massage, Rebirthing, Energetic Healing and Balancing, Neuro Linguistic Programming, Voice Dialogue, Quantum Physics and the most valuable wisdom of all came from and the incredible Metaphysical Channeled being Lazaris.

Lazaris's wisdom lead me to expand beyond all of the therapy and healing models to create The FutureVisioning™ process, which is a totally new and unique way of healing, growing and succeeding because it is based on our relationship with the future. I have been called the World's Leading Expert in the Psychology of The Future, because this system of working with the future has never been available before! This unique, loving, yet incredibly powerful FutureVisioning™ MetaTherapy helps people learn to gracefully and quickly Heal Their Past, and joyfully and powerfully Create Their Future.

With these tools I have created many extraordinary experiences in my own life and in my clients lives, including consciously creating an instant healing of a life threatening illness in my own body over 26 years ago... and this profound experience showed me the power we all have within us.

My work is now being shared and acknowledged internationally. Psychology Today Magazine has done a 7 part series about my process in their online newsletter Psyched for Success that is distributed to over 12 million people world wide. I have presented my work several times at the International Convention of the American Council of Hypnotist Examiners, with over 500 professional hypnotists from all over the world in attendance, and the tape of my presentation is always a best seller. My work has also been written about in the international best selling book "Women's Bodies, Women's Wisdom," by Dr.

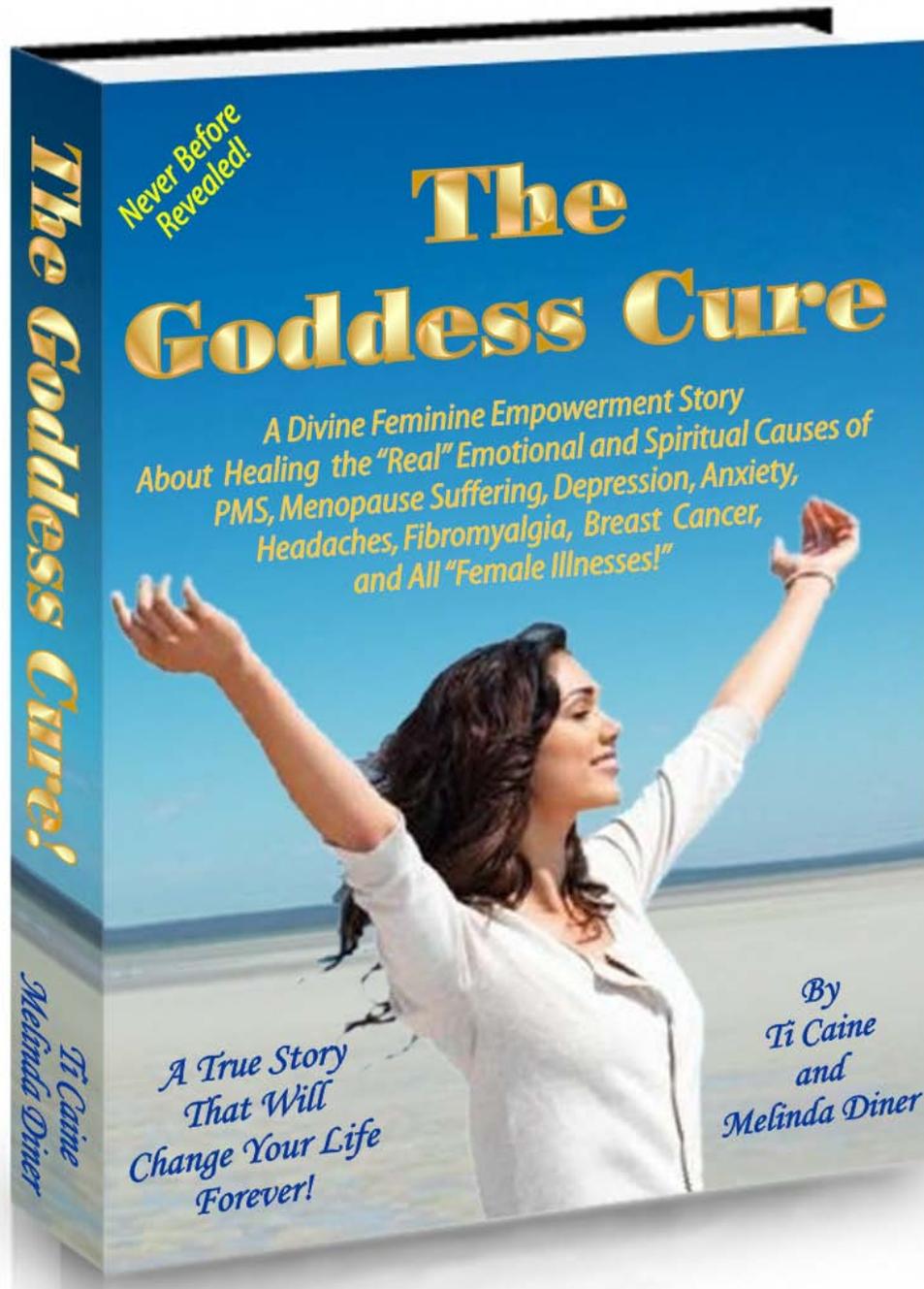
Christiane Northrup M.D., and the whole FutureVisioning Process has now been described for the first time ever in my new ebook "The Goddess Cure", which is shown on the next page.

I Love my work and would Love to help you Heal Your Past and Create Your Awesome Future.

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[www.FutureVisioning.com](http://www.FutureVisioning.com)



**Download "THE GODDESS CURE" for Free!**

[www.thegoddesscure.com/goddesscure.html](http://www.thegoddesscure.com/goddesscure.html)

(Use Coupon Code "Gift")

**You Can Heal Your Past and Create Your Awesome Future!**

**For a Consultation and More Information- Please Call: Ti Caine at (818) 995-1331**

## **JEFF'S WHOLE LIFE SUCCESS STORY**

When I met Ti Caine five years ago, I already had a pretty good life. I was living in a nice apartment with my girlfriend, driving a new Ford Taurus, and making close to six figures working with my relatives in the bank card processing business. I was doing all right, but I wanted more. I wanted to be on my own. I wanted to be more successful and have more control over my own fate. I also desperately wanted to reduce the stress that I constantly felt.

In my first session with Ti, he guided me into an actual experience of my wonderful future. I actually stepped into and felt the happiness and success that I want. My stress level dropped immediately, my hope and motivation reawakened, and after just a few sessions with Ti, my whole life changed. My everyday choices took on a whole new perspective. I started living with a different mindset. By consistently staying in touch with my future and that feeling of success, my daily experiences transformed, taking on a richer quality.

I stopped blaming people in my life, my girlfriend, my employees. I began to look inside myself first, and I worked on my own blocks and resistances. And as a result, I became a better boyfriend and a better boss. I stopped beating myself up when I made mistakes. Instead I learned to recognize the mistakes, shoulder the responsibility, forgive myself and move ahead. As I worked with the connection to my future, I felt better, my life got easier, and I automatically made healthier choices in the present.

As I took these giant steps into my future, I had this amazing realization that I was being pulled forward into my awesome future, instead of having to push for it. I had always been a Type A, push, push, push, hard driving toward success kind of person. All of a sudden, I was mellower, more relaxed, and yet I was creating a lot more success.

My work with Ti has made a huge difference in my life. I am now living the incredible life that I saw in our first session five years ago. And what is really incredible, is not just the Porsche I'm driving, or the half million dollar house I'm living in with my beautiful wife and two fabulous daughters. It's not even the fact that I now run my own bank card processing business and my income has multiplied several times over. What's really incredible is the ease with which my dreams have come true. Ever since Ti taught me how to work with my future, I have literally felt my future pulling me into the wonderful life I now enjoy. Ti's FutureVisioning is an awesome process and one I highly recommend.

Jeff Scanlan,  
California

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