



## Ways to Approach Eye Activations

There are various subjects that you can bring forward as an intention for the eye activations. The most direct is using the activations for influence physical changes in the eyes, such as pursuing better eyesight or eye health.

There are other matters which affect eyesight and vision which are not relatable in a direct manner. The following are suggestions for receiving the most out of your eye activations. These are not requirements, and you may find other suitable ways to apply these activations for your interests. As always, listen to your knowing and honor your intuition.

1. It is good to take a moment and reflect on how much you have taken your eyes for granted at least once before playing each of the 3 activations.

- How much do you rely on your eyesight?
- How debilitating is it when you are not able to see where you are going?
- How frustrated do you become when the future is unclear?
- How many times have you witnessed something that you wished you hadn't seen?
- What have you done to block unwanted scenes from your visual field?
- How frequently do you avoid certain films, articles, or live venues due to their visual content?

2. It is good to reflect on the ways you block your visual abilities on other levels at least once before playing each of the 3 activations.

- What awarenesses have you blocked due to other truths which will impact your reality?
- Were you once open, and since become shut down? (For example, could you once see auras, but now cannot? Could you once see an imaginary friend but were told they aren't real? Were you able to see more than you could handle and wished it away? etc.)
- Have you ever **not** been able to believe your own eyes?
- What do you see because you don't wish to change?
- What don't you see because you don't wish to change?

Our ability to see is, in large part, related to our willingness to know. What is knowledge; what is belief; and how do these currently impact your vision?

3. Regarding self image, it is highly advised to be real with yourself about this your current self image before pursuing the activations around this subject. Allow these matters to be addressed while playing each of the activations before pursuing any desired future image.

- How do you see yourself? This is a different form of vision, yet it impacts what you witness.
- Your view finder is your personal filter to the way you see reality. Are you setting yourself up to receive limitations due to your own limited views?
- Are you are the center of your world or have you displaced your center onto another?



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4. \*If the following seems impossible or you are unwilling to receive the idea of the following, please receive the activations regarding self-image again before proceeding.

Regarding future image, do you truly wish to be an image?

- What would exceed your being an image - a mere representation of something external?
- What if you are a vision in itself - a thing to behold?
- Will you allow your eyes to be activated in order to behold yourself in such authentic form?

Invite each activation to allow for such vision to be made available to you.

5. Regarding education and entrainments- From infancy, almost everyone's eyes are programmed to see to the eyes of someone else's reality. From the moment we are born, we are designed to witness the world with our eyes. Seeing mother, a bottle, or characters on a blanket; watching nature, television, or picture books; witnessing parents' or guardians' or siblings' actions- so many things, large and small can contribute to initial education. It is normal for at least a quarter of our lives to be focused towards education and developing skills. What have you been trained to see?

6. Regarding mystery schools - It is possible to focus the left eye and the right eye activations in order to illuminate that which has been taught or learned within mystery schools. It is classically known that there were serious repercussions - typically involving death - for those who broke the sacred vows of silence held by the mystery schools. If it is your path or intention to pursue this knowledge, it is best to maintain the code of silence about what is recalled. This program does not include a revocation of any previous commitments or vows that may have been taken at other times. As such, accessing this type of information would maintain integrity as a personal pursuit- not for gain.

### **Important Additional Information:**

\*These activations may cause temporary eye sensitivity to air flow, light, and electronic screens.

\*If your eyes become tired or if you begin to experience headaches after these activations, please allow for periods of rest between replays. When in doubt, allow yourself at least one restful sleep cycle before playing the activations again.

\*These eye activations will release forms of trauma from physical, emotional, mental and unexpected events. This may result in unexpected emotional sensitivity, mental frustration, watering eyes, dry eyes, or other forms of release.