
CHAPTER 3

HEALING POOR EYESIGHT

Okay, I had found the originating thought causing my poor eyesight. Now what do I do about it? In this session we return to my Essene and help him identify and learn the lesson of his lifetime. Then I am able to reprogram the subconscious thought "I don't want to see," using the screen of my mind located in my subconscious command center.

During the induction for this regression I establish the visuals for the center: a large room filled with office furniture with a freestanding blackboard on which I will write the old thoughts, erase them, and replace them with the new thoughts. After the regression, I check with NMR to make sure my subconscious has accepted the new thought.

We got right to it. Pamela cued up the tape to record the session and put on another tape of sounds of the waters of a lake washing up on shore, complete with chirping birds. After guiding me to relax my body from head to toe, Pamela continued, ". . . In this deep, deep relaxation, so similar to that deep, deep relaxation of sleep, the body moves itself into perfect

balance, every bone rotating into its perfect position for balance, for walking, for standing, for sitting, for lying down. Within your skeletal system, those cells of your bones, every cell has a prime, optimum, perfect form. And within every cell is the memory, the realization of that perfect pattern, for its form and function. When you sleep, when you relax deeply, that pattern is what the cell uses to repair itself.

"Now, subconscious, is the conscious mind sufficiently relaxed at this time? [My "yes" finger lifts.] Good. Then moving deeper into the levels of hypnosis, so comfortably, so easily, drifting back through the centuries to the man that you were in the first half of the first century, in his place of rest and peace, as he hears my voice calling him forward.

"Standing on a hill, the hill on which so much is unfolding, so much to see, so much to think, so much to feel. Standing there, and Jesus has been placed upon the cross, a gruesome practice of the Romans. Are you there?"

"Yes."

"What do you see?"

"I'm in the crowds. I'm thinking that I never really listened with the intent to truly understand the message. I was more magnetized by the way he was able to mesmerize a crowd and the looks of hope on their faces and I never really listened to *him*. But now seeing him die this way, I'm going to think more about what he said and be a little less rigid about science and think more about spiritual things—because he died for that. And he was so unperturbed about dying—there's *something* there. There's something I have to think about."

"Very good."

"And I'm sorry I didn't do it while he was alive. I missed that opportunity. But it's never too late and I'm going to embark on finding out more about what he said and understanding it."

"Then are you saying that your thinking is that his death—his manner of death, his dying early—serves a purpose?" Pamela asked.

"Yes. I was watching him walk up that hill and watching it all happen, and I was *so* angry. And I couldn't look. I didn't want to see. I still don't want to look at him up there on the cross. I'm just going to walk back down to the marketplace. But I'm thinking, hmm, there was a reason for this. This is bigger than just him up there on that cross."

"So go down, now, to the marketplace. What frame of mind are you in?"

"I'm less angry. I'm more contemplative. I feel calm, a kind of peace. I don't know *why* or *how* or what it is exactly, but the anger is gone. There are others here, and they are feeling the way I'm feeling. It's a *calmness*. Once we're past the initial anger and outrage, there's a calmness and a peacefulness. We're almost in a daze."

"How do you account for this?"

"I don't know. It's like he's sending it to us."

"Are these people part of your own people, your own tribe, or are they a mixture of people?"

"A mixture. They are people he impacted."

"Are any of his apostles here?"

"No, they're not around."

"Any of his family other than yourself?"

"No."

"You can close your eyes on this scene and go to a time after this moment in which there are important events unfolding in your life, matters of importance for you. That's it. Be there now at three, two, and one. Where are you now?"

"I find myself gravitating more toward his followers—and not as a cousin but just as someone who wants to learn from him."

"Is there anyone in particular you go to?" Pamela asks.

"No, I go to groups because they're everywhere and they're tending to stick together. It's easy to find them and you can just walk into a conversation. They're very accepting, very generous. They'll invite anyone into a conversation. It's fascinating. They're talking about the soul and the kingdom of God within us and looking beyond this physical reality.

"It's an uplifting concept, a way to think about things. It really does make you feel you're not the end-all and be-all of the universe. But it's a positive feeling. I understand the message now. I'm thinking in broader terms rather than minutiae. It's definitely had an impact on me. And I have new friends. It's just broadened my horizons."

"Do you still associate with your family?"

"Oh, absolutely. And there's a tight bond there just from losing a family member."

"And Jesus's mother and father—are you still in connection with them?"

"They seem to understand the importance of his dying. There are moments when the anger comes, especially when you see the Romans on the street or you hear someone else being arrested and condemned to death. That brings up the anger. But other than those times, it's just an incredible peace."

"Okay. Close your eyes once more," Pamela instructs. "Are there any rumors about Jesus or any stories about him? What happened to his body after the cross?"

"I don't know if it's rumor or not, but they say his burial place is empty."

"Does the family talk about this among themselves?"

"I don't know."

"Do his disciples talk about it?"

"Of course."

"Okay. Close your eyes a moment. I wish you to move forward to the time of your death. Be there in the time and the circumstances and events surrounding your death, being

aware *just* before your spirit leaves the body. That's it. Now, tell me, are you alone or are there others with you?"

"There are people around me. I'm on a bed. I'm just old."

"So your body is old. Weak, I assume?"

"Yes."

"The people around you, who are they?"

"There are a few from Mary's family, a few from mine and Joseph's family. It's very nice. Everyone's gathered around because I've been getting weaker and weaker. I think it is just time to go. They've come to say good-bye."

"So your life, up until this moment, what would you say occurred in your life after the death of Jesus? Did you continue to teach?"

"Yes. But I started to teach in a different way. I started to teach more to people who weren't in a position to become educated. I simplified things so that people who hadn't had education before could understand.

"I would take things I used to teach to the educated and mix them with the teachings of Jesus and integrate them and make them understandable. I started teaching everybody—the people who wouldn't have the chance to have that kind of education."

"Very nice. Now go to the moment of death when your spirit leaves the body. Tell me your thoughts as you leave the body."

"I see myself looking down on everyone standing there. I know I was ready to leave, and I know that I'm going to see Jesus or connect with Jesus's spirit. Actually, I'm pretty excited because I really think he'll be proud of me for the changes I made in my life and what I was able to accomplish with people. So it's very exciting for me."

"Follow that excitement and see where it takes you."

"Well, it takes me to this whiteness—and Jesus's spirit is right there! And he's so happy that I'm there and so complimentary to me and so proud of me. It's everything I expected it to be."

"Good. And as you look back over your life, ask that part of your spirit that knows: what did you learn and gain in this life?"

"Oh, the biggest lesson was that there's more to life than just the everyday human conscious reality. And the trick to a successful life is to get out of that and embrace the non-physical part of our lives, the part of ourselves that is spirit."

"Good."

"Not really successful—to be happy, to be joyous. And I did get pleasure and some joy, I think, out of the changes I made in my life. I never felt I truly experienced joy, but I definitely felt joyful about what I was doing."

"Now that you are here in this place of light, what are you feeling?"

"Oh, totally free!"

"Does that feel joyful?"

"Oh, absolutely! Very!"

"How would one find that back there on the Earth planes?"

"More spiritual work. Yes, I got more spiritual, but there were others *much* more spiritual than I was."

"Now," Pamela instructed, "allow yourself to go back into the lifetime you just left. You're being pulled right there, right now at three, right back to the hill. At two right back to where Jesus is on the cross in front of you. At one, I will say to you: If you will look into his face, you will discover something you lost, something you didn't gain. Are you prepared to do that?"

"Yes."

"What do you see?"

"Pure love. And peace. He's very peaceful and content."

"Okay. He lifts his head and looks at you. And do you see that pure love?"

"Oh yes."

"And here he is, in a place of suffering, yet . . . and yet what?"

"Even in a place of suffering, *love* is the ultimate. Love conquers all."

"So in your mind, as he looks at you from there on the cross, ask him, 'Do you suffer?' And what do you receive?"

"He says, 'Only my physical body suffers; my spirit does not suffer.'"

"Ask him, 'Can you stop your physical body from suffering?' What does he say?"

"He says, 'It's not suffering now. I let my body suffer up the hill to make a point. But it's not suffering now.'"

"Is this a surprise?"

"Oh yes. I couldn't even look at him."

"And now?"

"Now I could look at him until they take him down."

"And with that realization, you find yourself back up in that place you described as whiteness, that place where you see all that love, where you feel that joy. And as you look back now over your lifetime, tell me if there is anything you are shown or told is undone, not yet finished."

"Yes. That I can go further in connecting with all my levels of being. And I want to do that. Because what I did manage to accomplish was pretty good. [He laughs.] So that's fine with me!"

"Very good," Pamela said. "Then, as you move into your own joy, into your own bliss, into your own love, allow yourself, Ann, to feel that experience of that part of your spirit, to feel that vibration, that joy, that love, to know this is what guides you. This is what you reach for. For this is what you can, indeed, attain in this life."

"And now shine that whiteness, that light, on your eyes in this life. Focus now into your physical being in this century, looking deep into your own eyes. And as you look deep into

your own eyes, you are receiving enlightenment about your eyes. You are being told what is important to know about your eyes so that the eyes see clearly. Ask your eyes, ‘What do you need?’”

“Eyes, what do you need?” I ask.

“We need you not to be afraid to look,” my eyes responded, “because if you look you will see, and if you see you will understand and you will gain knowledge. And knowledge is everything.”

“Ask your eyes what they need to keep them moist.”

“Eyes, what do you need to remain moist?”

“Love and joy,” my eyes answered.

“Good. Then at this moment, see on the screen of your mind the words ‘I was blinded.’ And after that write: ‘Once I was blinded, but now I see clearly.’ Write: ‘Every day my vision improves. Every day my eyes strengthen and move into the form, into the shape necessary for clear vision.’ Write: ‘My vision becomes clear daily.’ Write: ‘Every day my eyes become more and more perfect as they move towards perfect vision.’

“And write and think to yourself: ‘I look for the joy in the suffering of others. I look for the joy in the tragedies of life. For I know in every event, good and bad, there are spiritual treasures unfolding. If people would but look for them, they would find them. If they would open their eyes and see clearly, they would know. Here is an opportunity to find the richness behind the seeming misfortune. The change has been thrust upon me.’

“Within every soul there is that knowing,” Pamela continues, “but they forget. They turn away. They are fearful to see the suffering. They are fearful to see what they don’t want to see. But you know that within them there is the part that is urging them to look, to behold, and to see: ‘I bring for you something of great importance. Look beyond the obvious.

Look deep into what is behind the physical. Look into the metaphysical. There is more to life and existence than everyday human reality. *Explore* the rest of it. *Explore* the spiritual causes, *explore* the spiritual reasons, *explore* the spiritual reality behind what is happening physically. This is what brings the joy that cannot be taken away. This is what brings the love that cannot be lost.’

“And now we are talking to the cells of the eyes, and we are saying to the cells of the eyes, ‘Yes, we are aware of cell memory. And we embrace the memory that you, eyes—that in the memory of the cells is the memory of looking upon the face of the one we call Jesus and looking deep into that face and seeing the joy, the love. And when you looked into the eyes and saw the love, you were seeing your Source, that energy that is your essence, that energy of which you are made. And as you think of that white light that you were in and you bring this white light into your eyes, into the cells, into the iris, into the pupils, you think to yourself: ‘I can let go of the dysfunctions of the past.’

“All right. Good. We are coming now to the end of hypnosis and we are going to check something with NMR. But at this moment, come up nice and easy. Take a nice deep breath at one. . . .”

“Wow! That was profound!” I said as I stretched and opened my eyes. “So my Essene’s life lesson was to look at everything and not be afraid to see everything because that is how we achieve knowledge.”

“Yes,” Pamela responded, “and knowledge leads to awareness and understanding—otherwise known as consciousness. And raising our consciousness is the reason we’re here. It is why our soul is living a human life.”

“And his thought that he didn’t want to see, in this case the suffering of Jesus, was like a command to the subconscious to program the cells of the eyes not to see clearly. And

joy—I've always chased joy but I never had a *clue* where or how to find it. I guess you have to be free to feel joy, and today I learned true freedom comes from understanding the spiritual reasons for what is happening."

"I think you're right." Pamela replied. "As long as we believe, 'I can't be joyful because . . .' or 'I can't be happy because . . .' that's the jail. Okay, so back to the eyes."

With the help of NMR we learned that there was no inner resistance to healing my eyesight and that my subconscious was directing my eyes to heal.

"So my vision will start getting better, right? Amazing!"

"Yes, but don't forget," Pamela said, "there are also physical causes that you must attend to." She gave me exercises to strengthen the muscles around my eyes and exercises to sharpen my near-focus and far-focus vision. She also told me to be sure to blink frequently when reading.

What I learned in this session changed my life profoundly. I learned to look beyond the obvious, to look into the non-physical that is behind the physical. Especially in the case of tragedy and suffering, it is important to explore the spiritual reasons behind what is happening physically. Discovering those reasons brings a joy that cannot be taken away and a love that cannot be lost. It sets you free.