

## CHAPTER 1

# LEARNING THE BASICS

**I** finished the book, picked up the phone, and dialed. This was it! This was my chance to find out everything I'd ever wanted to know about myself and my life. I had so many unanswered questions.

I left a rambling message on the authors' voicemail saying that I wanted to do what the people whose stories were in the book had done. I wanted to know everything. Could I start today?

The answer was yes. So I started that afternoon on the greatest adventure of my life. The authors, Pamela Chilton and Dr. Hugh Harmon, worked just down the road in Palm Desert. When I arrived and opened the door, there stood Pamela, the woman who would guide me to many places and times in the past. I had no fear of hypnosis but even if I did, the sight of her would have quelled it. Her beautiful blue eyes, framed by a soft pageboy hairstyle, radiated kindness and acceptance. I knew right away I would be safe on this woman's watch.

She led me through double doors into her office. The room was bright and sunny with framed certificates lining the walls.

And then I saw The Chair, an overstuffed blue recliner, slightly worn on the armrests and headrest. I would have many adventures in that chair. It was comforting to know many others had sat in that chair too.

Pamela asked me to have a seat. Across from me, next to the double doors, hung a framed quotation:

The Greatest Revolution Of Our Generation  
Is The Discovery That Human Beings,  
By Changing The Inner Attitudes Of Their Minds,  
Can Change The Outer Aspects Of Their Lives.

– William James

It sounded good to me. I had lots of outer aspects that could use some changing. I pulled up the recliner lever and settled in, ready to go.

“So tell me about yourself,” Pamela said as she sat down in a rolling chair next to me. “Why are you here?”

“Well, I just read your book and I want to know *everything*,” I answered. “I want to find out about my past lives. I grew up Catholic so I never really believed in past lives. But I do now. And I want to know about my childhood. I don’t remember anything before the age of six.

“I’ve had a good life,” I continued. “The older I get and the more stories I hear of people’s experiences, I’d have to say I’ve had it pretty easy. My parents loved me. Nobody beat me. I’ve been successful in my careers.

“But I was adopted, so I probably have some worthiness issues, and I was born with a weird heart and a missing toenail on my right foot. I’d love to find out about those now that I know congenital stuff often comes from a past life. My eyesight is pathetic, and I think I’ve been emotionally unavailable all my life. Those are my biggies. I just want to know about everything. Where do we start? How about finding a past life?”

“Well, Ann,” Pamela explained, “before we get to that, the best use of today’s consultation is to review some information about the mind and about our human purpose so you understand where we’re going and what we’re doing when you’re in hypnosis. I’ll hypnotize you next time, I promise.

“Because we’re going to be working with the subconscious and Higher Self levels of your mind, and because everything you will learn is part of your spiritual quest, we need to be certain you understand the basics. It’s like reading the whole recipe before you start to cook.”

“Okay. Shoot.”

“You know from the book that we are all spiritual beings living a human experience,” she began, “and that the ultimate purpose of our human experience is to reconnect with that part of us that is our spirit, our true self.

“If you think of your spirit, or soul, as having vibration or energy frequencies, in order to embody, your spirit has to slow down its energy frequencies to be compatible with the energy frequencies of the physical body—which are much lower than those of spirit. The more you slow down your vibrational frequency, the less awareness and understanding you have. So your spirit doesn’t want to slow down its whole self, nor could it; its vibration is really too big. So it slows down a portion of itself. That’s the part that enters the body, and it’s the part you think of as ‘you.’ But our spirit keeps the major part of itself in that higher frequency that it has attained over many lifetimes of learning, of gaining awareness and understanding. This we call the Higher Self. Are you with me so far?”

I nodded yes.

“Good. Now, when we talk about the mind, we are not talking about the brain. Many people think they are one and the same. They aren’t. While you are embodied, your mind *uses* your brain to carry out the mental and physical functions of your body. When your body dies, the brain will die, but your

spirit and your mind will not die. They will remain connected, and everything that has ever happened to you in this lifetime will still be there, recorded in your mind.

“There are three levels of the mind. The conscious mind is your everyday mind, so to speak. It steers the ship. The subconscious mind is like a vast storehouse of many parts. It’s the storehouse of your beliefs and of your emotions and of your memories. It’s the storehouse of nature’s programming—it’s where the cells of your body are programmed. It is also the transmitter and receiver of all spirit communication. The higher mind, or Higher Self, is the super consciousness part of your mind. It is the part of your mind that has stayed in the realm of spirit. If all three levels are not in agreement, you will be notified with a signal of physical and/or emotional dysfunction.”

“Now, it’s important to know that the Higher Self does not know all, or you wouldn’t be here on Earth living your life. Your Higher Self is certainly aware of more than what you’re aware of in the body, partly because you have blinders on, in a sense. These blinders are your emotions and your beliefs, and your programming and the ability to be programmed, and the part of you that will believe what someone else tells you whether it’s true or not because you like the person, or they’re in authority, or whatever.

“The Higher Self, that higher frequency, is free of all that. That’s why it’s our best guide through life. Some people call it the intuitive self, the over soul, the spiritual self, the Atman. I like to call it the Higher Self because it keeps it clear that it’s the higher vibration of our own spirit. The part that’s in the body is the lower vibration.

“Now, when the people in the book came in with disease or chronic pain, with a phobia, a habit they couldn’t break, excessive anger, addiction, or something like that, you’ll remember we always had to find the *origin* of the dysfunction. There was

a beginning point for the dysfunction—an experience that first created the thoughts and beliefs to which the emotions became attached. Then something triggered it. How did we find it? We asked their subconscious mind.”

“So are you saying,” I asked, “that *everything* has an emotional origin? There’s an emotional program that is causing it?”

“Most everything has an emotional origin, yes.”

“If I get cancer there’s an emotional program that’s causing it? And it can come from this life or a past life?”

“Yes, although there can be physical contributing factors as well.”

“What about if I trip on a sidewalk and stub my toe? I did that last week.”

“That’s a warning,” Pamela explained. “You’ll hear me say this more than once: *Everything* happens for a reason. *Nothing* is arbitrary. Stubbing your toe is a warning from your subconscious mind. Remember, the subconscious controls the body. And it uses the body to send you messages. The cancer is a message that there is an emotion that is causing imbalance. Stubbing your toe is a message to be careful, or don’t trip yourself up, or watch where you’re going. You’re stumbling on your path. You need to look at what’s going on in your life.”

“So *everything* happens for a reason?” I asked. “*Everything*? Even something like a flat tire? Or what if I get a vitamin tablet stuck in my throat. That happened to me once.”

“Yes, Ann. And we’ll find out what those things meant at the time in your life that they happened. I’m writing them down now.” Sure enough, she had a clipboard in her lap that I hadn’t even noticed. It was turned sideways so she was writing on it horizontally.

“One other question before we go on,” I asked. “If all we need to do to get rid of all the muck in our lives is go to the subconscious, why doesn’t everyone just do that?”

"They don't know," was the answer. "Did *you* know before you read the book? Did *you* know that everything you do, think, and feel has a reason, a lesson in it? Only by understanding the mind can we truly understand the purpose of our human lives."

"So," I asked, "nothing 'just happens'? It seems a little daunting to have to find a reason for everything. But I guess finding reasons is better than constantly wondering 'Why is this happening to me?'"

"You're right," Pamela answered. "It is."

"Now, let's talk about programming a little bit," she continued. "We like to say we were programmed when we were a child, which is true. But the real truth is we program *ourselves* as a child because it's what we allow in, what we choose in that instant to believe, that forms the program. You spill the milk and your mother says, 'You're a clumsy oaf.' If, at that instant, we don't think, 'No I'm not, the milk was in the wrong place,' the subconscious says, 'Okay, we're a clumsy oaf.' Now our program has been built in and we still do it today. We're habitually clumsy."

"How do you change that program? As Albert Einstein said, we can't solve problems by using the same kind of thinking we used when we created them. So we must go to our subconscious and convince it of a new program. Now to get to the subconscious, we have to ask our conscious mind to take a step back. This is done in an altered state."

"Another term for altered state is hypnosis. Many people are afraid of hypnosis because they have misconceptions about it. Have you ever been driving in your car and all of a sudden arrived at your destination and had no recollection of the trip?"

"More often than I'd like to admit," I answered. "What was that? Where was I? And how did I manage to drive and not get into a wreck?"

"You were in a light hypnotic state. Your conscious mind stepped back. Your subconscious mind was driving the car. It

knew where you were going and how to get there safely. Were you daydreaming about something?"

"Probably," I responded. "Or I was just zoned out."

"Zoning out, as you call it, is going into an altered state, into a light hypnosis. You *know* that had there been an emergency on the road you would have come right back to your conscious mind, right? Well, it's the same in hypnosis. If you were in that chair in hypnosis and someone yelled 'fire,' you'd be out of hypnosis in a minute. That's the misconception many people have. They think they lose control to the hypnotist. Not true. You are in complete control."

"People go to a hypnosis show, and there's this hypnotist on stage making people quack like a duck. You're thinking that those people would never quack like a duck if they knew what they were doing, so they are being controlled. But they're not. On an inner level they're agreeing to be part of a show. The hypnotist is very skilled at picking the kind of person out of the audience who will be willing to be part of the show, who will allow themselves to be suggestible. But if that hypnotist told one of them to kill somebody in the front row, they wouldn't do it because it's against their moral programming. They would snap right out of hypnosis."

"I'm not afraid of hypnosis," I said in an effort to speed things up. "So let's go. Is there anything else I need to know beforehand?"

"Well, Ann, you have a very quick mind, very fast, all over the place. To hypnotize someone like you, it's necessary to take time relaxing the body and talking to the body, because the subconscious is in control of the body. If you begin hypnosis by talking about the body so that the person is focusing their mind on the body, you're already talking to the subconscious."

"When you focus on your scalp, for example, and think to yourself, 'relax,' you're talking to your subconscious. You're starting to pull in its attention. 'I'm thinking of the scalp. Relax

it. I'm thinking of my eyelids. Relax the eyelids.' You're narrowing the attention and focus of the subconscious so by the time you're ready to do whatever you're going to do in hypnosis, you're in that lock-in with the subconscious, you have eliminated all those distracting thoughts."

"How is hypnotherapy different from hypnosis?" I wanted to know.

"Hypnosis is getting a message to the subconscious mind," Pamela explained. "But if the subconscious blocks that message, then therapy is needed to release the block or alter the old program. Ideally, as we grow in age, previous ages—our inner ages—are content. Your three-year-old self became a part of the past. But if the lesson wasn't learned and that three-year-old feels incomplete or distressed, she does not move into the past. Then you have an active inner child—or sometimes a past life personality. So you need to reprogram that age or personality.

"Say you want to program, 'You can trust people you love.' If there is a block, if an inner resistance from a past program has been triggered, then the new program won't last. You have to remove the block with therapy with that inner child or past life personality."

"So that's why sometimes The Secret doesn't work. Right?"

"Right," Pamela answered.

"In the book you did some kind of muscle testing," I said. "I think it's called NMR. You used it to find origins and causes of dysfunctions. It seemed to be a real time-saver."

"Yes," Pamela replied. "Have you ever heard of applied kinesiology?"

"Yeah. A chiropractor used it once to check tablet dosage," I said.

"There are very specific criteria that are important to getting accurate results with muscle response. Dr. Harmon and

I have developed a protocol to meet these criteria called Neuro-Muscular Response, or NMR for short.

"I'm going to demonstrate the steps important to getting accurate results. Many people feel once they have experienced NMR they can do it with others. I want to show you why that isn't a good idea. It is a very, very valuable tool, but like a surgeon's scalpel, it can do great harm in the wrong hands."

Pamela demonstrated NMR using my legs, not my arm as my chiropractor had. She said it didn't matter which muscle of the body is used, but the large muscle that controls the leg does not tire easily. She gave me a statement to repeat. She had one hand on each ankle. After I made the statement she would say 'hold,' and I would try to resist her pulling my ankles together. If the answer to the statement was yes, my legs stayed strong. If the answer was no, my legs weakened and my ankles came together no matter how hard I resisted.

She explained that using statements instead of questions elicits more definitive responses, and how those statements are prefaced affects the response. Prefacing a statement with 'my cells' or 'my body,' for example, directs the subconscious to respond for the cells or the body. Prefacing a statement with 'my Higher Self' directs the subconscious to respond for the spiritual level of the soul. When the statement has no preface, the subconscious mind itself responds with its knowledge or programmed beliefs. Knowledge and programmed beliefs are significantly different, as I was to discover over the course of my work with Pamela.

Then Pamela demonstrated how NMR can be misused. She asked me to state my name but to make it a false name and think to myself: that is not my name. My muscle response was strong, indicating the statement I made was true.

"But it's not true," I protested.

"What isn't true? The false name you spoke aloud or the thought that it is not your real name? That's the problem with

all muscle testing. If you think something different from what you say aloud, the response is to what you are thinking, not what you are saying. The person being tested has to keep his or her thoughts focused on the statements they make. Otherwise the testing is useless at best and dangerous at its worst."

Pamela also showed me how the therapist's thoughts can affect the testing. She had me state my true name, but the muscle went weak. "I did that," she said. "I was thinking 'no, no, no,' which confused your subconscious just enough to weaken the leg muscle, giving us a false response. I wanted you to see how the practitioner can and will influence the response by what he or she is thinking. Even the expectation of what an answer will be by either person can skew the results."

"Then why use it?" I asked. "How can anyone trust the answers they get?"

"You don't throw out valuable tools just because they can be misused," she responded. "You learn how to use them skillfully. It's true you would not want to have anyone use any kind of muscle testing on you who is not well trained or who has something to gain from it. Twenty years of doing this has taught me to pay attention to the NMR protocol, including the importance of how to word a statement. I would say I am successful in this 95 percent of the time. I always test important matters more than once to add to the accuracy of the testing.

"Now comes the hard part," Pamela said with a sigh. "What do you think about spirits?"

"Well, I watch *Ghost Whisperer*," I replied. "I think some move into the light but some hang around if they are troubled about something."

Pamela nodded. "Most people like to think everyone moves on when they die and that they become more enlightened. This is not true of everyone. When they don't move on into a more

enlightened level, when they stay in the Earth planes, they keep the same mindset they had when embodied. They have the same beliefs, thoughts, and emotions, all of which can affect muscle testing responses considerably when they are attached to or around a person being tested. This is why we always begin NMR by testing for such presences."

Pamela and I tested to see if any spirits were with me, and there were none. We would do this at the start of every session.

By the end of this first session I was saturated with new information and eager to do a regression. I wanted to tackle my poor eyesight first. My eyes had been unusually dry and blurry the past few days; maybe my subconscious was suggesting my eyesight as a good place to start. We did some additional NMR and found that the origin of my poor eyesight was a thought in a past life.

"Can I come back tomorrow and explore this further?" I asked.

"We'll do that," Pamela answered, "but tomorrow I want you to simply experience hypnosis to see how you respond. We won't do any therapy."

I was disappointed, but I figured she knew best. I knew this was going to be different from my other hypnosis experiences. I was in the hands of a skilled, experienced hypnotist who understood not only the mind but the role of the mind in our soul's journey. She understood how it all fit together.

I scheduled a session with Pamela for the next day. That evening, of all that I had learned that day, what I thought about the most was that everything—large and small, good and bad—happens for a reason. There was so much about myself and my life I wanted to understand. Little did I know that I would soon learn things about myself I wasn't even aware of. My

subconscious and my Higher Self would bring them all to my attention.

The next day Pamela led me through a hypnosis induction. First she helped me relax my body and my mind, and then she guided me to different levels of hypnosis. We established the finger responses my subconscious would use during hypnosis for “yes” (raising my right index finger) and “no” (raising my left index finger). Then she brought me back to my conscious level of awareness. Now I was ready for my first working regression.