

*Healing your past*  
*and*  
*Creating Your Future!*

*Future Visioning<sup>™</sup>*  
*Hypnotherapy and Success Training*  
*For Individuals, Couples and Organizations*

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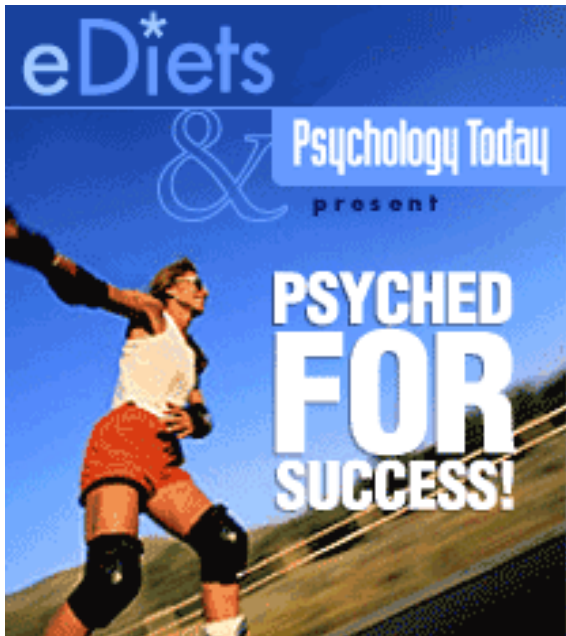
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# Ti Caine's FutureVisioning™

Presented by  
**Psychology Today**  
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**Psyched For Success!**

An online newsletter announced to 12 Million People World Wide.



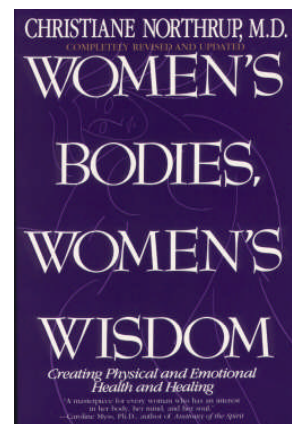
{ Aim For The Moon:  
You Can Have It All!

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  
Christianne Northrup's Best Seller  
"Women's Bodies, Women's Wisdom"  
Over 1 million copies sold



# 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 settle for what is at hand. 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 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.

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 in another area, such as messing up in your job or in 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 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 find they really do know what they want.

In his seminars and private sessions Caine actually guides his clients out into their future so they can really see, feel and experience their ideal life. Then their subconscious mind actually helps them create those dreams coming true.

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 a wonderful 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 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 you would like to attain, and the things that turn you on intellectually.
- What do you want in your life career-wise and financially in the next three to five years? 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.
- What do you really want in your life spiritually in the next 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 and 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 employees 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.ticaine.com](http://www.ticaine.com) to get free worksheets and ideas to enrich the FutureVisioning process. The next *Psyched for Success* will show you how to use the power of visualization to create your wonderful life.**

## Keep Your Goals in Sight

When she looked ahead, Florence Chadwick saw nothing but a solid wall of fog. Her body was numb. She had been swimming for nearly sixteen hours.

Already she was the first woman to swim the English Channel in both directions. Now, at age 34, her goal was to become the first woman to swim from Catalina Island to the California coast.

On that Fourth of July morning in 1952, the sea was cold and the fog was so dense she could hardly see her support boats. Sharks cruised toward her lone figure, only to be driven away by rifle shots. Against the frigid grip of the sea, she struggled on, hour after hour, while millions watched on national television.

Alongside Florence in one of the boats, her mother and her trainer offered encouragement. They told her it wasn't much farther. But all she could see was fog. They urged her not to quit. She never had ... until then. With only a half mile to go, she asked to be pulled out.

Still thawing her chilled body several hours later, she told a reporter, look, I'm not excusing myself, but if I could have seen land I might have made it." It was not fatigue or even the cold water that defeated her. It was the fog. She was unable to see her goal.

Two months later, she tried again. This time, despite the same dense fog, she swam with her faith intact and her goal *clearly pictured in her mind*. She knew that somewhere behind that fog was land, and this time she made it! Florence Chadwick became the first woman to swim the Catalina Channel, eclipsing the men's record by two hours!

From Chicken Soup for the Soul - Author Unknown







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

**This is not just more Affirmations, Positive Thinking or another Self Help Book telling you “everything happens for a reason”. No Doctor, Healer, bottle of Medicine, handful of Vitamins, Goals program, Coach or Seminar can teach you the FutureVisioning Process for tapping into the Incredible Power of your Future, because it has never been available before.**

**So get ready... In your first session I will guide you out into your ideal future so you can actually experience yourself living the life of total success, health and happiness that you really want!**

**Then I will guide you back into the past to heal and release the old emotional blockages and limiting beliefs that create your self sabotage and that hold you back from your true unlimited success.**

**Does this really work?**

**YES IT DOES!!**

If you wish to read some of the amazing healing and success stories of people who have learned to heal their past and who have developed this empowering relationship with their awesome future, go to **[www.FutureVisioning.com](http://www.FutureVisioning.com)**.

You will read about people just like you who have gracefully and powerfully created successes in every area of their lives; creating new businesses and career success, doubling and tripling incomes, releasing life long fears and healing major illnesses such as chronic fatigue, migraines, PMS, menopause symptoms and even cancer... They have also discovered their true passion, understood and released chronic stress and anxiety, enhanced business, personal and family relationships, discovered real motivation, created true happiness and built strong and effective families and organizations!

**You Have the Power to Heal Your Past, and to Create an Awesome Future!**

For more information

**Please visit: [www.FutureVisioning.com](http://www.FutureVisioning.com)**

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

**or call: Ti Caine at (818) 995-0011**

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

*Certified Hypnotherapist, Speaker, Success Coach*

**Ti Caine C.H.T.**, is a Certified Hypnotherapist, Metaphysician, Healer, Spiritual Teacher, and a Success Coach. He is the creator of FutureVisioning<sup>™</sup> MetaTherapy, which is a powerful new system of creating success by drawing on the power of the future. His greatest joy comes from helping individuals and organizations achieve great health, happiness and success, by showing them how to both Heal Their Past and how to literally Create Their Future. His 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, he has explored and developed his own passion, insight and wisdom through a wide variety of experiences in Love, Life, Nature and the World. These include living in a log cabin by a lake in the forests of Montana every summer for his first 25 years, traveling all the way around the world, several times, seeking philosophical and spiritual wisdom, visiting gurus in India, living for 4 months in Nepal, traveling all through Europe and the Mediterranean, being hired as a charter sailboat skipper in the Greek Islands, journeying with other metaphysical explorers through Central and South America, living aboard a 50 foot sailboat in Tahiti for 4 months, and perhaps the most wonderful and enlightening journey of all, being a father and friend to his wonderful 21 year old daughter.

He draws from over 25 years of experience in consciousness growth and personal empowerment. He has studied, practiced and integrated the most valuable aspects of Reichian Breath and Body Work, Expressive Movement and Dance, Massage, Rebirthing, Psychology of Selves, Energetic Healing and Balancing, Neuro Linguistic Programming, Voice Dialogue, Holographic Future Programming, and Metaphysics. He has expanded beyond these to create his new way of healing, growing and succeeding.

His system of working with the future, has never been available before! This unique, gentle, yet incredibly effective FutureVisioning<sup>™</sup> MetaTherapy helps people learn to gracefully and quickly Heal Their Past, then joyfully and powerfully become the Creators Their Future.

With these tools he has created many extraordinary experiences in his own life and in his clients lives, including consciously creating an instant healing of a life threatening illness in his own body, thus discovering deeply and personally the power we all have within us.

Ti's work is now being shared and acknowledged internationally. Psychology Today Magazine has done a 7 part series about his work in their online newsletter Psyched for Success that is distributed to over 12 million people world wide. He presented his work several times at the Annual 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 his presentation is always a best seller. His unique work has also been written about in the international best selling book "Womens Bodies, Womens Wisdom," by Dr. Cristianne Northrup M.D.

He Loves his work and looks foreword to helping you enhance your life, your health and your future.