



WHAT IS

# TIMELINE JUMPING

EXCERPT TRANSCRIPTION  
FROM PSYCHIC LIVE PODCAST

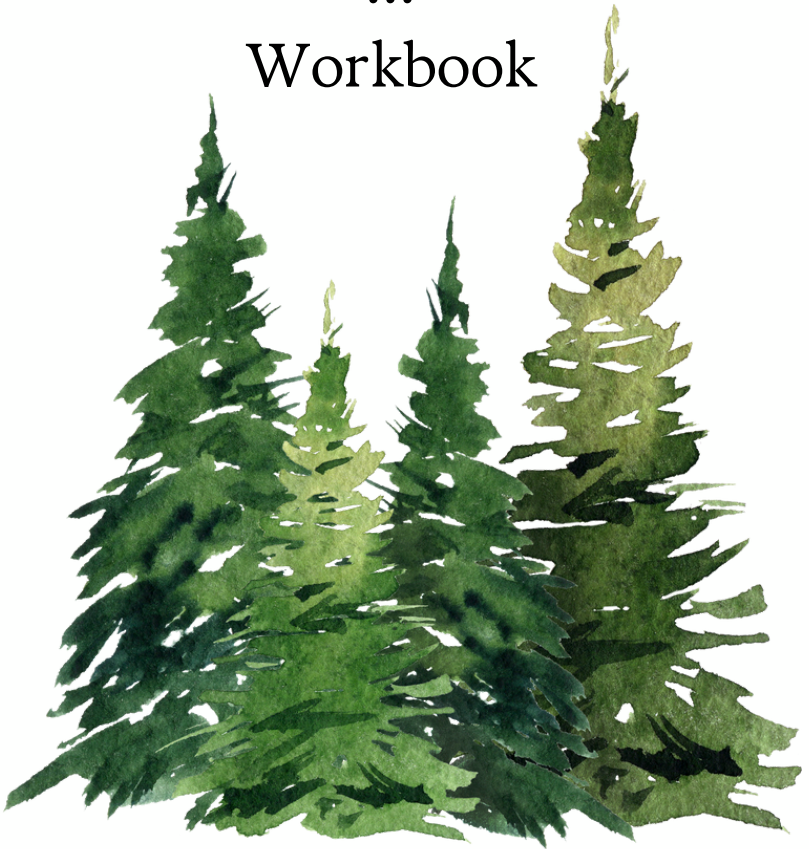
Lady ☉

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# What is Timeline Jumping?

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## Workbook







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and Self-Transformation



In this enlightening segment from the Psychic Live podcast, Lady O invites listeners to reframe their past traumas by viewing them as experiences intentionally created for their highest good. She explains that by revisiting these moments with compassion and understanding, you can shift your perception, heal your inner child, and even adjust your current reality. This process, often called "timeline jumping," allows you to change who you are today, as your cells respond to your intentions and emotions, creating a renewed version of yourself. Riz echoes Lady O, emphasizing the concept of timeline jumping as a profound shift in perception and being.







## Transcription from Psychic Sunday Live Podcast

Lady O

Have you ever considered that, and I know you have, but if you go back into your past and you talk about the traumas and experiences you've had as a child, if you have a new understanding of what happened, and it's no longer considered traumatic, but you see that you created that for your highest good because it put you on a timeline that got you to where you are today. If you go back and make peace and have a little talk with your younger self and explain that this is all for the highest good and everything's going to work out, you will see that it will readjust a new timeline for you, and you'll literally be changing who you are today. Your cells literally listen to you and will change. Then the new you is going to be... You'll start to feel the new you stepping in, and it's like you just get these new versions of you constantly. So people are calling that timeline jumping, but there's many ways to talk about it.

Riz

But it is timeline jumping, right? It is timeline jumping. Because what is time in and of.

# Reflecting on Timeline Healing and Self-Transformation

## Exercise 1: Revisiting the Past

1. Recall a specific moment from your childhood or past that you have labeled as traumatic or difficult. How did it shape you?
2. If you could explain to your younger self why this experience happened for your highest good, what would you say?
3. How can you reframe this event to see the strength, growth, or wisdom it brought you?

## Exercise 2: Communicating with Your Younger Self

1. Close your eyes and imagine your younger self standing in front of you. What do they look like? What are they feeling?
2. Write a letter or have a mental dialogue with your younger self. What encouragement, comfort, or wisdom can you share with them?
3. How do you feel after this exercise? Did your perspective shift?



### Exercise 3: Shifting Timelines

- What beliefs, habits, or emotions from your past are no longer serving you?
- If you could rewrite your life's story starting from today, what would you change or enhance?
- Visualize the version of yourself who has fully healed from past experiences. How do they act, feel, and interact with the world?

### Exercise 4: Embodying the New You

- What practices (e.g., affirmations, meditation, journaling) can help you embody this new version of yourself daily?
- How will you nurture your body, mind, and spirit to align with your new timeline?
- What small step can you take today to step into this new version of yourself?





## Exercise 5: Self-Affirmations for Timeline Healing

- "I honor my past as a stepping stone to my highest good."
- "My cells listen to my intentions and create a new reality for me."
- "I am constantly evolving into a brighter, stronger, and more aligned version of myself."
- "I embrace the wisdom of my inner child and integrate it into my present."

Take a moment to express gratitude for the journey you've been on, the lessons you've learned, and the person you are becoming. Visualize your new timeline as a vibrant path filled with joy, peace, and abundance. Trust that each step you take aligns you closer to your highest potential.

