

The Way It Works answers the ultimate questions: Why am I here on Earth? What is my purpose? The clear and straightforward answers may surprise you. *The Way It Works* offers simple techniques and exercises, giving you the tools to guide you down a fascinating road of self-discovery and personal adventure.

This timely book explores such exciting topics as earth changes, the collapse of time, communicating with your Higher Self, experiencing INscension™ and instantaneous creation. Ken and Nancy also cover taking your personal power and using the technique of the *Living Light Breath-Gateway to Unity Consciousness*.™

Ken Page is one of the most renown, empathic and naturally clairsentient healers of our time. He is the creator of the revolutionary technique known as *Heart & Soul Healing*™, and founder of the *Third Eye of Horus Mystery School*™.

Nancy Nester is a clairvoyant, empathic healer with intuitive awareness of the multi-dimensionality of the soul, director of *Clear Light Arts*, ADL and Co-Director with Ken of the *Institute of Multidimensional Cellular Healing*.

Together, Ken and Nancy bring forth leading edge teachings concerning the bridging of realities, awakening soul memory and purpose, and balancing the dualities keeping us from full power and creatorship. They maintain a private practice with a speaking and teaching schedule throughout the world.

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The Way It Works

The Traveler Series

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The Traveler Series

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The Way It Works

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First published in 1997 by:
Clear Light Arts, ADL
www.KenPage.com
www.ClearLightArts.org

Second edition, 1999
Third edition, 2003
Fourth edition, 2018

ISBN: 0-9649703-6-8

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Dedication

This book is dedicated to all my friends and teachers of the Taos Pueblo in New Mexico.

Experiences with my Native American friends have allowed me to remember my connection to Tibet and vastly enriched my spiritual journey.

Chira G. "Sweet Medicine" Morgan gave me my Native American spiritual name, "Lightning Pole Star Warrior."

Acknowledgements

I would like to thank my friends, family and clients for supporting me with their love and loyalty. Without their help, I would not be the person I am today.

My thanks to Joe Nolan who assisted in the initial structure and composition of this book. I also thank David Michael Flatley and Diane Cooper for assistance with earlier editions. Thanks to Shirley Ann Holly for co-founding The Institute of Multidimensional Cellular Healing and for helping to bring attention to this work.

Special thanks to my mother Nita Page. When she was in hospice, she asked “Did we complete what we came in to do?” In that moment, everything in my life came together and made sense. Thanks mom.

I especially want to thank my wife and partner Nancy Nester for her support and dedication, her spiritual insight in our joint creation of newer techniques and even newer information, as well as her writing skills and editing in bringing the latest editions to final completion. We truly are a team in every aspect of our work – Heart & Soul Healing – The Art of Transference™.

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Introduction

The information in this book came while assisting our clients to heal themselves.

Almost all of these ideas are different from what has been and is currently being taught within the spiritual and/or metaphysical community. These thoughts may seem new and challenging. Perhaps there is more than one truth. We trust and follow our hearts in sharing these thoughts with you – that is our chosen path.

This book may help if you are searching for wisdom about your physical, emotional, mental, and spiritual realities. We gladly share everything we have learned unconditionally — one creator to another.

Every chapter of this book is thoroughly explained in a series of free radio shows entitled '*The Way It Works*'. You will find much more insight and information presented in these hourly radio shows. The link to these audio presentations is on the homepage at www.KenPage.com. Just download the media player and select any show to listen!

Ken Page
Nancy A. Nester
2018

Prologue

*We create what we believe we can have,
based on our past, our culture and our beliefs, and
we energetically attract people who reflect those issues.*

Often in life, we become overwhelmed by life itself. The dynamics of living in balance become difficult, causing us to question our choices and react to the emotions projected onto us by other people. This begins a spiral towards unhappiness, sadness and even hopelessness. Why does this happen? How can we stop the feelings and bring ourselves back to joy, understanding and love?

We suggest that you STOP looking outside yourself for answers, (Chapter 16) STOP taking your energy to construct grids or forms outside your physical body to protect yourself (Ch. 6), STOP centering in your heart center until you learn to love yourself unconditionally (Ch. 22), STOP opening your heart 'outward' until you have learned to open it 'inward' (Ch. 9 & 22) and begin working with yourself to heal from the inside out by becoming more sensitive – less reactive (Ch. 22 & 23).

You have the ability to listen with discernment to your own Higher Self. You can create from a place of awareness. You can stop reacting to the emotions of others and become safe in your own space. You can

move back into your heart center – opening yourself completely – without attracting unwanted, overwhelming projections or energy from outside yourself.

Allow yourself the time to release the ideas and opinions you have received from other healers, teachers, friends or family members about how love ‘should’ be in your own life. The greater you love yourself, the less you react to others, the more capacity you have for love and the lighter you can become.

The lighter you become, the less reactive you become. The lighter you become, the more choices you will create in each moment. You do not need to ‘feel’ 98% of the energy in the world any longer. You can sense the energy or emotion, and then decide whether or not you need to ‘feel’ it in your body. You will be able to choose what to feel and then – choose whether you react, or not.

Remember, if you ‘feel’ the energy or emotion within your body, you will then have to process that energy or emotion inside yourself.

Allow yourself the time to practice the techniques found in this book. Learn to love yourself without conditions. You can find the balance you seek within yourself.

PEACE



Chapter 1

Why am I Here on Earth?

*"The two most important days in your life are:
the day you were born and the day you find out why!"*
Mark Twain

"To Teach the Dark Night - Hidden Side - of the Soul"
Ken Page

This book was written initially to answer questions heard from our clients. The questions are always the same: *Why am I here on Earth? What is my purpose? Why did I pick a planet and lifetime with so much pain and suffering?*

Perhaps a better question might be: *Are we creators or are we victims?* Most people believe and behave as if they are victims. It is hard for them to believe they would purposely create the things that happen to them. As creators, we believe we are here on Earth to master all the conditions we, as humans, have placed on love. The situations we create in our lives allow us opportunities to master these conditions. We believe we continue to return here until we master all the conditions we have placed on love.

<p><i>We are here on Earth to master all the conditions we, as humans, have placed on love.</i></p>
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We feel strongly that most humans are actually two-dimensional beings existing in a three-dimensional reality. The two-dimensional aspects are the polarities or dualities of our earth plane, such as: Light-Dark. Good-Bad. Male-Female. War-Peace. Joy-Anguish. Hope-Despair. Happiness-Sadness. Abundance-Poverty. Betrayal-Loyalty. Dualities/polarities are the dynamic fields in which we compose the lessons we create for ourselves.

If we are here on Earth to master unconditional love, do we not also have to master love's duality — hate? How many of us have mastered the love-hate duality within ourselves? How many of us hate or dislike ourselves? Or parts of ourselves? It may not be possible to unconditionally love others until we first learn to love ourselves.

What we can do now, however, is have unconditional compassion for others while we are learning to have unconditional love for ourselves. By compassion, we mean: total acceptance without judgment or opinion. This is the unconditional compassion of Creator-Source-God. We believe this type of compassion is the highest form of spiritual love.

In 1994, Ken developed a system of personal transformation called Multidimensional Cellular Healing™ (MCH™). In 1998, The Institute of Multidimensional Cellular Healing™ was formed. MCH was re-named Heart & Soul Healing™ (HSH™) shortly thereafter and together, we have changed and modified

to stay balanced and current with the ongoing shifts in our world.

During a Heart & Soul Healing session, we assist our clients in their journey toward love, compassion, and understanding of their purpose here on Earth. The dynamics of our clients' lessons about love often originate in their individual past and at minimum, exist within their very DNA.

Where do these memories of the past come from? After working with thousands of individuals in regression therapy, we believe our subconscious mind together with the emotions we hold within us are possible answers to this question.

Whether we look at our past in a linear or holographic way, we do know that our subconscious mind holds various stories from our past, inherited through our individual heritage, culture, lineage and tradition. These stories are contained within our DNA, until we are ready to look at and understand our present lives in a different way.

We believe we are a part of Source and the collective consciousness of creation. We then collectively experience everyone's physical, mental, emotional, and spiritual realities. If this theory is true, then everything that has ever happened to anyone, anywhere, at any time, is also a part of us. Perhaps our past recall is merely the experience of tapping into collective human consciousness and the archetypal stories contained there. Perhaps this concept is overwhelming because of the linear way most of us perceive our lives. So for now, let

us agree that there are past experiences, and we have been on a linear path to this time and place.

How does this understanding help clients answer the question of how they ended up here, often in the middle of so much suffering?

For one client, Leslie, her past memories helped her to understand the dynamics she was still creating in her present life based on subconscious patterns.

Leslie had a past memory as a peasant in Old Russia. Her family experienced famine, hopelessness, fear, conflict, and pain. They suffered unbearably, and she vowed, "I am going to do something about this situation if it is the last thing I ever do." What if the energy and feelings around that promise, made centuries ago, are still with her today? How would that affect her life now?

Leslie has two spiritual tasks to address in this life. She needs to master unconditional love for herself and complete the promise she made in the past. She began this life by choosing her parents. The energetic patterns around them were what initially attracted her spirit. Their energies and issues were the exact reflection of the conditions she needed to master in order to evolve in her current life.

Leslie's life today mirrored her past memory of life in Old Russia. Her parents were poor Russians, in bad health, helpless, living in a cold apartment, and unable to handle conflict. As she grew up, she blamed them for her troubled life and misfortunes. She was determined to do something about the conditions that crushed her parents and seemed to be plaguing her life as well. Although what

she wanted was exactly the opposite, Leslie constantly recreated situations of conflict, hopelessness, and poverty in her life, and she wanted to know why.

During her session, Leslie remembered a past promise she made in Old Russia and realized that to achieve the abundant, joyous life she desired for herself, she would have to balance the dualities of abundance-poverty, hope-despair, and conflict-peace within herself.

Leslie realized she would be free to change her world by loving herself as she was and having unconditional compassion for her parents. This was in spite of everything she felt she lacked and disliked about herself. By addressing despair, she was able to bring unconditional hope into her life.

Like Leslie, most of our clients subconsciously continue to use the same energetic patterns, first encountered in their parents, to attract people, relationships, and challenging situations to help them learn to master unconditional love. The love-hate duality is a major life lesson we must all master in our spiritual evolution. If we master every condition we place on love, we will have unconditional compassion for all creation.

We believe we come to Earth to experience everything that has ever been created.

By experiencing all possible creations, we learn unconditional compassion for others — without judgment. Imagine!

Judgments create separation from others, our Creator, and ourselves. When we love ourselves unconditionally and no longer separate ourselves from Source, then those

around us will have the opportunity to experience the vibration of compassion within themselves.

Understanding your DNA could be important; as knowing the areas of the world and countries of your heritage and lineage can give you insight on what you need to heal within yourself. Your DNA could represent a sense of awareness about emotions, traits and habits from your past.

We used '23 and Me' as our tool as they also offered the medical insights within our heritage. We found that information important for our future health as well as the health of our children and grand-children.

(we have no affiliation with this company, nor do we suggest them over any other company you can easily choose.)

To read more about the human DNA, visit: www.KenPage.com - in the search bar on the homepage, type in: DNA Communication and Collective Consciousness

***If we master every condition we place on love,
we will have unconditional compassion
for all creation.***

Chapter 2

Subconscious Patterns

It is apparent we have forgotten, on many levels, what we came to Earth to learn and master. Even if we do not consciously remember what our lessons are, they are still energetically drawn to us. Whatever we attract in our business and personal relationships will reflect the conditions we are here to master in this life.

We chose our parents and others in our life to help our transition from being pure spiritual energy into the physical manifestation of being human. These relationships help to guide us on our path to mastering unconditional love here on Earth. Most of us have only a few conditions left to understand in this life. We test ourselves over and over by magnetically attracting certain people to reflect our issues back to us.

Our subconscious mind then looks for energy patterns similar to what we need to learn. The person we attract usually exhibits the patterns we need to look at within ourselves. They are our mirrors.

A client named Sharon, for example, needed to master her fear of taking her power. Throughout her life, she continued to attract people to her who dominated and bullied her to the point that she no longer knew what her true feelings and needs were. She felt victimized and misunderstood by her boss at work and her husband.

In a Heart & Soul Healing session, she remembered a past experience in 1600 England, where she was in a life and death situation. Some people in her community feared and hated her because of her understanding of herbs and her ability to heal with her touch. Although she helped and in turn was loved by many people in her community, she scared many others because she was different. They did not understand what she was doing and thought she was evil. The church declared her a witch, and she was taken from her home, chained and tortured. They made her falsely confess to evil and vile acts against her neighbors. She was a healing, loving person, but because of her service to others, she was now hurt, angry, and suffering. Since she died in the middle of these painful emotions and in a confused state, her spirit needed to understand why this happened.

Sharon understood physically what happened to her in that past experience because she was accused of being a witch and evil. However, she was still confused emotionally, mentally, and spiritually. She did not understand why she was betrayed and killed for being in her passion and doing what she loved.

Everything that has ever happened to any one of us must be understood emotionally, mentally, spiritually, and physically.

We always come to Earth to learn or teach some form of love. In order to understand the lessons of the life we just left, we start at the beginning when we were with Source.

We view our life like a movie and stop at every feeling and situation during its course that we did not fully understand.

In Sharon's particular past experience, even though she loved what she was doing, she ended up experiencing pain, suffering, torture, and death. As a result of such confusion over many lifetimes, an aspect of her subconscious mind decided it was not safe to love, take her power, or be who she was.

Ideas like these become thought programs, and each of us has one or more deep inside our subconscious mind, playing out in our lives today. We use these energetic programs to attract other people to us to test our self-love, our personal power, and our definition of who we are. Understanding these programs is a vital part of the spiritual journey we have while on earth.

***We use energetic programs to attract other people
to us to test our self-love, our personal power,
and our definition of who we are.***

Chapter 3

Transforming the Collective Consciousness

Many of us had past experiences where other people projected hate, anger and other negative energy onto us. Our reaction to these experiences varied dependent upon our sex and age.

Were we male or female, young or old? If young, we were probably terrified and confused. An adult might have been angry and defiant. An older person may have become resigned.

Have all these energetic feelings accumulated over time into a force of their own? Have they existed for years as the collective consciousness of fear, anger, or hate? Have they existed in every situation of war, hunger, sickness, disaster or religious turmoil?

How many frightened and angry people in the past gave energy to the collective consciousness of war? Is it possible the collective consciousness of war maintains and compounds itself by energetically tapping into the accumulated fear and hate of people today? We believe one of our main purposes here on Earth is to balance all the different collectives of consciousness — including war, hunger, disasters, sickness and religions.

As we begin to love ourselves unconditionally and have unconditional compassion for others, could we

bring the collective consciousness of war into balance?

By manifesting peace, balance, and unconditional love for ourselves, could others feel this and use it as a template to energetically find their own truth, freeing themselves from the pain and patterns of the past?

Because we are all One and part of the Creator, we believe we have the power to do this.

More detailed information about the Collective Consciousness is contained in numerous articles and newsletters found at: www.KenPage.com

We believe one of our purposes here on Earth is to balance the different collectives of consciousness.

Chapter 4

Personal Power

We have found that the most common challenge in connecting to Creator and mastering all the conditions placed on love is that most individuals have not yet fully stepped into their own power.

Most of our clients have stopped giving their power away to others when they realized that the people they gave their power to were actually using it against them. While in an altered state and in touch with their deepest wisdom and understanding, our clients say they use ninety percent of their energy to stop themselves from fully taking their power. They are also using a similar amount of energy to keep themselves out of love. If they stopped giving their power away, why would they be afraid to claim it for themselves? There are three possible answers that explain this behavior.

We are moving into a time of lighter vibration, bringing about instantaneous creation - when we will have a thought or feeling and our physical reality will instantly change. We are aware of this already when we imagine future events taking a specific course and they do, or we think about someone and they call on the phone. All of us have seen examples of this type of creation in our everyday lives. We are starting to know what is going to happen before it does.

Instantaneous creation is the most common vibration shared in the lighter dimensions. How many of us are ready to accept the responsibility and consequences of instantaneous creation? What if your next thought and feeling created a completely different physical environment or reality for you? To be ready for such powerful creative skills, most clients realize they must be peaceful, they must have a quiet mind, have unconditional love for themselves, feel unconditional compassion for others, and be experienced in all forms of earthly creation.

The second reason most of us are hesitant to fully take our power is that we are not clear about how our lives would change. Could we handle it? What if — right now! — you were a thousand times more powerful? How would you be? How would that feel? What would you do with such power? Would you be safe? Would others be safe?

Unless we fully understand our creations on all four levels of our being — physically, emotionally, mentally, and spiritually — we could be afraid we would continue to create the same patterns in the future that we created in the past. After all — all we know is what we don't want. Do we even know what we DO want? So how could we trust ourselves to create more unless we fully understood why we created our present lives — our issues, our relationships, our families, and all of our experiences?

The third reason most individuals do not claim their power is they do not realize they are stand-alone creators.

Most of them were taught and believe they have to co-create with others and in doing so must give their power away.

If we do not realize we are all creators, each of us on our own perfect life journey, we will tend to judge the creations of others based on how we believe they should create.

The truth is, everyone's creations are absolutely perfect. We are all creating situations to help us master our issues in order to evolve and be more like Source. Who can say other peoples' realities, even if they are harsher than what we might want for ourselves, are not exactly what they need to experience to understand their life's purpose and take their power? We must continually ask ourselves: *Am I really a 'better' creator?* The answer becomes obvious: we are all equal creators, none better than any other.

Only when we first become responsible creators, aware of what we create in our own lives, can we truly co-create with others.

***We are moving into a time of
Instantaneous Creation - the most common
vibration shared in the lighter dimensions.***

Chapter 5

Choices

Our conscious mind, which is part of the ego, holds the events, memories, and emotions experienced in this life. Our subconscious mind also holds that information, plus information from our past experiences, others in our family, our culture and lineage. Our issues are the conditions we placed on love in the past and are still dealing with today. Our issues are all past experiences that we do not understand in this life. These things make it challenging for us to have unconditional love for ourselves and unconditional compassion for others.

What we did not master in the past is drawn to us in this lifetime. Our subconscious mind recreates these issues over and over by using our energy to attract people and situations to us who reflect these issues.

One of the most important realizations is that our Higher Self, working through our subconscious mind, wants us to realize we are creating our reality, and we have choices.

When clients ask about their issues, we tell them they probably experienced all their issues within the past two weeks when, for example, they felt angry, hurt, separated, or fearful. When a situation creates one of these feelings, a person should immediately ask what this situation reveals. Simply asking this question allows the opportunity to recognize what the issues are.

Ken: "My own issues are clear to me. I have issues of trust, abandonment, separation, betrayal, and power and control. When I find myself in these situations, I immediately stop, step back, and observe what I am subconsciously creating".

When we observe ourselves, we no longer feel like a victim. We are then aware of being a creator with many choices about how we will energetically react to each situation that we create.

In that moment of awareness, and in the best scenario, our choice is to no longer give energy to those situations created by our issues. Instead, we can choose to become a witness to them – watch and see how they unfold. It then becomes easier to understand our own creations from the collective unity consciousness where duality has no power. We can then become a witness and objective observer in our own lives, seeing clearly the overall pattern of our creations.

This holographic viewpoint gives a greater understanding of the choices we make and allows us the freedom to create what we desire without old patterns energetically affecting us. We are all capable of doing this. We are becoming aware of our choices in how we react to each situation and each moment in our lives.

Most of us feel our lives are moving faster and time appears to be speeding up. In actuality, we believe time is slowing down. Perhaps time feels as if it is speeding up because we recognize what we are creating and know what is going to happen.

What if our subconscious mind has been using ninety percent (90%) of our energy to recreate unresolved issues from our past?

What if we can recognize the fact of how we have been creating and change it?

Then the energy we once used to recreate old patterns becomes available for us to create what we choose to bring into our lives now.

Choices = Space for Creativity

Our Higher Self, working through our subconscious mind, wants us to realize we are creating our reality and we have choices.

Chapter 6

Sending Love and Light

When you are energetically out of balance and trying to help others, what really happens? Do you send love and light based on how you believe others should be or how you think they should be helped? When you send love, is it love or is it energy? These are absolutely the most important questions you need to ask yourself.

If we believe everything is energy then everything is also subject to the interpretation of the receiver. If we think we are sending love — and the receiving party does not perceive it as love but as an indistinguishable form of energy — are we intensifying and distorting another person's creation, as well as our own? Are we creating chaos and interfering when we think we are helping?

When we send any form of energy through emotion, whether it be love, care, or even thoughts of peace, can we be sure the receiving party will perceive the energy as we intend it? Does that not depend upon the state of mind of the receiver?

How can we be sure, for example, that when we send thoughts of peace to a warring country, the thought form of war does not receive that energy and become forcefully empowered by our thought?

What about how we perceive love? In two (2) of our other books, we've included chapters on the Modalities of Language. This is the study of Neurolinguistic

Programming (NLP). NLP details how each individual interprets the world: whether by being visual, auditory, and/or kinesthetic. If you ask a visual person about their God, they will see pictures. An auditory person will hear the sounds of his or her Higher Self, and a kinesthetic person will feel a sense of well-being.

By looking at the world's religions of today we can see other examples of this. How does a Christian culture send love and ideas of peace to a primarily Moslem culture? There are many different perceptions, many different ideas about peace - each based on a country's history, experiences, and religious ideology.

Here's another example: visual people often show love for others through acts of kindness, by "doing" something special. Auditory people usually "tell" others they love them. Kinesthetic people will "touch" others to show love.

But what happens if a visual person is with a kinesthetic individual? Would they truly be able to communicate at the sensory level? It then becomes a matter of how each individual interprets the world together with his or her ability to accept how others may interpret as well.

To be more specific, does a man perceive love differently than a woman? The variables in these examples create billions of differing thoughts, ideas, and emotions. The word love is the most confusing word on the planet today, because we only know how to love based on our past experiences of love.

The act of 'sending energy' is a very powerful action. A huge amount of responsibility is associated with this. When we 'send' thoughts, feelings, emotions, light and love, we are actually projecting an energy wave, a force, a power, and it will affect things in a way that may not be truly felt or appreciated in the way we intend. It is like dropping a pebble into the water and the ripples cause a wave that fills the lake. Is the action of sending love like the pebble in the water? What impact will it have?

Then ask yourself these questions. *Do I love myself unconditionally? Do I love the way I look? My hairline? My body shape? Do I love every aspect of my life? My job? My home? My family?*

When there are parts of ourselves we do not love, how can we send love and light to others? What kind of energy do we think we are sending? Will the energy we send be distorted by our own inability to love ourselves unconditionally?

What is your experience of love? Have you ever been loved completely? Did your parents love you completely? Was their love ever enough? It was not until later in life that most of us realized our parents could only love us as much as they loved themselves. Is this also true for us? Can we only love others as much as we love ourselves?

In your relationships, do you and your partner love each other equally? Most of us would say we love our partners more, hoping that as they experience our love for them – they will learn to love us more. Has this happened?

Not only do most of us not fully love ourselves, but our energetic fields are also mixed with others. The energetic fields of many individuals are usually projected outward several hundred yards. This occurred when they were very young to possibly protect themselves from certain family dynamics. It became safer to observe from the outside than be totally present in the body.

When our energetic fields are projected away from our body, everything energetically going on around us affects our physical, mental, emotional and spiritual bodies. When our fields are 'out' and we send energy to others who also have their fields projected outward, will the collective consciousness around those that we attempt to help be attracted to our own energetic patterns and then, tap into our energy, distorting us even further?

Sending love, light and energy to others when we have not learned to love ourselves unconditionally will in return attract what we do not love within ourselves. Is there not a gentler way to learn our lessons?

What we advocate is to BE love. To BE love is to love ourselves unconditionally and have unconditional compassion for others. In this manner, we do not 'send' anything. We are the space.

This is the beginning of the path to having unconditional love for all creation. By 'being' love, others can feel this vibration within themselves, allowing them the opportunity to have more choices about how they want to be.

Understanding your own modality (method of communication) as well as the modality of each of your family members is very important. Without this knowing, you may never completely communicate together.

Our experience has shown us that nearly every member of a family can often have a different modality!

To learn more details about modalities, visit www.KenPage.com and in the search bar on the homepage, type in 'Modalities'. That will take you to the .pdf Chapter on 'Major Learning Modalities'.

***Ask yourself:
Do I love myself unconditionally?***

***To BE love is to love ourselves unconditionally
and have unconditional compassion for others.***

Chapter 7

Energetic Looping

Some individuals have said they can't 'energetically feel' our heart. They thought something was wrong. Actually, we do not energetically reflect what others want to feel. It took a while to realize these people could not 'feel' us because they were centered differently. We practice staying centered in the pineal gland. While we trust and follow our heart, as that is the space from which we live, we do not center there exclusively. We believe that by connecting heart-to-heart, (the way we were taught in the past), creates energetic looping.

Energetic looping is engaging with others by projecting our issues onto them. Most people prefer to project energy from the heart or higher chakras, as these chakras are more 'spiritual' than the lower chakras. Many remain confused about the energies of the lower three chakras - often called the 'earthly' chakras, because most of our issues originate there. The first chakra, at the base of the spine, has three vibrations. It collects and projects sexual/survival, sexual/creative, and creative energy. The second chakra, or Hara point in the lower abdomen, is the point of balance for male and female energy. The third chakra, at the solar plexus, is the center of power and control.

So what happens when you come from your heart? If your chakras are not balanced and you project from your

heart, you also engage your lower chakras whether you intend to or not. When someone says they cannot feel our heart, what they are really saying and feeling subconsciously is *'I cannot feel myself – or what I need to feel or look at within myself'*. This is because we do not reflect their issues back to them. Reflecting - connecting heart to heart should be a conscious decision.

When you energetically loop with others and your energetic field is also outside of your own space (your physical body), the loop will continue to exist even beyond the time you are with those people physically. When you see them again, the energetic patterns could still be there. They will continue to project their issues onto you whether it is guilt, anger, or pain.

We all need to move out of this way of looping. This is one of the reasons we suggest clearing ourselves regularly, pulling our energy field back into our body, and loving ourselves. *This simple clearing technique is described in Ch. 22.*

So, how is it different when you are in your space, loving yourself, compassionate towards others, and not projecting your issues? Others will not be able to loop with you in the same way. You will not be projecting your issues onto them, or reflecting their issues back to them. You can easily recognize what your own issues are and take responsibility for them without the need for projection and reflection. You then have the choice of how you wish to continue to learn about yourself. You can learn in an easier way: by witnessing others and observing the dynamics around yourself. Most of us

loop with our loved ones. We create patterns of interaction where we reflect each other's issues, and we continue these patterns of engagement to keep our loved ones attached to us. Are you afraid that if you do not reflect the issues of your loved ones they will leave you to find someone who will? Please understand that loving yourself unconditionally is very attractive. Your loved ones will feel this wonderful energy and want to be around you, even if they do not know why. It is both healthier and easier to attract and keep a lover by loving yourself than by reflecting his or her fear and pain.

Energetically we are all changing. As our vibrations change, it will not feel good to be with some people any longer. We may not like what they are creating. We understand what they are doing and have compassion for them, yet we can choose if we want to be with them or not. By not repeating these old energetic patterns, we can accept them for what they are without judging them or ourselves. As we fully embrace the vibration of loving ourselves unconditionally, what will happen to the people we used to loop with? They will feel the love and acceptance we have for ourselves, which will give them the opportunity to recognize this vibration in themselves and change if they choose. We can never change another person, but the more we love ourselves the easier it is for someone else to recognize that capacity within themselves.

Watch Ken share more about Energetic Looping in a video on [our YouTube channel](#).

Chapter 8

Your Body Remembers – Vibrational Energy

The greatest energy is pure creative life force energy, also known as 'Chi', 'Qi', 'Ki'. For those familiar with the modality of 'Reiki', 'Rei' means 'universal'. Adding 'Ki' brings to that word the life force energy necessary for healing. While the title of Reiki Master may be an impressive title, can any of us really call ourselves a Master of all vibrations of energy in the world? There are many degrees of understanding, awareness and knowledge that go into the levels of mastery of 'Chi', 'Qi', 'Ki'. We believe this life force energy is a piece of what makes up another Japanese word 'Hado':

"Hado: The intrinsic vibrational pattern at the atomic level in all matter. The smallest unit of energy. Its basis is the energy of human consciousness. The theory of 'Hado' postulates that, since all phenomena is at heart resonating energy, by changing the vibration we change the substance. What put Dr. Emoto at the forefront of the 'Hado' phenomenon was his proof that thoughts and feelings affect PHYSICAL reality.

By producing different 'Hado' through written and spoken words, as well as music and

literally presenting it to the SAME water samples, the water appears to “change its expression.”

Dr.Masaru Emoto –
<http://www.masaru-emoto.net>

Our bodies are composed of approximately seventy trillion cells - each containing liquid-water. Water is a substance that easily adapts to its environment. Dr. Emoto froze droplets of water, examining them under a dark field microscope with photographic capabilities. Using various positive and negative thoughts, words, ideas and music, this research demonstrates that water's physical appearance is not the only change - molecular structure also changes. Our scientific world now has visual proof of human vibrational energy – that water is deeply connected to our individual and collective consciousness.

There is a flow of creative energy that exists within every one of us. It is important that we not practice with or work on other individuals in any type of energy healing until we have worked on ourselves first. If we are not in balance, or have not healed ourselves first, the flow of energy could affect the weakest part of our body.

When we talk about being ONE, balanced with all energy and demonstrate that balance, the vibration holds a sense of quiet, stillness, peace. In that space of creative vulnerability, old patterns of energy held within our physical cells can change. Once old energetic patterns

are released, our cells can return to their original molecular shape and pattern - their original creative beauty.

When we change the structure, we can change the pattern. When we release old energy patterns in order to raise our vibration, we change ourselves on a multidimensional cellular level - physical, emotional, mental and spiritual.

Our experience tells us that different vibrations are reflected in different places in the physical body. If we had hurt a muscle, a bone, an organ - that pain or trauma stays within our cellular memory. The body of an adult human being is made of more than 70 percent water. We know this water/liquid has picked up vibrations that have affected the fluids in our body and our cells.

Every thought, feeling and emotion translates to an energetic dynamic/thought consciousness that directly affects our cellular being – our physical selves.

The vibrations around us (our environment) play an important role. We are made of thousands of emotions. These emotions could come from: our mother, father, brothers, sisters, relatives, people at school, teachers, close friends, boyfriends, girlfriends, lovers, college, work, marriage, partnership, children, career among others.

These emotions could also come from past or old feelings and/or thoughts we had of sadness, guilt, anger, hate, abandonment, betrayal, rejection, separation, grief, sorrow, being used, trapped, helplessness, hopelessness, not being good enough, smart enough or like others,

chaotic, old, religious, prejudice, jealous, family heritage, where we live, our nationality etc.

Everything around and within us plays a role and becomes a factor in the emotions and energetic patterns held within our bodies. Certainly there would be a lot of variables for each of us including health, death, war, addictions, physical abuse, financial challenges...

Some of these vibrations and emotions exist within each of us, creating stressful conditions.

We believe we will continue to attract certain energetic vibrations and experiences to ourselves in order for our souls to evolve. These attractions are neither bad nor good, just energetic choices and patterns that may become a part of our psyche.

Emotions can stay with us for many years and actually become denser in some parts of our body, moving from a level of emotional stress into actual physical stress with the resulting physical disease/discomfort.

It appears some patterns will stay with us until we come to full understanding on all levels of our being: physical, mental, emotional and spiritual. Could that be attributed to the liquid in our cells passed through the birth fluids from our heritage and lineage? Each one of us has a unique set of vibrations by our own choices. Not just the place we choose for our birth, but the environment in which we choose to live.

One thing universal to each of us: the emotion and vibration of stress. Most of us deal with some form of stress on a daily basis. When we were young and became emotionally upset, our emotions coupled and mixed with

the emotions of our mother, our father or any other person with us at the time. This would occur over and over again throughout our lives; our emotions mixing with the emotions of others. This has an effect upon our multidimensional cellular memory.

Is it any wonder that so many of us become confused about our own feelings? After all, are they our emotions or emotions that were combined with others during our lifetimes? So what feelings do we trust - what feelings can we trust? How do we clear and clean up our vibrational selves?

An understanding of the vibrational changes within our bodies is essential for releasing old energy patterns. Our physical, mental, emotional and spiritual bodies are fluid or liquid vibrations. These fluids are changed, healed and released through accessing the subconscious mind, which holds the energetic memory of our past.

One thing we know: realizing that our true nature is liquid and not solid, we can become fluid and flexible; going 'with the flow' in an easier way.

Read and practice the technique called 'Becoming Liquid Light' shown in Ch. 22.

Chapter 9

Loving and Creating

The more we love ourselves the easier it is for our vibration — our energetic field — to stay inside our body. If, working with the energetic clearing techniques (Chapter 22), we pulled our field in, yet did not love ourselves, all those old patterns would push our spiritual essence back out. Loving ourselves is an important part of energetically staying in our space.

Clients continually ask how they can learn to love themselves. Not many people know the answer. Just as explained in the technique itself, perhaps the first is to begin with compassion. Unconditional compassion for ourselves means radical acceptance: accepting ourselves — without any type of judgment or opinion.

So, practice loving yourself when you are happy, passionate, and blissful — when you are in your passion — whether that is writing, dancing, gardening, hiking in nature, playing with your animals, reading or listening to music. You can identify and embrace what loving yourself feels like in these moments of play, passion, and delight.

When we love ourselves and are in our passion, all the cells in our body vibrate with a loving feeling.

***The more we love ourselves the easier it is
for our vibration — our energetic field —
to stay inside our body.***

Being fully in our body while in our passion is a powerful way of achieving this. Yet what does it mean to be 'in our body'?

Moments such as making love, swimming, dancing, or playing with family and friends allows us to feel that unique vibration of love throughout our body. These whole-body passionate moments are an opportunity to reinforce the feeling of love for ourselves.

These are also the most powerful moments in which we can create. Most of us create in a time of need — when we are out of money or in trouble. We have learned to create when we are happy and in our passion. One of the best times to generate creative energy is when we are really enjoying ourselves and having fun. That is when every cell in our body is ecstatic and unified.

Creating Without Limitation

Many of us create from a place of limitation. We create what we think we want, based on what we believe is possible for us. This is why many of the things we created in the past are now no longer what we want.

We decide, for example, we want a certain relationship and then create it. If we create from a place of limitation instead of unlimited potential, in a couple of weeks or months we will be unhappy and dissatisfied with our creation. When we do not believe we deserve the best, we end up creating relationships and other situations we never truly wanted.

Quieting Your Mind

Loving ourselves, creating and being in the space of compassion are the most important reasons for our being here on Earth. Never create when you are troubled, whether that is emotionally or mentally. If you have a busy or chaotic mind, go and get physical. The more physically active you can be, the quieter and calmer your mind becomes.

We love to garden, walk, practice yoga, ride bikes, swim or even rake leaves when things are going a million miles a minute and our mind gets too busy.

Another good way of quieting a busy mind is to look straight ahead and focus on something in the room. While keeping your head level, look up with your eyes to the ceiling. This will immediately take you away from your emotions and quiet your mind.

Receiving

Receiving seems to be one issue that many individuals have. Why? Is it possible we are keeping ourselves from creating the things we want because of our fears? What if we were to have everything we wanted?

One thing that we think is possible: When we are 'giving', we choose what to give, how, when and where it will be given. When we are giving, we are in control.

In receiving, we are no longer in control. In becoming the receiver, we might even ask ourselves '*What's this going to cost me in return?*'

In receiving, do you feel you do not really deserve what is given to you? Have you felt this way all your life?

We have watched individuals begin to receive everything they ever wanted. They were receiving the result of what they had created for themselves. Shortly however, they began to subconsciously sabotage themselves, because they could not accept that they had created this opportunity for themselves. They could not accept having a wonderful home, a terrific relationship, or family. They could not accept a beautiful healing center or friends they could trust.

It is very important that we acknowledge the positive things that we have created in our life and in the lives of others. The gifts of this universe are abundantly available to everyone. To overcome subconscious sabotage, acknowledge yourself as a divine creator, accept your creations, love yourself, play, and enjoy every moment.

Summary

Loving ourselves and being in our passion are both extremely important factors that assist us in staying energetically in our own space; and are necessary for our creative process.

How many of us spend time each day loving ourselves unconditionally? How many of us spend time each day being in our passion?

What if Jesus, Buddha, Mohammed, Krishna, Mother Mary or another spiritual being appeared, and you felt how much love they had for both themselves and for you?

What if you could feel the passion they had for their own life? By changing your vibration to match theirs, could you heal and transform yourself?

All these wonderful healers and teachers created from a place of love and total acceptance.

You can love yourself. You can spend time each day with a quiet mind. You can BE, create in your passion, and accept what you have created.

***Loving ourselves, creating, and being
compassionate - are the most important
reasons for our being here on Earth.***

Chapter 10

Giving Something Back

What can we do when an upsetting event happens in our community? Or when someone we know asks us for help emotionally? We think it's good to get involved. Make your compassion count by helping someone or donating time to an organization or charity. When physically helping someone or a good cause, you become more aware of your feelings, you understand yourself better, and you gain compassion for the creations of others.

We are physical beings, needing to physically experience all our creations. We are not victims. By helping others we affirm our compassion and gain a better understanding of being a creator and a co-creator.

Looking At Our Fears

It is important to look at our fears as we explore our spirituality. Ask yourself: *Am I afraid of death? Am I afraid of disease? Am I afraid of failure? Am I afraid of people or of being alone?*

Your fears will keep you from being in the moment. They prevent you from fully loving yourself by energetically interfering with your ability to love every aspect of yourself – especially those parts that you do not like. Your subconscious mind will keep energetically attracting your fears until you find peace with them.

If you are afraid of death, here is a suggestion: become a volunteer at Hospice. That's what we have done. When you work with people who are dying, you see the beauty — as well as the pain — and come to terms with your fear of death or of being out of control.

As we create our future, any fears we have will be amplified a thousand times. Isn't it better to look now at all the things we are afraid of and find peace with these feelings?

When we find unconditional love by having acceptance without judgment for our past fears, we change our vibration and become less reactive to old fearful emotions.

Helping Someone – Who Has Not Asked for Help

We believe that when we energetically 'engage' with other people without physically asking first for permission to help them, we not only take away their power and their own learning experiences, we could also intensify their experiences — often causing them to create something even more chaotic. We ought to remember that when someone is in 'survival', they are not connected to their Higher Self.

Even though our intentions are well meaning and generated by love, getting caught up in the experiences of others can cause the negativity around them to rebound and affect us, too.

This can also be true when we ask someone's 'Higher Self' for permission to assist them by sending healing

energy remotely without first gaining physical agreement and participation. Because of our desire to help others, we often over-ride the messages from our own Higher Self, no matter what those might be.

When people ask us to do a remote (distance) Heart & Soul Healing session with someone else they know (who has not personally asked for our help), we suggest we first ought to do a session with them.

After their own session, ninety percent of the individuals who wanted the session for someone else - are told by their Higher Self they should not interfere with another person.

If we try to help people who have not physically asked us for help, we believe we intensify their creations and actually can get caught in their energetic experiences.

Instead of trying to help others without permission, what if we have unconditional love for ourselves and unconditional compassion for them just as they are? Could they be better helped by solving their own lessons, feeling our self-love and compassion and mirroring it within themselves?

When we find peace by having unconditional love for our past fears, we change our vibration.

Chapter 11

Earth Changes

As our individual consciousness changes, so does the collective consciousness of the planet. As we love and have compassion for all creation, the vibration of the planet evolves to a lighter frequency where we become less reactive to the energetics around us.

Scientifically, the vibrations of both the Sun and Earth are changing – influencing our physical bodies. We are actually being pushed into a lighter vibration. Can we handle this? What does it mean to become lighter? How do we co-exist in a world that is still in such dense turmoil? What is this changing frequency doing to our physical bodies? We believe it intensifies our emotional and physical bodies and overwhelms our nervous system. It makes time appear to be going faster.

During these times of changes, it is important for us to truly BE in the moment and not looping with others or thinking about the past.

Deepak Chopra says the average person has sixty thousand thoughts a day and ninety percent of them are thoughts of yesterday.

During this time of change, it is important for us to truly be in the moment, not looping with others, or thinking about the past.

Is it possible that by now we are full of millions of thoughts out of time? These old thoughts keep us from being present in the moment.

Doom and Gloom

Many people we know are reading and following different predictions of what could happen on Earth in the future. Lots of people are worried or scared. They feel they must move to a “safe” area to survive. All this fearful misinformation is creating chaos.

It is important not to give these fears any energy; surely not all our energy. As powerful creators, we could actually create some of these changes just because of the intensity of our fears.

For every prediction of destruction, there are literally thousands of other choices that we, as a collective consciousness, can make.

In each moment, there are signs of great events and many of them are positive. If we are open to all creation, then everything is a sign. We have choices in what we want to create and what we choose in our lives. If we were to daily - ask that our spiritual lives manifest into our physical world - then all we would need to do is be aware of what is occurring around us in the moment. Everything we see would be a spiritual signpost, guiding us along our journey. We just need to get out of our heads and be more physically active.

If we are out of the moment and looping with the past, our issues become more chaotic. We see this everywhere.

Sometimes it becomes so chaotic people want to destroy themselves or their lives.

Being in the moment is the only healthy, balanced, and peaceful place to be. By being and staying in the moment, our personal experience says there is no time, and things could actually slow down.

What if everything slowed down, or stopped? You can see that if you are not in your passion or doing what you loved to do, you could actually feel as if you were trapped or stuck in the feeling of 'hell'.

When we are totally present in the moment, every experience is new. By being in the moment, we would not have to go to the past and retrieve past experiences.

Then each moment would be as if it was happening for the first time.

Imagine the excitement of doing the things you love for the first time: tasting chocolate for the first time, making love for the first time, dancing with ease for the first time...

We are getting ready to bring in a thousand times more energy than ever before. Having healthy, active lives is vital and important. Focus on eating properly, resting and being physically fit and active in a playful way. The weakest part of the body is the part that can get hurt if we are not healthy.

What should we do to stay balanced? Love ourselves, be compassionate, pull our energy field in, and stay present in the moment. Be physically healthy, fit and active. Stop listening to those who promote fear.

Listen to music. The frequency and movement of sound helps us to manage change.

The more balance we can feel in our lives, the quieter we can become – the closer we move to Source/Creator. AND most importantly, remember to play as we prepare for a beautiful journey.

For every prediction of destruction, there are hundreds of other choices that we, as a collective consciousness, may choose.

Chapter 12

Being in the Moment

Once we love ourselves, the next task we have is centering between our past and our future — by being in the moment. When we are compassionate and in the moment, we are then free to create.

Most of us are not in the moment. We replay past regrets, such as *'I wish I told my mom I loved her more before she died'*, *'I wish I finished college'*, or *'I should have been a painter instead of an accountant as my dad wanted'*.

Or maybe we get stuck in the future with our thoughts. *'When I have money, I will go back to school'*. *'When I loose thirty pounds, my life will be perfect'*. *'When I find my true love, I will finally be happy'*. By hanging on to past or future events or emotions, we are never truly present.

Getting to the Moment

If you are always thinking about how you could have changed things, or done them differently, you are living in the past.

The moment is the access point for the finest reflection of Source we can be.

If you are always thinking ahead, with thoughts like "as soon as *I get this done, then I can go do that,*" then you are living in the future.

The most interesting fact most of us seem to miss when we want to change something about our life, is the only place we can ever create anything is in the moment, in the now. There is no other time for us except this moment.

Do what you love to do as often as you can. Do your best to create in the timeless space of each and every moment. When you are in this space of creation, you are then the finest reflection of Source/Creator that you can be.

If those around you continue to trigger you or push your buttons, remember that others usually reflect back to you the issues you have come to learn and to resolve. Use those times when you are thrown off balance to go back into linear time, to look, find and understand where your issue began. Do your best to understand the energy around the issue itself, whether it's about abandonment, self-worth, trust, guilt, shame, being alone, or any issues you may have over power and control.

Until you understand the energy around the issue, your subconscious will continue to create event after event, so you can keep looking at what you came to learn. Once you understand the issue, mentally, emotionally, physically and spiritually, a charge will no longer exist around it.

Until you realize you have agreed to co-create these patterns of events to act as a catalyst to keep you focused

on your issues, you will unknowingly continue to divert most of your creative energy into drawing such circumstances and people to you.

The key to the entire process of learning, being, and creating is to stay in the moment. If someone triggers a reaction in us, that person is only mirroring the issues we have come to discover and resolve.

When we get thrown off center, we need to go back into linear time to understand when and where a particular issue began and what we still need to look at.

It is important to understand the emotional charge around the issue, whether that is abandonment, self-worth, trust, guilt, shame, or power and control. Until we understand the charge around the issue, our subconscious will continue to recreate event after event so we keep looking at what we agreed to do in this lifetime.

Anytime we find yourself out of the moment, it is valuable to examine where we went — past or future — and what issue sent us there. Once we understand our issues — mentally, emotionally, physically, and spiritually — they will no longer have an energetic charge. Until we realize that we are creating a series of events to keep us focused on our issues, we will continue subconsciously to divert most of our creative energy into drawing such circumstances and people to us, thus keeping us out of the moment.

Timeless Moments

The only place we can truly change our being is in the moment. If we are not in the moment, there will always be some form of distortion.

We are spirits having a physical experience. Spirit exists outside of time. Thinking we are bound by linear time stops us from connecting to our true holographic selves, which are multidimensional, timeless, and always in the moment.

Perhaps past and future is all the same. Perhaps our memories are really stories that help us understand our lives. It makes no difference whether the stories we carry around within us are real or not. What is important is to access the wisdom and understanding they contain and use that information now. The real value to this is how it enriches and supports our lives today and helps us to understand more about ourselves.

By accessing this timeless state within our cellular being, we access self-knowledge and wisdom. Being in the moment, centered in the pineal (Ch. 25), allows us to immediately access the original traumatic events that set up the issues for us in this life.

Many times we are unable to stay in the moment because past events were so over-whelming and painful they continue to confuse and disturb us today. The pain of what happened causes our subconscious minds to block the real truth of the event.

Missing Parts

How can we be present in the moment if we are not fully present in our bodies? Some people decided to protect themselves energetically by getting out of their body because they were violated or hurt in the past.

When we ask our clients a simple question in session, most of them say that 90% of their essence is missing. By the age of three, most everyone has said: *"I do not want to be here."* Today, they are so full of past feelings and emotions that they do not know how they truly feel.

The missing parts of us are with the collective consciousness observing, learning, understanding, and becoming aware. Our task is to bring these missing parts back into our physical body and be totally conscious and present in the moment.

If we love ourselves and are present in the moment, a wonderful thing occurs — our entire being radiates compassion. This is what we are here to do. Being in the moment is the one place of true power. It is the only real place where we can use our choice to create change. It is the only place to create, to overcome limitations, or to change directions.

Create a new 'NOW'

As all of us can simply BE, we may reach the 'end of time' that so many of us have heard about, or have been waiting for. Maybe, the 'end of time,' as we know it, is simply moving into the timeless state of the now, and

simply being. When we are in the moment, we are timeless. By choosing a new idea about 'Now,' we can create a new reality, not bound, limited, or restricted by others. If we are in the moment, we can let go of what was, and in fact can create what never has been. As soon as we let go of our ideas, memories, and imprints about what was, we can access what is, along with all that is.

The moment is not a place, it is a holographic state of being-ness. It's in this state that we can create what we truly wish without distortion. The moment, being timeless, is unlimited. In this space, we are all things, with all our aspects, qualities, abilities, and being-ness available to us. We don't have to "go anywhere" to experience all there is - we just simply have to BE.

In the process of accessing what 'is', we need to be fully and passionately present in mind, body, and spirit.

If our mind is continually roaming around in the past or the future, we are not fully present mentally.

If we ignore, resent, or fail to honor and respect our bodies, we are not fully present physically.

If we fail to take full responsibility for our lives and our actions as direct creations of our own Higher Self and Spirit, we are not fully present spiritually.

Perhaps it will be our total commitment to being here, being responsible creators, and being willingly and fully in our body that will provide the 'undoing' of time, and the accessing of all dimensions and spaces. Perhaps it will be the act of being present in mind, body, and spirit, right where we are, in the 'Now,' that will lead us into our true selves.

Find Your Breath

Another factor in remaining in the moment is to BREATHE! Find your breath whenever you are anxious, fearful or feel you are not thinking clearly. Think about this: If you do not know where your breath is: you do not know where you are.

Place 'sticky' notes all around (bathroom mirror/ refrigerator door/ car dashboard) that merely say 'breathe'.

Just the act of drawing in a deep full breath and exhaling slowly can re-focus you and assist in quieting your mind. Three focused, conscious breaths will bring you back into the present moment space of your own body.

Then, allow your breath to 'take you', rather than you taking your breath without any conscious awareness in that moment. Find the timeless space and state between the past and the future by being fully present - NOW - in the moment.

*Many more details about Breath and Finding Pieces of Ourselves can be found at: www.KenPage.com
Just use the search bar on the homepage.*

Chapter 13

Pattern Release Technique

This is a powerful technique for releasing old energy patterns that keep us from being present in the moment. A good time to use this technique is when taking a bath. Plan to take at least fifteen or twenty undisturbed minutes.

Take off your jewelry, including any rings. Light a candle to represent a spiritual person you admire. Picture them being present. Say your name first, then the name of the spiritual person, such as Krishna, Quan Yin, Moses, Jesus, Mother Mary, the Dalai Lama or Buddha. Feel the unconditional love this spiritual person reflects and recognize that place of love inside you.

Stare at the flame and release old feelings, thoughts, programs, issues, and fears. Allow them to flow through you. Say them either out loud or in silence. Your intention to clear yourself is most important.

Begin by releasing the things you are afraid of, such as losing your job, getting older, poverty, illness, or being alone. Next release thoughts, feelings, and emotions you are holding, such as guilt, anger, sorrow, or sadness. Release feelings of being helpless, hopeless, used, or trapped. Release feelings of pain and jealousy. Release all the feelings and projections of others that you have adopted. During the release, make an intention to keep any wisdom gained from these events and feelings.

Next, release all the positive memories you are holding on to from your past. Are you holding on to the best Christmas you remember? Or the best present you ever received? Your first car or favorite home? Your first great love? Your proudest moment? A happy time with your family? Food, sunsets, flowers? It is necessary to release them all.

How many of you are holding on to emotions from positive past events and using them to define or judge every experience you have today? Are you comparing every kiss or embrace today to one from the past? Release every positive experience from your past that is keeping you from being in the present moment and experiencing things for the first time.

During the release, make an intention to keep the wisdom, joy, and love from these positive past events. All you are doing is releasing the energetic charges you are holding on to that are causing you to have judgments and comparisons today.

Once you have released all the charged negative and positive experiences from your past, shower or bathe with fresh water.

Positive experiences often have more of an energetic charge than our fears. Think about it.

We do our best to heal the negative things from our past, but we do not realize we are also comparing positive experiences. Releasing all charged memories is a helpful technique to aid us in staying present in the moment.

Chapter 14

INscensionTM

Until we are fully present and conscious here on Earth, we believe we are not going anywhere. How could we move into another dimension if we have not yet mastered this dimension? INscensionTM is being fully present in our body with conscious awareness.

Let's just talk about this dimension. Many people still act like two-dimensional beings in a three-dimensional reality. We know this because the two-dimensional aspects of our reality remain. Dualities exist, such as good-evil, light-dark, positive-negative, right-wrong and male-female...

The third dimension is much more than we have been led to believe. If we are fully present and in the moment here — if we achieve INscension — we can connect to other dimensions and realities right now because our third-dimensional world is holographically connected to everything.

One reason we believe our dimension is holographic is because other dimensional beings are here asking us for assistance. Why would they be doing this? Why is the third dimension so important? The main reason is that when we are in the moment we are able to collapse time and affect other realities.

The End of Time

As we learn to be present, we may reach the end of time that many of us have heard about. Maybe the end of time is simply moving into the timeless state of the moment and being present in our body. When we are in the moment, we are timeless. What if the true gift of having a physical body is to provide us with a constant anchor point for this moment?

The quality of each moment should never be underestimated. When we are fully in the moment, we are no longer certain we have past lives; as they no longer have an emotional charge for us.

We believe this lifetime and all past times are collapsing into the moment. Instead of past lives, they are simply memories that are part of our DNA wisdom and understanding.

It no longer matters whether these experiences were on this planet or other planets, or whether they occurred yesterday or will happen tomorrow.

When we are in the moment, we are gates to the Creator and every dimension of reality.

***INscension™ is being fully present
in our body with conscious awareness.***

Chapter 15

The Void – Our Past Karma

Dualities such as love and hate are collapsing and dissolving. The collective consciousness, which feeds on these dualities, is also starting to collapse. Everything is changing, evolving, and moving away from the polarities of light and dark towards clear light where all dualities balance.

As dualities collapse, so do our realities. The collapse of dualities makes life appear to be going faster. These changes create pressure on us, our lives, and on the Earth. As dualities collapse we are being pushed into another vibrational space — the Void, our karmic past.

The Void is around us all the time and has many color stages. The first stage is perceived when your meditative space turns a golden hue. The gold vibration then becomes orange, then burnt umber, and finally a transparent black. The Void is easy to see at night. Some see a translucent black mist when they first wake up, still half asleep and groggy. This is the Void.

The Void is the gate between this reality and the next dimension, a dimension instantaneous creation. It has been described as both completely neutral and yet, totally reflective.

What we may face in the Void, multiplied one thousand times, will be those remaining fears or pieces of our own inner dualities/polarities that we have yet to

bring into balance. To pass through the Void we must face our worst fears - our past karma.

What would facing your fears feel like? Imagine standing in front of a gigantic black mirror. Your fears — your remaining issues — are reflected in the mirror and amplified a thousand times back to you. What if you were afraid? Could you walk through this reflection?

Could you even run the other way now that the collective consciousness and Earthly dualities have changed? What if you were to feel unconditional love for yourself and amplify that feeling a thousand times? Is this what the Creator feels like?

Lying

The Void reflects all distortions in our lives. Besides our fears, lying is also a main cause of distortion. A study of college students at the University of Virginia revealed that lying seems to be a way of life for many people.

The results showed the students told lies in 77% of all conversations with strangers, 48% with acquaintances, and 28% with their best friends. They lied to their lovers 34% of the time. Lies to Mom came in at 46%. This included “small lies” told to protect other people’s feelings. We can see how easy it is to get confused about our own truth.

A survey of one thousand adults reported in the book, *The Day America Told the Truth*, found 91% lie routinely and fifty-nine percent admitted lying regularly to their kids. In a survey published in *USA Today*, 48% of

workers admitted to unethical or illegal acts in the workplace.

These reports reveal that the average person lies twice a day. With each lie, we create a barrier making it more difficult to know our truth. This in turn disconnects us from our ability to tap in on our psychic senses and causes distortion in our connection to our Creator.

We believe one of the most important pre-requisites to having a clear mind and using all our psychic abilities is: always be truthful. When we lie, we cover our true feelings. We hide our truth so the other person will not know we are lying. Does hiding our true feelings from others also hide them from ourselves and separate us from the Creator?

Lying confuses us and distorts our perceptions of reality. Lying causes us to distrust our feelings, creating separation and miscommunication with our Higher Self. One of the requirements of mastering unconditional love for ourselves and all creation is to be honest.

Trust vs. Like

Experts say we trust what is familiar. Is it possible we attract to ourselves what we trust and are familiar with, such as the way our father or mother acted, even though we do not like those behaviors? What we trust is not necessarily what we like; yet - it is what we survived.

To know if this is true for you, look at what you do not like about your parents. Perhaps your mother was angry and mean. Do you still have a pattern today of attracting

angry and mean women? One reason for continuing this pattern would be you subconsciously feel comfortable with anger because you survived it in your past. In other words, you trust angry women because that is what you grew up with, even though you do not like being around angry people.

Conflicting feelings like these become highly distorted in the Void and can bring up many confusing emotions. These confusing emotions can make us feel like we are out of control or going crazy. A quiet mind will allow these momentary feelings to pass through us so that they will not be recreated in the space of the Void.

As we prepare ourselves to pass through the Void and enter the dimension of instantaneous creation, we will be tested. We will be tested by having to face our worst fears. Our fears and any distortions we have in our lives will be reflected back to us a thousand times by the Void. Having a quiet mind, loving ourselves, being physically healthy, and being in the moment will allow us safe passage through the Void and into the next dimension.

***Lying causes us to distrust our own feelings,
creating separation and miscommunication
with our Higher Self.***

Chapter 16

Communicating with Our Higher Self

We have determined from working individually with thousands of individuals around the world that the only problem we have as humans is our conscious mind. After all, our conscious mind only knows what it 'thinks' it knows, sees what it 'thinks' it is seeing, hears what it 'thinks' it hears and knows what it 'thinks' it knows. Using only our conscious mind can be limiting our experiences and our growth. Normally, the conscious mind is the reason most people are in the situation or predicament they do not want .

Our suggestion is always to ask questions of your inner self, your Higher Self. There are answers available if you are willing to do your own work and open yourself to alternatives. Just by being open to another thought, idea or feeling will begin changing your perspective of what is happening.

Yet we then hear people say they cannot communicate with their Higher Self. They do not trust what they hear or feel from their own inner voice — if they hear one at all — and so they seek answers about their lives from others. Please – stop asking others for their opinions or feelings. Look for your own answers and listen with discernment to your own Higher Self.

The next suggestion is to stop automatically thinking that the inner voice you 'think' you hear is always your Higher Self. If you feel you are in trouble, if your life feels out of control or if you don't feel safe, the insights or information you think is coming from your 'inner voice' might not necessarily be from your Higher Self.

For example:

Your Higher Self will never hurt you in any way;
Your Higher Self will never place you in harms' way;
Your Higher Self will never tell you to hurt yourself or anyone else.

How does our Higher Self communicate with us? Most of us communicate with our Higher Self through our subconscious mind using one of our major sensory modalities — we see, we hear, or we feel. If we are having a conversation with someone who needs to visualize information, while we need to feel things, we could easily misunderstand each other even if we are expressing the same idea. Many of us are kinesthetic — we feel the answers from our Higher Self with our whole body, but others may see or hear their information.

Trusting our feelings is a challenge for most. We do not trust or listen to our feelings or our inner voice because of past situations when we have trusted or listened and been hurt anyway. The first feelings or impressions that come to us are the messages from our Higher Self and need to be honored and trusted.

We teach a simple exercise to connect with Higher Self. Once you are familiar with this technique you can use it confidently to answer any questions about your life. Every one of us already has all the answers within ourselves.

For this exercise, sit at a table with paper and pen. First, clear and quiet your mind by focusing on a point on a wall straight ahead. Hold your head level and shift only your eyes so you are looking up at a point on the ceiling. This will quiet your mind immediately and take you out of your emotions.

When your mind feels quiet, write down the question: “*Why am I here on Earth?*” Then ask this question three times quickly, either to yourself or out loud:

Why am I here on Earth?

Why am I here on Earth?

Why am I here on Earth?

Always write down the first word that comes to you. The answers may come as words, pictures, or feelings. Some of the words you may get are love, teach, learn, play, heal, or share. It could also be a word that does not make sense. Do not judge it, just go on with the exercise.

<p><i>Most of us communicate with our Higher Self through our subconscious mind using a major sensory modality — we see, hear, or feel.</i></p>
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If the answer is “to love,” find out what it really means by writing another question to your Higher Self. Whatever the words were that you received, write your next question using these same words, always pertaining to why you are here on Earth.

Ask, for example, *How do I love? Who do I love? What do I love? When do I love? Where do I love? etc.*

Always keep your questions simple and use as few words as possible.

Questions can all begin simply with:

How?

What?

Why?

Who?

Where?

When?

As you write each question, quiet your mind and repeat the question three times quickly — out loud or to yourself — just as you did the first time.

Then write down your answer again.

Perhaps the sequence went like this:

Why am I here on Earth? ...To love.

Who do I love? ...Yourself.

When do I love myself? ...Now and forever.

What does it mean to love myself?

... It means to take your power.

How does taking my power help? ...So you can heal.

Continue this process using the key words from your answer to create each new question. Write down

everything that comes to you even if it sounds strange. Go as fast as you can and do not think about it. Keep writing and asking questions until you start to write continuously.

Do this for five minutes and then read what you have written. Your answers will give you the key to why you are here on Earth and what you have been creating. You can use this same process to answer any questions you may have.

Chapter 17

Lucid Dreaming

We are moving into the dimension of instantaneous creation and preparing for a major shift in our consciousness. Much of the preparation for these changes is happening in our dream state. The dream state is another dimension. Through our dreams, we can create and explore new realities and dimensions of consciousness. Lucid dreaming is a technique that can help us prepare for this shift.

Lucid dreaming is a powerful creative state and can be used for understanding and creating our lives. It is one of the most important techniques to practice. Research at Stanford University indicates lucid dreaming occurs during REM (rapid eye movement) sleep. Since most REM sleep takes place in the later part of the night, mornings are likely to be the most favorable time for lucid dreaming.

Here is a simple and effective exercise to improve your ability to lucid dream. You will discover if any hidden programs or ideas in your subconscious mind are keeping you from having what you desire in this life. After you have perfected your ability to lucid dream and have a good understanding of the subconscious patterns affecting your ability to create in the third dimension, you

<p><i>We are moving into the dimension of instantaneous creation.... Much of the preparation for these changes is happening in our dream state.</i></p>
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can go a step further and use lucid dreaming to explore other dimensions and realities.

To begin the lucid dreaming exercise, first think of a question about your life. Your question may concern a special relationship, spiritual goals, your health, or your job. Whatever it is, write it down. Keep your questions simple and use as few words as possible. Complicated questions will create complicated dreams filled with too much information which is not always easily understood.

After choosing a simple question, set your alarm clock for half an hour earlier than you would normally get up in the morning. Use the type of clock with a snooze alarm that goes off every ten minutes. When the alarm goes off, press the snooze alarm button, focus on your question, and fall back to sleep. In the following dream, your subconscious mind will show you stories representing the ideas or programs you subconsciously carry that are related to your question. These stories will help you understand the programs that are keeping you from having what you want. After ten minutes, the alarm will go off again. Notice briefly what you were dreaming, ask the same question, and fall back to sleep. Continue doing this for thirty minutes.

After thirty minutes either tape record or write down the information you received while it is still clear in your mind. Since dreams can slip away so quickly, have a recorder or pad and pencil ready by your bed. You do not have to record the complete dream, just the main ideas and images.

The more you practice lucid dreaming, the easier it becomes. Keep asking the same question until you get a clear, understandable answer and then ask another question. Within two weeks you should uncover and understand the subconscious programs you have that are interfering with your creations.

One of the first questions Ken explored through lucid dreaming was *'How do I become a good healer and teacher?'* Through lucid dreaming I discovered my subconscious mind held the idea that if I became popular as a healer I would lose my freedom because I would attract attention. I was surprised at this information. My freedom is important to me, but I did not think my need for freedom would interfere with being of service to others. My subconscious mind was doing everything it could to keep me from being as successful as I was capable of being because it did not want me to lose my freedom.

By becoming conscious of my subconscious program, I was able to change it. I now understand what personal freedom means to me, and I know it is safe to become popular without losing my freedom. By exploring the dimension of lucid dreaming, I was able to become aware of the hidden, subconscious programs affecting my success.

After practicing lucid dreaming, your dream state will feel as real as your waking physical state. If you do not understand what is going on in your dreams or they contain problems and conflicts, you can continue to replay the same dream over and over until you come to understand and conflicts are resolved.

If we create perfection in our dreams by understanding and resolving any conflicts, we can use this insight to create a more balanced and healthy physical reality for ourselves.

Lucid dreaming is a powerful technique as it assists us in understanding our sub-conscious mind. By practicing lucid dreaming we can be sure our subconscious mind fully supports our conscious mind in creating what we choose.

With lucid dreaming, we can perfect being in the dimension of instantaneous creation, and then we can bring this mastery to our three-dimensional lives. Lucid dreaming is one of the most important exercises we can do — it allows us a greater understanding of our lives and our universe.

With lucid dreaming, we can perfect being in the dimension of instantaneous creation, and then we can bring this mastery to our three-dimensional lives.

Chapter 18

Guides and Angels

At the beginning of your spiritual path you probably heard about getting messages from your guides and angels. Many people connect with religious guides, such as Mother Mary, Saint Germaine, or Archangels Michael and Gabriel. We believe guides and angels are aspects of us co-existing in other realities or vibrations.

If you recognized a guide as an aspect of yourself, would you take it seriously? More than likely, you would pay closer attention to a guide that appeared in a form you revered. Why is it easier for you to trust an outside form or idea more than one of your own?

To communicate with guides and angels we must understand how we perceive information. Many of us are kinesthetic — we receive information through whole-body feeling. Messages from guides, angels, or other aspects of us are so gentle and pure that sometimes they are difficult to feel when our minds are busy.

An effective way to quiet a busy mind is to be physically active and then relax. Afterwards, you will feel more connected and quiet in your mind and it will be easier to hear messages from your guides and angels.

Some of us hear our guides and angels clearly and have made major life changes based on these messages; the messages received were powerful, beneficial, life affirming, and felt right even though the entire 'big

We believe guides and angels are aspects of us existing in other realities or vibrations.

picture' may not have been fully understood at the beginning.

Some people, however, have also made changes in their lives based on what their angels told them, yet the information they received did not feel right or make any sense. However, they believed the information received was from a higher source and therefore, must be right.

Such information was most likely not from their guides or angels; it represented an aspect of their own fears and ideas. Many times our clients have described angelic beings and these beings proved to be something entirely different when we looked more closely.

Your angels would not tell you to hurt yourself, put yourself in danger or hardship, or do something physically or financially destructive. You must always use discernment about information you receive and subsequent actions you take.

I tell a story in my book, *The End of Time*, about an old girl-friend from many years ago who told me she received a message from a "spiritual guide." She had gone to a new massage therapist and experienced a profound spiritual experience. So, she wanted me to have a massage the next day with the same woman. Although she did not give details of her experience, I agreed to go.

As I was getting the massage, a strange energy came into the room and frightened the massage therapist. This energy was the same as the day before. It took on the illusion of what my friend believed was a high spiritual being. The being mirrored this illusion back to her, thus disguising its destructive nature. The energy took on the appearance of Jesus and told her to let me go romantically and to "give me" to the massage therapist. Although we felt we were connected, she had listened to this message

even though it felt wrong, because she thought the message came from “Jesus.”

My Guides and Angels

I had many guides and angles in the early 1980s at the beginning of my spiritual path, and found them valuable. Amy, a wonderful psychic friend from São Paulo, Brazil, helped me contact them. I asked her who my guides were, and after she meditated for seven days she told me I had twelve guides. She gave me their names, when and where they had lived, and why they had come to assist me. Moses was one of my first guides. Wow, I could not believe it! Everyone in my metaphysical community at that time believed a guide like Moses could only be with one person at a time. Now, of course, I know this is not true.

Over the next year my guides, and new ones who came in, showed themselves to me. They represented many different paths of healing. I had guides from the Hawaiian kahuna tradition. Saint George, the dragon slayer, was one of my guides. I also had many holy guides from India, several from the American Indian path, and some sophisticated psychic guides from England.

I made a detailed chart depicting my guides in teams depending upon how I thought they should work together. After completing the chart I felt a pulling sensation on my auric field. Did another guide want to come in?

Your angels would not tell you to hurt yourself, put yourself in danger or hardship, or do something destructive.

I went to Amy and talked with her. She also sensed another guide and helped me to make contact. It was the Egyptian pharaoh Ramses II.

I was very confused. I had Moses already, why would I want Ramses II, considering the energy the two had created when they battled over the release of the Hebrew slaves? I said to Ramses, "Just give me one good reason why I would allow you to be my guide when I have Moses here already?" The answer came in very clearly. "We want you to help us heal what we started a long time ago in Egypt."

His answer overwhelmed me. Then I realized that my guides were using me just as I was using them. There was an equal exchange of experiences, feelings, and emotions. Until then, I thought my guides and angels knew everything and I knew nothing. Guides need to experience and understand, just as we do, to continue evolving.

I continued working with my guides and angels in different situations. The 1991 war in the Middle East broke out at this time, and I was told how my guides and I could help.

After completing my job, I realized I did not need my guides and angels in the same way. I set them free to be with others. I told them to come back anytime there was new information or they needed my assistance.

After releasing my guides and angels, I began receiving a different kind of communication — one from my Higher Self, the angelic God part of me. I realized guides and angels were all aspects of myself. I also realized there was no separation, as I had the information inside all along.

***Our guides and angels are all aspects of ourselves.
There is no separation between us.***

Chapter 19

Walk-ins

A walk-in experience is commonly defined as a soul leaving a person's body and another soul coming in and taking over. Walk-ins are also known as aspect shifts or dimensional overlays. Ruth Montgomery talks about walk-ins in her books, *Companions Along the Way* and *Strangers Among Us*. Several people I know say they have had this experience, including my uncle, Drunvalo Melchizedek.

If your soul left and another soul came in and replaced it, would this not feel like a complete death and rebirth? Do not all of us experience this during times of great spiritual and psychic change? We believe that each of us is a walk-in.

Ask yourself the question: *'Is there a part of me with Source?'* What if you became conscious of the part of you with Source, and it became conscious of you? Might both aspects of you start exchanging energy and could you then experience both realities? What if there is an aspect of you existing in every other dimension, plane, or reality?

Once you become conscious and love yourself completely, could you be aware of these other aspects, these reflections of yourself, and start integrating them in this physical world? Integrating them continuously would feel like a cycle of death and rebirth. Maybe we are all continually having walk-in experiences with aspects of ourselves.

Most of us believe we are part of Source or Creator. Being part of Source means we are part of all things. Yet do we not want to separate ourselves from people and things we do not like or accept? Most of us do not want to admit there could be the energy of war or hate within us. Keeping ourselves separate from anything separates us from Source. To reconnect to every aspect of ourselves, we must first love ourselves unconditionally and have unconditional compassion for all creation.

My Experience

Ken: I had my first conscious walk-in experience in 1987, and it changed my life. I became aware of three aspects of myself existing simultaneously: a Native American named Juan Concha, a space being from another dimension, and an aspect of the dolphin and whale consciousness. When I became aware of these other parts of me, I knew I was multidimensional. As more aspects of me came into my consciousness, I knew that there was no separation and we are all One.

There are many times in our life when I believe a part of our essence or soul follows a loved one who has passed to understand where they are going. These times are gates or openings that make it easier to enter into other dimensions.

In the early eighties, I often traveled to Taos, New Mexico, to see a good friend, Cradle Flower, who was from the Taos Pueblo. My uncle, Drunvalo, also lived

<p><i>Maybe we are all continually having walk-in experiences with aspects of ourselves.</i></p>

He was living in a secluded area, surrounded by fields of sage. Since Drunvalo is only four years my senior, I thought of him as my older brother. I had grown up knowing him as Donny.

I will never forget sitting there and talking with him that day. He told me Donny had died in Canada in 1972 and a 'new soul' had come in. This 'new soul' was named Drunvalo Melchezidek. I did not know what to think. At the time, I was an entrepreneur and businessman and had not done any metaphysical or spiritual exploring. So there I sat, in my three-piece suit, questioning my whole reality and feeling sad about the loss of my brother.

In 1995, I was in Georgia at a conference with Drunvalo and several other speakers when I suddenly understood this experience. I realized part of me, during our earlier conversation in Taos, had energetically gone searching for Donny.

I found him in the different reality of the Melchezidek vibration. Since then I have been communicating with him in that vibrational dimension, as well as channeling an aspect of myself that is also there. The closer I got to where my uncle had energetically gone, the more information I received about our soul's journey and the role of walk-ins.

By staying in the moment and constantly changing my vibration, I bridged that reality. Many of us are now in alignment with that recognition.

I now know I am a Traveler. I have become the Clear Light vibration of the Order of the Messiah - a Messenger.

We all have these experiences. Every one of us is starting to bridge realities and become all we can be.

Chapter 20

Channeling

What is a medium or channel? Channeling is a method of communicating with beings, entities, spirits, or divine messengers. The entity or spirit partners with a physical person who gives voice to the thoughts and insights of the channeled being. Who or what is actually being channeled? Are these aspects of the channeler or are they really beings — St. Germaine, Jesus, Michael the Archangel, or extraterrestrials — as the channeler claims? If I were to channel my guides, acknowledging they were aspects of myself, would anyone listen? Would you listen if I said, “I am now going to channel Ken Page’s Higher Self”? Wouldn’t you rather pay attention to someone who said, “I channel Michael the Archangel”?

Some of these channeled beings often have brilliant and insightful messages that greatly enhance our spiritual lives. Some do not. We believe hate, fear, and cruelty do not exist in lighter vibrations. Source is pure love and so are the lighter vibrations where dualities do not exist.

We must always use our discernment when listening to different channels and notice whether the beings they channel are fearful or cruel. Does the channeled being say things that hurt others or are not congruent with our perceptions of love? If they do, are the channels merely sharing aspects of themselves or a particular being filtered and distorted through the dualities of their own reality?

We know people who have changed their lives — moved, left their families, quit their jobs — to follow a person who was channeling a being from another time or reality. They later found out that different interpretations

of the information being channeled were made by the physical channel based on what that channel needed for his or her own life, ego, or survival. When channels start modifying messages or incorporating their own ideas when communicating a feeling, which is challenging to express in words, the message may become distorted.

I worked once in an area of the United States where a well-known channel had lived and worked for several years. The channel's center had several thousand students in a multi-level school. The students had to take a pledge of secrecy regarding the teachings.

After I had done two workshops in this community and was becoming fairly well known, I planned to return for a third workshop. I checked the school's calendar to be certain they did not have any activities scheduled for the same weekend as my workshop. As soon as I set the dates and mailed out my brochures, all the student levels were called in for a "special teaching" on the exact dates I had chosen.

Was this intentional? Was my coming to town a threat? How could that be? What was I sharing that concerned them?

A high-ranking individual in the school explained the situation to me. They did not want their students to attend my workshop, because I was sharing some of the exact material their leader was channeling and that created a problem for them. Since I am "just a normal man," and I had this information, they were concerned that each one of the students would discover that they, too, had this information inside them. They would no longer need to listen to a 'being'channeled from another reality for

insight. We think it is important for channels to acknowledge they are bringing forth a unique aspect of themselves. This does not make their information any less valuable.

Giving our power away, however, to an outside source that identifies itself as a “higher being” is dangerous, especially if the being is filled with confusion, anger, jealousy, or fear. These are not the vibrations of lighter realities. They are the vibrations of people communicating from realities and places that are potentially less evolved than our own. It is important not to give our power away. All of our answers are within us already.

Source is pure love and so are the higher vibrations where dualities do not exist.

Chapter 21

Being Energetically Healthy

Many individuals work in an environment that is full of stress, where there are arguments, angry people, constant deadlines, and long hours. They often come home energetically exhausted and yet they want their families to meet and accept them as they are — even though they have the energetic vibrations from their day all over them.

After being exposed to highly charged energies, it is important to bathe/shower and change your clothes as soon as you get home. You want to be energetically clean when you rejoin your family. Doing this will make an enormous difference in interactions with your loved ones and others.

Most people shower in the morning. They go to bed at night energetically wearing everything that they were exposed to during the day. The next morning, as they head for the shower, they are often exhausted and wonder why they did not have a restful sleep. There are many energies out there that most of us would not want to hug or take to bed. Why take your entire day to bed with you every night? A simple shower or quick bath will change everything for a quieter night's sleep.

For those in the healing professions, it is vital to change your work clothes at the end of the day. Any clothes we wear all day absorb energy. It helps not to mix the clothes you take off with the rest of the clothes in your closet.

Keep your work clothes separate, so your closet and the rest of your clothes will not vibrate with unwanted energy. We put our energetically charged clothes in a

plastic sack. The plastic can contain the old energy. When it is time to do laundry, they go in with the rest of the clothes.

Many people don't clean their jewelry every day, either. They wash themselves and clean their clothes, but they wear the same jewelry day after day without taking it off and intentionally cleansing it. Did you know that metal jewelry not only attracts yet also conducts energy? As energy moves down your hand and all around you, a ring filled with built-up energy can block your energy flow and cause pain in your shoulders, neck, or back. When you shower or bathe at night, slip off rings and other jewelry. Run water over them and think "clear," so your intention can energetically clear them.

Metals will buffer the energy until they are full, and then they will reverse and send the energy back out.

The same is true for people who wear a leather belt for years. Leather is organic and picks up energy. When you put on an old belt, are you strapping on the energy of all the past times you wore it?

We teach a simple method to clear leather belts and other leather items. To make sure you do not take on any residual energy from what you are clearing into your body, place a rubber or stretchy band just below your elbow on your clearing hand. For men, your clearing hand is your right hand. For women, it is your left hand. The rubber band is there to remind you to keep the energy below your elbow.

***After being exposed to highly charged energies,
it is important to bathe and change your
clothes as soon as you get home.***

Hold the belt buckle with one hand and grasp the belt with your clearing hand. While aware of your intention to clear, pull the built-up energy out of the leather by pulling your clearing hand along the entire length of the belt five to ten times. When finished, wash your hands while thinking "clear."

The easiest thing to do if you are involved in healing work or have a stressful job is to wear a cloth belt or rotate leather belts. The same is true for leather shoes. Rotating leather belts and shoes allows the leather to energetically release some of the charge it has picked up. This is also true for leather wallets and purses, especially if you have carried the same one for years. Clear any leather item just as you would a belt.

One of the most highly charged pieces of clothing was a leather jacket worn by a teenager in Canterbury, England. His mother brought him to me for a Heart & Soul Healing session. When he came into the room, his leather jacket was a vibrating energetic life force all its own. He wore the jacket day and night, indoors and out. He wore it to school; he wore it to nightclubs. I ended up clearing the jacket before his session even started.

It is not easy to clear some items, such as feather or down pillows and comforters. I once used a down pillow in my healing work to release energetic patterns from my clients. Afterwards, I did everything I could to clear it. I took it to the dry cleaners and left it out in the sun, and it still carried an energetic buzz from all the thoughts and patterns of the healing sessions. I ended up throwing the pillow away.

Have you slept on the same down pillow for the last ten years? What if you and your partner had arguments or emotional exchanges while in bed? Is it possible that feelings and emotions leave imprints in the feathers of

your down pillow or bedding? The quills of the feathers store energy because they were once alive. If you had a love relationship end, we suggest you do yourself a favor and buy new bedding.

Crystals also pick up and transmute energy. Many people we know, especially healers, have crystals in their healing rooms and throughout their homes. If you are not cleaning your crystals at least once a week, they will begin to give off the energy that they have picked up over time. The environment around the crystals may also start to feel bad or become chaotic. We suggest you keep just a few crystals in your healing room or bedroom, and clean them often with running water and your intention.

Remember that your intention is the most important part of energetic clearing. Some people suggest using sea salt or sage as a clearing method, but we find sunlight or running water and your intention to clear works just as well.

Chapter 22

Energetic Clearing Techniques

If you received a formula for the secret of life, such as a meditation, breathing, or clearing technique, would you neglect doing it because it was too complicated or time consuming? In this chapter we provide some simple techniques to use every day. We recommend four specific energetic clearing techniques to be utilized each and every day:

- 1: Energetic Clearing – Being in The Moment
Loving Yourself MORE
- 2: Becoming (your color) Liquid Light
Changing Your Vibration
- 3: The 'I Am' Technique –
Changing the Vibration of your Name
- 4: The Living Light Breath - Gateway to Unity
Consciousness (*found in Chapter 25*).

Each of these four (4) techniques are demonstrated and described in detail in on our YouTube Channel. Just scroll down through the videos to find those marked 'technique' (or sort 'oldest' first). Find the direct link to these videos by visiting our homepage at www.KenPage.com

The first three (3) techniques will take you less than two (2) minutes each day!

Remember, it takes at a minimum 7-10 days for a habit to form. Being energetically clear is the best habit for each of us to maintain. Please, don't ever stop loving yourself. Make it a part of your life!

1. The Energetic Clearing Technique Being Present & In the Moment

This technique is used every time you go to the bathroom; and is the most important tool you can give yourself. In that moment of privacy, whether sitting or standing, do the following:

Using your intent and focus, as you relieve yourself, simply think CLEAR. This intent, while your body physically releases, is a powerful affirmation.

Next, bring your full attention, your energy and your power into the center of your belly (the hara point) with conscious focus. Most of us are never really present in this moment. Remind yourself that you are 'here' and 'present'. BE this awareness.

Now bring a good feeling of love into yourself. Remember to love yourself like you love a sunset, sleeping in on a rainy day, playing with animals - whatever brings a good feeling to you. Anything that you do physically can be used – like riding a bike or running along the beach; whatever you love to do in your life.

Important: This must be a good thought or memory, one that makes you smile. BE that good feeling for five seconds. It is the energy of the smile or good feeling that will lighten and change your vibration.

Repeat this every time you go to the bathroom and you will have consciously cleared yourself and your energy. Anything you do with conscious attention and focus every day, even if it only takes 8-10 seconds each time, can change your life.

The best and most helpful state of being, (for ourselves and others), is to be unconditional with ourselves. Have unconditional love for yourself. Perhaps you begin first with unconditional compassion for yourself. That means: no judgment – no opinion, just an acceptance of every aspect of yourself, whether you are tall, fat, big, or small. You will find it may not take very long, perhaps only a few days, or a few weeks, and others will begin treating you differently. Why? Because you are loving yourself first. You will actually become unconditional love. You will BE it.

2: Becoming Liquid Light

To maintain a clearer, lighter vibration – think of yourself as you really are: Liquid. Remember, your body is 78-83% water – a liquid, fluid vibration. Water never stops its' movement or flow. Scientific research has established that thoughts, emotions, feelings and ideas have a direct effect on the structure of water. Your liquid cells are directly affected by your thoughts, emotions, feelings, opinions, judgments and ideas.

First, experience yourself as liquid – fluid and adaptable. Then, add a color to that light (a color that you love or one that you feel represents your spiritual essence).

By thinking of yourself as liquid combined with your chosen color, you change how you perceive yourself. In this way, unconditional acceptance of self begins, which

in turn creates unconditional love for true healing. Simply place your color (easy when you cut up a paint chip/sample from the store and use rubber cement/rub-off adhesive to attach tiny ¼" squares to your phone, computer, mirror, wallet, desk, auto dashboard...) in every place that you will see it 25-30 times each day, so you can remember that you ARE "(your color) Liquid Light". You need to repeat this until you believe it.

3. The 'I Am' Technique - Changing the Vibration of your Name

Our world is trapped in its' own beliefs – each culture, country, religion, society, group and organization has their own ideas and beliefs. Each of us has our own unique signature vibration. Many of us can't see or feel any way out of the space we are in – and surely can't accept that we alone have created that space – and are responsible for everything that exists in our own creation! If we really want to feel free from old energy projections, imprints and old patterns so we no longer attract the same types of people and experiences – then we have to change.

Our signature vibration is made up of our personality, our DNA and everything from our past. It is also contained within our name. Changing our vibration includes changing the way everyone in our lives perceives us. We have moved forward, yet for others we still remain the way they energetically 'hold onto us' with their own ideas, opinions and judgments.

So changing the vibration of our name can help free us from all projections, not just those in the past, but also free us from the projections of others in our lives today. Those projections connect with our signature vibration

and we are then vulnerable to others who then tap into our energy.

Many individuals change their name when they want to change their life. That can cause an entirely new set of energetic dynamics to occur; and rather than creating change, it can create chaos. What we recommend is an easier, safer way to become the lightest vibration you want, without the expense, challenges or drastic measures.

Our name can become the lightest vibration, when we think of ourselves – change our own perception of ourselves – in ways that the world itself would neither recognize nor have any awareness. Our name must be so light that no one else can project or even think about us and use our energy.

This simple exercise is best used when you go to bed, before you go to sleep each night. Keep doing it over and over again. Each night requires only about three (3) minutes of your time, and will help you change and lighten your vibration within 7-10 days. Continued use of this exercise, each and every day, will help you heal yourself and become a conscious creator.

First: Write down ten (10) things that you love, things that are perfect. Below are ten examples, where we have written two (2) or more things in each. You only need to have ten individual things that you love.

1. The Stars
2. The Moon
3. The Ocean, Lakes, Water
4. The Sunrise - its' Colors
5. The Sunset - its' Beauty

6. Nature, Flowers, Mountains, Gardening, Walking in the Woods
7. Sleeping in on a Rainy Day
8. Music, Dancing, Singing, Reading
9. Travel, Vacation, Train Rides
10. Anything else in your life that you love...
just don't use another person
11. Add your full name (first, middle, last and any other name by which you have been known)

Each night, say the same ten (10) things that you have written down for yourself. (for example): *"I Am the Stars, I Am the Moon, I Am the Water, I Am the Sunset, I Am the Flowers, I Am the Mountains, I Am Music, I Am Dancing, I Am Reading, I Am Travel,"* — then, add yourself: *"I Am (here put your own full name)"*.

Then start over again at the beginning, so you are saying the same ten (10) things you love, plus (11) your full name at the end.

Don't show your ten (10) 'things' to anyone - this is for you to change the vibration of your name to its' lightest potential. Your name now becomes a broader, more encompassing vibration, and no one in the world will think of you in this way. No one will be able to 'tap' into your energy anymore.

4. The Living Light Breath – Gateway to Unity Consciousness™

This powerful breath technique will help you re-center, activate your subtle senses and help you become less reactive. *This technique is found in Ch. 25.*

MORE HELPFUL TECHNIQUES

Keeping Ourselves Clear While We Eat

Our digestive tracts are often energetically charged with tension and worry. Why? Were we quietly and peacefully enjoying our food the last time we had a meal or were we involved in an argument? Were we watching television, listening to the radio, or driving? Whatever feelings we have as we eat our meals is energetically transmitted into our food and our body.

We see people all the time that eat healthy diets. They are almost obsessed with what they can and cannot eat. Yet, while they eat, they worry, read the newspaper, watch television, or do something else that has an emotional charge. The intensity of their emotions changes the vibration of the food they eat.

Imagine these scenes. You sit down to a beautiful meal and watch the news on television where murders, wars, and conflicts are today's headlines.

You are driving your car during rush hour traffic, eating fast food, and a fender-bender occurs right in front of you.

You are having a family meal and start arguing with one of your children.

What are the feelings you would be consuming during these stressful moments?

It is important to keep our thoughts clear while we eat. Think about our meal, enjoy the company of our loved ones, or have a quiet moment alone until we are finished eating. This will help our digestive system and the quality of the energy we store from our food. Practice eating with a clear mind for three days. Notice how life is changing. You are now practicing BEing in the Moment.

Mastering Our Space

We practice being energetically invisible. Does this sound strange? Many of you have felt invisible at one time or another in your life. Being energetically invisible, however, allows us to choose how we want to use our energy and interact with others.

When most of us go to the grocery store, for example, we want to buy our groceries and leave. We want the experience to be smooth, effortless, and quick. If we pull our energetic field in and love ourselves before we go shopping, what will happen?

If we do not reflect anyone's issues at the store, no one will see us unless we consciously and energetically choose to engage with them. Unless we make a decision to connect with someone in the store, a friend for example, we will not use any of our energy whatsoever.

We believe we should save our energy for our priorities — our passions, our families — whatever we love. If we give our energy away all day long, when it is evening, we are then tired, have an attitude, and do not want to do anything at all. Soon we stop exploring our own passions, because we gave our energy away to everyone else.

Practice when shaking someone's hand to 'feel' nothing but his or her handshake. We should be so energetically in our own space that when we make love to our partners after they have had a bad day, this "bad day" energy can pass through us. We will feel our partners physically, but not take on any of the troubled energy. We can love them, comfort them, and be with them, and the energy of their bad day will pass through us without any negative effect. Whenever we begin to discuss pulling our fields in, loving ourselves, not sending

energy, and being invisible, people become concerned. Does this mean we will never be able to be with other people and just hang out?

Of course we will! It is a matter of choice. It is a matter of how we prefer to experience energy. Pulling in our fields, staying in our space, and loving ourselves allows us choices.

The Energy in Your Home

There are many individuals affected by the energy in their homes or at their place of work. We have explored the various reasons and provided some guidance techniques that will help with many of today's energetic challenges. You can change and maintain the energy in your home.

Visit www.KenPage.com and in the search bar on the homepage, type: *Detecting and Changing Negative Energy* to read the entire Chapter from our book 'Energy Techniques for Spirit Releasement'.

Chapter 23

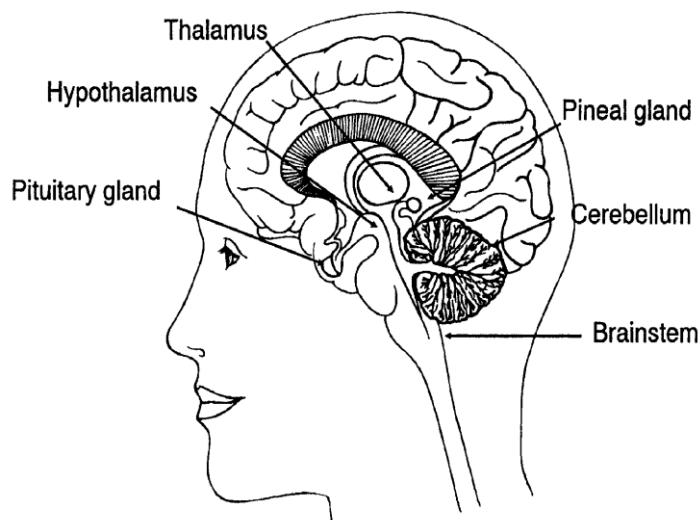
The Pineal Gland

In the previous chapters of this book, we presented the best of what we know. More information is coming in all the time. We are always careful to share everything we know and not hold back any type of information. In this way, we are assured of having continual space within which to receive even more information and knowledge.

This means that we also share techniques and methods that will allow you to get your own answers. We believe the most valuable knowledge is centered in our pineal gland. This includes information from Creator, Mother Earth, direction from our guides and angels, wisdom from our Higher Self, and communications from or with extraterrestrials.

The pineal is a tiny and powerful gland, crucial to the healthy functioning of our physical, mental, emotional, and spiritual bodies. Just a little bigger than a grain of wheat. The pineal is about one quarter inch long, reddish-gray, and shaped like a cone. It is located in the middle of the brain between the right and left lobes, behind and just above the pituitary gland, and attached to and situated over the third ventricle of the brain.

You can imagine its location by drawing a straight line from a point between your eyebrows to the back of your head, then drawing another straight line above your ears. Picture the pineal gland down in the middle of the brain where the two lines intersect.



While we are most interested in the spiritual functioning of this special gland, knowledge about its physical, emotional, and mental activities is also useful. When the pineal is not physically healthy, nothing will seem to work right. If it has not been activated, we believe practicing the Living Light Breath™ (Chapter 25) can help restore the pineal gland to good working order. Medical research has additionally proven that activation of the pineal gland can actually heal our own DNA.*

**Visit www.KenPage.com and type in 'DNA research' in the search bar on the homepage for the full Russian research article.*

The pineal gland is part of the body's endocrine system and produces regulatory substances called hormones that are then transmitted by the bloodstream to different cells and organs.

Scientists consider the pineal to be the master gland, "the regulator of regulators" that insures the proper rhythm of the hormonal and cellular systems. The pineal gland secretes a vital hormone called melatonin, which modulates and fortifies the immune system and stabilizes the nervous system. It induces sleep, gives you energy and strength, and is an aphrodisiac and thyroid stimulator. Melatonin is also the body's main antioxidant, preventing damage to the cells and DNA; it is an anti-aging, anti-cancer, anti-stress, and anti-insomnia hormone.

Melatonin regulates the circadian rhythms — the day and night cycles — of the body's metabolism. It is released into the bloodstream at night in darkness, and production stops at sunrise. If you sleep with a light on, you may be interfering with the natural production of melatonin.

The pineal produces melatonin from serotonin. Serotonin is a neurotransmitter. It allows energy to bridge the gap between nerve cells. Serotonin is most highly concentrated in the pineal. As you grow older, the balanced flow of these vital fluids may be disturbed because the pineal gland starts to calcify. As the pineal calcifies, melatonin production decreases.

The calcification of the pineal gland and decrease in melatonin output activates the body's aging process. Autopsies done on those who died with Alzheimer's disease showed substantially decreased melatonin levels.

In the West, women with breast cancer have reduced pineal activity and high pineal calcification. Breast cancer

is not common in Japan, where middle-aged women have very low calcification of the pineal gland.

We (Nancy and I) each practice the Living Light Breath to assist us in remaining centered in our pineal gland. We continuously draw spiritual light into the pineal to reverse calcification and keep this gland healthy and fortified. Anyone can easily learn to do this.

And when you do, we believe you will remain healthy and youthful, and will enjoy the benefit of increased spiritual communication, connection, and understanding. While modern medical research is helping us understand the physical, mental, and emotional functions of the pineal gland, spiritual adepts from the ancient mystery schools have always been aware of its benefits and wonderful etheric gifts.

The pineal gland is associated with the spiritual nature of women and men. It is the organ of inner vision, spiritual insight, and cognition. The ancient wisdom that comes down to us — our spiritual heritage — regards this gland as the seat of cosmic thought, inspiration, imagination, and intuition.

Centering in this gland allows us to experience the eternal moment. It is the opening to other dimensions, parallel realities, and infinite seas of Light and consciousness. It is the direct link to the Universal Mind and the collective consciousness. Using this gland has facilitated the work of medicine men and women, shamans, and healers, as well as practitioners of Heart & Soul Healing.

The great Taoist, Lao Tzu, wrote that the pineal is the gateway center between Heaven and Earth, and if we concentrate on this center we can realize the oneness of all things. We have also learned from other ancient masters that the spiritual function of the pineal is activated

by compassion and by following the Golden Rule — do unto others, as you would have them do unto you.

Love and goodness will activate, open, and stimulate pineal function.

Seventy-five percent of all medical problems are stress related. We believe that a loving heart, consideration for others, and right action and living all go a long way towards stopping the physical and spiritual calcification of the pineal gland and allows an abundant flow of melatonin, which greatly reduces stress and medical problems in our lives.

Masters of the ancient mystery schools, who taught their students how to open the pineal gland, referred to it as the Inner Eye, the Eye of Wisdom, the Eye of Insight, the Eternal Eye, and the Eye That Sees All. The pineal gland is the eye of the soul; when it is open, we can see the life of the etheric plains, thought forms, and auras, all of which ordinary sight is unable to register.

In 1993, the modern Taoist Master Mantak Chia wrote about the pineal in his book, *Awaken Healing Light of the Tao*. He points out its use for telepathic communication and states:

‘When this point is opened through meditation, it opens the consciousness to truth, wisdom, benevolence, and psychic power. It also enhances latent powers of healing and the body’s vibrations. This center can be used to send energies out to others, or receive them from the universe. Frequencies emanating from the Third Eye can be used to explore unknown realms for higher sources of energy’.

The pineal is the point of contact through which higher energy systems surrounding our body connect. Our pineal is our connection with "All That Is," and unifies our body, mind, and soul. It is the energy center for the utilization of the Divine Light or Clear Light. When observed clairvoyantly by those with etheric sight, the energy of the pineal gland is seen as a brilliant, iridescent light. The halo seen in the paintings of saints is caused by the energetic outflow from the pineal gland when the inner eye is opened and sees the Divine Light.

Taoist Master Lio Jan said,

"Essential nature is spiritual vitality in the heart that manifests in the center of the brain. So when seeing is concentrated on the spot between the eyes, the light of essential nature manifests and will ... unite with eternal life to become one whole He further suggests that we should turn inward to the pineal, "... in order to hold onto the One ... where essential nature is cultivated, and the root from which eternal life emerges."

(Lu K'uan, *Taoist Yoga*)

Modern spiritual teachers and researchers have also noted interesting qualities of the pineal gland. According to Dr. David Tansley, a radionics specialist, the pineal gland encompasses 972 small vortices. In his book, *Radionics and the Subtle Bodies of Man*, Tansley states that the pineal gland is connected to our crown chakra and is formed at the point where standing lines of light cross each other twenty-one times.

Dr. Richard Gerber, another investigator of the pineal and the author of *Vibrational Medicine*, shares the following information about the pineal:

‘The pineal gland is the crystalline structure that receives information from the soul and the subtle bodies, particularly the astral body. The subtle bodies often act as filters for teaching from the soul and the Higher Self. From the pineal gland, information travels to the right portion of the brain. If there is need to alert the conscious mind to this higher information, it passes through the right brain in the form of dreams. Then the left brain analyzes it to see if the information can be grasped. This often occurs with clear dreams that offer messages.

From the left brain, information travels through the neurological system, specifically passing through two critical reflex points — the medulla oblongata [in the brain] and the coccyx [at the bottom of the spine]. There is a constant state of resonance along the spinal column between the medulla oblongata and the coccyx. Properties of the pineal gland resonate between these two points.’

Dr. Gerber further states:

‘The crown chakra is also closely linked with the pineal gland For the crown chakra to be fully awakened, there must first occur a balancing of body, mind and spirit.

The halo seen in the paintings of saints is caused by the energetic outflow from the pineal gland when the inner eye is opened and sees the Divine Light.

In the individual who has an opened crown chakra, the [chakra] is represented by an energy polarity between the pineal gland and the right and left cerebral hemispheres'.

By being in your pineal and practicing the Living Light Breath, you will find you no longer energetically loop with others or run energy the way you have in the past; every experience will be full-bodied.

You will develop your senses to understand and feel in a different way. Centering in the pineal does not mean you will be "in your head."

Truly being in the pineal allows full-bodied, simultaneous alignment with all your chakras, as well as every one of the 100 trillion cells within your body.

From the pineal there are some 366 senses you will be able to develop and explore. You will be able to choose what to energetically experience in your life.

***By being in your pineal and practicing the
Living Light Breath ... every experience
will be full-bodied.***

Chapter 24

The Hara Point

The Hara point is an important energy center in the body. In Chinese medicine this area is called the “Medicine Field” because of the curative power of the energies gathered there. The body uses this energy to function normally. When doing the Living Light Breath (Chapter 25), we activate and strengthen the energy in the Hara by drawing energy from Source to this center. It is a place in the body where you can unify the physical, mental, emotional, and spiritual bodies.

The Hara is located about one and a half inches behind the navel and is the exact point of balance in the body. If you were suspended from this point by a wire, your body would be perfectly balanced horizontally.

The modern Taoist Master Mantak Chia writes in his book, *Awaken the Healing Light of the Tao*, about the importance of the Hara point or what he calls the navel center:

‘The navel area was our first connection with the outside world. All oxygen, blood, and nutrients flowed into our fetal forms through this abdominal doorway. As a result, the navel center has a special sensitivity that continues far beyond the cutting of the umbilical cord at birth; it stays with us throughout our entire lives. The navel is the physical center of the body, halfway between the upper and lower body. In martial arts, calligraphy, and other related disciplines, one often hears of the

importance of centering. The center of the body, our center of gravity, is the most effective place from which to coordinate one's movements, and in these arts one learns to move from one's center, which is called the Lower Tan Tien in Chinese, or Hara in Japanese.'

When practicing the Living Light Breath, you bring energy to the Hara and can begin to use that center for spiritual transformation. Building a strong spiritual foundation by consciously fortifying and activating the light in the Hara was a basic exercise of the ancient mystery schools. Chia calls this area the "storage battery," because it collects, transforms, and balances energies taken in from other sources.

Noted healer, Barbara Brennan, also writes about the qualities and importance of the Hara point:

'The Hara exists on a dimension deeper than the auric field. It exists on the level of intentionality. It is an area of power within the physical body that contains the tan tien (the gate of life). It is the one note with which you draw up your physical body from your mother, the earth. It is this one note that holds your body in physical manifestation. Without the one note, you would not have a body. When you change this one note, your entire body will change. Your body is a gelatinous form held together by this one note. This note is the sound the center of the earth makes.'

The Hara is the second mind or brain in the body, sometimes called "the abdominal brain." In Chinese

medicine this area is also called "The Mind Palace" (Shen Ch'ue). Western medical researchers have recently confirmed what the ancient ones have known for a longtime; Neurogastroenterology is now a field of study.

On January 23, 1996, the New York Times alerted its readers about the Enteric Nervous System or abdominal brain. Eric Yudelove, author of *The Tao and the Tree of Life*, recently summarized this article. In writing about the "gut brain" and the findings of the medical researchers, he says:

'The Enteric Nervous System is a second nervous system within our body, separate and apart from the Central Nervous System. According to the New York Times article, both nervous systems have a common source in the embryo. A clump of tissue called the Neural Crest forms early in the development of the embryo. One section of the Neural Crest develops into the Central Nervous System. A second portion splits away and migrates to form the Enteric Nervous System. For a time in the embryo's development, the two systems exist independent of each other. Later they are joined together by the Vagus Nerve. Until recently it was thought that the brain in our heads controlled the abdominal muscles and sensory nerves. This now turns out not to be true; this area is controlled by the Enteric Nervous System or Abdominal Brain.

The Enteric Nervous system is located within the sheets of tissue lining the esophagus, stomach, small and large intestines. There is an interaction between the two

brains, when one get upset the other one does too. For example when you are worried, you are prone to getting an upset stomach. The Abdominal Brain can affect the Central Nervous System as well. Usually this takes the form of negative messages of pain and discomfort accompanied by a lot of chatter in the head whose source you never seem to be able to locate.

To quote the article, 'The brain in the gut plays a major role in human happiness and misery. But few people know it exists.'

Yudelove goes on to explain that the Vagus Nerve is also connected to the main organs in the body.

Modern Medical Research has well documented our 'gut brain' as affecting our primary brain in more ways discovered every year. The health of our 'gut' directly affects each of the chemical processes necessary for proper brain activity, including memory, desire, reactionary behavior and much more.

When we draw light to the Hara point, or Abdominal Mind, we are also helping ourselves to energize the entire body. The first seven breaths of the Living Light Breath are drawn into the Hara. In the eighth breath we center in the pineal gland and connect the physical, mental, emotional, and spiritual bodies with the Universal Mind and the collective consciousness.

Chapter 25

The Living Light Breath - Gateway to Unity Consciousness™

Several years ago when Ken was in Florida teaching a workshop, he made an important discovery. During the class Ken did a HSH healing session with a volunteer. In her session she went to a past life when she was watching Christ being crucified on the cross. She talked about witnessing this death. Being an empath, Ken asked the class if they would like to know how it feels to ascend. The class and the volunteer agreed and Ken moved into that place. At that moment, Ken was able to feel the last physical breath of the being known as Jesus of Nazareth. There was a moment of complete silence, then it felt as though something was pulling him straight out of his body. As Ken continued to follow this process energetically, he realized that a gate or portal had been created, one that could directly access Source/Creator.

The awareness came: All we have to do is love ourselves as much as Jesus or other ascended masters had loved themselves; through that vibration we can access this gate. This is the same vibration that Buddha and many other enlightened masters have utilized. This vibrational state is not about religion, it is about self-love and the Oneness of Source.

This gate (or portal) connects the body and the spirit, the realms above and the realms below, and the inner worlds with the outer worlds. It was created and opened at the time of the death of Jesus. The gate or bridge was specifically activated as he took his last physical breath,

and moved into Unity Consciousness. The Living Light Breath is a way to move into that consciousness, connect with the Source consciousness grid and connect to all living consciousness everywhere.

Jesus' last breath was pure light. Directly above His body, a passageway or tube of Light was created for His soul to reconnect and travel back to Source. At that time, the tube of Light surrounding His body was activated and connected all the way to Source. By incorporating the Living Light Breath, you will change your life completely.

Consider making this way of breathing a part of your daily life. Let it become a part of who you are. Doing this breath each morning will allow you the benefit of this powerful energy and clarity throughout the day. In addition, breathing from the pineal allows you to become a part of unity consciousness. Breathing this breath enables you to move into the timeless space of the moment and stay present and aware while consciously connected to Creator or Source. Breathing the Living Light Breath is the quickest, easiest and most harmonious way to bring the aspect of INscension™ into your body and integrate it into your very way of being.

THE LIVING LIGHT BREATH: BASIC BREATHING LOGISTICS

Directly above your head is a passageway, or tube of Light that was created for your soul to reconnect and travel back to Source/Creator. Visualize and feel what it would be like to move Visualize and feel what it would be like to move towards that Light, and gently, move into the 'last breath' Some have experienced this breath as a very deep sigh. The complete breath consists of three natural, specific states of focus: inhalation, retention (a

holding or pause state), and exhalation. The logistics of the Living Light Breath are as follows:

- Sit erect with your spine comfortably straight.
- Place your hands in your lap in a mudra position. I suggest you touch the tips of each index finger to your thumbs. Use any mudra, however, that feels natural to you. The purpose of this is to keep energy from blowing out your hands.
- During the entire breath sequence, keep your tongue flat, touching the roof of your mouth above your teeth. Keeping your tongue on the roof of your mouth connects the two major meridians in your body and prevents any energy from blowing out your crown chakra or between your legs. When you are not speaking, it is a good energy practice to always keep your tongue on the roof of your mouth. By doing so, a person can gain as much as twenty to thirty percent more energy, which previously was lost.
- Double lock your bottom (anus/perineum). This is accomplished by first tightening 'locking' the area of the perineum and anus at the bottom of your torso. Squeezing the muscles of your buttocks together can also accomplish this. This is the first lock.
- The second lock is made by pretending there is a string coming out of your belly button. At the same time you are locking the opening your bottom, pull that string outward, away from your belly. As you pull it, your belly will be drawn inward. This double lock prevents any energy from being lost from the Hara point.
- Close your eyes, breathe through your nose, and relax.
- Begin the Living Light Breath by consciously drawing in a deep cleansing breath through your mouth. Now completely release this breath, fully relaxing your body and letting go of everything. Wait. Some people may feel

a mild tugging sensation as if you are being pulled out of your body through a tube. If you notice this sensation, focus and stay physically in your body.

- Breathe through your nose and up through this tube. Then bring the breath back down, centering it in your Hara point (without exhaling). Remember the Hara point is an inch and a half behind the belly button.
- Now double lock your bottom, holding your breath as long as is comfortable.
- Exhale through your nose, releasing the lock.
- On the next breath once again imagine you are breathing up the tube.
- Again bring the breath down to the Hara point. Double lock. Each time you exhale release the lock.
- Continue to breathe in this manner seven times, extending the breath further upward on each breath until it reaches the sun. Imagine your breath traveling up the tube on your in-breath, bringing in the light of Source. Continue bringing your breath down into your Hara point and hold it for as long as it is comfortable, without straining. Release the lock each time.
- On the eighth breath, as you exhale, release the double lock and keep these locks relaxed thereafter. As you breathe up the tube, bring your center to your pineal gland in the center of your head.
- Hold your breath as long as comfortable. Continue to breathe up the tube, centering in your pineal, for about five minutes. From your pineal gland, you now will be able to connect to all your chakras in a new way.

Consider making this way of breathing a part of your daily life. Let it become a part of who you are. Do this breath each morning so you can have the benefit of this energy and clarity throughout the day. The ideal state

would be to stay centered in your pineal, breathing from that place all the time. In addition, breathing from the pineal allows you to consciously become a part of unity consciousness.

Continual use of the Living Light Breath will also activate your Pineal Gland – allowing your own internal Merkaba to be formed.

Working with the Living Light Breath will help to heal your three (3) lower chakras, so you can develop the subtle senses that will assist in keeping your vibration lighter – less reactive to what is outside yourself – in your own world.

Breathing this breath enables you to move into the timeless space of the moment and stay present and aware while connected consciously to the Creator. Breathing the Living Light Breath is the quickest, easiest, and most harmonious way to bring the aspect of INscension into your body and integrate it into your way of being.

For those of you who would like further information, we have a video, Living Light Breath — Gateway to Unity Consciousness. Visit www.KenPage.com and find the video in our marketplace.

Ken also explains this last technique in detail on our [YouTube Channel – Clear Light Arts](#). Visit the homepage at www.KenPage.com for a direct link.

Breathing the Living Light Breath™ is the quickest, easiest, and most harmonious way to bring the aspect of INscension™ into your body and integrate it into your way of being.

Chapter 26

Our Heart Center

Since the early 1990's, we've taught about centering in the heart; suggesting that individuals first come into balance with their human selves and the dynamics of their daily lives before attempting to remain in their heart center.

As we continue to work and explore with clients and students, we have come to realize that there is a lot of information being shared today about centering in the heart (or heart chakra).

Unfortunately, many people come to us after being taught different ways on how to center in their hearts - by opening outwardly rather than inwardly. They find themselves experiencing chaos, fear, disharmony and imbalance. These feelings were not only affecting them, but others in their family as well. This kind of intensity can cause anyone to become overwhelmed, as if life is out of control.

These insights are prompting us to share with you some things that we ask you to consider before centering in your heart - without first preparing yourself for the incoming energy, and creating a balance in your life circumstances.

Love of Self - the First and Most Important Step

Most people subconsciously do not love themselves unconditionally. It is this acceptance that allows us to remain in the heart. What we hear from clients and students is that 80-90% of them is afraid of being open inside their heart - for fear of being hurt again. Is it any wonder that we close down our heart, because it is too painful to be centered? We open our hearts outward to receive what we think is love - we close it down when it gets hurt by feeling life's emotions. Like a circuit breaker, we are shutting ourselves off and then turning ourselves on - over and over. No wonder we feel overwhelmed and fearful.

By not loving ourselves unconditionally, we remain in a denser, heavier vibration - continuing to gather even more dense, heavy emotional energy. This causes our nervous system to burn out, overwhelming our physical and emotional selves.

Key Factor of Unconditional Love

Learning the difference between 'sensing' what is energetically around you - without having to bring everything inside yourself - in order to 'feel' it. It is with 'feeling' that we become overwhelmed. Moving to your pineal gland with The Living Light Breath - and staying there for a few weeks before moving back into your heart, will show you the difference.

Factors that Contribute to Emotional Overload

Your family life (parents, partners, children), health issues (sickness, disease, age impairment, disability), economic and living conditions, job struggles (employers and co-workers), addictions (smoking, eating, alcohol, drugs - anything that hurts our body), death, divorce, separation, conflict in your own country. There are hundreds of different problems that can pull you away from your center. When we open our heart center outwardly, we expose ourselves to everything in creation - every type of emotion and all forms of energy.

Without being in balance and loving ourselves, we can actually create chaos in our lives. The reality: there are too many things here on earth that we don't need to 'feel' energetically and/or emotionally.

In our experiences working with Heart & Soul Healing through the Art of Transference, more than one-half of the emotions that people carry do not even belong to them; they have been imprinted by the emotions of their families, friends, relationships, work etc. Carrying around the emotions of others actually makes us feel like we are living in a microwave...too many feelings to process. It is hard enough to be open to the emotions we feel outwardly; even harder to expose ourselves to everything we feel inwardly.

Be Informed

It is good to be well informed, so we have more choices in life.

Energy consists of thoughts, ideas, opinions, judgments and all manner of emotions. Projections of energy are placed onto people, things and areas.

Over the last 30 years, lots of projections have been placed on:

- 1) The Merkaba. Called by different names in different cultures, this expansion of outward energy can overwhelm your nervous system and throw you out of balance;
- 2) Any Pyramid. Unless you have been trained to balance the incoming collective consciousness, you could unknowingly trap yourself in an old energy pattern, thereby affecting the weakest part of your body;
- 3) Centering in your Heart Inwardly before being in your Heart Outwardly. Here are some questions to ask yourself before opening your heart outwardly. If you move outward before you love yourself unconditionally, you can subconsciously pull in outside energy into those parts of yourself that you do not love. This can overwhelm your nervous system and in time, even cause physical challenges.

4) Practicing any type of energy/healing work. Make sure you are healthy (no stress or outside pressures) and in your space so you do not become vulnerable or reactive within the creative flow.

For years, we have stressed that energy is everywhere and the only way to deal with it is to stay in balance.

Help For You

All these situations affect your connection to your Higher Self - therefore making it impossible to stay centered in your heart.

As you see - it takes getting the right information and learning the right techniques to be energetically within your own space before you open yourself to everything else in creation. When you leave a meeting or workshop (and the like-minded people around you) with an open heart, you unknowingly expose yourself to outside energetic dynamics. Be safe. You can open your heart - inwardly to yourself - and experience the spiritual connection you have been seeking.

Your Higher Self is a part of Source. It is vital that each of us become that lighter vibration. This happens when you are one with everything in creation - without fear. You then become your Higher Self, gaining a 'knowing/awareness' of your own creations.

Help yourself by working with all the clearing techniques in Ch. 22. Life gets easier when you become

invisible to old patterns. Loving yourself is the first place to start.

Then become Liquid Light - the truth contained within your cellular being - and avoid the projections of others.

Change the Vibration of your Name and avoid the opinions, judgments, thoughts and feelings (projections) of others.

The next best way out is to become more sensitive and less reactive to energy. Move away from your emotions by first centering in your Hara Point with the Living Light Breath in Ch. 25, to heal your lower three 'human' chakras and develop subtle senses so your normal senses will not become overwhelmed. You can then activate your Pineal Gland to feel and experience the total expansiveness of your own universe, healing your very DNA. Stay in your pineal for a while, then move back to center in your heart in a safer way.

More specific information about opening-centering-and staying in your Heart Center is contained in newsletters and articles found at: www.KenPage.com

Chapter 27

The Dark Night - Hidden Side - Of The Soul™

For nearly 30 years the search for more understanding on the dark night of the soul has been the driving force behind Heart & Soul Healing. Is the concept of “A Dark Night of the Soul” even real? If so, how does it work? How is it a part of each person’s journey through life?

The first question we could ask might be: *Are we spiritually evolving?* Is this why we are here on earth? - to evolve? Is this dark night of the soul something to do with our connection to the past? If so, how far back in our past do we have to go to heal, in order to heal the present? These questions are what the ancient mystery schools sought to answer.

We believe that the heart chakra in the center of your chest is where the vibration of your spirit lives. Think of this heart center as a circle about 4” in diameter, with your Spirit at the front. We believe that the Soul is at the back of the heart center. The soul is each person’s connection to Source, God, Creator or Higher Self. Until you love yourself completely, *unconditionally*, you do not *fully connect with*, or embrace your soul, because unconditional love is the vibration of the soul and of Source. Your Soul needs to feel your love for Self in order for your Spirit and Soul to connect within your heart center. Most people only feel this connection for a moment at certain points in life, before it escapes into the Void of past karma.

"What caused everything in my life to stop working?"
People who felt they were moving forward in spiritual awareness and had made progress often ask this question. They had a good understanding of how things worked for them, were satisfied to recognize the 'bigger picture', had found balance in their relationships, and finally felt accomplished in their physical life.

Then they write:

"Suddenly my life seems to be plunged into a hole. I feel such desperation. Nothing I do seems to matter. Everything I plan just does not come together as I thought it would". Seemingly, out of nowhere, they move from happy to sad to frustrated. Despair quickly follows and they begin to think that nothing they did was worth the effort. It seems as if something invisible has taken over. People start to question their work, the understanding they have gained and even the way they have come to view their existence and life's meaning. Everything seems to have failed. They feel like they are going backwards.

Their questions to us include:

"What have I done to bring such misfortune on myself? What am I doing wrong?"

What happens in such circumstances? When we get so close to the realization of dreams or desires within our physical reality, when we begin to see the light at the end of the tunnel, when we actually FEEL better - why does a Dark Night of the Soul occur? What causes it?

Well, when we 'arrive' at a place in life where we accept responsibility for our actions, acknowledging that everything that exists is a result of our own choices, we set into motion the awakening of the inner subconscious mind. A profound spiritual unfoldment begins.

Yet, just before we attain this new awareness within our inner consciousness, an experience occurs known as

“The Dark Night,” or “Hidden Side of the Soul.”

The ancient Essenes called this the 'Obscure Night of the Soul,' likening a period of despair to the 'darkness before the dawn.' Early Christian theologians referred to it as the 'Mystical Aridity' - meaning it was a *period of desolation* within one's inner consciousness or 'being'.

The alchemists called the experience the 'Black Night of Matter', which in effect precedes the dawn of one's personal inner initiation, just as the blackness of night precedes the rays of the morning sun. Indigenous shamans call this dark time 'Shadow Work'.

During this period of struggle, our soul passes through a time that feels like 'hell,' with disappointments, discouragement and even misfortune. This time of darkness is different from the usual failures or daily challenges that we experience in ordinary life. A “dark night of the soul” can become the blackest of times, unlike any other struggle we can relate to from our past. It is not merely that we do not attain success, or that a difficult challenge confronts us. We experience a more powerful, all engulfing sense of sadness or desperation.

The darkness seems to include all our entire past; not just from *this* life alone. The darkness we experience is the 'Void' and it surrounds us.

Our God/Spirit/Source/Soul is behind the void. The Void is the energy of karma, or the sum total of all past experiences within our DNA. Our soul is hidden by our karmic past.

Karma continuously sends reflections of ourselves back to us, which helps us to remember who we are. Throughout life, we attempt to fill the Void with people, houses, cars and stuff that is not real. We keep pushing ourselves, trying to fill the Void, the empty part of ourselves; never looking inside for answers to life's bigger

questions. Sooner or later we are forced to ask: 'Why do I keep attracting the same kind of situations and/or people into my life?'

The answer? *We must complete what we came in to do.* In order to spiritually and emotionally evolve, we must heal ourselves by *letting go*. We must no longer give the past any energy. By healing the past and making peace with our lives, we will no longer create in the same way.

Sometimes we sense that a new stage of awareness is coming. Small confrontations challenge what we think we have learned, and our inner restlessness causes us to question everything and everyone. We even become critical of the growth we have made on our path and we start to search outside ourselves for the one thing, or person, that will stop, change or prevent our subconscious desire for peace and balance. Yet the failure to satisfy our heart's true desire only prolongs dissatisfaction and we slip further into the 'Dark Night of the Soul'. Our inner questioning and struggle may even destroy our willingness to continue / challenge our will to live.

A 'Dark Night of the Soul' can occur at any age, and several times within a lifetime. The duration varies according to each individual. The process may last a week, a month, or even years, when fear overshadows determination. It is important to remember that The Dark Night is a *transition time*, a time in which we come face to face with understanding why we are alive. As a shaman once told us: *'I do not mind the darkness. Darkness is the womb from which creation is dreamed into being'.*

In such a space and time of emotional instability, even before the Dark Night enters fully, when you realize that you are hurrying from one person or thing to another,

seeking unknown answers, we advise you to Stop Everything! Look at exactly 'where' you are in the moment and listen to the inner voice of your own Higher Self.

Communicate with your Higher Self (Chapter 16) to get your answers

Begin a personal reflection by asking yourself these questions:

Why did I pick my parents?

What did they reflect to me that I needed to heal in myself and in my past?

Why did my soul choose this place on earth, now?

What did I come in to this life to heal?

Why do I want to continue?

What do I want to change?

What am I seeking to learn?

Where do I go next?

After answering these questions, it may appear that many past efforts were not intentional, they were merely habitual. Try to experience yourself just as you are, in the moment, with a quiet mind.

We only love ourselves based on the ways in which we have been loved in the past – which was nearly always conditional. Often we only experience *unconditional love* with young children or with our pets. By loving ourselves unconditionally in new creative ways – through dancing, listening to music, hiking in nature, writing, painting or any other activity, we place ourselves in the flow of creation. In that flow, we begin to recognize our perfection. We experience unconditional love for ourselves.

If we came to earth to heal our past, why do we not remember why we are here? Think for a moment just how big a picture of the past actually could be. If we remembered or recalled everything too soon, we could become overwhelmed and give up. In fact, this kind of reaction, the feeling of being overwhelmed, often manifests with addictive behavior through drugs, sex, alcohol... Our 'remembering' typically comes later in life, when we are more equipped and better able to look at different aspects and realities of ourselves and our past.

For most of our lives, we are taught to focus on looking *outside ourselves* for answers about love, confidence and power. Unfortunately, with our heart center open outwardly to receive what we think is 'good stuff' we soon experience hurt, distrust/mistrust, fear, or other negative emotions. Reacting to these unpleasant feelings, we close down our heart center, excluding everyone and everything, so as not to be hurt again. Yet when our heart center is closed, it is no longer capable of connecting our spirit with our soul – the Source of our life force.

Opening your heart *inwardly to yourself* is the key to finding true power and unconditional love for the self. Opening your heart inwardly also allows you to *choose* with whom you share your heart.

Opening your heart inwardly to yourself allows you to connect with your Soul (Chapter 25)

The Soul, sometimes called God, Spirit, Creator or Higher Self, is the creative part of our being, and it contains the force that moves us through life. Our soul knows our past and the past of all generations that came before, the many countries, cultures, beliefs and families that we were a part of and have experienced. Our DNA has stored all the memories of war, hunger, sickness, disaster, religious persecution and almost every other experience throughout time.

If we could 'let go' of our past *completely*, everything in our life would change, including our past. When we stop giving energy to the past, we heal the past and free our DNA to heal the present. We can then move forward and find the real purpose of our life. When we finally free ourselves from memories of all past experiences held in our very DNA, we literally change our future.

Through Heart & Soul Healing, we suggest that when emotional turmoil exists, it is best to 'get physical'. Hike, bike, be in nature, rake leaves, dance, sing – do anything that will get you out of your head and back into your body. Being physically active gives the mind the necessary break it needs to stop and breathe. Providing the opportunity to review, it creates space for an inner dialogue to happen concerning what your heart 'truly desires'. Art, reading, gardening, crafting, dancing, writing or journaling are a few creative activities that will allow you to express your innermost feelings.

It is also important to stay practical and not judge yourself, or anyone else, too harshly. Both of us (Ken and Nancy) have experienced inner turmoil at one time or another during our lives. We suggest that you diligently

continue with each of the basic Heart & Soul Healing techniques: (see *below*)

To summarize:

During any phase of a Dark Night - Hidden Side - of the Soul we suggest you:

Continue to love yourself to lighten your vibration (Ch. 22)

Think of yourself as liquid and your favorite color, so you can fluidly move from a dense place to a lighter place (Ch. 22)

Change the vibration of your name so the projections of others have no control over you (Ch. 22)

Unravel what you think you know so you can remain open to new information that may change from day to day.

Most importantly, stay grounded and centered in your Pineal Gland (Ch. 25), so you stop feeling everything around you and become less reactive. You will then have more choices regarding what you want to feel, or how you choose to engage. Become an *observer* of people, events and situations so you can avoid getting pulled into the agenda of other people.

Our lives, like the universe, are in constant flux. Change requires an awakening, a personal readjustment of the spiritual and mental self, a reorganization of your entire being.

Such an ordeal as the Dark Night of the Soul requires perseverance and solemn resolution to carry on, despite everything apparently collapsing.

When you feel you have overcome a 'Dark Night of the Soul', the next step along your path is that of illumination. You will have received profound insight into your *real* self, your emotional and intellectual being, culminating in unity with the one Spiritual-Source-Creator-Mind.

We ask you to look closely at and release your past (the darkness) and continue the journey toward the light of true self-awareness so you can receive the ultimate reward. Have unconditional love for yourself and unconditional compassion for all creation. Move fully into the light of your own Oneness with your Higher Self.

You may want to visit [our YouTube Channel](#), read some of our other books and these Website Articles and Newsletters:

www.kenpage.com/articles/dna_consciousness.html

www.kenpage.com/mchnewsletter/darknight403.html

www.kenpage.com/articles/soul_mates.html

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www.kenpage.com/mchnewsletter/0205anti_christ_antilife.html

Our thanks for this Ancient Wisdom goes to The Essenes, Christian Theologians, Alchemists, The Rosicrucians and other Mystery Schools.

The Way It Works

For thousands of years, an elite group controlled certain information about religious mysteries and God. This group comprised many individuals in power: shamans, priests, religious leaders, the intellectual elite, ruling class, and government. Their knowledge was kept secret, given out very slowly, or modified as a way of keeping the common man from knowing the complete truth.

In the past, because of a lack of education, a focus on survival, and a tendency to give our power away to those who say they have the answers, we have been quick to believe our leaders. This led to wars, prejudice, and hatred between people, races, and countries. We came to rely on certain people or groups to have the answers for us — usually religions or governments. These leaders were the appointed prophets of our time.

There are many groups of people today, including governments, who believe that if we knew the truth about technology, extra-terrestrial beings, mind control, our true origins, or hundreds of other topics our society, culture, and government would break down. This lack of knowledge creates confusion about our true nature — who we are and why we are here — and our concept of Source.

We are today, overloaded with information, challenging the core of who and what we are. The Internet and twenty-four hour news programs instantly connect us to the whole world, and we are saturated with

information, constantly looking for answers to what it all means.

We received a letter from a well-known spiritual teacher. This letter went out to many different countries and contained bits and pieces of information detailing the dire prediction of the end of the world. We began to receive calls from people who were alarmed and wondering what they should do. Most of them were afraid to do anything at all. They wanted to be saved - by someone, something or anything. We provided each individual with the same response.

Fear can never create beneficial change. Many people dwell on fearful ideas, and it pulls them out of the moment, keeping them in the past or projecting them into a scary future. We are concerned that if enough people give their fears so much energy, their ideas could become a physical manifestation.

At times like this, gurus or prophets step in. Historically, when these types of scenarios were prophesied but did not occur, one of these prophets commonly came forth to tell us they had enlisted the help of their guides, angels, or supernatural powers to step in and save us. As a result, many of us have pledged our undying love and support to these "saviors."

It is important to know these changes are not anything new. We have followed information of this nature closely for years.

***We are overloaded today with information,
challenging the core of who and what we are.***

Throughout every dire prediction is the same message: Change is upon us.

Our knowing says these times can be a gentle transition — a time of grace and ease in the midst of change – if we choose. Chaos never occurs within us when we love ourselves unconditionally and find that peaceful balance.

So what can you do during changing times to create choices and ease the transition? We choose to stay physically active. We play, relax, eat properly, and drink lots of water. We spend time with people we care about, the land, and animals. We walk, ride bikes, rake leaves, read, exercise and most importantly, explore our passions.

Passion is a key word. What excites you? What brings the spark of life into your being? Once you find what this is, enjoy it as often as you can.

“Letting go” is extremely important. Let go of what no longer serves you, such as past emotions, old relationships, and the way you have been in the past. Let go of worrying about the way you look. Let go of how you think other people should be and judgments you have about yourself and others. Anything you are holding onto in these times of change will intensify your physical reality. ‘Letting Go’ does not mean giving up or giving in. It means to make a conscious choice to leave the past – in the past, and to become present in the now, so that you can create a future that is no longer based on your past.

We are creating differently now than in the past and this is confusing.

Working harder, sacrificing and doing things the same as before no longer brings results.

We believe the reason for this is we are all moving into instantaneous creation. We are experiencing the collapse of everything around us that is not true to and supportive of our heart and spirit. This is what will happen when we become “conscious,” which brings with it a sense of knowing and security. The closer we move into instantaneous creation, the clearer we need to be about what we are choosing to create in our lives.

We have more than seventy trillion cells in our body. Each cell represents another consciousness; we are all reflected inside each other. If you want to help another person, go inside yourself and love that person as he or she exists inside of you. We are able to do this more effectively when we become love — when we unconditionally love all seventy trillion parts of ourselves.

If you want to pray to the Creator, be love, go inside, and address your prayers to your internal divine presence.

The closer we move into instantaneous creation, the clearer we need to be about what we are choosing to create in our lives.

Rev. Ken Page
Rev. Dr. Nancy A. Nester

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A full day workshop which provides even more information to help your animal friends. \$24.95

NOTE: * Purchase both animal videos as a combo and save: \$35.95

AUDIOS: (CD)

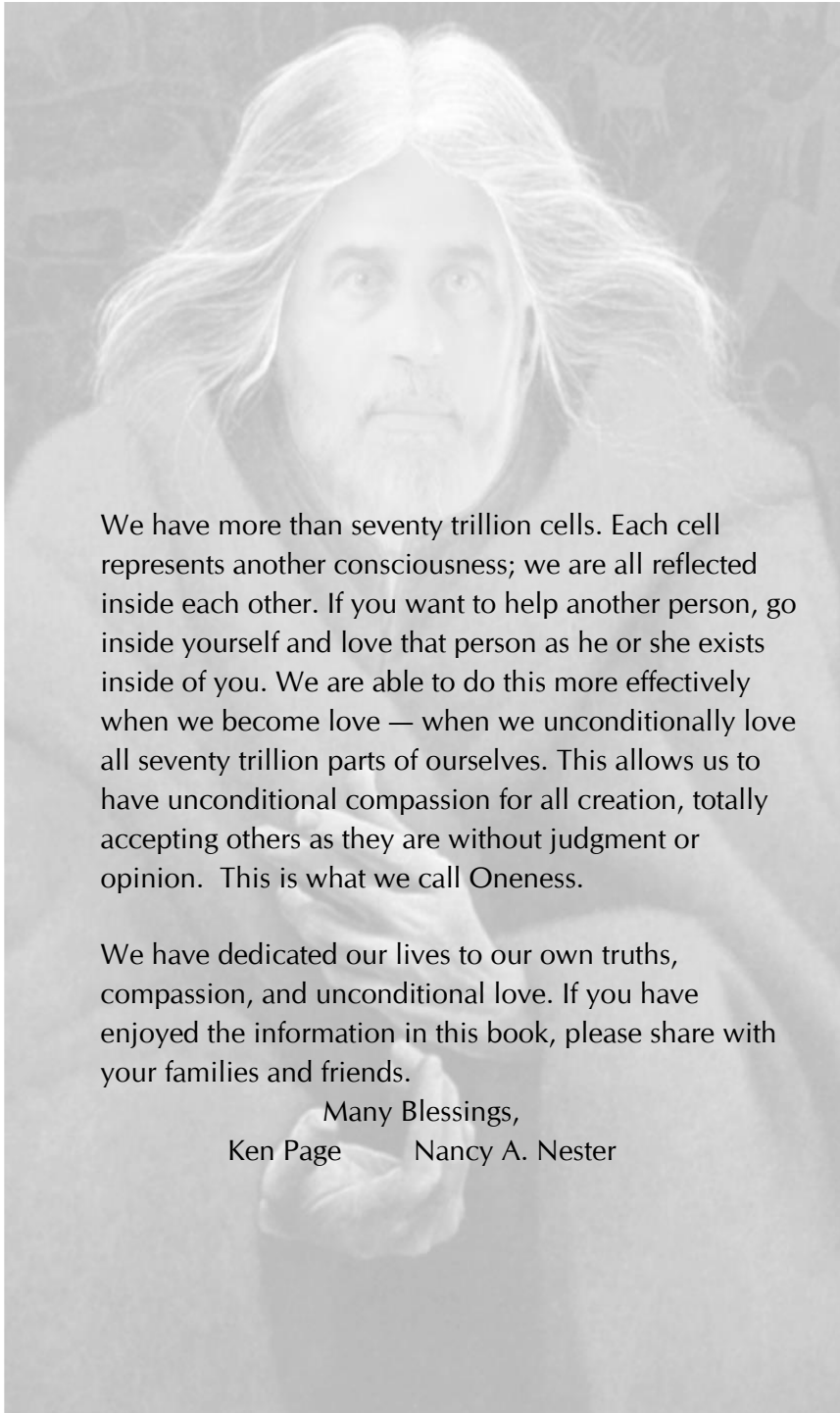
***Holographic Healing Tones & Sacred Sounds**

Ken uses sound to shift and clear cellular imprints. Tones change energy patterns, releasing old imprints. \$15.95

***Sacred Tones & Earth Music with Dolphins & Whales**

Ken's tones with dolphins and whales. Original music by Barry Oser incorporating Ken's energy balancing tones. \$15.95

NOTE: * Purchase both CDs as a combo and save: \$24.95



We have more than seventy trillion cells. Each cell represents another consciousness; we are all reflected inside each other. If you want to help another person, go inside yourself and love that person as he or she exists inside of you. We are able to do this more effectively when we become love — when we unconditionally love all seventy trillion parts of ourselves. This allows us to have unconditional compassion for all creation, totally accepting others as they are without judgment or opinion. This is what we call Oneness.

We have dedicated our lives to our own truths, compassion, and unconditional love. If you have enjoyed the information in this book, please share with your families and friends.

Many Blessings,
Ken Page Nancy A. Nester