

# **How to Clear Yourself, Release Old Energy and Feel Free**

## **Stop – Look – Listen**

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Clear Light Arts, ADL, Heart & Soul Healing™ and  
The Institute of Multidimensional Cellular Healing

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***How to Clear Yourself, Release Old Energy and Feel Free***

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## HOW TO CLEAR YOURSELF, RELEASE OLD ENERGY AND FEEL FREE

### Stop \* Look \* Listen

Do you need help? Are you feeling overwhelmed by the energies of life?  
Are you tired of your own life story? Are you energetically in trouble?  
Do you want to find ways in which to do an extreme makeover in your life?

This manual was prepared for individuals who are feeling overwhelmed by life at the moment, might need answers at any time or find that their nervous system is on overload. We get calls and e-mails every day and have been keeping informal track of the questions and challenges faced by most every one of us. People want advice, need help and are often in desperate situations. Some are new people who find us from a search engine or who have picked up one of our books or were told about Heart & Soul Healing from someone else. We take time to reply to each and every request for help and find ourselves giving out the same information, over and over. We know that going through over 5,000 pages on our website might feel like a lot of reading, so the following might help streamline things when you are feeling anxious or you are seeking help for yourselves and others.

There are many suggestions and techniques referenced for clearing and healing yourself throughout this manual. You'll find all the information contained in these pages for you to help yourself create the kind of life you do want - the one you deserve. Just keep reading.

The first thing we would suggest if you contacted us for help would be to **STOP**. The second thing would be to **LOOK**. There are answers available if you are willing to do your own work and open yourself to alternative suggestions. Just by being open to another thought, idea or feeling will begin changing our perspective of what is happening to us. So **STOP** asking others what they think, **LOOK** for your own answers and **LISTEN** with discernment to your own Higher Self or Creative Self.

### STOP

When we say **STOP** - that means just that:

**STOP** doing what you are doing, thinking what you are thinking and most importantly, feeling what you are feeling - in that moment. We've determined through experience and working with millions of people 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, and hears what it 'thinks' it hears. Using only our conscious mind can be limiting our experiences and our growth. Normally, it is the reason we are in our current predicament!

So the first thing we would suggest if you contacted us for help would be to **STOP**.

The second thing would be to **LOOK**. There are answers available if you are willing to do your own work and open yourself to alternative suggestions. Just by being open to another thought, idea or feeling

will begin changing our perspective of what is happening to us. So **STOP** asking others what they think, **LOOK** for your own answers and **LISTEN** with discernment to your answers.

**STOP:** automatically thinking that your inner voice 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. Your Higher Self will never hurt you in any way. Your Higher Self will never put you in harms' way. Your Higher Self will never tell you to hurt yourself or anyone else. There is an easy way of communicating with your Higher Self that just takes practice.

**STOP:** Calling into yourself any higher beings, angels, or outside force to keep you safe. We really don't know what kind of energy has attached itself to even our own beliefs. Everything in creation is affected by the thoughts, ideas, feelings and emotions of all the people on the planet.

Remember: Old energy patterns that have been attracted to you can not have the same effect when your vibration - your frequency - is different. When you raise your vibration, you will change. Old energetic patterns can not re-connect as they have in the past. By raising your vibration, you will become invisible to the denser, lower energies that make you feel unsafe. By loving yourself only one percent more than you have in the past, you can raise your vibration; this WILL change you. Question becomes: how do you love yourself more than you have loved yourself before? How many times do you have to say you love yourself before you actually believe it? One Hundred or Ten Thousand times? Use the simple energetic clearing technique to raise your vibration and help bring that one percent of love into yourself.

**STOP:** Centering yourself in your heart. In this moment now - allow this information to unfold without any judgment, opinion or reaction. Please just read this with an open mind.

Our heart IS the space from which we are to live, from which we connect to all that is universally Loving and is our main connection to our God Self. All of us were taught to open our hearts. Challenge is, we were also taught to open our heart after opening our chakras; beginning with the first (root) chakra, then our second (or sacral) chakra, then our third (or solar plexus) chakra and then our fourth (heart).

When we were younger and fell in love, we met each other, heart to heart. Often we ended up making love and moved that intensity down to our root chakra. Soon we were looping with the one we loved, heart to base and back up again to our heart, in a spiral of emotions that began drawing in male and female issues (second chakra) and issues of power and control, self and identity (third chakra). This is the way we are energetically designed in order to attract those people who can help us with our own issues. Our heart is the first organ created in our human self only seven days after conception; it experiences all emotions from our human beginnings. (more about centering within our heart later in this manual)

Our third chakra is the 'seat' of all emotions and energetic attachments to others. When we are open in our heart center from the root chakra up, we literally have 'dragged' into our heart all the energetic issues from our three lower chakras. This is the way our bodies have been running energy, feelings and emotions. No wonder our hearts have become overwhelmed with so many questions, issues, feelings and

emotions - it is now hard to feel good about love, even love for ourselves. Our hearts have been hurt so many times that we shut them down, then open them up and shut them down again.

So you can learn to be in your heart in a new way - one in which it is safe to be totally open. We suggest that for one week you re-center yourself to your pineal gland. That is where you can become more sensitive. This ability gives you the opportunity to make choices. You can sense an energetic emotion and then gain a moment to decide whether or not you wish to feel that particular feeling. Sense it and yet not have to bring it into your heart. You can make the decision that it is safe to be in your heart. You can have the feelings by your choice, rather than by default. Centering in your pineal glands allows you to become more sensitive, yet less reactive to situations that come into your space.

The way out is to become less reactive to energy. We have found the easiest way to accomplish this is to move your center out of your heart space, away from your emotions (your third chakra) by centering in your pineal gland. Develop your subtle senses so the five normal senses are not overwhelmed. By centering in your Pineal Gland, you will feel and experience the total expansiveness of your universe. After developing this ability, then you can move back into your heart. It will feel different to you. This space is the Oneness with all creation. All the information we are receiving today says this is the next vibration - creation without limitation.

**STOP:** Listening to other people and accepting what they have to say without question. Over the years, we have heard many stories from people who have spent thousands of dollars and thousands of hours doing what others have told them, just so they could feel safe, better or have a good life etc. What we suggest is for you to use discernment.

Every individual you look to for help ought to be assisting you to be self-empowered AND showing you ways in which you can take back your own power. This means you are not dependent upon them for what's going to happen, how it will appear, who it will be or why it has happened etc. It does not matter who you look to as a source of information, your Higher Self is your own connection to your God Source.

Your creativity is the energetic path to your Higher Self. You know this because when you are being creative, your insights come to you quickly and easily. You can be creative in any way that gives you pleasure, whether it's gardening, writing, painting, cooking, listening to music, reading, exercising, dancing being physical - anything that makes you feel good.

**STOP:** energetically looping. Other people tap into your energy field and could literally be 'sucking' the life force from you. Think of yourself as a battery with other people plugged into you through different connections. This could be your family, children, relatives, co-workers, friends.

**STOP:** Projecting your energy to anyone.

**STOP:** sending (projecting) your own thoughts or emotions (energy) to any area of the country or to any problem occurring anywhere in the world. Remember, your nationality, culture, heritage, family and relatives are all energetically attached to you. Your energy is a mixture of the energy from the area you live in and the space you share with anyone else. We are made up of everything felt throughout our lives

- love and fear, good and bad; our own experiences and those from our culture and society. There are literally millions of emotions in our bodies, gathered over many lifetimes. These are all vibrations that make up our energy self. We can let go of these emotions by letting go of our past. That will free us from attracting the same patterns to us over and over. See 'Pattern Release Technique' later in this manual.

**STOP:** using your own energy for protection. We have all been told to protect ourselves with energetic barriers or protective light around us. Using our energy to do this creates a magnet so that anything we are afraid of is automatically and often more powerfully attracted to us.

**STOP:** getting into emotional encounters with others. Being involved in overly emotional situations takes energy away from us AND others can become addicted to our energy; actually using our life force energy for themselves.

**STOP:** going to bed at night without showering or bathing. Don't take your day to bed with you! Everything we do and everyone we are with all day long is energy that is on our body at the end of the day. A quick shower or a long bath – whichever you choose will help you sleep easier.

**STOP:** listening to those who promote fear or talk about doom and gloom. There are already so many things we think we have to be afraid of. Create a safe space for yourself. That can be anywhere in your home or your own room; a small space that is just yours where you can be quiet, still and feel safe. Remember, when we are One with all creation, we have nothing to fear.

**STOP:** addictions of every kind; whether it is alcohol, drugs, food. Everything in moderation and nothing in excess is an easy 'mantra' for all of us. Certain addictions like alcohol or drugs open our energy fields to become susceptible to lower, denser vibrations. When you know a certain food is not healthy, why continue to eat it? Our bodies are meant to live a long life, if we remember that we are in charge of what goes into them. Run an extreme makeover in your own home and remove anything that is not good for you.

**STOP:** wearing jewelry, leather belts every day without clearing the energy gathered in them. will help our bodies assimilate the nutrition from our food.

**STOP:** watching television news shows while you are eating.

**STOP:** watching television news shows right before you go to bed. Getting restful sleep can help our dreamtime and our lucid dreaming processes.

## LOOK

**LOOK:** at your environment, the place in which you live. Change the energy by clearing clutter. Change your bed pillows if they are old. New pillows will help you have a more restful night's sleep. Even a plastic cover on your mattress will change the energy of your sleep time.

**LOOK:** at your community. If you have the time, join a group or a church that has other like-minded people. Support from others in our way of life is important for balance.

**LOOK:** at the group you may already be involved with. Group dynamics can often play out in ways that are not helpful to the individuals within the group. Some groups rely on the energies of the group to remain 'status quo' and don't easily accept one individual tapping into their creative power.

**LOOK:** at your animal friends. Are they healthy? Have you been helping them be animals and not human-surrogates? An easy way is to clear them of the energy they are wearing. Animals are unconditional in their love and will attempt to process our emotions. This can make them sick.

**LOOK:** at how you spend your leisure time. Are you out in nature? Do you play? Life can often be too serious and that can make us feel out of balance in our lives. Do you frequent bars or pubs? Have you ever walked into a bar or pub and felt energy that was 'not very nice'? Just remember that there are many different energetics with many different people – some good and some not so good. Find your own ideal state from which you can create the life you desire.

**LOOK:** at where you are in the moment. Are you free to be your own creative self? Are you fully present with conscious awareness?

**LOOK:** at the energetic dynamics of your past. Is it possible that when healing ourselves we have to heal our past? Does healing our past mean healing our future? Are you set in your 'way that it is' or are you spiritually fluid?

**LOOK:** at your relationships. Business, lovers, family, friends and others – we use lots and lots of energy in love relationships.

**LOOK:** at how you help others. Do you continue to give and give of yourself to others? Have you looked at how that depletes your own energy? Attempting to help anyone else without helping (healing) ourselves first is a no-win situation.

**LOOK:** at what language you are speaking. What modality are you? What modality is your partner? Knowing the ways in which we communicate can save many relationships.

## **LISTEN**

**LISTEN:** to music. The frequency and movement of sound helps us to change old energy. Play music in your home or in your car when things feel out of balance. The more in balance we can feel, the quieter we can become and the closer we move to Source.

**LISTEN:** to what others are sharing. As a world citizen, we should have the best communication. After all, we talk all the time. With the invention of cell phones, we talk even more. Do we listen to others? Do we really hear what they are saying? If we LOOK at this, we quickly determine that communication

among humans is not that great. Listening to others, really paying attention with focus on what they are sharing, allows others to listen to us. Especially in relationships.

You might find it helpful to get your answers through a Heart & Soul Healing Session. We are scheduling telephone sessions every day. Just give us a call or contact us by email. If you want to work with your own energies first, read what follows, as these are proven guidelines and tools that work.

## **THE COURAGE TO CHANGE DIALOGUE FOR RELATIONSHIP - JOURNEY TO SELF**

During springtime, people wake up to flowers blooming, trees budding and sunshine streaming into their windows. For centuries, Spring has meant opening up our homes, clearing out cobwebs, cleaning rooms, moving furniture around and generally awakening to that time in nature when everything feels fresher and needs to be refreshed in order to begin again. While many individuals look at the New Year to begin a cycle of change in their lives, the advent of Spring often demands that we finally summon the courage to change.

The seasons of nature call each of us in different ways. For many, winter has always been a time of renewal, allowing ourselves to reflect and explore inner truths. Winter often means moving slower to allow for ice or snow. Everything around becomes quieter and still. With the arrival of Spring, the need to create becomes a fierce urging. The season itself says that now is the time of rebirth. The energy of every moment wants to push us to follow opportunities, to yield to potential adventures, to live the truth we feel inside.

So how can you manifest the life you envision, live your 'best life' - your own truth? How can you move with the energy of Spring - anytime during the year - in order to create new growth? How do you open up your home/self, clear out the cobwebs, clean your space, move your thoughts around and awaken the inner being? That answer is so simple and yet so fearful that it becomes complex; for it is: Love of Self.

Here are some questions to ask yourself:

Do you love yourself enough to allow yourself to create something new?

Can you let go of past experiences and not allow them to dictate your future?

Easier said than done you say? Depends. Depends on how you view yourself in your own world.

Do you even really like yourself? Are you content to just be -with yourself, by yourself?

Are there things about you that you do not like, that you want to change?

Do you value yourself? Not through the eyes of others, not from your accomplishments or what you DO... Do YOU value yourself - to YOU alone?

These may be questions you can easily answer, or the answers may not be those that you want to face. Can you muster the courage to look at what is happening in your world, in your own life - right in the eye? Can you look in the mirror and examine the experiences you have created without blaming anyone else?

What is ending or what needs to end in your life?

What is emptying? What do you NEED to empty so that it can be filled anew?

Sit with these questions, be quiet, breathe slowly and then begin to write your answers.

Notice what comes up for you.

We know one thing - Loving yourself WILL change your vibration, which in turn, WILL change you and your reality. You can view your world in a different way and be less reactive to those life circumstances, experiences and energetics that do not feel good, that no longer serve you, that need to be ended in your life. You can communicate with your Higher Self and receive your answers easier. Being in the present moment with yourself, accepting yourself unconditionally as a creator of your world is the most important gift you can give to yourself.

## **TECHNIQUES FOR BEING IN THE MOMENT AN ENERGETIC CLEARING, BALANCING, AND CENTERING TECHNIQUE**

Here is a very simple technique that will help you change your vibration and change your life. It's not a lightning fast fix, a fast answer in this age of fast food - but it works if you are willing to help yourself by doing your own work. Perhaps the technique is too simple to make sense. Life conditions us to think that no pain, no gain. Life experiences have already caused you to have pain. Why not gain insight into yourself, change your vibration and change your life.

If you can love yourself only one percent (1%) more than you have ever loved yourself - you would change. How can you love more than you have ever been loved in the past? How can your future experiences of love be different than those in your past? This clearing technique will show you how. Give yourself three (3) days and you will notice changes. Use it all the time and it will become a state of mind. You will love yourself more, you will change your energetic signature, change your vibration and your life will change. What have you got to lose? The choice is yours.

The key to helping yourself release your past, change your moment and create your future, is Being in the Moment. The entire process is self-empowering and on going. Heart & Soul Healing was created to provide a safe space where you become love. The results do not just start and stop with a class or a private session. There are simple and specific self-empowering, clearing and balancing techniques which CAN BE USED BY ANYONE. These techniques are - in our opinion - the 'Basic Fundamentals' of all healing. They are a results of information gathered in more than 50,000 personal sessions and years of workshops and seminars with people from all walks of life and from all over the world. We have heard and witnessed proof that the techniques provided in this manual DO WORK.

Heart & Soul Healing techniques involve four basic principles:

1. non-projection of energy
2. the ability and intent to stay in your own space and be in the moment
3. the daily incorporation into your life of a dynamic clearing process which takes, on the average, 2 - 3 minutes of your time
4. keeping yourself clear while you eat.

We teach these four processes, or techniques, to all of our class participants and to all our practitioners.

We always begin with the idea of non-projection of energy. One thing continues to come to our attention: most metaphysical people are taught and continually asked to project - to send out energy, light and love to all those around them.

An interesting phenomenon occurs when we project anything to anybody outside of our own personal space, no matter how innocent or well meaning our original intent is.

*By projection we mean any thoughts or feelings sent out to influence others, visually, mentally, or spiritually, through ideas, meditations, or prayers.*

All of us live with many different polarities in our third dimensional world. To impose our idea of what should or should not be to anyone else at any time is a form of energetic invasion of their space and their ability to be a creator. Sending love, for example, to someone else is complicated because we might not know exactly what they are here to learn. We don't know what the lessons really are, or where they are truly coming from. We might be working on humility and they might be working on guilt. As a result others may need to learn things in a very different way than the way we might choose for ourselves. Whatever the case, we are doing well just to clearly understand and know these things about ourselves.

All of us know for sure we are working on certain lessons, we are operating with our own personal perspective of love and we have created individual situations we are doing our best to understand. As we project our version of anything, (for example, love), to others, we are immediately drawn into an energetic exchange, triggered by any polarities and distortions we may have over that particular feeling, idea, or emotion. As a result, many of us begin to feel psychically beat up, or pushed around, and we often have no idea why. Consider the idea of not projecting at all. Rather than send out energy of anything, BECOME the essence of the energy itself....in other words: BE LOVE. (read more about non-projection later in this manual)

Now that you are not projecting anything outward, it will be easier to stay in your own space. Proceed to the second process: the technique of clearing yourself within 30 to 45 seconds.

What if we were to tell you there was a place where you were alone, 3, 4, 5 or more times a day, in complete privacy, where you basically have nothing else to do but just be? Impossible? No, not really. This place is of course, the bathroom! While this might even seem laughable to some of you, think a moment. If we said you would have to stop your busy schedule even just two times a day to change your life and even if we could give you provable results, how many of us would really follow through? This is why we are suggesting you simply begin the following clearing technique the very next time you go to the bathroom. In that moment of privacy, whether you are sitting or standing, do the following: Using your intent and focus, bring your hands up, over your head and as you relieve yourself, simply think CLEAR. As you think 'Clear', bring your hands down across the front midline of your body. This action, while your body is actually physically releasing, is a powerful affirmative process. Bring yourself into your own space. Anything you can do on a physical level is always much more powerful in our third dimensional world.

This brings us to our third technique:

Being in your space and staying in the moment.

Very few of us are HERE- 100% of the time - completely, totally, 100% present in our moments. Would you be surprised to know that almost without exception our energy fields can at any given time, be so far out that it can stretch from a block or two, to many miles out around where we live or work, or both? This third process begins by simply pulling yourself in, just using your conscious intent and focus.

A very easy way to do this is to extend your arms out from your body, as if getting ready for a wide embrace. Focusing on that thought, begin to bring your arms in closer to yourself, enveloping and holding your own incoming energy. Bring your hand(s) to your belly button (the hara point). Continue reminding yourself that you are 'here', 'present' and ask yourself to just 'Be All Here'. Hold your hand(s) on your

belly for about 10 to 15 seconds, be in the moment and bring a good feeling of love into yourself. Just remember to love yourself like you love a sunset, a walk on the beach, sleeping in on a rainy day - anything that brings a good feeling to you. It is the energy of that good feeling that can change your vibration just one percent - loving yourself just one percent more will change your vibration. That's it! That is all there is to it.

Repeat this each time you go to the bathroom during the day and you will have consciously cleared yourself and all your fields four, five, or more times each day! Anything you do with conscious attention and focus everyday, even if it only takes 20-30 seconds of your time, will change your life. While it may seem too simple, try it for just three short days. Your life will change dramatically. Rather than being automatically drawn into reactive interactions, you will be able to remain in choice. You will be able to maintain a proactive state where you can choose how, where and when you wish to interact with others.

Bringing yourself back into your own space will benefit you on every level of your life: mentally, emotionally, physically and spiritually. The best and most helpful state of being, (for ourselves and others), is to be unconditional with ourselves. Have unconditional love for yourself - every aspect, whether you are tall, fat, big, or small. You will find and it will not take very long, be it a few days, or a few weeks, most people will start treating you very differently. You will actually become unconditional love. You will be it. It seems it is not a matter of what you say anymore, it is a matter of being what you are, of walking your talk. As you become more and more unconditional with yourself, the balance of your being-ness will radiate, not project, out through the compassion you have become and people will react differently with you.

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. If you do not know where your breath is: you do not know where you are. Put 'sticky' notes all around yourself (bathroom mirror/ refrigerator door/car dashboard) that merely say 'breathe'. Just the act of drawing in a slow breath will re-focus you and assist in quieting your mind. Three breaths can take you into a present moment space. Allow your breath to take you rather than you taking your breath without conscious awareness in that moment.

Find the timeless space and state between the past and the future by being in the moment. If you're always thinking about how you could have changed things, or done them differently, you are in the past. If you are always thinking ahead, with thoughts like "as soon as I get this done, then I can go do that," then you're living in the future. The most interesting fact most of us seem to miss when we wish 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 the moment. When you are in this space of creation, you're the finest reflection of Source 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've come to learn and resolve. Use those times when you get thrown off balance to go back in linear time to find and understand where the 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 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.

Sometimes it feels as if we play a broken record, saying over and over: The simple energetic clearing technique works - it is easy and it works -it WILL change your life if you use it. Perhaps it is too simple, too easy. Perhaps it is too fearsome for some people to consciously accept the love of Self. We do know that millions of people around the world have proven that Love of Self is vital to creating the kind of life you desire, the type of life you deserve.

Why don't you just give it a try. Just learn to be in your own space with a good feeling about yourself for three days. That's all - just three days. This will create a state of awareness, of being conscious in your life.

Depending on your own circumstances, this may come upon you as a troublesome, fearful process. Uncovering or coming face to face with what you do not like about yourself can force you to turn away from experiences that no longer feel comfortable or fulfilling. For many people today, there are so many life experiences created that were painful or hurtful. Is it any wonder that your focus seems to be 'All I know is I don't want any more of this... in my life'?

Learning to create from a space of what you do want rather than what you do not want takes courage - the courage to accept responsibility for every single creation in your life today - blaming no other person for anything. Individual exploration can not be avoided. It is inevitable if you are to find your own power, your own identity and your own self-worth. It is the only way to recognize the intimate relationship you have with your own God-Self, your Higher Self.

Be gentle and allow yourself sufficient time to explore what it is that you truly desire. Then move into action and clear away what is old and dying so you can rebirth your life. Knowing where you are is the first step to changing what you do not like, and creating the kind of life you want. These techniques DO work. Just give yourself three days to notice the difference in how you feel about yourself. This will then relate to how you feel about your life.

Learning to unconditionally love yourself allows you to have unconditional compassion for all creation. Communicating from this higher perspective provides you with a loving yet powerful foundation for what you must do next: Have the courage to stand for your own truths. Buddha said 'There are three truths in life, your truth, my truth and the truth'. This is the space from which you find the balance of what you know and what you do not know. While you may not know the truth of any other person, the truth you learn to know about yourself is the only truth you know in the present moment. This is the truth that will serve you the best in that moment. Creating from a place of truth demands the courage to remain in integrity, to be fluid, to listen to your Higher Self and have the knowing of discernment that will anchor you in your own personal truth.

Working with the energetic clearing technique diligently, you may then want to incorporate the Living Light Breath™ to become more aware of your own space. Moving into your pineal gland can provide you with a bigger picture by allowing you to become more sensitive to your experiences and yet less reactive.

We realize that some of the things we suggest may be different from the way you may have been taught in the past. Please just be open - don't judge any of these techniques or suggestions until you actually work with them to see if they can help you. Follow the processes for a short time and see what happens.

Remember, no projections at all: no projection on what you want for your kids, your partner or even the world! Just stay in your space, loving, respecting and being one with yourself, while being love. Do your best to always create in a space where you're happy and playful. If you find yourself in a spiral of emotions or confusion, do something physical - dance, play, take a walk -breathe and break that spiral. Get yourself back into a centered, balanced state. Only create within that space. Love, accept and honor yourself for the unique being you are. Spend just a few moments a day on yourself, being love and you will change your life!

### **KEEPING YOURSELF CLEAR WHILE YOU EAT**

The last technique we recommend for energetic and physical health is keeping yourself clear while you are eating.

We work with thousands of people all around the planet - we have found that their kidneys, intestines, digestive tracts and livers are often energetically charged with tension and worry. These organs are all vibrating in similar ways, based on what they're thinking when they're eating. So here are some questions for you:

Were you quietly and peacefully enjoying your food the last time you had a meal or were you having an argument? Were you watching television, listening to the radio, or driving? Because we're all so busy and have very little time to ourselves, what happens? Whatever feelings you had as you ate your meals were energetically transmitted into your food and your body.

We see people all the time who 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. How many of us eat on the run, using our meal time to think about problems, worries and troubles? What are we doing by holding those kinds of thoughts while we're simultaneously wolfing down our food? We're taking the energy of our thoughts -worry, anger, fear, disappointment, sadness, doubt, etc - and sending those vibrations to every cell in our bodies along with the food we're eating. Do your best to keep your thoughts clear while you're eating. If there's any conflict around you - including what you're reading, watching on TV, or how you're interacting with others, the conflict vibration will be absorbed into your body, right along with your food. If you can't think happy thoughts' while you're eating, at least eat in peace and quiet.

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're 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's important to keep your thoughts clear while you eat. Think about your meal, enjoy the company of loved ones, or have a quiet moment alone until you are finished eating. This will help your digestion system and the quality of the energy you store from your food. Practice eating with a clear mind for three days. We know your life will change.

Your version of your life is your own. Your experiences and your creation are your own.

Finding your way takes questioning of self, discovery of tools and recognition of your choices. *Know thyself* (Plato); *To Thine Own Self Be True* (Shakespeare). You have within you the courage to change, to live your own best life - your own truths.

## COMMUNICATION WITH OUR HIGHER SELF HOW TO GET YOUR OWN ANSWERS

Many people say they cannot communicate with their Higher Self and constantly seek their answers from other people. Do you know that if you are out of your space energetically someone can read your mind completely? When you are in your space no one can read your mind or your thoughts.

Most of us, when connecting to our subconscious mind either see, feel or hear and we use this same major modality when we connect to our Higher Self. Most of us connect to our Higher Self through our feelings; we are kinesthetic. Can we trust our first feelings? In most cases we cannot because of some of the things which have happened to us in the past.

Here is a very important exercise. Get out a pad of paper and a pencil and write down the question: why am I here on Earth? In this exercise, always keep your questions very simple, using as few words as you can. Always write down the first answer which comes into your mind, whatever it is, the first word or the first picture or the first feeling.

Before you go any further clear your mind. Find a point on the wall in front of you. Focus on that point with your eyes. Holding your head level, shift your eyes so you are looking up at a point on the ceiling above. This will quiet your mind down immediately. When your mind is quiet, ask your question very quickly, three times consecutively:

Why am I here on Earth?  
Why am I here on Earth?  
Why am I here on Earth?

Write down the first word or thought that comes into your mind. Most of us get answers like: Love, teach, learn, play, heal or share. If you get an answer like, 'I am here to love,' what does that mean? To find out, write another question to your Higher Self. Using the word you received from your first question now ask, for example, how do I love? How do I teach? How do I heal or what does love mean? What am I supposed to be teaching? What am I supposed to share? Using the word you received, write another question, always pertaining to why you are here on Earth. Always keep your questions simple, using as few words as possible.

As you write the next question, clear your mind and repeat your new question three times out loud or in your mind. Write down your answer. Let's say the sequence went like this:

Q: Why am I here on Earth?  
A: To love.  
Q: What does love mean?  
A: It means to take your power.  
Q: What does power mean?

Continue this process over and over using the key word from your previous answer to create your new question. Timing yourself, take five minutes to write down every single thing that comes to you. Go as fast as you can. Don't think about it. Use the first word that comes in even if it is strange or peculiar. Write it down and keep asking questions until you just start to write continuously, answers coming to you as fast as you can receive them.

Do this for five minutes and after you get done look at what you have come up with. Your answers will give you a key to how and what you have been creating.

## **WHO ARE OUR GUIDES AND ANGELS? ARE THEY PIECES OF OURSELF?**

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. Perhaps guides and angels are aspects of ourselves that exist in other realities or vibrations.

If you recognized a guide as an aspect of yourself, would you take it seriously? Wouldn't you listen and pay closer attention to a guide that appeared in a form you regarded highly? Is it easier for you to trust an outside form or idea more than one of your own?

To communicate with guides and angels you must understand how you perceive information. Most of us are kinesthetic –we receive information through whole body feeling. Messages from guides, angels, or other aspects of ourselves are so gentle, so pure, that sometimes they're 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 very clearly and have even made major life changes based on these messages; the messages received were powerful, beneficial, life affirming, and felt right, even though the whole picture may not always have been understood.

Some people, however, have also made changes in their lives based on what their angels told them and the information they received did not feel right or make sense. They believed the information was from a higher source than themselves and must be right. Such information was not from their guides or angels; it was from an aspect of their fears and ideas. Many times 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 destructive. You have many choices about the actions you take with information you receive. You must always be discerning.

In Ken's book, 'The End of Time', he tells a story about a friend who received what she thought was a powerful message from a 'spiritual guide.' She had gone to a new massage therapist and had a profound spiritual experience. She wanted Ken to have a massage with the same woman so he could have the same profound experience. Although she did not tell Ken the details of her experience, he agreed to go. As he was having the massage, a strange energy came into the room and really frightened the massage therapist. This was the same energy that had come in and had taken on the illusion of what Ken's friend believed was a high spiritual being. The being mirrored this illusion back to her, thus disguising its destructive nature. It took on the appearance of Jesus and she had listened to the message even though it felt wrong--because she thought the message came from "Jesus." The energy was not 'Jesus' and Ken's friend had

not used her discernment, especially when the message she 'heard' made her feel uncomfortable and she did not feel any alignment with the energy behind the message itself.

We have all had experiences dealing with guides and angels. They have all been enormously valuable at the time they were with us. Ken tells the following story:

"Amy, a psychic friend from São Paulo, Brazil, helped me contact my guides and angels. I asked her who my guides were and after meditating for seven days, she said 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 couldn't 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 isn't 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 be balanced. After completing the chart I felt a pulling. Did another guide want to come in? I went to Amy and talked with her. She also felt 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.

I realized then my guides were using me as I was using them. There was an equal exchange of experiences, feelings, and emotions between my guides and myself. 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 war in the Middle East broke out at this time and I was told how to help using my guides.

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. I would always enjoy communicating with them."

When you are no longer attached to receiving information from guides or angels - when you no longer are dependent upon this being the only method for receiving information from Source - you will begin a new, different kind of communication—one from Higher Self, the angelic God part of you. After all, guides and angels are really aspects of yourselves. There is no separation between you. You have had all the information inside you all along.

## **WHO ARE WE CHANNELING? ARE WE CHANNELING OURSELF?**

What is channeling? 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—ETs, Reptilians, St. Germaine, Jesus, or Michael the Archangel—as the channeler claims? If you were to channel your guides, acknowledging they were aspects of yourself, would anyone listen to you? Would you even listen if someone else said, “I’m now going to channel Johnny Jones”? 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 higher vibrations. Source is pure love and so are the higher vibrations where dualities do not exist. We must have discernment when listening to different channels and notice whether these beings are fearful or cruel. Does he or she say things that hurt others or are not congruent with our perceptions of love? If they do, are they channeling an aspect of themselves or a particular being filtered and distorted through the polarity 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 found out later that different interpretations of the information coming in were made by the physical channel based on what the channel needed for their own life, ego, or survival. When a channel starts modifying a message or incorporating their own ideas when communicating a feeling, which is challenging to express in words, the message may become distorted.

Ken worked once in an area of the United States where a well-known channel had lived and worked for several years. The channeler’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, He heard from a person who was once high up in the organization that what was being taught in the Heart & Soul Healing workshops was in complete alignment with the information being channeled by the high spiritual being.

When Ken was to return to the same area, we checked the school’s calendar to be certain they did not have any activities scheduled for the same weekend. As soon as the dates were set and the flyers mailed out, the students from all levels of the school were called in for a special teaching on the exact dates chosen for the workshop.

Was this intentional? Was bringing Heart & Soul Healing to this area viewed as a threat by the school? We soon heard from a high ranking individual in the school. They did not want their students to attend Ken’s

workshop, because he was sharing some of the exact material their school's leader had been channeling. Could a "normal man" have the same information? Would the students soon realize that they also had the same information inside them? If so, this could mean they would no longer need a being channeled from another reality for insight.

It is important for channels to acknowledge they are channeling an aspect of themselves—an aspect with its own individuality and uniqueness. This does not make their information any less valuable.

Giving our power away to an outside force, especially one filled with confusion, anger, jealousy, or fear, is dangerous. These are not the vibrations of higher realities. They are the vibrations of people communicating from realities and places that are less evolved than our own. It is important not to give our power away. All of our answers are within us already.

## HOW TO LOVE OURSELVES

People ask everyday, 'How do I learn to love myself?' It seems to be a question not very many people know the answer to. One of the first steps is to love and accept what we don't like about ourselves. Love the way we look, love the way our body is, love the way we think and feel. The more we love ourselves the more it allows our vibration to stay inside our own bodies and become pure love. If we brought our energy fields back inside of ourselves and we did not love ourselves, our old fears and patterns would push our spiritual essence back out. Loving ourselves becomes a very important part of energetically staying in our space.

So how do we love what we do not like about ourselves? Simply do the things we love to do. Let's say we are in our passion. Let's say we are writing, watching a movie or listening to music. Whatever it is we do when we are in our passion, feeling good about ourselves and feeling good about the moment is when we want to embrace the feeling of loving ourselves.

The vibrations and feelings of loving ourselves and being in our passion can be used to change our whole body simultaneously to where all of our cells are energetically vibrating with love. Being full bodied while we are in our passion is a powerful way of doing this. For example, these moments may be when we are making love, being in an orgasmic state, taking a bath, swimming or playing with our families and our friends. Whenever we are loving a feeling, use this feeling of love throughout our bodies. Use feelings we love to identify what self love feels like.

We need to practice loving ourselves when we are happy. Do the things we love to do as often as we can: shop, listen to music, be with people, read or dance. Do whatever we love the most and when we are doing them feel love for ourselves. This way our whole body will energetically experience love.

Let's talk about just how important this is, loving ourselves. What if Jesus Christ or Buddha or Mother Mary appeared in front of us? What if we could feel what they felt like? Would we change our body, our vibration according to their vibrations? Of course we would. By doing this we would energetically change and heal ourselves. So we have got to put our emphasis on loving ourselves. Love what we don't like, love what we are insecure with and love what we would like to change. Maybe, until we completely love ourselves, our body will not change its form, its shape, the way it is or how it is feeling. Love is an extremely important vibration; it's a vibration all in itself. How many of us spend any time during each day loving ourselves?

## THE PINEAL GLAND

We believe the most valuable knowledge—including information from Creator, direction from guides and angels, wisdom from your Higher Self, communications from other civilizations, galaxies and star systems, magical and shamanic lore, and knowledge from Mother Earth—is all centered in the pineal gland. Using the Living Light Breath will allow you to activate the pineal gland and get your own answers.

The pineal is a tiny but mighty gland, crucial to the healthy functioning of your physical, mental, emotional, and spiritual bodies. Just a little bigger than a grain of wheat, it weighs about two grains. The pineal is about one quarter inch long, reddish-grey, and shaped like a cone. It's 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 the center of your forehead to the back of your head, then drawing another straight line from ear to ear. Picture the pineal gland down in the middle of the brain below 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 will also be very useful. This is important because if the pineal is not physically healthy nothing is going to work right. If it is damaged, we believe practicing the Living Light Breath™ can help restore the pineal gland to good working order.

The pineal is part of the body's endocrine system and produces regulatory substances called hormones, which are transmitted by the bloodstream to different cells and organs. Scientists consider the pineal to be the master gland, "the regulator of regulators," which 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. It's also the body's main anti-oxidant, preventing damage to the cells and DNA; it's 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's 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 gaps 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 or harden. As the pineal calcifies, melatonin production decreases, and too much serotonin is released.

The calcification of the pineal gland and decrease in melatonin output activates the body's aging process. It may also be the cause of epilepsy, hypertension, neurological disorders, and various cancers. 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 continuously draw spiritual light into our pineal gland to reverse calcification and keep this gland healthy and fortified. Anyone can easily learn to do this. And when you do, you will remain healthy and youthful, and will enjoy the benefit of increased spiritual communication, connection, and understanding. While modern medical researches are 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 centrality and the benefit of its 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 Now 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 those who channel spiritual beings, 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 the Wise Ones that the spiritual function of the pineal is activated by compassion and by following the Golden Rule. Love and goodness will activate, open, and stimulate pineal function. Seventy-five percent of all medical problems are stress related. I believe that a loving heart, consideration for our brothers and sisters, and right action and living, all go a long way towards stopping the physical and spiritual calcification of this gland. This also allows an abundant flow of melatonin, which greatly reduces stress and medical problems in our lives.

The Old Ones of the ancient Mystery schools, who taught their students how to open the pineal gland, variously 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's 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. By amplifying and transmitting the vibratory rates of our virtues, we can attract higher frequencies and light to be absorbed and used internally.*

The pineal is the point of contact through which higher energy systems surrounding our bodies 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.

The 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. 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 did in the past; every experience will be full-bodied. You will develop your senses to understand and feel in a different way. Truly being in the pineal allows full-bodied, simultaneous alignment with all your chakras, as well as every one of the 70 trillion cells within your body. From the pineal there are some 366 senses you will be able to develop and explore. You will then be able to choose what to energetically experience in your life.

## **THE LIVING LIGHT UNITY CONSCIOUSNESS BREATH**

There is a gate or vibrational portal open to all human consciousness, that connects our body and our spirit, the realms above and the realms below, and the inner worlds with the outer worlds. The Living Light Unity Consciousness Breath is a way to move our consciousness, and connect with the creative energy of all living consciousness everywhere.

By incorporating the Living Light Breath™, which is explained in detail on the Breath page, you will manifest your spiritual life physically and change your self completely. By connecting and activating your Pineal Gland with this breath technique, you open the doorway to re-structuring your DNA on a cellular basis.

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. 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. 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 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.

### **INSTRUCTIONS ON THE LIVING LIGHT BREATH™**

There is a gate activated every time an ascended master takes his/her last breath and moves into the Unity consciousness grid. The Living Light Breath™ is a way to move into this grid and connect with all living consciousness everywhere.

Directly above your body is a passageway, or tube of Light that was created for your soul to reconnect and travel back to Source. Visualize and feel what it would be like to be moving towards that Light, and gently, move into the 'last breath'.

Your head, upon taking the 'last breath' (experienced by some as a very deep sigh), seems to be drawn naturally down and to the right as your body goes limp. If your head feels like it wants to move in this direction, allow your head to simply fall slightly forward onto your chest, roll over and up to the right.

### **BASIC BREATHING LOGISTICS**

Imagine yourself within this tube, breathing and drawing your Light Breath from Source. Following the specific steps below, you will bring the focus of your breath down into your Hara Point. The Hara, the balance point for your physical being, is located about two fingers width below your navel. You will repeat this breath process seven times: Moving your breath up the tube, drawing in the Light of Source and bringing it back into your physical body to your Hara point. By holding the breath in the balance point

of your physical body, it will begin to heal your three lower chakras.

Continuing with the Light Breath, on the eighth breath move the focus of your breath up from your Hara, into your pineal gland and continue to breathe from there. Your pineal gland is found in the very center of your skull, midway between the front, back and sides and on the level of your eyebrows.

The complete breath itself consists of three natural cycles and specific states of focus: Inhalation, retention (a holding or pause state) and exhalation. The physical logistics of the Living Light Breath™ are as follows:

Sit erect and comfortably. Always sit with your spine as straight as possible.

Place your hands on or in your lap, lying or cupped comfortably, either in the first mudra or with one palm loosely resting in the other. The first mudra is having the tips of both index fingers touching the tips of both thumbs. Use any hand mudra which feels natural to you.

Close your eyes, breathe through your nose and relax.

During the entire sequence of breath, keep your tongue touching the roof of your mouth, just behind your teeth in the upper part of your palate. By naturally closing your mouth, your tongue sits on the roof of your mouth. Keeping your tongue on the roof of your mouth connects the two major meridians in your body and prevents any energy from being blown out your crown chakra.

As the breath is drawn into your body, Double lock your anus. This is accomplished by first locking the opening to your anus or perineum. Do this by squeezing the muscles of your buttocks together. This is the first lock. The second lock is accomplished by pretending there is a string coming out of your belly button that is attached to the small of your back. Now pull that string. As you pull it your belly will be pulled inward. This is the second lock. This double lock prevents any energy from being lost or blown out through your first chakra.

Begin the Living Light Breath™ by consciously drawing in a normal breath deeply through your nose, so the air reaches the back of your throat and flows down against your spine.

Let your breath go all the way down to your root chakra or until it can't go any further. You will find your breath naturally flows in the area of your three lower chakras - your lower belly and navel.

When your belly is comfortably full, let the air rise and expand your ribs and let your chest rise. You are now full of air.

You have filled yourself from bottom to top, from abdomen to chest. Hold your breath as long as you can, centering your focus at your Hara point. Then exhale through your nose and release the double lock. As you exhale, relax your body and let your shoulders be comfortable. Exhale very slowly and gently. Your abdomen deflates automatically.

You have just taken one complete breath.

Continue to breathe in this manner seven times. Each time imagine your breath traveling up the tube on your 'in breath', bringing in the Light of Source. Once you are filled with the Living Light of Source, bring your breath and your focus down into your Hara point and hold for as long as you can. On each 'in breath', as the breath travels down to your Hara point, double lock. On each exhale, release the breath and release the double locks.

On the eight breath, move your point of focus to your pineal gland and center your breath from there. There is no double lock on this breath. From your pineal, you now will be able to feel and connect to all of your chakras, in a new and non-polarized way. You will experience the expansion of your own awareness and become less reactive to energy that no longer serves you.

## THE HARA POINT THE CENTER POINT IN OUR BODY

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™, we activate and strengthen the energy in the Hara by drawing energy from Source to this center. It’s a place in the body where you can unify the physical, mental, emotional, and spiritual bodies.

The Hara is located about 1 1/2 inches behind the navel and is the exact point of balance in the body. If you were suspended by a wire from this point 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 long time; they now have a field of study called Neurogastroenterology.

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. 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.

### **ENERGETIC LOOPING WITH OTHERS**

One of the situations people have mentioned to us over the last years was they could not energetically feel Ken. We asked what they meant and their response was they could not feel his heart and so there must be something wrong with him. They said Ken was at fault for not being in a heartspace which they could feel or he must be doing something to block their connection with him. It took Ken several years to realize that basically these people could not feel themselves. Ken was not energetically reflecting back

what they needed to look at within themselves, therefore they perceived there was something wrong with him. He was not energetically reflecting back to them.

We believe we energetically loop with people when we project our energy. Looping means to energetically engage with others. Most of us are not actively comfortable with parts of our bodies, especially our first, second and third chakras. Our first chakra is our sexual/creative energy. Our second chakra is our male and female energy within ourselves. Our third chakra is our energy of power and control. Most of us have found these lower chakras challenging in the past and so we use more of the upper chakras in our body. We feel more comfortable with them than we do with our lower chakras.

So what happens when we come from our heart? Is it possible we find people to energetically loop with who would reflect our issues of power and control, balancing our male and female and changing sexual energy into creative energy? When our field is out and we are energetically looping with others, this loop can continue way past the time we are with that person physically. We need to move out of this way of looping. This is one of the reasons Ken suggests pulling our fields in and being 100% in our space as well as bringing our collective consciousness back into our own space.

So when we go back into an old situation where we have been energetically looping in the past, the energetic patterns are still there. Now let's enter the situation from the position of being in our own space and loving ourselves. The person we used to interact with is still going to project their energy onto us whether it is guilt, shame, anger, hurt or pain. How will it be different this time?

What happened in the past was the two of us were energetic. We reflected our issues to each other. Now we are not in the same place energetically and the other person cannot feel us. We are not reflecting back to them. We are not looping. What they will do is find somebody else to loop with so they can continue learning and attracting their lessons. At this point we clearly recognize what our issues have been and by witnessing events around us, we continue to learn. Ken calls this Unity Consciousness.

In the situation of a loved one, let's say our spouse, is a part of our subconscious mind fearful if we do not reflect their issues they will leave us to find somebody else to be with who will? Understand this, if we were to love ourselves unconditionally and our spouse felt this love, it would be very attractive. Even if they were not conscious of it, they would still want to be around us. It is much healthier loving ourselves than reflecting someone else's pain so they won't leave us.

Energetically we are all changing. As our vibrations change, there will be some people we will no longer want to be with because they just won't feel good. One of the reasons may be we don't like what they are creating. We don't want to change their creation or judge it. We understand what they are doing and have compassion for them, yet we can choose how we want to be with them.

By being in our space and not looping energetically with others we will be able to get along with people we have never been able to get along with in the past because we are not reflecting their energetic loop. By not getting into those old energetic patterns, we can understand them for what they are, without judging others or judging ourselves.

## THE NON-PROJECTION OF ENERGY

Most metaphysical and religious people are taught and continually asked to project energy, light, and love to all those around them. We live with many different dualities in our three-dimensional world. Many metaphysical people project their thoughts, energies, and ideas, so that other people will know who and what they are. Many people, when in love, seeking a job, creating, helping, or healing others, end up projecting energetic parts of themselves outside of their own space, hoping to control and interact with others.

We have also observed that the energetic fields of most people are out several hundred yards. To keep themselves energetically safe, they built a barrier around themselves by pushing their energies outward. Another reason for having their fields pushed out is that they are not safe being fully in their bodies.

An interesting phenomenon occurs when we project anything to anybody outside of our personal spaces, no matter how innocent or well-meaning our original intentions might be. By projection, we mean sending to others ideas, meditations, prayers, thoughts, or feelings in an effort to influence them physically, emotionally, mentally, or spiritually. For instance, if I project love onto you, it would be my idea of love, not yours. The projection is really not love - it is energy. This energy would immediately cause some form of distortion within you and result in an interaction between us. Most of us are doing well just to know what we are learning on a soul level. Even if I believe that I am projecting positive energy onto you, if you have not asked for it, a part of you may subconsciously feel a type of psychic intrusion or personal judgment, because part of you may not be in alignment or balance with whatever energy I am sending to you. Even if this interaction is only perceived and felt on the inner mind level, the two of us will immediately get into an energetic exchange. Because of the ways we interact with each other, many of us end up feeling psychically roughed up or intruded upon without quite knowing the reasons why.

Sending love to someone else is complicated, because we are not absolutely certain about what they are here to learn. There are millions of different combinations of lessons and life experiences you may have chosen to experience and master. Whatever lesson you have chosen is meant to help you master unconditional love for yourself.

Even though you and I may be learning aspects of the same lesson, you may need to learn things in a different way than I have chosen for myself. All we know for sure is that we are working on certain lessons and have our own personal perspectives of love that we are doing our best to understand.

Each of us has different experiences of loving and being loved and these experiences have shaped our perception of what love is. No two people have the exact same interpretation of love. Perhaps we only experience love to the degree we have been loved and accepted ourselves. How many of us felt one hundred percent loved and accepted by our parents? I would like to suggest the idea of not projecting at all. Rather than sending out energy, become the essence of the energy itself.

Please just consider the idea of non-projection. First, refrain from sending love, light or anything. As we

interact with others, simply reflect a state of compassion for all life. In most cases, there is no polarity attached to being in a state of compassion. As we unconditionally love ourselves, the essence of our beingness automatically radiates out through our compassion and is felt by others within themselves. When you are not projecting anything outward, it's easier to center yourself.

We have one hundred trillion cells. Each cell represents another consciousness; we are all reflected inside of 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 one hundred trillion parts of ourselves. If you want to pray to God, be love, go inside, and address your prayers to your internal divine presence.

### **SENDING LOVE AND LIGHT OR IS IT ENERGY?**

There are many metaphysical people today who are energetically out of balance even though they are coming from a loving place. How can this be? Are we sending love and light and changing the world, based on our ideas of how we believe the world should be? How many of us love ourselves unconditionally? How many of us love the way we look? Love our hairlines, our stomachs, our bodies? Love how we are and what is going on around us? Love our jobs, our houses, our cars? Love every aspect of our lives? Without achieving this, how is it we can send love and light out to others when there is some part of us we do not love? What we advocate is to BE love. What is it to BE love and what does that look like? To BE love is to love ourselves unconditionally and have unconditional compassion for others.

We consistently find the average person's energetic field is projected out around them several hundred yards. They were being physically affected by everything going on around them. For sure their nervous system was affected. For sure their energy was affected. For sure their emotional body was affected.

When we send love, is it love or is it energy? This is absolutely the most important question we need to ask ourselves. If we are sending love and it is actually energy, then are we intensifying another person's creation? Could the collective consciousness around the person we send energy to, energetically feel us and continue to tap in on us, past the time we send them energy?

How many of us have been loved completely? Most of us have never experienced this feeling. So when we picked our relationships, did we love our partner more or did they love us more? Most of us would say we loved our partner more, hoping that after they experienced our love, they would learn how to love us more than we loved them. Did this ever really happen?

How many of us felt our parents loved us completely when we were just a child? Their love was never enough when we were young. It wasn't until later in life that we realized our parents could only love us as much as they loved themselves.

If we are here to learn how to love unconditionally and there is some part of ourselves we don't love, by sending love, light and energy, what we attract in return will be what we don't love within ourselves. Isn't this a perfect way to look at the things we don't like or understand about ourselves?

## THE ABILITY TO CENTER WITHIN THE HEART

All of us by now are experienced in many ways on the path of enlightenment. After all, we've been in this game of life awhile, read lots of books and attended lots of workshops with lots of different teachers. The message from everyone everywhere is: We must center ourselves in our heart center - our heart chakra. Based on what we have seen and been told by thousands of individuals around the world, this can become overwhelming for many.

Over and over we hear the same stories with a slight variation. It does not matter the country, heritage or culture. People everywhere are working hard to stay in their heart center - only to discover that this intensifies their emotional body which in turn overloads their nervous system. Burn-out begins and their physical body is damaged. Can you see how frustrating this has been for us - why we feel like a broken record? It only takes a slight adjustment, an easy technique to change these patterns. It's simple to find a new way of being in your body with freedom from the old energetic dynamics that have kept you hostage, captive or hurt in the past.

Why does being in our heart center intensify our emotional body and/or create chaos in our personal relationships?

- 1) Every time we fall in love, we move to our heart center in order to feel our love and that of our lover. We mix our energies and life forces to make our love real. We obtain a sense of togetherness that we have never felt before, become one with each other to attempt to understand what love really is for us.
- 2) Then we make love, moving from our heart center to our root/base chakra, then to our partner's root/base chakra and then to their heart chakra. This begins energetic looping which intensifies the energy of our heart center.
- 3) Being centered in our heart chakra requires that we be completely open, never closed or shut down, or even just partially open.
- 4) We soon discover that we need to find and learn a different way of being open; for we are becoming overwhelmed with the emotions of life; our nervous systems feel burned out and we are too sensitive.
- 5) After some time, we become aware of life issues in other lower chakras: the issues of power and control in our third chakra and male and female issues found in our second chakra. Our energetic looping now includes our heart chakra with all lower chakras and we become 'hard wired'. We continue running this energy throughout our life. Unless we can find a way to break these patterns, we will continue to attract the same kind of energy in future partners and in other relationships. In the meantime, we lose a part of ourselves by shutting down the creative part of our root/base chakra.

## FREEDOM FROM THE PAST

How can we keep ourselves open in our heart center without attracting these kinds of old patterns and energy dynamics? Many individuals around the world have shut themselves off from the energy of their root/base chakra, their sexual self in order to avoid attracting more of what they do not want. Unfortunately, by feeling their survival is dependent upon not experiencing from their root/base chakra, they have also moved away from their creative self - their passion for living and for creativity. We know this to be true because we have worked one-on-one with thousands of people around the world.

It's not right or wrong to be addicted to old looping energy. It's a normal factor of life. After all, it is this old energy that we feel will take us back to love and to the experiences we can have when we are in love. Each of us is made of all types of energy and all kinds of projections. Every individual is addicted to some kind of energy or imprint of energy. Projections (the thoughts, ideas, feelings and judgments of others) come from all types of dynamics and occur at any time. What about projections that we get when we are younger? How do they affect us as adults?

After listening to so many stories, it is apparent that we become imprinted by these energetic projections; many of which remain with us for years and lifetimes before we discover where the origin of our feelings and how and where we are energetically imprinted. What do you think would happen to a person who is making love with their partner and that partner is fantasizing about another individual or thinking something else (other than making love)? Whatever energy is being attracted to their partner in that moment is passed onto both of them.

## **CHANGE YOUR ENERGY - CHANGE YOUR LIFE**

How can we change the energy in our body in order to change the way we feel? By moving to the pineal gland - in the center of our head. Doing this will create space - time - for us to become less reactive. Moving to the pineal gland provides us with more than 366 subtle senses - allowing us to become even more sensitive. Not the overwhelming kind of sensitivity we feel in our heart - the kind of sensitivity that allows us to sense energy before it hits our energy field - before it compromises our emotions and affects our physical body. Moving to the pineal gland gives us that moment of opportunity to make a choice to react or not.

Think of the energy patterns in your body like a circuit of life force. Energy runs throughout your body at all times until you change the circuit. Only then can your vibration/energy/past experiences/old patterns change. We have to be open to sense the things around us in a softer/safer way. Moving to the pineal gland allows you to do that. Using the Living Light Breath to move your center to your pineal gland also helps heal the three (3) lower chakras so you can change those old patterns, old power and control, male and female issues.

If you really want to attract different relationships, if you really want to feel good about yourselves and the way in which you communicate with others, if you really want to feel free from old energy projections, imprints and old patterns so you no longer have to attract the same types of people and experiences - then you have to change ! Change your energy - change your life.

Do we believe you need to center yourself in your heart? ABSOLUTELY - YES - yet only after you have developed and practiced being more sensitive and allowing yourself the space for choice of whether or not you want to be reactive by 'feeling' the full energies of this 'real' world and those in it.

## PATTERN RELEASE TECHNIQUE

A good time to use this simple clearing technique is while taking a bath. Plan for fifteen to thirty undisturbed minutes.

Take off your jewelry, including your rings. Light a candle to represent a spiritual person you admire, such as Krishna, Sai Baba, Moses, Jesus, Mother Mary, or Buddha. Picture them with you. Feel the unconditional love this spiritual person reflects and recognize that place of love inside yourself.

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, being poor, sick, or alone.

Next release thoughts, feelings, and emotions you are holding, such as guilt, anger, hate, abandonment, separation, betrayal, grief, 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 bought into. During the release, make an intention to keep the wisdom gained from these events and feelings.

Now: 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, loving time with your family? Food, sunsets, flowers—release it all.

How many of you are holding these positive past events and feelings and using them to judge every experience you create today? Are you comparing every kiss or embrace today to an experience you had in 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're doing is releasing the energetic charges you are holding on to which are still causing you to have judgments and comparisons today. Once you've 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 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.

## MASTERING & CLAIMING OUR SPACE

We practice being energetically invisible. Does this sound strange? Most 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 fields 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 them. Unless we make a decision to connect with someone in the store, say a friend, 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 evening comes we are tired, we have an attitude, and we don't want to do anything at all. Pretty soon we stop exploring our own passions because we gave our energy away to everyone else.

Practice shaking someone's hand and feeling nothing but their handshake. We should be so energetically in our own space that we can make love to our partners when they've had a bad day and not take on or accumulate any "bad day" 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.

When we suggest that people pull in their energy field, love themselves and not send (project) energy, most people become concerned. We get questions such as:

'Does this mean I will never be able to be with other people and just hang out?'

'How do I open my heart to everyone and not send (project) energy?'

'Does being invisible - being in my space - stop others from feeling me?'

The question actually should be: 'At what point are we loving ourselves enough to accept everyone else as their own creator?' and 'How much of my energy do I need for myself and when am I crippled by giving so much of my energy away?'

It becomes a matter of choice. It's a matter of how we prefer to spend our energy. Pulling in our fields, staying in our own space, and loving ourselves allows choices for us. Not imposing our energy on anyone else allows them to have choices as well.

## **BEING ENERGETICALLY HEALTHY**

Many people come home to their families after working all day at stressful jobs where there are arguments, angry people, constant deadlines, and long hours. These people often come home energetically exhausted and yet they want their families to meet and accept them as they are—even though the vibrations from the day are all over them.

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

Most people shower in the morning. They go to bed energetically wearing everything 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's a lot of energy out there you wouldn't want to hug or take to bed.

For those in the healing professions, it's vital to change your work clothes at the end of the day. Any clothes we wear all day absorb energy. Do not 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 won't vibrate with unwanted energy. You may want to put dirty clothes in a plastic sack. The plastic will contain the old energy. When it's time to wash them, then put them in with the rest of your clothes.

## **CLEARING JEWELRY AND LEATHER**

Many people do not clean their jewelry every day. They wash themselves and clean their clothes, but they wear the same jewelry day after day without taking it off and intentionally cleansing it. Metal jewelry attracts and conducts energy. As energy moves down your hand and all around you, a ring filled with built up energy can reverse your energy flow and cause pain in your shoulders, neck, or back. When you shower at night, slip off rings and other jewelry. Run water over them and think "clear," so your intention can energetically clear them.

A female client came to a session wearing diamond earrings. She was asked when was the last time she had taken them off to clean them. She stated it had been only a week or two ago. There was so much energy trapped in those diamonds that her ears ached, her hearing was affected, and she had headaches. She was advised to clean her jewelry every day, especially if she wore crystals or stones over her heart area. All of these things can pick up energy. Metals will buffer energy until they are full and then the energy in the object will reverse itself, going into the wearer.

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 past times you wore it?

Here is a simple method to clean leather belts and other leather items. It is a very easy process. To make sure you do not take any of the energy you are clearing from the leather onto or into your body, place a

rubber band just below your elbow on your clearing hand. For men, your clearing hand is usually your right hand, and for women it's usually your left. The rubber band will serve as a reminder that the energy will stop at your elbow and go no further. 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've 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 we ever saw was a leather jacket worn by a teenager in Canterbury, England. His mother brought him for a Heart & Soul Healing™ session. When he came into the room, his leather jacket was an energetic life force all its own, vibrating with energy. He wore it day and night, indoors and out. He wore the jacket to school; he wore it to nightclubs. The jacket had to be cleared of energy before his session even started.

You may not be able to clear some items such as down pillows and comforters. They can be used for sleep if covered with pillow jackets, duvet covers or other methods of avoiding direct contact with your own energy. Feathers - down - will carry and store energy. 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 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've picked up over time. The environment around the crystals may also start to feel bad or become chaotic. You may want to only keep a few crystals in your healing room or bedroom, and clean them often with running water and your intention to "clear."

Remember, intention is the most important part of clearing. Some people suggest using sea salt or sage as a clearing method. We feel sunlight or running water and your intention to clear works the best.

## DETECTING AND CHANGING NEGATIVE ENERGY

Just as important as the act of an exorcism itself, is the ability to identify and neutralize spells, curses and negative thought forms. An extreme negative thought-form focused with a specific outcome can be classified as a curse or a spell.

Negative energies (spells and curses) are often challenging to detect. Identification of the source can be more difficult. Such energies often affect the individual in the same way as a negative-possessive spirit. When an individual is released or cleared of a possessing entity, yet the individual continues to display some of the characteristics listed herein as being 'possessed', we then look for a spell or curse. Once the source of the spell or curse is found, the effect on the individual can be completely eliminated.

*"Given the possibility of these negative influences, the next problem is to detect them and then clear them. Detection of the presence of negative energies can be accomplished in different ways, depending upon individual skills. Some people are able to see or visualize them; some can sense their presence. Some can detect and 'measure' them by dowsing with a pendulum. There may be other methods. In any event, it is desirable when dealing with this problem to be able to define what the negative influences are, how many are present, and the relative intensity of their influence on the conscious and subconscious aspects of personality."*

*Body, Mind and Spirit, Dr. Edward Jastram*

If we use good to fight bad, we cause these energies to collide and create chaos. These forces will need something or someone to change forms onto. Etheric duality knows how to be different and will battle to the death. Each one has to overcome the other energy or it will be consumed by that opposite.

Whoever is facilitating the healing process will have to bring balance by either using themselves as a battleground, or allowing both of these energies to flow through them. When the facilitator gives no credibility or energy to either of the dualities, there can be no reaction for the healer.

It is only our fears or ideas that keep this energy going, or allows negative or positive energy to hold form. Being One with all energy is very challenging. Not having ideas and beliefs is almost impossible. It is only after one has been exposed to or had experience dealing with all kinds of dualities that one truly believes that energetics can change when we let go of the form that the energy has known by those ideas and beliefs throughout history. Being One with everything and separate from nothing, then nothing can or will react to me.

Most of the time when a person in the healing arts finally figures this out, they have been so badly hurt they can no longer help others. That is normally between three to five years. The healer's nervous system will be damaged by the amount of energy they have been running through their systems. Their own inward battle then went on to transfer the energy in their own physical body.

Compassion is the key. Experience is the only way to achieve the level of compassion needed to transform all old beliefs and the collective consciousness back into clear light.

### **OTHER REALITIES, OTHER CHOICES, SAME TIME**

Do you know that at any given time, there is a minimum of three possible realities that could be playing out in our existence? If someone tells us our future looks a certain way, ask what the other realities look like. When we consult a psychic or intuitive, we need to remember that all the psychic or intuitive can read or see is the one reality that we are giving the most energy to - the one that has the most charge and color.

If we change our ideas, or put our focus on another reality, our future will change. We do not need to fully accept what any other individual says about our future. It is only their truth based upon our energy at that moment. Our free will and choice of creation in that future can change the energetics and the dynamics and thus, the reality of what will exist in our lifetime.

If we are told something detrimental about our future, or told that there is curse or demonic energy causing negativity, we ought to ask that person for a way to easily change our vibration or energy to change the outcome of our future. It is the responsibility of each of us to speak and act responsibly when providing information to another person. Tools and information to assist us in changing our future are free.

## TECHNIQUES TO CHANGE NEGATIVE ENERGY

There are many of us that are affected by negative energy in our homes or at work. Here are some helpful guidance techniques that will work with these kinds of problems:

We bring this energy home with us each day, even if we use the clearing techniques (see Section Two). This type of energy can be picked up on our clothes, leather articles, jewelry, our hair.

There is a need to know what is going on in our community, church, store, school and anything that could be affecting the neighborhood, such as jobs lost, closing of businesses, hard culture, crime, poverty. These situations can create a lot of projections that may be placed upon what we might own, or who we are. Are there individuals who might be jealous? Do you own a business and have a lot of people you are supervising? The projections of other people have energy. This energy can affect our home or the area in which we live.

Look also at power lines, transformers or other high energy conductors that may be around the home. Are there creeks or cemeteries that could hold certain kinds of energy? Is there an airport where planes are flying overhead? Big cities will be more challenging than an area that is away from a dense or high population.

Whatever energy we have in our home will be attracted to us. There is a fine line that ought to be addressed. For example, if there is a teenager living in the house who often has a lot of sexual thoughts, their room can hold energy that may overlap into other spaces. The energy of their school, classmates or friends may also be encroaching outside of their own space. Old energy patterns can be affecting anyone else living in our homes, apartments or surrounding areas.

People who are sick or not feeling well and living or staying with us also affect the energy of our home. The energy of the weather, holidays, the full moon, going back to school, negative or scary television - all can have an effect on us.

There are things and areas in our home that can hold energy - furniture (old and antique or furniture given to us by someone else), photographs or even pictures; areas that need cleaning, or areas in which we stack old records, old books, junk; bedding or old pillows, mattresses that are old. All these items and areas can easily be cleared by cleaning and moving items around, getting rid of clutter, putting mattresses in plastic zippered cases. If an individual or an animal dies in the home, either thoroughly wash or throw away their bedding. Feather pillows and bedding especially can hold energy - forever.

One thing we can agree on: If we are clearing ourself, our home, our business and we are aware of the dynamics around us, the energy around us can change and not build up in our homes. We want to keep energy flowing through our living spaces. The older the energy, or the more 'stuck' the energy, the easier it will be for us to be affected.

There are several other ways to clear the areas in our home and our work environments:

1. Wash rugs and thoroughly clean the furniture and draperies;
2. Painting the walls can and does effectively work to clear energy;
3. Moving furniture to different spots in the same room (even inches can make a difference);
4. Mirrors, even small ones, can be placed on window sills;
5. Cleaning and straightening areas that are cluttered or have not been cleaned in the last year;
6. Clean crystals and stones at least every month - clean the crystals in offices each week;
7. Have plants and things that are alive - they help with balancing energy in the area;
8. Clean jewelry each day that you wear it; Also clean your glasses;
9. Not wearing jewelry that does not make you feel good. For example, not wearing your mother's wedding ring without cleaning it first;
10. The sound and the vibration of music help to move energy;
11. Simple ways of using feng shui techniques are also good.

If we have been in a relationship or there has been a person sharing our space and that relationship has ended:

1. Move the furniture around in the bedroom;
2. Change or clean the bedding and change or replace the pillows;
3. Put mirrors up on the walls or on the window sills;
4. Paint at least one wall.

By using these simple guides, if the person who shared your space is still thinking or fantasizing over you, your bedroom will not be affected by their projections. These small changes can free up old energy. It can therefore not hold any projection. The same steps can be used and applied to any other rooms in the home.

If we live in an apartment and there are people who live below or on either side, it is helpful to use a 12" x 12" mirror. Face the mirror towards the wall, perhaps behind a dresser or other piece of furniture on the wall between apartments. A mirror can also be put under the bed, facing down.

Aluminum or anything with a reflective surface can be used if there is not a mirror. Anything that will reflect energy or projections back to their source or away. When clearing the space in our home, we

must only go to the walls. Going beyond the walls of our apartment, our space, is invading the space of someone else.

Having a space that is safe is the most important - a space that is yours in which nothing can be moved and no one can enter without permission. This space is a place where you can be unconditional with yourself and rest completely.

Remember, anything that is going on in our home is affecting us. Watching how energy affects us is very important. Learn to control stress levels for this is where negative energy can invade. Always exercise moderation when using things that are not really good - such as drinking, drugs, smoking. These are tools, not vices. Be mindful of addictions, even to food. Enjoy completely what you are doing so there is no need to over-do anything. Look for other ways of balancing bad habits without getting angry with yourself or judging. Addictive energy extends to people and things - anything that represents our past and causes high emotion. Do the best to keep your emotions even, not real high and not real low. When we feel like we are 'losing it', we ought to get physical. This will help to quiet the mind. Individuals who judge us try to hold us energetically in their own ideas or fears. It may be that certain relationships causing high stress may need to be changed. If we are feeling bad around someone, we must consider changing that relationship. Denial will only cause more problems.

Most of us also agree that money can be a large challenge in our life. It is hard to change if we feel trapped or we are in a situation that causes us a great deal of stress. The most important thing is for us to feel physically safe - that is Number One.

After changing the external energy so it can not hurt us, then we can work on the emotional energy.

## ONE OR SEPARATE? CREATOR OR VICTIM?

These two questions represent the most intrinsic and basic belief we must have as human beings living on this planet.

Am I One with all that exists in creation, or am I separate?

Am I a Creator or am I a victim?

For 99.9% of the people here on Earth, they do not believe they can be One with everything. After all - there really is so much 'out there' that we do not want to experience or accept. We do not want to feel or be a part of about 85% of what exists on Earth: war, hate, anger, greed, control; all kinds of projections. So the million dollar question is: If you are separate from one thing, are you separate from everything? Either you are One with everything or you are separate. Very few people can accept this fully. Even the majority of metaphysical teachings recommend some form of energetic protection – seeking or asking for help outside of yourself.

Almost all religions and cultures of different philosophies suggest that some being outside of us can fix or save us or give us our answers. We have found that some teachers and spiritual or religious groups do not want you to be One with everything. It is what the mystery schools did not want us to know about or to practice. This was/is the greatest secret. There is a great power in the balance of Oneness. When you reach Oneness, no one can ever control or affect you. You are invisible to any type of projections from other people. Remember, subconsciously no one wants you to take your full power. If you do, you will no longer be the same person or react to them energetically as you did in the past. As the past changes, so does your future.

All belief structures contain the same word: responsibility. If some-thing or someone else can step in and save us, then personal responsibility does not apply. So, is everything a part of me? Or, am I separate from everyone and everything around me? How can I be One if I have any ideas, beliefs or judgments about anyone or anything outside of myself? The challenge comes with the ideas, beliefs and judgments we have - because we have used these feelings to identify who we are, and who we are not.

Most people at this time, function from the knowledge of what they no longer want in their life. They aren't quite sure what it is they DO want, they just know what they DON'T want. This causes feelings of separation. By only looking at what is no longer wanted, you become stuck – unable to create anything new for yourself; fearful that each new creation will only bring more of the past and more of what you do not want. You become frozen, trapped – helpless to move forward. Don't you wonder then what the entire human consciousness of the planet is feeling? Mankind continues to create based upon what they know they do NOT want rather than what they DO want in their hearts. We have given a lot of energy to old ideas, beliefs and judgments. We hold onto them far too long. If we don't allow our ideas to flow into creative energy, they cause chaos either within or around us. The more ideas we have - the bigger the problem we can create. Problems begin by giving energy to an idea, then holding onto that idea until something or someone has to give. It usually affects ourselves. So, how do we release or let go of our

ideas and those patterns we have so carefully constructed our whole lives? Perhaps it is more a softening of these thoughts and energetics. By allowing and creating the room (space) for other thoughts to enter, it changes our hard-line perception and creates a newer reality; providing an opportunity for greater awareness, healthier balance and a broader vision of Oneness.

## ONE WITH SOURCE

Perhaps it is in the 'letting go' that we allow ourselves to accept the unlimited potential of all that IS. Perhaps it is by allowing ourselves to relax our tight grip or stranglehold on our fears that we can finally feel the truth of Oneness, the inescapable reality that there is no separation - that I AM truly One, with all there is. I Am Creator.

Question: When you are One with all creation, are you One with Source? Pretty easy, right? Wrong. Here come those ideas again about Source, angels, guides, masters, violet flame protection, spiritual beings - anything outside of you; any fears or illusion will cause a problem. If you give these thoughts or ideas any energy, you will attract people who will reflect these patterns or issues.

In fact, we energetically attract to us everything we choose to separate from ourselves. Attempt to separate yourself from any feeling or energy and it will surely follow you around like a magnet. You are the one providing for that idea to maintain itself. That's how we all evolve on a soul level. Creator does not separate itself from creation.

Are we afraid to be One because we will lose our identity, or our 'who' we are? Is there a need to have our separate identity? When you are One, does that mean you no longer have any individual importance? Is that the fear that creates the separation? Is that the truth that maintains the idea of individuality vs. Oneness? When you are One -nothing will be attracted to you because you do not reflect any energy back to others. When you are One, you move through all energies as if invisible; no individual essence but the combination of all essences in One.

So, if I believe I am One, then the creator or creative energy sees and feels me as a perfect reflection of itself. I have the base vibration for the next dimension or vibration that acts as a catalyst for dimensional change. You believing you are One – You can be the creative catalyst for dimensional change. You can make the difference in the evolutionary change on this planet.

Oneness feels like a quiet 'empty' state where nothing exists. That space is so foreign to our senses, our mind immediately attempts to create something, and so our old fears and ideas rush in – filling this empty space, comforting our knowledge that we are in control. We feel more in control when there is separation. In actuality however, the more you attempt to control, the greater the separation and the larger the illusion of control. Control is the often the last illusion one can allow to be released. For much of our lives, we have felt that 'losing control' is not a good thing and so we remain in control, only to continue our separation from others and from Creator. Controlling everything – creating nothing new.

We know what you are thinking. "I only want to attract good, loving people". So, why don't you? Is our soul evolving here on Earth - yes or no? If you said 'yes' there must be a way that each of us energetically

attract individuals who can reflect our issues of what we came in to learn on our soul's level. (power, abundance, forgiveness, etc.) How else could we have everyone on the planet evolve? Unless we continue to attract what we are to learn on a soul level, we will not grow. Our evolution does not appear to be the physical body – the 'last physical frontier' we have to conquer.

If you fully accept that you are One with all, and there is true balance within you and with everything else, then all other ideas or spiritual or religious teachings become challenged or useless, even the teachings of the great mystery schools.

Do you believe you are One? Is this what you are here on Earth to master? We believe we each have come to Earth to master all the conditions placed on love and on creation. If we truly believe: I AM ONE, then nothing - no one - no energy has any power over us. We are the ones that energetically keep perpetuating our own ideas or realities. We are the creators on Earth.

Is that what this experience called Life can teach us? That life as we have known it is unimportant? That all experience is a process of understanding we are One with all creation and can at will, flow into each and every living soul simultaneously by surrendering and becoming One with all?

If we accept that we are One, then we have to become One with everything. Unfortunately, there are many dynamics on this planet that we do not want to be 'one' with. Without changing our vibration, we can not see or even realize the unlimited choices we have in every circumstance and situation. If we accept that we are a Creator, then we can no longer blame any other person for the circumstances or choices in our life. We also can not save another Creator. We can only help them to realize choices they may not have seen before. Why couldn't this work for the world? This may be a big reality for some individuals. The world is trapped in its own beliefs - each culture, country, religion, society, group and organization have their own ideas and beliefs. Each of us have our own unique vibration. Many of us can not see or feel any way out of the space we are in and surely can not accept that we alone have created that space and are responsible for our own creation! So, nothing works, and we feel trapped, hopeless... So the million dollar question is: If we are separate from one thing, are we separate from everything? Either we are One with everything or we are separate.

We have given a lot of energy to old ideas, beliefs and judgments. We hold onto them far too long. If we don't allow our ideas to flow into creative energy, they cause chaos either within or around us. The more ideas we have - the bigger the problem we can create. Problems begin by giving energy to an idea, then holding onto that idea until something or someone has to give. It usually affects ourselves.

How do we release, let go of our ideas and those patterns we have so carefully constructed our whole lives? Perhaps it is more a softening of these thoughts and energetics. By allowing and creating the space for other thoughts to enter, we change our hard-line perception and create a newer reality; providing an opportunity for greater awareness, healthier balance and a broader vision of Oneness. Perhaps it is in the 'letting go' that we allow ourselves to accept the unlimited potential of all that IS. Perhaps it is by allowing ourselves to relax our grip or stranglehold on our fears that we can finally feel the truth of Oneness, the inescapable reality that there is no separation - that I AM truly One, with all there is. I Am Creator.

## CREATOR OR VICTIM?

What is challenging today is that even the majority of metaphysical teachings recommend some form of energetic protection – seeking or asking for help outside of oneself. Almost all religions and cultures of different philosophies suggest that some being outside of us can fix or save us or give us our answers.

It seems impossible to conceive we would have purposely created some of the things which occur in our life. Most of us innately know that we are here to love ourselves and BE love for others. So, how do we master all the conditions we have placed on love? We believe all of us are Creators.

There are many ways to learn and bring our life lessons to us. What if the energetics in which we were raised were the very things we came to Earth to balance and then to teach? For example, if we were a compassionate spirit, would we go to those people or places that already knew all about love or would we agree to go to places where there might be killing or hatred? We could then be of greater help to those who had no ideas about love or compassion. This may explain why so many of us feel different than our families. Perhaps we came to teach them something that they might not have known anything about. Once we come into balance with the energetically challenging dualities we have experienced in our own lives, we would have the potential to help balance the same issues and challenges in the Collective Consciousness. Those things we have experienced for ourselves, are the things we will have the most compassion for with others.

We begin by choosing the individuals who will be our parents. The energetic patterns – themes and triggers - around them may be what attracted our spirit to them. Their issues and energy would be exactly the reflection of the conditions we would need to understand and to master within ourselves to achieve unconditional self-love.

We can help guide individuals who feel stuck or trapped within the 'victim' vibration into new possibilities and choices. We can help them detect and then change the negative energetics in their lives. That's what one Creator shares with another - the opportunity to choose. We are not responsible for the choices of others. We are only responsible to help them to create a space within which they can create their own choices.

## **EARTH CHANGES STAYING AWAY FROM DOOM AND GLOOM**

What is this changing frequency doing to our physical bodies? We believe it intensifies everything and makes time appear to be going faster. It intensifies our emotional and physical bodies, and also our nervous systems. During this time of change, it's important for us to truly be in the moment, not looping with others, or thinking about the past.

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

Everyone tells me things are going faster and faster. By being and staying in the moment, we have personally experienced that there is no time and things are slowing down. What if everything slowed down or stopped? If we were not in our passion, doing what we loved to do, this could feel as if we were in hell.

When we are totally present in the moment every experience is new. By being in the moment we would not reference past experiences and each moment would be as if it was happening for the first time. Imagine the excitement of doing the things we love for first time: tasting chocolate for the first time, enjoying making love for the first time, dancing with ease for the first time.

If we are out of the moment and looping with the past, our issues become more chaotic. I see this everywhere. Sometimes it becomes so chaotic people want to destroy their lives. Being in the moment is the only healthy, balanced, and peaceful place to be.

### **DOOM AND GLOOM**

Many people we know are following the different predictions of what may happen to Earth in the near future. People are worried. People are scared. They feel they must move to a "safe" area to survive. All this fearful misinformation is creating paranoia.

It is important not to give these fears all of our energy. It's our belief that we, as powerful creators, could create some of these changes ourselves because of the intensity of our fears.

For every prediction of destruction, there are hundreds of other choices that we, as a collective consciousness, may choose. In each moment there are many signs and a lot of them are positive. If we are open to all creation, everything is a sign. We have choices in what we want to create and what we choose in our lives.

We are about to bring in a thousand times more energy than ever before. Many of our clients are already reacting to this increase in energy. Having healthy, active lives is challenging.

We should 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 will blow out or implode if a person is not healthy. What should we do to stay balanced? Love ourselves, be compassionate with ourselves and with others, pull our energetic fields in, and stay present in the moment. We should be physically healthy, fit, and active. And most importantly, we should remember to play as we prepare for a beautiful journey.

Remember to do what you love to do, bring your passion into every aspect of your life (physical, emotional, mental and spiritual), center yourself in the moment, be unconditional with yourself and hold compassion for others. By doing so you will change your life more than you can possibly imagine. When you find yourself in the moment, not projecting outwardly, but being in your own space, being love and expressing unconditional love for yourself, you will begin to resonate more and more of what you truly are. You'll find you can bring in all aspects of yourself. You'll become more holographic as your vibration changes and you no longer vibrate with the lower polarities.

## **CONSCIOUS AND SUBCONSCIOUS ADDICTIONS**

Drugs and alcohol affect the auric field of the user, blowing it out and making them susceptible to energies and entities. We ask clients who come to us to have an awareness of this and, if possible, to make a conscious commitment to be free of the influence of drugs and alcohol.

Most commonly a sudden desire for increased drugs or alcohol is caused by newly attached earth bound spirits who are continually seeking gratification or satisfaction of their need. Since contact with the substance must be accomplished through someone else's body and only felt to a small degree by the attaching spirit, the person using the substance often times feels an ever increasing need to consume certain drugs or types of alcohol. This can also occur to some extent with smoking, if the attaching spirit was a smoker. This type of addiction can be cleared in the spirit release portion of a Heart & Soul Healing session.

When someone has starved to death in a past experience the sensation of them actually shriveling up inside their body may be felt. Often a client may report they have never been able to lose the last ten pounds they wish. If someone has ever starved to death, maybe the last ten pounds was the only thing between them and death. Receiving such a revelation, along with understanding, usually provides sufficient information to the client so they can be any weight they choose.

Taking a different perspective, drug, food and alcohol are all numbing agents and can help a person who is doing their best to survive a trauma, shock or emotionally challenging time. How many of us have stuffed down our feelings and emotions with food? Addressing the issue itself usually clears up any addictive behavior, which is only a symptom rather than the real cause.

## **LUCID DREAMING PRACTICING OUR CREATIVITY WITHOUT LIMITATION**

The dream state, in our opinion, is another dimension. From this place, we are creating new realities and testing how they feel. We are living them, experiencing how we change. We are pretesting ourselves in our dream state, testing ourselves for a new dimension of consciousness. We then recreate our dream in our physical lives to see how it plays out.

Lucid dreaming is a powerful method of creating. It is probably one of the most important things we practice every day. Research at Stanford University indicates lucid dreaming occurs during REM (rapid eye movement) periods and since most REM sleep takes place in the later part of a night's sleep, morning is likely to be the most favorable time for lucid dreaming. Here is a great exercise to improve our ability to lucid dream.

The purpose of this exercise is to find out if anything in our subconscious is keeping us from creating our dreams. Is there some program or idea going on in our subconscious mind we do not understand or are not aware of? If this is the case, is our subconscious mind keeping us from having what we desire? This is what we will find out through the following lucid dreaming technique.

To practice lucid dreaming, first think of a question or something you would like to understand about your life. Maybe your question has to do with a very special relationship or maybe it has to do with being very popular or famous. Maybe it has to do with your health or your job. Whatever it is, write it down. Keep your questions very simple. Use as few words as possible. The more words you use in your question the more information you will receive and the more confusing your dreams will become.

In Ken's case he wanted to know what was interfering with his becoming one of the best known healers in the world. The question, as he started his lucid dreaming process, was how would he become the best healer in the world? Through his lucid dreaming, he found out his subconscious mind thought if he became extremely popular he would lose his freedom, he would not be able to go out and be in public and he would have to hide or confine himself. Ken was surprised at this information because, while his freedom has always been important to him, he did not think it would interfere with being famous or successful. His subconscious mind was doing everything it could to keep him from being popular because it did not want him to lose his freedom.

By becoming conscious of our subconscious, we are able to understand old programs and change them. By understanding what our issues really mean to us, we can know it is safe to explore without losing our freedom. By exploring the dimension of lucid dreaming, we are able to become conscious of the hidden subconscious programs affecting our success.

An excellent way to explore the dimension of lucid dreaming is to set your alarm clock for half an hour earlier than you normally get up in the morning. Have the type of clock with a snooze alarm that goes off

every ten minutes. When the alarm goes off it does not mean you are going to get up.

When the alarm goes off ask your question, press the snooze alarm and fall back to sleep. You are going to start dreaming and getting answers. Your subconscious mind will tell you stories so you can start understanding some of your thoughts or reasons keeping you from having what you want. Let ten minutes go by. The alarm clock will go off again. In this new wake sleep state you will have glimpses of what you were dreaming. Then ask the same question again and fall back to sleep.

Continue to do this until your thirty minutes are up. As soon as you get up, either tape record or write down the information you received. Have a pad and pencil there to write down your dreams. You do not have to write down the complete dream; just write down the ideas and the main words. Within ten days to two weeks you should uncover any subconscious resistance to what you want to physically create. The more you practice lucid dreaming, the easier it becomes. Keep asking the same question until you get a clear answer, and then ask another question.

Pretty soon you will be able to check in and ask your Higher Self questions at different times and places to be sure your subconscious mind fully supports your conscious mind and what you would like to create. This is one of the most important exercises one can ever do. It allows you to get an understanding of your life.

## **GROUP DYNAMICS WHY DO GROUPS FORM?**

Over the years, working with individuals in both large and small groups has given both of us a good perspective of the dynamics involved in groups that work and groups that do not work. When individuals come together, there are always many issues and factors involved. The first is the reason why each individual becomes a participant. Every person comes with ideas and some bring their own agenda or expectations. Everyone in the group attends with the same concerns and questions about acceptance or rejection, being different, the risks involved in opening up their feelings, and most importantly, finding out something about themselves that they might not be able to handle. The second major factor is the process that the group itself begins for each individual and the process or experience that the group has come together to accomplish. We believe these processes are the sub-conscious needs or urges of every individual to come together in groups for particular experiences.

During the initial few days of our 9-day intensives, we observe silence, awkwardness, impatience, confusion, storytelling, anxiety, issues surrounding trust and mistrust, cautious and safe conversations, testing of each other and of us and the need to feel important. So do these energetic dynamics come only from the individuals themselves or do group dynamics begin to form based upon the roles assumed by the individuals within the group? Is it where you choose to sit that makes you act different than you would outside the group? Are actions of individuals within a group similar to social situations – bringing about a different personality? How do group dynamics play out in different areas/ different locations/ different parts of the country or the world? How do male/female dynamics play a part in group dynamics?

We have been given a unique opportunity of observing individuals within a group, the energy surrounding them and the group, and the issues of each individual that must play themselves out during the group gathering. How many of us have gotten into a group, found ourselves in the middle of the emotional dynamics of others and wondered what was going on? Even the best of us has had this experience. The energy of the group had an effect upon us -perhaps even numbing us. When the group concludes, it feels like we are waking from a dream, wondering what happened. Time seems to be lost forever, never to be recovered. Research into what experts have said about group dynamics confirms our experiences.

We do know that sexual energy plays a part among the individuals of every group. This energy can be controlling, petty, often jealous, and always hurtful. Individuals within a group who attempt to manipulate or control the energy within a group are disruptive to the point that other participants feel their learning ability is compromised. It has even been suggested that disruptive individuals should be requested to leave the group. We have had the benefit of being witness to group interaction 'up close and personal' and have felt that it was the energy of each individual within each group that forced the direction of the group's focus and dynamics. Had any one individual not been present during any of the various group processes, the entire set of group dynamics would have played out in another direction. We hold to the awareness that group process can lead to an individual sense of cooperation and coordination. When two or more people gather together for a common cause, participants often combine their talents so their individual creative abilities are increased and their awareness enhanced.

The questions for us as teachers now become: how do we continue to teach and assist individuals in a group? Are the dynamics of the group actually more important than what is being taught? Do the individuals of the group come together for certain specific experiences, regardless of what the workshop or course is about? Does the group have a particular purpose in forming? Is there a higher interest or larger picture that must be given credibility? Does the group actually form a consciousness that affects the collective? Each person who has ever participated in a group purpose will have a different perception and thus, a different answer to these questions.

As facilitators, we have felt in the past that our leadership roles meant supporting group participants/students in their individual awakening, thus carrying out the purpose of the group. It has now become clearer that certain group dynamics may overwhelm some of the individuals within that group so the group's purpose itself changes. Our question then becomes, do we interfere with the dynamics of the group in order to continue with the message we are choosing to present? Do we learn from the dynamics of the group just as the group is learning? Are we part of the dynamics and do we play a part in the energetics just by providing a space for the group to form? Deep questions surely, and we firmly believe that we are all learning as we all experience. We learn from the dynamics of those that come to our workshops and become better teachers as a result of that experience.

Individuals who come together as a group bring their individual heritage, experiences, knowledge and awareness as well as fears and insecurities to the group. The dynamics that form are issues brought to the group by the individual participants/students. The issues may be felt and experienced differently by each participant of the group. They are however, identical issues for the individuals themselves in their daily lives: issues of power and control, male and female dynamics. These issues must be presented and individually experienced in order for the group participants to fully comprehend the understanding of Oneness. In this way, the group can shift the collective consciousness of the entire planet.

### **A REFLECTION ON COLLECTIVE CONSCIOUSNESS**

Heart and Soul Healing, teaches about the shifting of consciousness through energetic release. Our wish is to assist individuals in becoming more aware of their ability to transform the collective consciousness. This awareness has not been widely embraced. It is not easy to accept responsibility for being a creator, capable of shifting the consciousness of feelings and emotions throughout time. Many of us have had life experiences where hate or anger were dominant emotions. If we were young, we were terrified and confused. As adults, we can become angry and defiant. These energetic feelings accumulate over time and become an actual force of their own. They exist for thousands of years as the collective consciousness of fear, anger, hate, revenge and more.

We believe and teach that one of our purposes while here on this planet Earth is to balance the different collective consciousnesses —including love. For years, we have said 'We are here on earth to master all of the conditions we place on love', to experience unconditional love for ourselves. The spiritual world might say there aren't any conditions, only love and use the words 'unconditional love' casually, almost in a surreal way. We know as humans in our personal relationships that the concept of unconditional

love has often played itself out in a very hurtful, guarded experience. Each of us places certain conditions in life that we will not accept for ourselves merely in the name of love. For us, we find it is easiest to find compassion for ourselves - acceptance of who we are in that moment without judgment, and compassion for others in whatever space they occupy in the moment. In this way, we choose whether or not we want to share their space and yet, we are not being judgmental - just having compassion of them.

Within a group, individuals can often find a space to allow unconditional self-love while having unconditional compassion for others. This can occur because certain elements like peaceful interaction, balance and reflection allow individuals within the group to feel the emotion of love and use this as a template to energetically find their own truth, thus freeing themselves from the pain and patterns of the past. We strongly believe that this is what individuals seeking spiritual awakening have the power to do.

So now we reflect that perhaps group dynamics are the base structure of collective consciousness. After all, each individual comes together to act as a catalyst or energetic force that will push themselves out of their own areas of comfort and knowing in order to prepare them for an expanded view of consciousness in all its energetic forms. Perhaps that is the purpose. We have always trusted that Source would bring those individuals together that could learn from each other by being mirrors of issues needing to be revealed. In this way, we trust that the dynamics formed by each group actually play a part in shifting the collective consciousness. We have come together for this purpose.

## CLEARING ANIMALS

Animals have a very special place here on Earth. We believe animals are here to be our examples of unconditional love. If we approach the animals around us as if we were coming from their place of being, they will be much more receptive to us. It is very important to meet them where they are, not as if they were a human, expecting them to feel human-like.

Before you work with your pet, you should pull your energetic field in. Use the clearing technique to do this. By being in your own space it's easier to feel or hear what the animal needs. Once trust and rapport with the animal has been established, use hand scanning to find temperature or energetic variations in their fields. Once the specific area of trauma or energetic disturbance is found, use your pulling hand to energetically lift off the affecting energy. For men, the right hand is their scanning and pulling hand. Men's left hand is their energetic sending hand. With women it's usually the opposite: the left hand is the scanning, pulling hand and the right is their sending hand.

For cats and dogs, most of the old energy patterns are held in their belly or along the spine, either at their shoulders or hips. First, scan the animal up near the space between their eyes and their ears. For cats and dogs, a spot will be found usually about the size of a dime. The spot will feel either hot or cold. It's like energy coming out of the head area. On a horse, the spot on their head is about the size of a quarter and again is treated the same way as for cats and dogs. Once you detect the spot of energy on their heads, touch it gently with one of the fingers on your pulling hand while talking to the animal in a calm and quiet manner.

The spot on their heads was created in response to some trauma in their lives. They were hurt, abandoned, starved or neglected. This spot is energetically very similar to the subconscious patterns that humans wear. While massaging the energetic spot on the head for 3 to 5 minutes, gently tell them that they are loved, will always have a safe place to live and plenty of food and play. You know what the problems are with your pets based on their history. Basically, say the very same things you would like someone to tell you – 'I love you, I care for you, I will be there for you.' Be sure there is feeling behind your words so that your pet can feel the energetic vibrations of what you're saying. What you say has to be heart-felt and true.

Work on the spot on the head two or three times for a week. After a week, the spot should be gone forever and the animal will be able to heal more easily.

Next, use your scanning hand and go down the spine. If you find an energetic hot spot, lay your scanning hand on it - your scanning hand will now become your pulling hand. Only allow the energy to go up to your elbow. If you're not sure about this part, put a rubber band below your elbow to help remind you. Now put your sending hand on your animal's chest. All old energy patterns will be drawn into your pulling hand. Do this for 3 to 5 minutes, then wash your hand and think "clear." Keep doing this until the spine is clear. Next do the belly the same way.

After completing this process, you should only have to work with your animal once a week by putting your pulling hand on their belly. Remember your animal picks up your energy and emotions and those of your family. Other pets in the house and the energetics of your yard or neighborhood will also affect your pet.

## THE IDEAL STATE FROM WHICH TO CREATE

There is nothing more powerful in the universe than an aware, happy, playful person, acting on their preferred choices by creating and being who they are. In actuality, when we are not true to ourselves, we are really going throughout our life committing partial suicide. So many of us create from a place where we are forced to, under unhappy or desperate circumstances, when our bills are due, when our backs are against the wall, or when it is a do-or-die situation. When we create from such a place of desperation, our creations are distorted in some way. Our creations will take on some of the essence or form of our desperate and distorted energy. As we have already mentioned, similar energy or vibrations always attract more of the same type of energy, as everything likes to grow and be more than it is. When we create from a place where we are doing what we really love to do, we generate the perfect place from which to create. When we are happy and playful, we are in the perfect flow of our own life. From such a place, we are at one with all aspects of ourselves, in balance and harmony.

The only difference between any of us and Christ, Buddha, Krishna, or any of the enlightened masters are three things:

- They knew who they were
- They were safe with being who they were
- They became it, in consciousness and by their words and deeds

In order to create the things we really choose to have in our lives, we not only have to take responsibility for our actions, thoughts, words and deeds, we have to also know who we are. Unless we first know who we are, we end up wanting and creating things we do not even need. It may even get to a point where we create a lot of things just to discover who we are by seeing so many examples of who we are not, and what we do not choose to have in our life.

The most important part of knowing who we are is to first establish a relationship with ourselves. If we don't know and like ourselves, who is supposed to do it for us? It is when we realize and accept our true worth, we finally come into our complete power. Complete realization of empowerment occurs when we let go of any need to receive validation or approval from anyone outside of ourselves. Empowerment and manifestation of our choices, through conscious creating occurs when we simply become who we already are: OURSELVES!

There is a timeless space and state between the past and the future. If you are always thinking about how you could have changed things, or done them differently, then you are living in the past.

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.

When we wish to change something about our life, NOW is the only place any of us can really ever create change. To change anything in our life, it is required that we be truly living in the moment, in the

now. If we create when our focus is in the past or the future, or we are desperate or panicked, our creations will then have distortions. Because 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 the moment. When you are in this space of creation, you are the finest reflection of Source you can be here on Earth.

Third dimensional time also offers each of us a very special gift. Time offers all of us a linear framework of magic in which we may practice becoming conscious Creators. As we create within the framework of time, we are offered gradual and physical proof of who, what and where we are on our path of life expression. The delay brought on by time allows us enough practice time until we get it right for ourselves. Each moment by moment, instant by instant, is an all new experience. NOW is a point and a place that we have never been before, never seen before, and never felt before. Each moment is an experience for the first time. The moment is the source for all of our creative powers and abilities. Each instant is a fresh access point for magic, and passion and expression for whom and what we truly are.

## ASCENSION OR INSCENSION™

INscension™ is being fully present in our bodies with conscious awareness. Our purpose here on Earth is not about ascension. We probably got caught up in dissension while trying to achieve ascension and now the only way out is INscension™. Until we are fully present and conscious here on Earth we are not going anywhere else. Why or how could we move on if we haven't yet mastered this dimension? Let's talk about this dimension. We feel strongly that many 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 reality; such as: good and evil, light and dark, positive and negative, male and female, white light and black light.

Our third dimensional reality is far more than we can ever have imagined. When we can be fully present and BE in each moment, we can create and connect with any and all other dimensions and or realities, here and now in this third-dimensional space. This is because our dimension is actually holographic. Remember, this is merely our opinion: Our dimension is holographic because we know other beings from other dimensions are currently asking for and seeking us out for assistance. Why would other beings from other places be doing this? What is the reason the third dimension is so important? Perhaps it is that by our BEing in the moment, we have the ability to collapse time and have an effect on all other realities.

As all of us learn to simply BE, we may reach the 'End of Time' 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 this NOW and simply BEing. When we are in the moment, we are timeless. Perhaps the true purpose of time is to act as a reference point so we can exist in the moment. In addition, what if the true gift of having a physical body is simply to provide each of us with a constant and consistent anchor point for 'the moment'?

The quality of the moment should never be underestimated. Each of us can practice daily to be so present in each moment that we are no longer defined by our past and we can completely 'let go' of the patterns and energies from our past lives or past times. Those times and places will no longer hold any literal meaning or emotional charge. Perhaps it is because our own lifetime and all past lives are collapsing into this very moment - Now. Instead of past lives, we will simply have memories which become a part of our knowingness. As soon as they became a part of our learning and knowing, they can change to become a part of ourselves. Whether our previous or past experiences were on this planet or other planets, whether they occurred yesterday or tomorrow, no longer matter.

Remember, being in the moment is important because the moment is the access point for the finest reflection of Source we can be. In that state our vibration becomes a portal or a gate to God and to every other dimensional reality.

## THE ART OF BEING SPIRITUALLY FLUID

Everyone has their version of the 'way that it is'. We all find a way to define our world or reality. Once that is accomplished, we can form belief systems that will support our version of the 'way that it is'. All of our life experiences pass through the fine mesh filters of our own beliefs to emerge on the other side as our truths.

Finding our own truth of the 'way that it is', can often take a lifetime. We embark on the journey of discovery and questioning: Who Am I? How did I get here? Why am I here? What is my purpose? This becomes the classic quest of our own eternal soul. And so our journey begins. The only challenge occurs when – through no fault of anyone – we question everything and everyone outside ourselves, in search of our answers. We may even think we find 'the way that it is' in a particular spiritual path, or different spiritual teachers. Then our belief says we have found the 'way that it is' and it is perfect.

That usually works – until we realize that we are still searching, still finding something not complete. We begin to question our path, our teachers, and everything else in our lives – only to remain questioning our own questions.

Once we discover that we are unable to find the answers outside of ourselves, we can begin to create a reality that works. This can become the framework of our conscious mind. We will perfect this 'way that it is' to make sure that everything fits, that all our questions are answered and that our life seems to work. We relax, feel secure in this reality and just know that we have this whole thing called 'LIFE' figured out. Now we have arrived – we can feel in control of ourselves and proud of our accomplishments. This is a very good point to begin.

However, if we become attached to the 'way that it is', we can become rigid in our own thoughts and ideas. Rather than feeling free and liberated, we become trapped in self-righteousness and spiritual arrogance. If this occurs, it may be quite awhile before we realize that we are not experiencing any new growth, new insights, new creations – we are stuck in the reality of our fixed self. The reality of this new life circumstance then begins our search for the space of knowing and not knowing – the simultaneous existence of being in the moment and remaining flexible for change and choice. When this happens, we are reminded to become spiritually fluid.

We can not begin our experience to grow or expand into the vastness of our soul's vision, discover who we are as multidimensional Divine beings, and use that discovery to serve our planet and its' inhabitants until we become fluid. After all, how can we remain in the old version of the 'way that it is' when everything around us is constantly changing and moving? How do we recognize that we are stuck?

The first indicator comes when we find we have a need to be right. Being right has been important in some arenas, because it ensures us a position of power and approval. The need for approval – based on some of our old programs - translates to our feeling accepted and loved; which in turn means that we are not alone. This is how important being right can be for some. This is also how we can get stuck in the energy of our old 'way'.

The second issue for us is our need to stay in control. We will use control to create a predictable life with no surprises or negative unknowns. It goes hand in hand with the need to be right, both producing a sense of power and security. We will know that we are stuck in our 'way that it is', when we have the need to prove or justify our truth. The key word is, need. We will find ourselves defending our thoughts and position around our beliefs. We may become frustrated or angry when someone doesn't understand us. We then feel unsupported, which makes us react even more.

If we are attached to our beliefs and truths, seeing them as the only 'way that it is', we will limit the infinite possibilities that can come to us and therefore limit our experience. Moving past the need to be at the center of our own universe, we discover the balance between knowing and not knowing, which allows us to be spirituality fluid.

There are ways to finding this balance. We can begin by cultivating compassion. Everyone has their version of the 'way that it is' and for many people, they have needed it just to survive. We can have unconditional compassion for where they are, for their own creations. They are Creators.

### **BECOMING LIQUID LIGHT**

One of the easiest ways to maintain a clearer vibration is to think of ourselves as Liquid Light. Remember, water does not stop its movement or flow. Even when faced with a boulder in the river, water goes over or around the obstacle without hesitation. As Dr. Emoto's research has proven, our thoughts, emotions, feelings, or ideas have a resultant effect on the structure of water. As we are mostly water, liquid vibration, our multidimensional cells are directly affected by our thoughts, emotions, feelings and ideas. Liquid Light is the same feeling that one feels when they connect with Spirit. First, we experience ourselves as Liquid Light, fluid and adaptable. Then we can add a color to that light, (a color that represents our essence). By thinking of ourselves as Liquid Light combined with our chosen spiritual color, we can change how we perceive ourselves and the ways in which others also perceive us. In this way, we can begin unconditional acceptance of ourselves which becomes the unconditional love needed for true healing and pure creative vulnerability. Experience this for yourself.

There is a field of energy that extends out from our hearts. Researchers have discovered that this field is continually rotating and when you experience love, gratitude and joy, the electromagnetic field of the heart opens up and fans out into the body, feeding the endocrine glands. When you experience emotions of fear, guilt and anger, this field literally collapses back on itself, pulling energy out of the endocrine system. In terms of the immune system, a high intensity state of fear, guilt or anger, will literally cause tissue damage after four days. If a prolonged state of these emotions is experienced, the immune system is compromised.

The inability to handle stress is a primary factor in disease. In the case of chronic illness it is the individual, not the disease, who is in need of treatment. Stress, with all its manifest causes and effects, involves virtually every organ and chemical constituent of the human body. Stress results when we resist the natu-

ral flow of Life Force. Just think, our heart is the first organ created in our bodies seven days after we are conceived. Spiritually, this is the closest vibration of our soul manifesting itself to become our heart. Our soul is literally sensing from the heart space. This, of course, is way before our mother is aware that she is pregnant. The heart is picking up all the perceptions and energetics the mother is dealing with before she is even aware she is carrying a life inside her.

## **LOVING AND CREATING**

The more we love ourselves the easier it is for our vibration - our energetic field – to stay inside our bodies. If we pulled our fields in and did not love ourselves, old fears and patterns would push our spiritual essence back out. Loving ourselves is an important part of energetically staying in our space.

People ask: “How do I learn to love myself?” Not many know the answer. First, we can begin by accepting ourselves, by loving the way we look, think, and feel. Practice loving yourself when you are happy, passionate, and blissful—when you are in your passion—whether that is writing, dancing, gardening, playing with your children, or listening to music. You can identify and embrace what loving yourself feels like in these moments—in moments of play, passion, and delight.

Loving ourselves and being in our passion causes all our cells to vibrate with love. Being fully in our body while in our passion is a powerful way of achieving this. Moments such as making love, swimming, dancing, or playing with our family and friends allow us to feel the vibration of love throughout every cell of 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 to create. Most of us create in a time of need—when we are out of money or in trouble. Let’s work on creating when we are happy – when we are in our passion. Loving ourselves, being compassionate, and creating are the most important reasons for being here on Earth.

## THE MIRROR OF RELATIONSHIP: THE ENERGY OF LOVE

The biggest challenge for most of us is our relationship to Creator/Source. The quality of that relationship equates to our relationship with Self and then, to our relationship with others. In each instance, having a relationship with Source and then with Self is of paramount importance. The quality of that primary relationship has a direct affect on our partnerships with others.

Do we know who we are, and do we like who that person is? Do we believe we are worthy and deserving of unconditional love? While we might know how we would like someone to love us, do we love ourselves in that way already? Do we trust and accept all the different parts of ourselves? The bottom line for most of us is - we simply would like to be loved and accepted for who we are, for our real selves.

Which one of us hasn't wished for finally finding and keeping our perfect relationship? What if we are in a relationship and it remains confusing and always changing? How do we cope with the loss and heartache that relationship can sometimes bring? How do we deal with the hurtful emotions that can sometimes occur, despite our best intentions?

The challenges then become: What do we do with anger in a relationship? How does this powerful emotion reflect our passion? Where does our anger come from? And finally: What do these emotions have in common and how can we use this alchemy, this mixture of powerful energies and feelings, to remain true to ourselves and become more creative?

So we might say the first question is: How do we love even the unacceptable parts of ourselves without projecting them on to another? When we are angry at someone close to us, we usually don't see them as a mirror. We don't want to accept that this powerful emotion is really telling us something we need to know about ourselves. If we choose to be true to ourselves and grow in our creative self, we first must take responsibility for all of our own angry feelings. Understanding the process of projection (directing our energy and feelings at another) often is our unconscious attempt to take the unacceptable parts of ourselves and attribute them to our relationship partner. Projection is often so subtle that it makes it difficult for us to see that it is ourselves we are not loving when we are angry— not the other person.

The emotion of anger calls for great passion. Passionate people have passionate anger. This powerful energy can however, be creatively used as a signal for us to be 'pushed' or 'prodded' into action. Anger happens in every relationship. All of us may wish we could get to that point in life when we would never again experience that energy. As long as we are in these human bodies, however, we are in the human condition of experiencing every emotion. That includes anger. Looking at the reasons behind this energy can help us to see and understand its purpose and usefulness. Most often, anger is a way we protect ourselves from pain or fearful conditions. These feelings can make us vulnerable and often, vulnerability is viewed as a sign of weakness or fragility. We believe however, that it is within our vulnerability that we can find our strengths and the truest nature of our relationship to Creator/Source.

In our healing, counseling and life-coaching practice, we have heard many people say that anger is the hardest part of their relationship. They often ask how to deal with this emotion. We suggest that first,

they must determine if the everyday irritabilities are worthy of that much energy, or do they represent a pattern of behavior that we can let go, for the sake of maintaining harmony. The real emotion of anger in all its passion has a great intensity. This energetic pattern often has roots older than the current situation or relationship, yet that old pattern is being 'triggered' by something within the present moment. We can determine those past patterns and present triggers by examining the issues and conditions we have come to place on love – specifically the love of self.

Anger often expresses itself as an outward attack on another person. In allowing ourselves to examine this emotion as an old pattern with a present-day trigger, we can recognize it as a defense mechanism. Even though we may know this to be true intellectually, it is still difficult not to accept anger from our partner as a personal attack. This powerful emotion demands a need and a longing for acceptance. If we can get past our own emotions in that moment to remember that anger is the other person's way of covering up their own hurt or pain, we can have unconditional compassion for them and recognize their cry for help. Listening openly and accepting the feelings of someone else and whatever emotional state they may be expressing in the moment can diffuse the hurtful energy. Remember, anger is not really personal, for it represents the internal feelings of the individual expressing the emotion. The most destructive thing about anger is not only that it deeply hurts someone we love, but how that energy causes a chemical reaction within ourselves that can damage our physical and emotional bodies. It deprives us of our inner peace, our unconditional love of self and our unconditional compassion for others. Holding the energy and emotion of anger can literally make us ill. It is important to physically deal with the intensity of that emotion. This is easily accomplished by taking a walk, running, dancing, singing or finding another active way of moving through the energy.

If we truly wish to grow in love and friendship, we need to take responsibility for our own angry feelings. It is up to each one of us to accept and confront the hurt, pain or fear hiding within. Maintaining this emotion in any type of relationship is self-defeating, for it does not allow us to examine any deeper or more vulnerable feelings.

### **PRACTICING THE RELEASE OF RAGE**

How do we muster up the courage to look into the mirrors provided in our relationships in order to examine what we may have projected? The emotional energy we feel or see in our partner is really our own identical emotional energy in that present moment. Yes, it does take courage and love of self in order to accept the mirrors within our relationships. One way to work on our love of self is to begin living within each moment, being present, claiming our power and changing our vibration to the higher energy of love. A place to begin is to choose a part of our physical body that we don't like, hold a good thought or feeling and bring the vibration of love into that part of our bodies. For years, we have shared a simple energetic clearing technique that works – every time.

It takes courage for us to acknowledge that what we see in our relationship mirror is actually ourselves; that how we are feeling in that moment is being reflected not just by our partner, but in our world. Until we can change our attitude about anger, begin to trust in the loving compassion within our relationship

and stop projecting our own insecurities and blame onto another person, we will ignore the mirror of relationship and not uncover the pain or hurt that we hold deep within.

You may safely do the process of rage release by yourself. This is a very powerful internal process. Do not act out your physical rage. Begin by thinking of a person or group with whom you have unresolved charges of rage-like energy. Focus on these feelings, moving completely into them. As you experience this process, allow the feelings to move through you. Not holding back your emotions will provide you with the greatest benefit.

Your rage will take you into the Void, which will reflect your feelings back to you. There may be a feeling like you are losing yourself and just for a moment, you might feel uneasy. Remember times when you felt out of control.

You may repeat this exercise more than once. The first experience will be the most intense. Give yourself time to process the first exercise, and wait perhaps a month before repeating. If you still feel a residue of old feelings, repeat this process until you feel nothing. Your inner voice will tell you when to do it again. This is what the Buddhists meant when they said it is important to let go of the control of every single thought you've ever had. This is how you move on in your life.

When we begin the work of having unconditional love of self, we can become serious in reviewing the emotions of anger. This allows us to confront our issues with the realization that we all are truly in relationship to grow and to learn. We are in human relationships to master all of the conditions we have placed on love. That awareness can assist us to use the passionate emotion of anger as a powerful tool for action, to move us forward in our spiritual growth, become a witness for Spirit and then begin to assist others in their own process.

Everything that happens in our relationships is part of the beautiful and wondrous dance of life. The mirrors we attract in order to look within ourselves to examine our own fears are very special gifts and opportunities. Until we recognize the emotions we hold deep within, we will continue to attract the mirrors needed for our human growth and spiritual evolution. As we learn to accept others for where they are in every moment, without losing the love of Self, we grow and expand into even greater awareness. We can then help others to recognize that awareness of unconditional self-love within themselves.

Only by being courageous and willing to look inside ourselves for the ways in which we may have contributed to the difficulties within our relationships and by accepting the gift of our mirrors, can we find the road map for greater love, intimacy and passion in all our relations and all our creations.

## **THE TASK OF ANY RELATIONSHIP**

The task of any relationship is always to find ourselves, to understand ourselves, to be the complete and natural selves we already are. The only true relationship we ever really have is the one we have with ourselves. Everything else, every other interaction, whether we might realize it or not, is simply a reflection. As long as we resist being our natural, balanced selves, the real us, we continue to always attract relationships that will serve to remind us of what and who we are not. Resisting who we are will, therefore, usually attracts relationships that are unfulfilling, or ones where we have to work very hard. By being fully and completely who we are, we then attract relationships that reflect back to us the fullness of our creative being. It is the age old adage: What we put out is what we get back.

## **FUNCTIONING HALF COMPLETE**

Many of us function as if we are only half complete. If we project the vibration of half of an individual, looking around for someone else to complete us, we attract an incomplete relationship. The resulting interaction with anyone attracted in this manner will usually come up short of what we ideally desire. Entering into any interaction from the viewpoint we need the relationship to feel complete, results in the relationship continuing to reflect and remind us of our belief in our incompleteness. What we will have is a partnership made up of two half people, truly satisfying to neither person. When we know we are a relationship unto ourselves, complete and sufficient within ourselves, we set up a vibration that attracts someone with those same qualities and assurance. Too many times people make out long, wonderful lists of all the attributes they wish their perfect partner to have. The question to ask is, are we all those things? Do we have all those attributes? Unless we are able to reflect the type of vibrational being we choose to attract, how will we ever be seen and recognized by someone who does?

## **BALANCING THE MALE-FEMALE ASPECTS OF OURSELVES**

Which of us hasn't dreamt of finally finding and keeping our perfect relationship? What if we are in a partnership that is confusing and always changing? How do we cope with the loss and heartache relationships can sometimes bring? What if we don't seem to be attracting any kind of intimate interactions at all?

The working dynamics of good relationships are for many of us one of the greatest mysteries of life. It is a secret each of us seeks to unravel from the day we are aware there is more than one of us around. Why do interpersonal interactions – something we are all engaged in every day, every minute, every second of our lives – sometimes seem so challenging, complicated, confusing, difficult, and mysterious?

The quality of our partnerships with others actually reflects the quality of the relationships we have with ourselves. Do we know who we are, and do we like who that is? Do we believe we are worthy and deserve unconditional love? While we may know how we would like someone to love us, do we love ourselves that way already? Do we trust and accept all parts of ourselves? The bottom line for most all of us is we simply would like to be loved and accepted for who we are, for our real selves.

## **MALE AND FEMALE TEMPLATES**

As we change our inner definition or template of our male and female selves to a place of balance and self-acceptance, we are able to attract someone who is more reflective of our true counterpart. Even if we are balanced with our inner masculine reflection, if we do not like our own femininity, we would be unable to create a truly balanced relationship for ourselves.

One aspect many people do not give much thought to is that we look to our partners to reflect aspects of ourselves back to us. For example, if we are a woman, our partner is holding a place for us so we can better understand the feminine part of ourselves. If we are a male, our partner is holding a place for us to understand the masculine part of ourselves. Although this may be the opposite way most people view their relationships, how, if we were a woman, would we be better able to understand what type of woman we were unless someone could reflect it back to us as we interact with them?

We always attract our definition of what we think we are capable of attracting, no matter what may be on our wish list. The first question we should ask ourselves (the most basic question for any relationship) is: What do we get out of it? What do we get out of having a relationship with so and so? Secondly, what did we learn about ourselves by being in that relationship? We primarily attract situations to ourselves that create interactions, allowing us to continue to accelerate, serve, and learn who we are. We can do this with ease, grace, love, and joy, or through the school of hard knocks. The choice is always ours.

## **WHAT HAPPENS WHEN WE HOLD BACK**

It is absolutely impossible to experience a reality if we are not the same vibration. When we are cautious, when we hold back, when we do not show who we really are, when we think we are not sufficient, not wise enough, or not powerful enough to create the reality we truly desire, we then attract a representation of our own doubt in ourselves. Remember, the vibration we are, the vibration we are broadcasting, is the reality we receive. There are no exceptions to this rule.

The reason for relating to someone else is for the opportunity to share who we are. Approaching a relationship as an opportunity to share attracts individuals who reflect our belief in our own completeness. When our relationships are set up this way, we are able to interact with the other person as two complete individuals coming together to share experiences. We will both know and experience the idea of personal fulfillment.

When we put expectations or value judgments on the outcome of our relationships, we never actually get to experience the real reason we created the particular interaction in the first place. For this reason, it is important to accept relationships for what they are. If we invalidate what we have drawn into our lives, we are really invalidating ourselves.

## BALANCED RELATIONSHIPS

It is important to understand why we have drawn certain individuals into our lives. We usually have attracted others to allow ourselves the opportunity to grow and to give us more information about who we are. The idea is not to become like each other. The idea is to allow each individual to be the strongest, healthiest, most balanced individual they can possibly be. Sometimes we might forget this because we think unity is the product of conformity. Unity is the product of granting and allowing equality to uniqueness and diversity.

In a balanced relationship, we do not lose our individuality – just the opposite occurs. We each become stronger reflections for each other of all that is possible for each of us. The purpose of any relationship is to allow us to be more of who we choose to be. It is like looking into a mirror and seeing another aspect of ourselves. This does not mean our relationships will be an exact 1-1 reflection of who we each are. Rather, our relationships become a reflection of what the two of us have agreed to learn and teach each other.

The best possible relationship is a balanced sharing, without dependency. Each party in a relationship has strong, natural attributes that can assist the other in their growth. If our support is aimed at creating a space for our partner or friend to grow in their own self-support, the relationship will be a happy and flourishing one. Think of it this way. Instead of constantly doling out small pieces of bread, wouldn't it be of true, lasting benefit to teach someone how to bake their own bread? If we are in a relationship where we are giving, giving, giving, it sends out the message to our partners that we do not believe they have the ability to match or mock up their own vibrations of completeness and sufficiency.

Offer support to others as long as it does not represent the idea we are taking on responsibility for them. We cannot really be responsible for other adults. Our attempts to do this usually leads us very quickly to examine our own issues about boundaries, because taking on another person's responsibilities brings us outside of where we prefer to be. The idea of responsibility is not to lay the blame on anyone, rather it allows us the freedom to choose what we prefer.

In a balanced relationship, each of us can still do what we prefer to do. We don't have to change our lives just because someone else disapproves. There is no reason to attempt to be anything that we are not. Doing that only brings us more of what we are not. We will only become more uncomfortable, unhappy, unhealthy, and unsuccessful, if we keep trying to be something we are not. It is vital to express who we are, be who we are, and say what we think. We should only change our lives because we choose to, and because we are becoming more completely the real us. If we know we are functioning in true personal integrity, even if others around us don't like it or want us to change, we continue to be who we are. If we are doing what we enjoy and love in life, it very quickly provides us confirmation of who we really are. The idea is always to relax, have fun and be ourselves. Remember, anyone we attract into our lives by being ourselves belongs in our lives. Being of service to ourselves and others is only possible when we are complete within our own selves. If we are not fully ourselves, then the other person is not really in a relationship with the real us anyway!

## **CHALLENGING SITUATIONS**

Negative situations are not in our lives to show us we are stuck with them or that we are bad people. Such situations happen to offer us a mirror like reflection of what we think about ourselves, or what we feel we deserve. If we find ourselves in situations we do not really prefer, we have given ourselves a very clear opportunity to change. One way to allow ourselves a chance to find out and discover who and what we are is by seeing so many examples, and creating interactions with a number of different individuals that represent who we are not. This is a very effective method of validating our true and natural selves by the simple process of elimination: Oh, I am not like that, I am not like this, I am certainly nothing like that, and so forth. Looking back on different relationships, we might say, "That wasn't me, and that wasn't me either. This is what I really am all about."

## **"WRONG" RELATIONSHIPS**

Why would any of us create a whole series of wrong relationships? The reason itself is basically very simple. Either we have forgotten who we are, or we are afraid to accept who we are. Who we are is actually our naturally centered selves in a state of balance and complete self-acceptance. As long as we resist being our natural, balanced selves, the real us, we will not attract harmonious, long lasting, or healthy relationships.

Once we become true to ourselves, we automatically attract the right person to ourselves, even as we move through changes. If someone decides to change or leave a relationship with us, realize their energy is no longer in harmony with ours. Therefore, by understanding this even if someone leaves us nothing will really be missing. We cannot miss anything from a vibration that we are not truly a part of.

## **HOW DO WE SHOW WE REALLY LOVE SOMEONE?**

We can really show we love somebody by accepting them for who they are and by allowing them to be just where they already are. It is very important not to put any expectation on how it must be, or regret how it was or was not. When we live in the moment and trust ourselves enough to be in each and every moment, we always attract whoever is appropriate for ourselves. The best advice ever given for relationships is to trust, let go, and be ourselves. Trust is the glue for any relationship – the trust we feel for ourselves, as well as the trust we have with others.

## **AGREEMENTS**

Sometimes, even when we are expressing who and what we truly are, we may attract someone we feel has a lot to learn. Because we make all kinds of agreements to be of service, we also sometimes make agreements to hold a space for others to help them find strengths and abilities within themselves as well.

We may attract others into our lives so that we can be examples of what they could also be, if they choose to be aware of it. Remember, it is always their choice. We hold a space for them by our examples. Understand that we cannot possibly be in any relationship unless the agreement is a co-creation and of a similar vibration. It is important to remember and understand whomever we attract is exactly who is supposed to be there, with us, in that moment.

### **WHAT INGREDIENT WILL INSURE OUR RELATIONSHIPS ARE ENHANCING?**

All relationships, when created through a sense of integrity, are fundamentally enhancing. Relationships are meant to expand and evolve. If our relationships restrict us and cause us to inhibit and repress our true selves, we need to ask ourselves very quickly what are we still doing in those relationships? What lessons are we learning from staying in these situations? If relationships are created from a point of dishonesty – and it could even be we are dishonest with ourselves, or with the other people about our truth – then these types of relationships will act as exclusive, disharmonious interactions. If we are able to let go of fear in our relationships, we become compassionately supportive and allowing of the other person so they, in turn, can be true to themselves. It is up to us to set the example first. The negative side of support is manipulation and interdependency and this makes everyone feel icky.

Some of us may have a fear that being a strong individual will cause problems or separation and may eventually push us away from one another. However, this is not true in a healthy relationship.

The point is not to lean on anyone, the idea is to support them. In supporting them, we become supported. More importantly, we all need to practice unconditional love, acceptance, and support for ourselves. This is what allows us to trust and know, no matter what changes are made. Know, by divine law, we are never cut off from anything that is truly intended for us.

### **CHANGE**

When we come from a place of integrity and changes occur then the changes belong in our lives. Fear of change is usually the fear of losing something. If we understand everything is happening as it needs to, then we never need to fear losing anything. It is usually only the fear of the change that prevents us from changing along with our partners. By letting go of our fears, we will know that no matter how much we might change, we will attract whatever and whoever is representative, harmonious, and unified with our changes.

If we allow change into our lives as we naturally grow and evolve – instead of resisting it or pretending it isn't happening – the vast amounts of energy we used to put into resisting change become available for our own creative purposes. It has been said the only constant thing in this world is change. As we honor the changes that occur in our lives, we will find we no longer experience others who have made the choice to live and act differently. We will interact and co-create with those who exist on the same level as we do, with similar natures and vibrations. The best way to share our wisdom and ideas is to simply be an example ourselves.

The energy and vibration of who we are radiates from us, and is picked up psychically by all those who are of the same vibration. If someone in our lives changes and makes the choice to leave us, we should not look upon the relationships or ourselves as failures. The parting of ways in a relationship is the signal that the lessons both of us have chosen to learn are completed.

### **“CHANGING” OUR PARTNERS**

If we feel we have to mold, change, or manipulate our partners, the relationship bears examination. When we force someone to do something, it is a statement that we believe we will never really get what we are after, or that the person we are with will not be able to give it to us. When we force changes in our relationships, even if certain changes occur for awhile, our relationships are no longer in balance or integrity. Sooner or later the individuals who are being forced to go against their true selves will be forced to leave as the relationship is no longer a reflection of the real them.

Force is a non-integrated, distorted way of taking action. Remember, everyone naturally moves at the perfect rate and speed for themselves already. There is never any positive reason to accelerate someone (by force) to look and accept things they are not ready for. Even if they would be able to hear or see some part of the lesson we are attempting to force down their throats, until they are ready, in their own time and place, they will never grasp a true understanding of the lesson we are forcing them to learn. And because of our intervention, their original lesson became distorted and is much more difficult and confusing for them to learn. Usually, once interfered with, they will have to recreate their lesson all over again in an effort to counterbalance our interference.

This has happened to all of us. How many times, when we sought to help someone who didn't ask for our help and upon whom we have forced our help, did their situation get worse? At first it may seem we have set things right for them for a while. After a few weeks or months, it will become evident to us that the person is now in even a worse position than before. What has happened is that their Higher Selves are so determined for them to fully understand and learn their original lessons that they have recreated the necessary energetics, except this time the lesson is ten times or one hundred times more intense than before. Each of us will keep turning up the intensity of our creations, until our original lessons have truly been understood and completed on all four levels of our being.

Someone is ready to truly gain from our assistance and wisdom when they ask, of their own free will, for our guidance and insight. In such an instance, truth and wisdom is then shared, understood, and integrated in just the right way. The other person, by the fact of their asking, is in just the right place and state where they can truly hear, know and understand what we have to offer.

## **SAFETY - VULNERABILITY - TRUST**

If we feel we need to keep ourselves safe or protect ourselves, we will end up limiting the type of relationships we can create. I have been told many times by my clients that they are not currently in a relationship because it does not feel safe for them. Two things might be the cause of this. If we feel we need safety, we may somehow feel we are in a relationship that will not allow us to be our real selves. On the other hand, if we are in a relationship that is not satisfying, but we stay in it because we feel safe, maybe we are not safe with the idea of taking full responsibility for who and what we are, and who and what we could be. As soon as we stop resisting our natural selves, our reality will automatically change to allow loving and supportive relationships to come into our lives.

In some cases, some clients report they need safety to avoid being in a position where they could be abandoned or vulnerable. Some of us would rather be alone than express our true inner needs. If we are in a relationship where we do not feel safe or comfortable expressing our deepest inner needs, we are alone anyway. We are simply alone together.

In creating relationships that work with love and joy, it is important to express our vulnerability. Vulnerability has earned somewhat of a bad reputation in our society. Vulnerability really means we are open to all that we are. Vulnerability is a strength, not a weakness. Vulnerability is not exposure, it is full and total trust. Vulnerability does not mean being open to everyone and everything so they can take pot shots at us. Vulnerability means being open and available to our true, preferred selves, for when we open up to ourselves, we are open and available to the infinite Source of all creation. Connecting to our infinite creation will bring us peace, strength, and power, and it makes our lives real, joyous, magical, and happy. Strangely enough, many times we might only feel we are in control, when we are expending or exerting an effort. Vulnerability allows us to be in control effortlessly. Why would we need to expend effort to be in control of something that we already are?

Trust really boils down to our own ability to trust ourselves. Complete trust occurs when we have an absolute knowingness we deserve to exist. Do we have to do something special in order to deserve to exist? No. We simply have to be. Creation has already decreed we deserve to exist. Can we give ourselves the same acknowledgment, respect, and love? We have a Divine right to exist in the manner we choose, simply because we prefer it! There is no other reason needed.

## **CONNECTION TO INFINITE CREATION**

When we realize we are connected to everything, we also realize it is not possible for us to be abandoned. It has been said, the word “alone” can be read: alone – or all one. The choice is ours. We are always connected to the infinity of creativity, and we can choose to be open to the flow of it in all the moments of our lives. All things have the ability to come to us through that flow. By paying attention and staying aware of divine flow, being in the moment and acting upon it with integrity, all circumstances in our lives align into place, representative of whatever is our strongest intention and focus. Everything

that needs to work itself out will. If we can conceive of another way we would like to be, then our desire alone is a sufficient sign of our ability to create it for ourselves.

Infinite creation will not deny us our preference of the way we choose to be, once we are clear and balanced with what specifically that is, and we begin to express it in true integrity with who we really are. Creation has given us the free will as to how we choose to live our lives. Our free will and the ability to choose what we prefer is our go-ahead wave from creation to do just that.

## COMMUNICATION

Most of the problems that occur in relationships are caused by what is not being said, rather than what is said. Non communication, or withheld communication, is simply another way many of us hold back the real us from our partner. The problem with unspoken communication is more complex than might first be perceived. Saying “everything is all right,” when we are thinking “drop dead,” won’t fool the other person for very long.

Our real heart’s truth and our honest feelings will always be psychically picked up by the other person on some level. Count on it! This is an ability we all have. It is the same sense that tells us when there has been a big fight or disagreement as we step into a strangely quiet and tense room. It is the same sense that we use psychically to energetically scan large groups of strangers at a party, as we decide who would be interesting to spend an evening getting to know.

Direct unspoken communication is often used by intent by an acquaintance of ours who is well versed in martial arts. He uses it to defeat very powerful and well known karate masters. Gifted in his own right, this particular gentleman is very aware of the power of unspoken communication and uses it to his advantage. As he takes his preliminary bows before his match begins, he smiles on the outside while mentally projecting extreme violence towards his opponent. His opponent energetically and mentally picks up these projected waves of discordant energy. These waves temporarily short out his opponents’ power centers, making it almost impossible for them to defend themselves as the bout begins.

Every relationship, in order to grow and flourish, requires open and honest communication coming from a point of inner truth and balance. Honest communication enables the other person to truly relate and to have a relationship with who we actually are. Open, clear, conscious communication enables the other person to observe and act with trust, for they know where they stand. By being clear and direct, they won’t be receiving one message from us verbally and another mismatched or opposing one psychically. It is time to share what is in our hearts with truth, trust, honest, and clarity.

True creative relationships are expressed and experienced from a state of relaxed trust and creative joy. Relationships are simply learning how to play with each other, how to love and accept ourselves unconditionally, and how to trust who and what we are. When we share ourselves in a relationship, we will feel our own sense of completeness, and we will realize we are never alone.

In creative relationships, it is very important to remember how to play and balance our energy, both as an adult and as a child. To have a successful relationship, we must awaken the divine young child inside ourselves first. A young child is full of curiosity and knows the universe is beautiful and full of surprises. A young child is naturally loving and trusts in a positive way. A young child is naturally truthful and in integrity. A young child is more occupied with being natural, not normal. A young child lets their imagination soar, unlimited in the creation of a magical and miraculous world. Always, always seek out a good playmate for your primary relationships, and especially someone who knows how to play fair. Allow yourselves to remember the world is magical, and allow that magic and enchantment back into your life. Be who you are, and do the things you love to do as often as you can! That is really the only way to really live our lives.

## ISSUES AND CHOICES

Our conscious mind, the ego, holds the events, memories, and emotions experienced in this lifetime. Our subconscious mind has that information, plus information from other life times, dimensions, and realities. Our conscious mind often denies any past life or dimensional information as we first become aware of it and is rarely aware of our issues.

Our issues are the conditions we placed on love in the past and are still dealing with today. Our issues are what we did not understand in past lives and include similar things we do not understand in this life. They make it challenging for us to have unconditional love for ourselves and unconditional compassion for others.

What we did not master at anytime in our past is drawn to us again in this lifetime. Our subconscious mind re-creates these issues over and over by using our energy to attract new people and situations to us who reflect these issues.

One of the most important realizations we have is: Our Higher Self, working through our subconscious mind, wants us to realize we are creating our reality with each of our choices - and →we have many choices.

When clients ask “What are my issues?” we point out they have experienced all of their issues within the last two weeks when they felt angry, hurt, separated, fearful, worried, hopeless, or sad. When a situation creates one of these feelings, they can immediately ask themselves what this situation reveals about them and their issues. Simply asking this question allows the opportunity to recognize what their issues are.

*My 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. I then no longer feel like a victim. I realize I am a creator with many choices about how I will energetically react to each situation I create. In most cases, my choice is not to give energy to the situations created by my issues. I witness them instead and watch to see what will unfold. I find it is easier to understand my creations from our collective unity consciousness where I can be a witness and observer. I can observe my life objectively from the collective consciousness and see more clearly the overall pattern of my creations. – Ken*

This holographic viewpoint gives us a greater understanding of the choices we make and allows us the freedom to create what we desire in our lives without old patterns energetically affecting us. Each of us is capable of doing this. We are quickly becoming aware that we have many choices about how we react (or not react) to each situation - each moment - in our lives.

Most of us feel our issues are coming faster and time appears to be speeding up. Why is this? Perhaps time feels as if it is speeding up because we can recognize what we create faster and already know what is going to happen.

What if our subconscious mind has been using ninety percent of our energy to re-create unresolved issues from our past?

What if we recognize this fact about how we have been creating and change it? The energy we once used to re-create old patterns then becomes available for us to create what we choose to bring into our lives now.

## BEING A WITNESS FOR SPIRIT

What do you think happens when we complete what we came in to learn on a soul level? Perhaps the question is: what happens when we no longer react to karma or dharma? We believe at that time, we are asked by Spirit to witness others who are approaching their own completion. In this way, Spirit – Source – can learn, feel and experience a human and spiritual moment in a complete way. We can teach or assist the spiritual world to feel these experiences so there is a better understanding as new souls come onto the earth plane as new beings. By now most of you realize you have been giving classes on different levels and dimensional subjects, like: taking your power, abundance, feelings of being happy or sad, anger and other emotions that new souls can not begin to imagine. After all, if you came from another reality or a place of pure love, how could you ever understand the emotional factors present here on earth? There would have to be a way of experiencing before coming into the shocking reality we know on this planet.

So, how many of you believe you were angels before? How many of you have felt a deep connection to someone like a distant or close family member, friend or teacher – so close it feels like they were a guide or caretaker of some kind. These people could have been your teachers when you were more light energy than physical energy before you came to earth. In my workshops, I am very aware that the room is full of the angelic realm, listening and feeling through the group participants. I know you have sensed this presence for yourself at different times.

Being a witness is a very important job. Perhaps this is the most important job we can ever have. A witness can review a person, a couple, a group, a city or even a country. There are many levels of awareness for a witness, including complete consciousness, which can continue to be expansive through the witness, affecting all other dimensions and realities.

We both have been aware of being asked to bear witness for many years; aware of why we are in certain areas at certain times. This gives insight into what the group or area may be releasing. The criteria for a witness is to have experienced everything that has ever been created. This allows for the presence of a higher level of compassion in that moment of choice and/or change. The most important part is to not interfere or change the outcome but to witness with all of the compassion of Creator. The challenge for each of us is not to have any ideas or get in the way, just allow ourselves to be in a place where anything can happen.

Attempting to control or getting caught up in the way we feel or think how the result ought to be is where most of us can get hurt. This is the greatest reason so many teachers fall back into the old patterns of the past; wanting to change the outcome rather than being a witness; feeling they know what is best for others. If you try to change the outcome or allow yourself to be pulled into the energies of that moment, you are no longer a witness. It could then be a long while before you are ready to be a witness again.

The collective consciousness of an entire area could change when you are asked to witness. There may even be a part of you that is not sure you will come out of this space. Time as you know it changes to

allow for the vibration to expand. You are the catalyst needed to allow the possibility for creation of a new space within which others can make a choice. This can be physically challenging if you do not realize how you are being used in that moment, or if you are not focused or present.

Remember, this is a job that you have perhaps been training for since time began and the knowing is a part of your training. The complete separation from the past and the future, the oneness of all possibilities is an expanded reality that you will most likely not be able to share with other friends or family members. No one else may understand, and this can be quite frustrating at times. The best way is to do your job and get out of the way. Don't give it any thought or energy after the job. Take good care of your physical body. Drink a lot of water, allow for rest time and keep out of physical conflict with individuals – especially those who are close to you. When you are on your spiritual path, conflict with lovers or family members can be the most damaging to yourself and to your family.

### **TAG – YOU ARE 'IT'**

A willingness to be open and allow for anything to happen will have a large effect on you. Never attempt to hold back, for stopping the flow or even attempting to change it in any way might hurt you. We are all becoming conscious, moving into uncomfortable places of the unknown. This new future has no past so anything is possible. It is just that we have no experience with this new space.

Each of us are going through in our own way and perhaps have varying degrees of understanding. It is important to ask Spirit to allow your spiritual path to become physical for you so you can experience and understand this reality. The picture is bigger than you can even imagine! If you need rest, you can always ask Spirit to slow things down. Going slower, getting healthier and returning to a controllable place is all up to you – just ask. It's like tag wrestling. Tag your partner, they will come in to wrestle again, allowing you to rest. Just remember that when you are tagged, you'd better be physically ready to go the distance.

We are all very, very good at what we are doing. For many of us, the replacements have not yet showed up and it can feel like we are barely holding it all together. Some of you have been on the front lines far too long.

One of the greatest of challenges is that when you are a witness for Spirit and consider yourself totally open, this openness leaves you vulnerable. This is where miracles can happen. Unfortunately, if someone judges you, the consciousness that is changing through your eyes or your Being will imprint the judging person many times over. It is like you can see the path they just took and can not do anything about it. This is not a comfortable place to find yourself. Judgment by others is the most damaging projection we can receive. That's why allowing yourself to be a witness and not taking part in the physical dynamics makes it less likely that you will be judged. It is almost as if you are invisible.

## HOW WE CAN BEST HELP ANOTHER PERSON

What if we find something outside ourselves, in the world, in our community or with another person that upsets us? What should we do to help? We believe we should donate our time physically by helping that person or giving our time to an organization or charity founded to help that issue or cause. We are physical beings and we need to physically experience our creations. As we physically give our time to a cause we believe in, we become aware of our own feelings. In doing so, we come to understand ourselves. In that place of being a creator we gain compassion for other people's creations and this leads us to a better understanding of being a co-creator.

Again, are we creators or are we victims? If we are creators, everything is perfect. If there is something we don't like we should physically do something about it. That could occur in many different ways, even by donating our time each week. By doing something physical, we can help to bring about change in areas that we don't like. So many times we hear people wanting to change the world based on what they think the world needs. In a recent science journal it said: 'if all humans disappeared in the next moment it would only take Mother Earth six months to heal all the pollution in our environment'.

What happens when we help someone who hasn't asked for our help? People come all the time asking us to fix or change other people who have not asked for our help. We believe if we help someone who has not physically asked us for help, we intensify their creation and get caught in their experience. What is going on in their life will energetically affect us.

What if we were to have unconditional love for ourselves and unconditional compassion for the other person – exactly where they are in their life experience? Is it possible they would feel the quality of love and compassion we have for ourselves?

Many people are taught to ask their Higher Self before they heal or work on someone by remote means. We have heard individuals say that when they ask their Higher Self, they are told 'yes', they can heal or help another person. When somebody asks us if we would do a healing session with someone else, we always prefer to first do a session with them. Ninety per cent of the time, after their session has been completed, their Higher Self tells them they should not interfere with another person's experience.

As we reflect love for ourselves what will happen to the people we energetically looped with in the past? What they feel from us is the love we have for ourselves. As we become this vibration through loving ourselves, others can recognize this quality in themselves and they can change. We can never change another person, but the more we love ourselves, the easier it is for somebody else to recognize that quality within themselves.

## MAJOR LEARNING MODALITIES

*Reality is simply what is. We miss it because  
all most of us see is what we THINK should be there.*

DEEPAK CHOPRA

*In conceiving his theory of Relativity, Einstein said the one crucial thing  
that helped him was his ability to visualize what it would be like  
to be riding on the end of a light beam.*

UNKNOWN

*There are infinite versions of every event, depending upon the observer.*

DEEPAK CHOPRA

## OBJECTIVES

- Identify the three basic ways we learn, using our three major senses
- Define VAK
- Define eye accessing positions
- Describe why knowing the preferred mode of processing is important in relationships

Our body constantly processes an immense amount of information every moment, whether we are awake or asleep. Information about our environment bombards our senses at the rate of millions of different stimuli per second. Ninety per cent of all of the motor activity of our brain and our nervous system is used to gather sensory input from ourselves and our environment. Even though our conscious mind filters out about 92–97% of all stimuli, ALL incoming stimuli is fully received, stored, and filed by our subconscious. Most of us have a preferred way of learning through our senses, usually highly specialized by the time we reach second grade.

## THE WAYS WE LEARN, USING OUR THREE MAJOR SENSES

Think back about when you were in school. Was it easier for you to remember information if you saw it up on the board, if you heard the teacher say it, or if you wrote it down? Most of us find we had a definite preference with the way we were able to receive, learn, and remember information.

The three basic ways we learn are called VAK for short:

Visual  
Auditory  
Kinesthetic

For each of these methods, or modalities, we usually perceive information first as external events and then form internal representations, based on our process of internalization. For example, if we visually saw sights, we stored them as mental pictures. If we heard sounds and words, we stored them as internal sounds and dialogue. If we gathered information kinesthetically, in feelings of temperature, pressure, or texture, we then internalized our reaction to such stimuli in feelings such as motivation, pleasure, discomfort, excitement, fear, etc.

The process of internalization includes two main filtering systems, and five possible ways to shift raw data or stimuli received. The two main filtering systems we use are:

- Survival: Is the perceived stimuli life supporting, or life threatening?
- Known or unknown: Is the perceived stimuli a known quantity, and if not, is it dangerous?

How does the perceived stimuli fit in to any of our prior experiences?

### **THE FIVE POSSIBLE WAYS TO SHIFT INCOMING RAW DATA ARE:**

- Accurate perception.
- Complete deletion. This occurs if the perceived stimuli offers no reference point to what is part of the person's culture. One example would be early visitations to the Australian Aborigines by photographers. Because the Aborigines had never seen a photograph, when handed an enlarged photographic portrait of themselves, all they reported seeing was a blur of dots!
- Selective attention. This occurs when we pay selective attention to certain aspects of our perceived experience, and omit the remaining aspects.
- Distortion. This occurs when we internally shift our experience of perceived data to fit in with our belief structures, unknowingly making it misrepresentation of information
- Generalization. This occurs when we form an overall belief, habit, or global conclusion on only one or two actual experiences.

### **COMMUNICATION OF INFORMATION IN VERBAL AND NON VERBAL WAYS.**

Here is a sampling of process words, made up of verbs, adverbs and adjectives, used to represent internal experiences as we communicate with others. Which category contains the largest amount of words and phrases you use most in your everyday communication?

## LANGUAGE PREFERENCE

### A SAMPLING OF VISUAL WORDS AND PHRASES

An eyeful	Bird's eye view	Angle	Appears
Aspect	Bright	Clarity	Clear
Clear cut	Catch a glimpse	Colorful	Conspicuous
Crystal clear	Dark	Dawn	Dim view
Discern	Envision	Examine	Flash in the pan
Flashed on	Focus	Foggy	Foresee
Get an image	Get a perspective	Glanced	Glimpsed
Hazy idea	Hindsight	Horizon	Illustrate
Illuminate	Imagine	In light of	In view of
In person	Inspect	Look	Looks like
Make a scene	Mind's eye	Mental image	Naked eye
Noticed	Peek	Obscure	Observe
Outlook	Paint a picture	Perception	Perceive
Perspective	Picture	Plainly see	Pretty as a picture
Read	Reveal	Recognize	Scope
Scrutinize	See	See red	See to it
See ya	Shortsighted	Show off	Show me
Sight	Sign	Sign off	Sketchy
Sparkling	Starry-eyed	Stare	Stare into space
Survey	Take a peek	Tunnel Vision	Twinkle
Under your nose	Unforeseen	Up front	Vague
View	Vision	Watch	Witness

## LANGUAGE PREFERENCE

### A SAMPLING OF AUDITORY WORDS AND PHRASES

Afterthought	Amplify	Announce	Articulate
Ask	Audible	Be all ears	Be heard
Blabbermouth	Call	Call on	Clear as a bell
Clearly expressed	Comment on	Deaf as a doornail	Describe
Discuss	Dissonant	Divulge	Earful
Earshot	Enunciate	Exclaim	Express yourself
Give an ear	Give an account of	Gossip	Grant an audience
Harmonize	Hear	Hear from you	Heard voices
Hidden messages	Hold your tongue	Hush	Idle talk
Inform	Inquire	In other words	Key note speaker
Listen	Loud	Loud and clear	Make music
Manner of speaking	Mention	Mutter	Noise
Outspoken	Overhear	Overtones	Pay attention to
Power of speech	Proclaim	Pronounce	Purrs like a kitten
Question	Quiet	Quoted	Rap session
Remark	Resonate	Ringing	Rings a bell
Roar	Rumor	Say	Scream
Screech	Shout	Shrill	Silence
Sound	Speak	Speechless	Squeal
State	State your truth	Suggest	Talk
Tattletale	Tell	Tone	Tongue tied
Tune	Tune in	Tune out	Unheard of
Utter	Verbal contract	Vocal	Voice an opinion
Well informed	Word for word	Within hearing range	

## LANGUAGE PREFERENCE

### A SAMPLING OF KINESTHETIC WORDS AND PHRASES

Active	All washed up	Bearable (Unbearable)	Beside myself
Boils down to	Calm	Catch on	Cool
Chip off the old block	Come to grips with	(Un) comfortable	Concrete
Control yourself	Embrace	Emotional	Fall apart
Feel	Firm foundations	Firm	Flow
Floating on thin air	Forceful	Go to pieces	Get a hold of
Get a load of this	Get a handle on	Get in touch with	Get the drift
Get your goat	Grasp	Grip	Gut feeling
Hand in hand	Handle	Hang in there	Hard
Head on	Heated argument	Heavy	Hold
Hold on	Hold it	Hop to it	Hothead
Hurt	Keep your shirt on	Kick	Light-headed
Lay cards on the table	Lukewarm	Lump in my throat	Make contact
Move	Not following you	Numb	Pressure
Pain in the neck	Pull strings	Pull through	Pull away
Push comes to shove	Rough	Scrape	Sensation
Sense	Sharp	Sharp as a tack	Slip through
Smooth operator	Soft as a ...	Solid	Sore
Stiff as a board	Start from scratch	Stay in touch	Stand on
Stiff upper lip	Stress	Strike	Suffer
Tap into	Tension	Throb	Throw out
Tied up tight	Tight	Tired	Touched
Touched base	Tough	Turn around	Underhanded
Warm	Weary	Whipped	

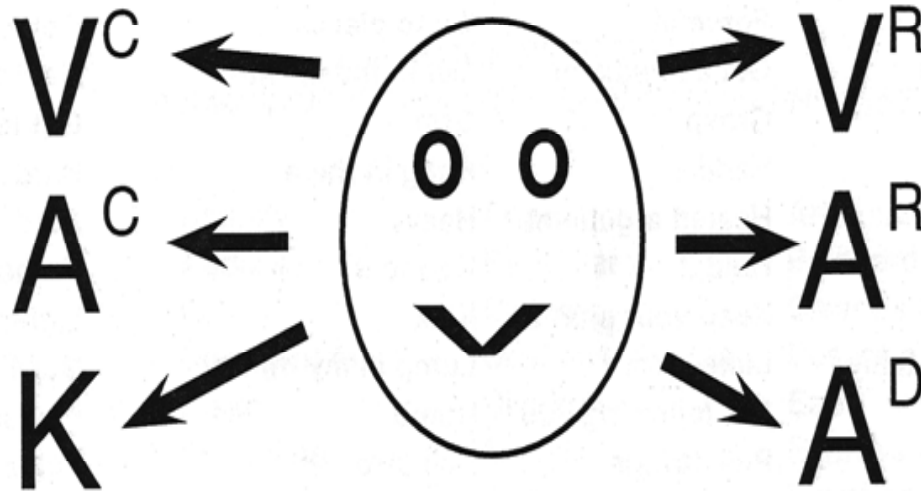
Not only do we seem to have a preferred way of receiving and storing information, we store it in places which may sometimes be perceived by others. For fun, ask yourself the following questions and notice where your eyes seem to dart as you are thinking about this information:

- What color were the walls of your bedroom when you were ten years old?
- What did your boss say to you when he gave you your last raise?
- How did you feel when your first child was born?
- What does a pink elephant look like?

Using the following chart, a person with a normally organized left and right hemisphere would look up and to the left for the answer to the first question, look to the left side (middle) for question two, look down and to the right for the third question, and look up and to the right for the fourth question, (presuming you have never physically seen a pink elephant).

## EYE ACCESSING

In this diagram, the information accessed appears reversed, yet it is true if you are observing another person. These guidelines are for the normally organized hemispheres, and some people may be reversed.



R= Remembered C= Constructed D=Dialogue

**VC VISUALLY CONSTRUCTED:** This area is accessed when a person needs to construct an image of something they have never seen before, or they are looking at remembered images differently than they were originally seen, (from a different viewpoint). If a person's eyes access this realm, they have usually moved into the future to gain the information. A question to access this area of processing would be: What would you look like if you were twenty years older?

**VR VISUALLY REMEMBERED:** Seeing images of things seen before or as they were seen in the past. If a person is talking about a trauma or an emotional event, and they access the information by looking up and to the left, the shock or charge is primarily around something they saw, or witnessed. A question to access this area of processing would be: What is the color of the interior of your current car?

**AC AUDITORY CONSTRUCTED:** When a person accesses their information by keeping their eyes level, yet moving them to the right, they are hearing sounds or words not yet heard, or not heard before. They are moving into the future to retrieve this information. A question to access this area of processing would be: If you and I were to sing Row, Row, Row Your Boat, what would it sound like?

AR AUDITORY REMEMBERED: Information accessed by keeping the eyes level, yet moving them to the left indicates a person is remembering sounds or words heard before. If a person is talking about a trauma or an emotional event, and they access the information by keeping their eyes level, yet moving them to the left, the shock or charge is primarily around something they heard, or spoke. A question to access this area of processing would be: What does your doorbell at home sound like?

K KINESTHETIC: Feeling emotions, tactile sensations, (sensations of being touched and touching), muscle movements, etc. are accessed by looking down and to the right. A question to access this area of processing would be: What does it feel like to run?

AD AUDITORY DIALOGUE (Internal): Looking down and to the left indicates you are talking to yourself about an event or situation, real or imagined. This is the location of the “critical judge,” and the “nag.” Someone who is mulling over a problem, or going over and over something in their minds without resolving it, will go around with their eyes in this position. A way to access this area of processing would be: Recite the ABCs.

One of the most important things we can find out about those we are in close interaction or personal relationship is their preferred method for receiving information. Taking just a moment, please do the following exercise. Then do the same exercise with your closest business associate, and/or your closest relationship.

### **ARE YOU PRIMARILY VISUAL, AUDITORY, OR KINESTHETIC?**

One of the easiest ways to find out which of the three major methods of sorting information is your preferred method, simply ask yourself what are you most likely to say at the end of your telephone conversations:

- \* See Ya!
- \* Good to hear from you.
- \* Keep in touch
- \* Looking forward to
- \* Thanks for giving me a ring
- \* Hang in there

In an argument, would you be most likely to say which of the following:

- \* You always tune me out
- \* It all boils down to...
- \* You are making a scene
- \* This stinks!
- \* You'd better evaluate this and then decide

One of the most important elements in creating cohesive, clear and happy partnering is to know how you are loved, and then share it with your partner. Of these three examples, what would honestly mean the most to you?

- \* You hear: I love you
- \* You receive gifts, attention or favors
- \* Your hand is held

## About the Authors

Ken Page has been in the professional and healing fields for the majority of his life, having devoted the last twenty-five years to his own personal understanding, spiritual development and self empowerment. A gifted empath, futurist and intuitive, Ken is the creator of Heart & Soul Healing™, which identifies energetic patterns on the physical body. By using these patterns to access the subconscious mind, physical, emotional, mental, and spiritual patterns are released from our past.

Ken has seen literally thousands of individuals worldwide in his ongoing Heart & Soul Healing™ practice, assisting them to achieve full self-empowerment and creatorship. Each new client has added to Ken's knowledge about our journey on Earth and elsewhere!

Founder and director of the Institute of Multidimensional Cellular Healing™ and the Third Eye of Horus Mystery School™, Ken is also the author of many books. He teaches monthly workshops throughout the United States, Canada, Australia, and Europe and offers Heart & Soul Healing practitioner-training classes.

A respected international teacher and lecturer, Ken has participated in health and healing conferences all over the world. A sampling of the various programs where Ken has presented are the Wesak events in the US and overseas, Whole Life Expos, Body, Mind and Spirit Festivals, Parapsychology Conferences, the Peace in Mind Festivals (Sweden), Body Spirit Festivals (England), One Heart Production Seminars, Universal Lightworkers Conferences, Total Health Conferences (Canada), UN Members Assembly Group (New York), and the Solar Heart Symposiums. Ken has also written numerous articles for various newspapers and magazines, health and spiritual publications, as well as appearing on national television in the U.S. and several countries. A requested radio speaker, Ken has been a guest presenter at many Unity Churches and metaphysical centers and bookstores throughout the U.S. and Europe.

Rev. Dr. Nancy A. Nester. MSC.D, RMT has worked in the healing arts for more than thirty-five years, having practiced and taught Heart & Soul Healing, Reiki, Johrei, and other forms of energetic clearing and healing. She is founder and director of Ancient Wisdom Spiritual Centre, ADL, and director of Clear Light Arts, ADL, 501 (c)(3) organizations dedicated to educating and assisting those who search for truth on their spiritual path. A clairvoyant healer and intuitive, Nancy is also an international teacher, respected lecturer, author and spiritual counselor, holding many degrees and certifications in numerous healing modalities.

Director of the Institute of Multidimensional Cellular Healing™, and the Third Eye of Horus Mystery School™, Nancy is also a Certified Practitioner-Teacher/Trainer of Heart & Soul Healing™. With her additional experience as a clinical hypnotherapist, and abilities of visualization and empathic awareness, Nancy has helped thousands of individuals worldwide to access their subconscious mind and free themselves from the physical, emotional, mental and spiritual patterns of their past.

She has developed and created a unique healing session combining the energy of Reiki with three powerful Heart & Soul Healing™ techniques for a Blended Energy™ session. She developed Bio-Energetic and Holographic RePatterning™ and is the creator of the revolutionary technique known as The Gates of Quan Yin™ combining ancient gates (never before published) for the vibration of compassionate healing.

Nancy is also a trained, certified mediator and entrepreneurial coach, offering services in the field of group dynamics and interpersonal relationships for both personal and business success. Nancy offers her skills to assist individuals in business and personal relationships to move from adversarial or outcome-based roles towards a centered approach, enhancing a more fluid understanding and a better perspective, allowing for the creation of an open and trusting safe space. Her consultations are designed to increase the art of communication, self-awareness, focus, energy and confidence, as well as to expand creativity, satisfaction and prosperity.

Ken and Nancy offer workshops and counseling as professional life coaches and trainers to assist individuals in reaching their highest potential in relationships, careers and all aspects of their lives.

Both authors are survivors of the dis-ease known as cancer. They offer their Hospice training and life experiences to those individuals or family members dealing with crisis, terminal illness, sickness and the energetic dynamics of any life-threatening dis-harmony or circumstance.

Each month Clear Light Arts, ADL offers a free email monthly newsletter reaching millions of individuals around the world. Subscribe at [www.KenPage.com](http://www.KenPage.com).

Ken and Nancy also hosted a weekly radio show called 'The Way It Works', offering practical advice on being healthy, maintaining good relationships and finding compassion in your daily life for yourself and for others. Find a direct link to the archives of this show on their website at: [www.KenPage.com](http://www.KenPage.com)

Their website contains over 4,000 pages of free information, including books to read, healing and clearing tools, creation techniques, articles, newsletters and more.



Ken, Nancy and their dog, Blue live in the foothills of the Southeast Appalachian Mountains of the USA

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