

Institute of Multidimensional Cellular Healing



Third Eye of Horus Mystery School

The Heart of Soul Healing

The Traveler Series

Ken Page

Third Edition

Clear Light Arts
United States of America

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All chapter quotes throughout this book are from KEN PAGE

Foreword

We have entered a time of tremendous change. The rate and intensity of change seems to be accelerating exponentially. The essence of this change is being fueled by an Energy that we are just beginning to comprehend. We are starting to understand that we are a part of this Energy; we have always been a part of this energy, yet through our life experiences the Energy has been distorted and hidden from us.

We have a deep sense of urgency to identify and connect with this Energy and to that end we give it a name, our Higher Self (Soul). This Higher Self speaks with a quiet but powerful voice. This voice is often hard to hear because of the noise and chaos created by our personality and our interactions with other personalities, souls and spirits. How can we quiet the mind? How can we hear and trust our one true voice?

Do these questions sound familiar? Are they running through your mind? Do you feel that you are at the door but do not know how to open it? Then perhaps you are ready to set aside all the thoughts, emotions and energies that are keeping you from discovering who you really are.

These are not new themes. Throughout the history of philosophy and then psychology various approaches have viewed these issues and tried to answer them. Yet most approaches have mainly focused on the personality as the ultimate master. As the human personality has developed we have demonstrated "God-like" qualities; but even these exalted moments are finite and transitory.

How then do we connect to what lies beyond the door of our mind? The answer seems to lie in our understanding of reality. With the advent of Quantum Physics, it has become apparent that all that exists is Energy, and our play within this Energy is the manifest universe. This Energy seems to move with intent, and the intent seems to be modified by experience, causing the energy to move and change form.

If we are Energy and we change through intent and experience, then we should be able to move beyond the door if we could totally comprehend all of our experiences and direct our intent back to that Energy of which we are all a part. To accomplish this, we must seek a balance in our energy that connects (resonates) with the greater Energy.

To this end, modern psychology has stepped forward and attempted to guide humanity to a higher level. The principles of transpersonal psychology have focused on moving beyond the personality, but have done so by following the traditional path; whereby man can think his way to a higher energetic (vibration). Energetic forces that stand beneath the conscious mind are expected to bend to a peaceful will that is centered and clear. While this represents a capable path, experience has demonstrated that it cannot keep pace with the accelerated rate of expansion and change. Sitting in a meditative state for years, waiting for the mind to quiet, will not stand the test of the new surging Energy.

Other psychological approaches like breath-work, hypnosis and regression therapy have sought out old energetic patterns but have followed a confronting posture to push through the old energy. While effective in releasing old patterns they do not call upon the Higher Self as a guide to prevent new patterns from arising in the present. Release of energy must achieve balance, which requires the insight and intuition from the Higher Self.

Perhaps the new breeds of Light Workers have come the closest to aligning themselves with Energy (Source). Shamanism, the original Egyptian schools of Horus, and Reiki represents the resurgence of ancient teachings that recognize our inner power through our connections to Source. Energy in these schools is still often identified in polarities of light and dark. Balance is never achieved as one is prefer-

entially sought over the other. The more light these workers seem to create for those they seek to help, the more dark is drawn into their wake. Once again, balance is never achieved.

So is there a way to energetically evolve at a rate that is in keeping with our accelerating planet? After thirty years of training and searching, I think I have found the perfect synthesis of philosophy, psychology and metaphysics through the '*Heart & Soul Healing*' techniques. As a client, student and now practitioner in the approach developed by Ken Page I have experienced significant energetic shifts, for myself and my clients, from the various release techniques incorporated within this program.

First and foremost, *Heart of Soul Healing* brings to the forefront our connection with the Higher Self. With the Higher Self as our guide, old energetic patterns are uncovered and released. Along the way broken channels of energy are reconnected and revitalized. In the end the vibratory state of our entire energy matrix is raised to a higher level and brought into balance. This transformative process energetically repositions us into the present moment, capable of loving, serving and remembering our own path.

This book represents the cornerstone of the insights and intuitive communications Ken Page has brought to bear in developing self-help approaches centered on our connection with our Higher Self. I believe his work with Energy represents a foundation for the esoteric psychology of the new millennium.

Prepare to share in Ken's experiences as they unfold before you the key principles that guide the Heart of Soul Healing. Wherever it takes you I can assure you that your vibration will never be the same.

Merl Wallace M.A.
President Planetary Learning

Preface

"... The Many Worlds Interpretation of Quantum Mechanics says that different editions of us live in many worlds simultaneously, an uncountable number of them, and all of them are real. There are even more interpretations of quantum mechanics, but all of them are weird in some way. Quantum physics is stranger than science fiction."

Gary Zukov, *The Dancing Wu Li Masters*, p. 87.

In the early 1900's our scientists began to realize that Newtonian physics did not accurately describe Nature at the macroscopic or microscopic levels. What they discovered was a reality that was shocking and defies logical understanding: Niels Bohr stated that "... Those who are not shocked when they first come across quantum theory, cannot possibly have understood it." Werner Heisenberg was quoted as saying "... Can nature possibly be as absurd as it seemed to us in these atomic experiments?" The famous theoretical physicist Richard Feynman said, "I think it is safe to say that no one understands quantum mechanics" "Nobody knows how it (quantum reality) can be like that."

What is really interesting is that many physicists feel that microscopic phenomenon such as instantaneous communication and matter traveling through solid barriers can also happen on a macroscopic level. There are now hundreds of international physics conferences and thousands of papers and books written by physicists about parallel universes, multiple dimensions and hyperspace.

Physicians, psychologists and ex-military personnel are writing books about their experiences with near death phenomenon, past life regression therapy, exorcisms, remote viewing, aliens, mind control, multiple dimensions, and many forms of spiritual healing and alternative medicine. Millions of people have now experienced these macroscopic quantum or "non-local" phenomenon and no longer believe in the old "Newtonian" view of reality.

Many spiritual traditions point to a time of profound change on this planet. Several ancient calendars end around the year 2012. In the Gospel of Thomas, Jesus is quoted as saying "The heavens and earth will be rolled up in your presence, and whoever lives from the living One will not experience death." Perhaps we will be making a quantum shift to a new level of reality where time will be experienced in a different manner and our old way of keeping time will no longer be valid.

In order to consciously participate in this shift, we must heal ourselves on many levels and become whole. It is as if our physical bodies that exist in this time and space are only one card in a deck of fifty-two cards. In order to heal the "issues in our tissues" and become whole, we need to integrate all of our various parts that exist across time, space and the many realms of being.

In my experience, Ken Page's technique of Heart & Soul Healing (formerly called Multidimensional Cellular Healing) addresses an amazing spectrum of issues and realms of being that greatly facilitates the seeker who is interested in playing with a "full deck" and becoming whole. I would recommend Ken's book, *The Heart of Soul Healing*, to anyone who is involved in spiritual healing, energy healing, alternative medicine, hypnotherapy, past-life regression therapy, exorcisms, or psychotherapy.

You might ask, how much of this stuff is real and why even bother with it? In answering that, I will use past-life regression therapy as an example. Brian Weiss M.D. has written four books on this subject. He makes a convincing case that it leads to relief of symptoms in forty percent of his patients. No one can prove whether or not reincarnation is real, but when forty percent of your patients benefit from recovery of past life memories, then it is well worth the effort to address these "issues in the tissues."

It doesn't matter whether these issues exist in the archetypal realms of our subconscious minds and the mass consciousness or in hyperspace / higher dimensions / parallel universes. The fact remains that millions of people can benefit by addressing these issues in a safe and compassionate way. I feel Ken's book will become a valuable resource for many therapists in the field of complementary medicine.

Our species and this planet are in the process of making a tremendous metamorphosis in consciousness that rivals the profound changes that a caterpillar makes when becoming a butterfly. There is a tremendous amount of grace available for those who choose to seek the truth. I feel Ken Page's work and *The Heart of Soul Healing* is part of the grace that is available to us during this exciting time in the history of our planet.

Michael Scott Allen, M.D.
Dallas, Texas

Acknowledgments

On my path, I have been honored to share the lives and loves of some very special friends and family. They will always be in my heart. I would like to thank and acknowledge Shirley Ann Holly, and David Michael Flatley for their help and insight.

This book honors each of my clients with special thanks for helping me discover the truth of who we really are. The information in this book came about through their spirit, courage and wisdom.

My six children and my grandchildren have been great teachers for me. I love each and every one of them for their unique role in my life.

My deepest thanks goes to my wife Nancy Nester for helping complete this project and for her openness in sharing her life and wanting to co-create with me.

Karma and dharma no longer hold any of us in the past or future.
We are all set free to explore the depths of Self.

Introduction

When Spirit called me to lead a conscious life, I journeyed into unknown territories. I was an entrepreneur and businessman, comfortable in the corporate world. I entered a multidimensional world of wonder, magic, miracles, and healing. The changes in my life were quick and permanent. As a spiritual healer, I became the full-time confidante of people's private thoughts, hidden secrets, and spiritual yearnings. That led to an adventure story being written about me. *The Traveler and the Fallen Angel* (1995). I shared the stories of my early years in my autobiography *The Traveler and the End of Time* (1996). I co-authored my second book - a manual about creatorship and moving beyond dualities: *In Quest of Why?, A Heart & Soul Healing Philosophy and Applications Manual* (1999). As my journey progressed, little by little I discovered hidden wisdom in the stories of my clients. They showed me why we are here and why our lives unfold in so many different ways. My next book *The Way It Works* (1997) explores some of these truths.

It took nearly eighteen years to complete this book: *The Heart of Soul Healing*. I share everything that I have learned on my healing journey to date. The development, growth and practice of Heart & Soul Healing™, and the transformational process which evolved while working with my clients' spiritual and energetic worlds, remains my focus. Also important is the story of my search for the soul, why I needed to search, where this led me, and my surprising discoveries.

This book can be used as a text book by practitioners of the healing arts. Alternative healers, psychologists, doctors, ministers, and all those in search of God, Source, and Spirit will find this book invaluable, as the healing wisdom contained on these pages is universal.

My wife Nancy Nester and I continue to teach Heart & Soul Healing and work in practice with clients around the world in exploring their subconscious. We have also stayed busy by co-authoring many books on the various reasons why healers get sick. We are all healers, ministering to ourselves and to others on our life path. We hope this book provides assistance to everyone in remaining energetically clear to promote and maintain physical, mental and spiritual well-being. All of our products can be found on our websites: www.KenPage.com and www.ClearLightArts.com

Spirit gifted me with the process of Heart & Soul Healing™(HSH) formerly called Multidimensional Cellular Healing™(MCH). This is a unique way of tapping into the subconscious truth inside each of us. Included in this book are many case studies that portray the healing transformation we can all experience. In these stories, the strength and courage of each human spirit shines through in spite of the individual's sad or horrific experiences. These people revealed their divine nature as they persevered until they understood themselves and their creations. It is my hope that the courage, desire, and drive portrayed in these stories will inspire you as they have me.

SIMPLE LESSONS FROM MY CLIENTS

My clients have shown me that we use the following concepts to grow spiritually.

1. We are all Creators.
2. We have been on the planet Earth for many lifetimes. We came here not only to master unconditional love for ourselves and unconditional compassion for all creation but also to help balance all collective consciousness.
3. Everything experienced by one person is experienced by everyone, because we are all

energetically linked by the life source energy that flows through us. Anything that has happened, is happening, or will happen to anyone, is also happening to everyone simultaneously.

4. We are multidimensional. There is an aspect of each of us in every space, time, plane, and dimension where life source energy exists.
5. We store within us as, programs, any traumatic experiences that we fail to completely understand mentally, emotionally, physically, or spiritually.
6. Experiences that we do not fully understand retain an energetic charge and act as subconscious catalysts to draw people and events into our lives that will help us understand what we have created. This understanding is a requirement for spiritual growth because we are here to claim our creations and acknowledge ourselves as Creators in the highest sense.
7. Once we understand our creations, we have the ability to help balance a specific consciousness, such as the consciousness of war, depression, or fear. The consciousness we agreed to balance is constantly around us. It also acts as a catalyst in our lives, bringing us our greatest challenges and showing us what we have yet to master.
8. We become candidates for receiving the powers of instantaneous creation, the mark of true Creators, once we achieve unconditional compassion for all the thoughts, feelings, and emotions that make up human consciousness.

I have always loved tales about heroes...

These dreams came to me in pieces over the years as I spent hours each night in a lucid dream state. I believe our dreams and visions are stories, fairy tales or metaphors if you will, that help us connect who we are.

I share my dreams here with you because my clients have also had dreams that may seem extraordinary, even strange at times. Dreams are part of our inner lives and are valid and true for each of us.

Dedication

This book is dedicated to man's search for the soul.

Prologue

The Dream

*This tale begins in the space between the Suns; in the gathering place of souls.
I am Sananda Ra, a Light Traveler and messenger from the order of the Messiah.*

My home planet has a purple-violet atmosphere, nine moons, and few inhabitants. I dwell within a ten-square-mile energy bubble built and terraced on the lower slopes of a large snow capped mountain range. Visitors are mesmerized by the crystal-blue, sparkling waters cascading down from a nearby mountain and through the middle of the land to meet the wide river below. The air is sweet, pure, and vigorous and fortifies all our physical needs. We get our nourishment from the air we breathe allowing us to happily forego other nourishment. The outside surface of my bubble is gold and reflective like a mirror, making it invisible to most. I have many close companions living with me, though none of them are human.

During my travels throughout the galaxy, I invited many beautiful creatures to come and live with me and many accepted gladly. Years ago I transported seedlings and saplings here and now live as a companion to thousands of varieties of trees, shrubs, grasses, and flowers.

Living here are also many species of four-legged beings. I admired them during my planetary travels and asked each pair if they would please grace my land. Here the lions lay down with the lambs, as well as with many other gentle creatures. The upper surface of my bubble is over three miles high and is full of colorful birds, dancing insects, flying mammals, and great winged raptors. Songbirds, rushing creeks, and the sounds of song fill the air with the hum of conversation and play. I spend most of my time wandering the land caring for its needs, communicating, swapping stories from our different genetic memories, and sharing about magical times.

One day an angel appeared. I welcomed her and she came to where I was tending the roses. With my long white hair, I must have looked all of my 300 years. I was getting old, but energetically I was still strong.

I greeted her, but instead of replying, she startled me by changing into twelve different life forms of myself, starting as a young boy and progressing to the present. In that moment, I remembered the prophecy passed to me so long ago by my grandmother. She said that one day twelve vibrational aspects of myself would appear in succession, and I would know it was time to go on the most important journey of my life. My Grandmother told me long ago that my name had the vibration of the sun.

Then the twelve aspects of the angel merged back into one being and she spoke to me: "You, Sananda Ra, are a Light Traveler from the order of the Messiah, a messenger, and are summoned by the Time Guardians to an emergency gathering."

The angel explained to me that the Time Guardians had discovered a time rift that distorted and misaligned the interdimensional portals and passage gates. The rift created frozen time bubbles, trapping many souls and affecting the flow of consciousness. It was a serious situation. The rift could erase soul memory by destroying the Akashic records, the archives of all consciousness.

Civilizations that had been trapped by the polarities of light and dark, which caused separation from Source, had been secretly controlling many regions of the galaxy for thousands of years. They created the time rift to stop Earth-like civilizations from realizing that they are divine, multidimensional, fully capable of instantaneous creation, and able to challenge the power and control of the dark-side. I had confronted these fragmented souls many times in the past.

The Guardians were asking for volunteers from every dimension who could combine energies and seal the rift. They asked me to recommend fellow Travelers who were fearless, strong, loyal, and experienced warriors in galactic time travel. I knew many friends who were up to the challenge to help with this mission. The angel told me that each volunteer would merge with an aspect of themselves on Earth and then be brought into conscious awareness for this mission. The Guardians planned to gather all the volunteers on Earth by September 9, 1999.

Then the angel presented a new and startling condition. This time we were not just being asked to do battle with the dark-side, as had always been our method before. For this mission to succeed the Travelers needed to eliminate the dark-side by merging it with the light. The light and dark were of equal strength in the lower dimensions. They needed to be rejoined and transformed into Clear Light which existed before polarities were created. That was the key to repairing the time rifts and creating Heaven on Earth.

The methods with which we would accomplish this spiritual alchemy were secreted away within our hearts. Discovering that key information within ourselves would be the most difficult and challenging task we faced. Once we knew how to do that we could be sure of victory.

The Time Guardians had left energetic keys, holographic blueprints, to help the cloaked volunteers become conscious of who they were and what their mission was. Becoming fully conscious was the first step in recognizing the interdimensional gates. These keys were hidden within the laws of numerology and astrology, within each of the ancient mystery schools, and within certain sacred sites. The keys were also hidden behind the heart of every person on Earth.

The Travelers would need to discover the holographic blueprint on their own during the course of their lives on Earth. They would awaken, discover the keys, and recognize the truth that they had carried within themselves all along.

The angel looked directly into my eyes for a long time. Then she said. "The reason I was sent here is to ask your help as a messenger. The Time Guardians were concerned that because of your age and all that you have done already, you would decline this mission because you may never return home. They sent me, a representative of Spirit, so you would know that this mission is supported on the very highest level. The Time Guardians need you on Earth to help repair the rift in time and realign the interdimensional gates. As a Traveler, you will need to forget everything you know, who you are and who your were as Sananda Ra. You will awaken and remember first in order to help the other Travelers become aware of their spiritual missions."

I immediately agreed to help. I had been resting, waiting, and wondering about this day for a long time. I knew that the time was close, because I could feel change shifting and vibrating within and around me. I had been training throughout my life to be part of a mission that would change all consciousness in the universe, including my own. I had separated myself from others so that I would not be personally attached to an outcome that might affect my mission and ability to witness. I was ready to fulfill my destiny, ready to go anywhere I was needed.

The angel asked me to begin immediately. I needed to change form and merge into a being my Higher Self had created in the third dimension of the planet Earth. This being was my soul's reflection on Earth with whom I resonated most strongly. His name was Ken Page.

Ken was already a part of me energetically; we were closer than twins although I don't believe he was aware of me. For this mission, I took the vibrational name RaMa, symbolizing the balance of male and female. Ken was subconsciously looking for this energetic vibration. He was on the cusp of spiritual consciousness and momentarily caught up in the material world, waiting unknowingly for integration with me. Ken lived a life of confusion and separation. When we integrated, his spiritual awakening would accelerate. He would become a healer and teacher and become aware of everything he was creating, as well as that of his clients. A part of our mission was to awaken these fellow Travelers.

As the angel outlined the plan to me, she assured me that I would have guidance and assistance on my mission. She told me to rest and prepare my spirit for the journey to Earth. I would remain in a deep sleep until a scheduled atomic bomb test was detonated on Earth. The atomic explosion would temporarily open an interdimensional gate into human consciousness where all the volunteers would enter the human soul plane undetected and cloaked. Knowing this was the moment I had been waiting for, I said farewell to the land and my companions. I then realized that I had underestimated my love for my home and my family; I would miss them. Hopefully, they would await our reunion.



Section One

Opening the Heart

Chapter 1

Questioning, Searching, Learning, and Sharing

*We are the creators. We have eaten of the tree of knowledge of good and evil.
We paid the price to be One with Source, in a state of Godness.*

Over the years that I have been a healer, a facilitator, and a teacher of the healing arts, most of my clients have been healers themselves or individuals with a strong spiritual connection and yearning. I observed that these healers and clients were spiritually and/or physically ill and disheartened. They were disillusioned with life and ready to quit. They were good people, giving of themselves to help others and our planet. Why was this happening, when we were all searching to be One? These questions were troubling, and each client who came to me provided additional insight. In this way, the process of Heart & Soul Healing was born and developed. This book shares my journey of discovery into the mysteries and questions that drove me onward in my spiritual path.

BIG QUESTIONS

What exactly is the spiritual journey of the soul and how does that passage relate to healing ourselves? What is the soul and where is it? What is our connection to God, Creator, or Source? Is there a Divine Creator of any kind? If so, how are we united? Are we all One? Why are we here on Earth? What is our purpose? Do we have past lives? What happens after we die?

The people who came for sessions asked these and similar questions repeatedly. I had the same questions myself, and was driven to find the answers. I believed these answers were out there if only I could find the key. I share with you what I have discovered in the following pages - an exploration into the many faces of the human experience.

ONENESS

One important factor to accessing satisfactory answers about reality is that what we commonly thought of as reality is actually only a tiny fraction of it. Few have been taught to access these answers. Most of us are used to perceiving only what flows through our five senses and accepting these sensory perceptions as reality. At this time on Earth, we are learning exponentially, because we are becoming aware that we are multidimensional beings.

All aspects of our lives, consciously remembered or otherwise, have purpose and meaning, including the worst experiences we could imagine, experiences so profoundly negative that we might lock them away from conscious awareness. The meaning of these experiences is unique to each of us, depending upon what we are learning at that moment in time.

Injuries, illnesses, repetitive experiences, and relationship patterns are only some of the ways our soul communicates with our physical selves. They may be physical manifestations of underlying, distorted belief patterns. While we may not consciously remember everything that has happened to us, it is still recorded in our subconscious minds.

OUR SUBCONSCIOUS MINDS

What exactly is our subconscious mind? For the purposes of this book, our subconscious mind is defined as that which is outside of our conscious awareness. It may be useful to think of our subconscious mind as a bank vault, where we keep all of our secrets and treasures. Heart & Soul Healing uses our subconscious minds to find the right past life event or experience that we need to understand in order to make sense of our lives today. This includes experiences that we did not completely understand and ended up forming erroneous judgments about. Understanding a series of similar experiences frees us from the need to recreate additional variations of the experience, and allows us to be more present in our bodies and fully in the moment.

If everything that has ever happened to us is so important, then why do we have such trouble remembering? Simultaneous knowledge of our holographic selves would most likely be overwhelming to our human natures. The value of such information is only meaningful when our memories provide specific clues to why certain challenges and patterns exist and relate to what we are learning in this lifetime.

Dimensions of us are accessed through HSH work for the purposes of healing past and future lives and other simultaneous realities. The theory I most closely align with at this time is that we inhabit all dimensions, places, and spaces simultaneously. Any change we make in ourselves here, impacts all other aspects of our existence. Every thought and action anyone of us makes also influences our collective consciousness.

In HSH, our conscious awareness is expanded to include every collective consciousness we have been part of, including when we were back with Source. By tapping into universal conscious awareness through a heightened state of clarity and understanding, Our Higher Self can direct us to the experience that provides the greatest clues in our lives today. In all instances of HSH work, the client remains fully aware of his or her experiences. Nothing can happen without the cooperation of our collective selves, subconscious mind, and Higher Self.

HEART & SOUL HEALING

Heart & Soul Healing (HSH), does not rely on any religious doctrines or dogmas, but is spiritually based and contains some information drawn from ancient mystery schools and traditional shamanism. The process assumes that men and women are multidimensional and that there is an aspect of every person functioning in all times and spaces where there is life-force energy. All life is holographic and interconnected; everything is happening right now, simultaneously in all realities. This means that a person's life path and health problems can be addressed on every dimension of existence that is a part of the soul's journey. The keys to understanding a person's issues may be found in past lifetimes, the womb, the first years of this life, or in inner dimensional levels of being.

ACCESSING OUR HIGHER SELF

It appears that none of us, as we live our lives, feel we have all the answers about ourselves. Many of us are in the dark about why we do what we do and feel what we feel. We search outside of ourselves for the answers, seeking them in religion, our culture and society, through friends, family, and healing professionals.

The truth is, we have all the answers within us. The difficulty lies in learning to trust, believe, and love ourselves unconditionally. We must learn to listen to the part of us that has the answers. This knowing aspect is called the Higher Self. Throughout history, the Higher Self has been referred to by many names, and they all refer to the god within us.

I have learned from my clients that the Higher Self is that part of us connected to Source and all of creation and it has the wisdom, clarity, knowledge, and understanding to help us find the answers to our lives and heal ourselves. Our Higher Self is non-judgmental and knows everything that has happened to us since we came from Source. All people are spiritually connected through their Higher Selves, and because we are all One, we can also connect to all of consciousness. This important access is invaluable and used continuously throughout my healing work.

During an HSH session, both my client and I are in a light altered state in which we are aware of everything that is happening and have full memory retention. Most people go in and out of altered states naturally throughout the day. The altered state experienced in my work is as gentle as daydreaming. In such a state, we can establish open access to our Higher Self, an unimpeachable source of information.

The main problem my clients have in communicating with this valuable aspect within is that there is too much internal noise. We are too full of old thoughts, old feelings, old emotions, and other internalized energies, to be able to clearly hear or feel the wisdom being offered. Heart & Soul Healing clears the clients' energy fields so that they can reconnect with and hear a balanced and harmonious voice within and trust this brilliant part of themselves.

When my clients and I link our Higher Selves, we share a holographic connection to all of consciousness, and all of time and space. Such access is crucial to my clients' grasp and understanding of their truth. I have used such open-ended opportunities over the years not only to continuously refine the healing techniques presented throughout this book, but also to try to answer some of the big, life questions that my clients and I were asking.

The answers to these questions turned out to be the same information that proved to help my clients come into balance with their lives today. I tended to believe that the information we retrieved in this way was true, because it helped my clients to heal so rapidly and to continue their healing process on their own as they had learned to access their Higher Selves.

PAST LIVES

Learning through the experiences of my clients, it appears that we do have past lives, and they were often traumatic and violent. Perhaps these past life memories are merely stories that we use to explain our lives. Whether metaphor or reality, they explain core ideas we have about ourselves.

Past lives may be a way for each of us to validate our personal evolution. Past life stories let us know how unique we are. Most of us don't recognize our special greatness and wait for others to recognize it for us. Yet each of us is an aspect of the consciousness of Source, living and breathing in this moment. Our spiritual paths often lead us on journeys to find our connection to Source. Knowledge gained from the exploration of our spiritual path keeps alive our inner sense of self worth.

Past life stories can also be keys to our issues in this life. Our lessons are often clearly stated in how we died and the conclusions we made because of that experience. Imagine yourself in a past life, for example, caught in a dynamic where you are going to be killed because someone or a group does not like you: you are the enemy; you know things that scare them; you are different; you are evil.

The next moment you die and move back into spirit consciousness with Source where you review the life you just lived. In the reviewing, you find that you came in to that life to learn about love and being a creator, but instead you experienced anger, hate, betrayal, or any number of negative emotions. It appears, on some level, that during a traumatic death our subconscious minds can be imprinted with a thought program. The three most common programs are, it is not safe to love, it is not safe to take my power, and it is not safe to be who I am. Every person I have worked with has one of these or a similar program. These programs are the core issues we deal with lifetime after lifetime and today.

BETWEEN LIVES

Between lives, as spirit, we are part of God-Source-Creator and that part continues to have experiences. Otherwise, why would there be creation and evolution? Why would we evolve if Creator-Source did not also experience and evolve?

As spirit, we observe and have understanding and compassion for all that we see and these experiences become a part of us. Is it possible that each one of us has experienced everything that every other person has ever felt or experienced in any other time or reality? The lessons of compassion and love we learned as spirit, however, do not follow us into the next life. Why is that? Why do we have to keep working on our issues if we have experienced all of creation with Source? Do we have to master our lessons while in a third-dimensional body? Is ascension the act of incorporating the lessons of spirit, the true knowing of love and compassion, into our physical bodies?

OUR HUMAN BODIES

Most of my clients say they do not love themselves, nor do they want to physically be in their bodies. They separated from their physical selves as children and are not fully present. This is a major karmic issue for most of us. Lifetime after lifetime, we must address this issue until it is mastered. How do we do that?

Most peoples' energetic fields are projected out from their bodies anywhere from fifty feet to hundreds of yards. Our fields are out because when we were very young, on average by the age of three, part of us, on some level, said, "I don't want to be here. I don't want to do this any longer." We made this decision as we looked around our homes and the people in our lives and something felt so wrong that we decided it was easier to disassociate. Where did we go? It appears that our spirit, part of our soul or essence, decided it was safer to watch ourselves from outside of our body rather than experience what our physical self was going through. I believe that we all have experienced this separation from ourselves at some time, in this life or in a past life.

If we experienced everything on Earth when we were with Source as spirit, we would have compassion for all creation and compassion and love for ourselves. I believe achieving unconditional compassion for all creation and unconditional love for ourselves is our goal on Earth and the culmination of our soul's evolution. The levels of compassion and love within us can reach a level of attunement where we become one with Source and there is no longer any separation. The difficulty of the task is to do this while in our physical bodies.

Accepting, loving, and mastering our physical selves is a major issue for most of us and one that needs to be addressed. Can we truly ascend as humans before our physical, human forms, our vehicles of ascension, are accepted and mastered as the magnificent instruments they are?

OUR PARENTS, OUR TEACHERS

What if we start the journey into each new life by choosing parents that will be our teachers, perhaps the greatest teachers we will ever have? Our parents have issues, and their issues are a reflection of what we still need to learn in order to evolve. Our parents may have issues of power and control, trust, abandonment and guilt. These issues may best reflect what we previously did not understand and need to master. Unfortunately, what they reflect often triggers our fears. Facing these fears is another challenge in this lifetime.

Throughout our lives, we will continue to attract the energy that our parents represent until the lesson is learned. This energy will come in the form of other people: family, teachers, lovers, and friends. On a deep soul level, we have come in to master these issues and they will continually be presented to us until we get it.

ENERGY

I did a demonstration in 1995 at a conference on Jekyll Island, Georgia. My Higher Self said, "You need to call in all the negativity and all the energy of the planet into yourself in front of these people." I mentally responded, "Why would I want to do that?" My inner voice answered, "Well if you love yourself, it's just energy and it will pass through you and there will be no reaction. Imagine what a great gift this would be for others to realize that nothing energetically outside themselves can cause them harm."

It took me days to prepare, not for doing it, because I had been working with my clients balancing this kind of energy for years, but I had to prepare for the idea of sharing this experience with a large group and with my peers. How would the other teachers react?

On the last day, in the last few moments of my talk, I called all energy into myself. I knew it was only energy, and I knew that my level of compassion and understanding would allow the energy to flow through me without reacting to my fears. As I did this, the shocked audience watched silently, and then I felt a heaviness in the room.

I could not figure out what the heaviness was and it took me almost three years to realize that the heaviness was from the people in the audience. They were actually releasing energy that they were holding inside and around themselves. Had I known it at that moment, it could have been such a great insight to share, but I did not understand. I was confused and again on my path looking for answers.

SENDING ENERGY TO OTHERS

Day after day, I practice calling in all energy, positive and negative. Any type of energy that I may feel uncomfortable about, I then reflect inwardly to see where the discomfort comes from. Where inside myself is the emotion that is triggering the energy outside of me? Are we the catalysts for this energy? What if everything around us is just pure creation? What if the things we feel inside are making this energy react?

In some cultures, before initiates are taught to run a great deal of energy or move into the higher orders of spirituality, they practice having a quiet mind. In metaphysics, we do not. We immediately start

to show people how to run more energy. Unfortunately, running energy without the proper foundation intensifies a person's emotions and can overwhelm his or her nervous system and physical body.

Most of my clients, healers themselves, have fragile, damaged nervous systems. Any kind of emotion, whatsoever, almost takes them over the edge. They have been sending energy as they were taught. However, there is a new way of looking at creation. There is a new way of looking at healing and the following pages will show you a different way of relating to energy.

CO-CREATORS OR CREATORS AND VICTIMS

We have traditionally been taught to send healing energy to others, not realizing that these other people are equal creators. If you believe that you can heal other people who have not asked you for help, then you are saying that you are a better healer/creator than they are. I have never been able to understand that concept. Either we are all co-creators learning how to create or one of us is a creator and all the rest of us are victims. Think about this. Look at this. How can we send out our thoughts, our feelings, and our ideas to somebody else? We are either creators or we are victims.

GROWING UP AS SPIRITUAL BEINGS

Being human is tough. Because of the large amount of fierce, negative energy in play on this third-dimensional planet, Earth is a school of hard lessons for most of us. Why do we have issues and lessons that need to be mastered? What I have come to believe is that we are individual creators gathering sufficient experience, knowledge, wisdom, and love to be able to step into our full power perfectly reflecting the god we are. When I ask my clients why they are here, they say they are helping to fulfill Creator's dream. If we are so holy and sacred, why is there so much negativity?

We may find ourselves in the midst of negativity because creators need to know all about negativity, dualities, and polarized dimensions such as exists on present-day earth. Many of my clients' lives are saturated with negativity, because their lessons are to glide unaffected through negativity while embracing the duality of light and dark.

Some of us are here to learn the polar opposite of what the lesson might seem to be so that we can have unconditional compassion for all creation. Maybe the only way we can learn everything about love is to also learn everything about hate. When there is something that we are not clear about, the subconscious mind will attract versions of the lesson until we do understand. It is not always a grim learning process, but I have seen many of my clients bound up in learning things the hard way.

The problems and lessons we all face arise because it is not possible to become more by saying Presto! We each have to grow into and master many lessons about love, responsibility, and consequences before we achieve our highest potential. Life on Earth seems to be a school where many would-be creators come to test themselves about the mastery of creation, compassion, and unconditional love. We are here to know ourselves, be ourselves, and understand ourselves, as we become extraordinarily wise and knowledgeable creators. Equally as important, we were meant to accomplish these tasks while living life joyfully in our bodies.

I believe we are here on earth to heal all the conditions we have placed on love. We are here to heal the collective consciousness of war, racism, fear, starvation, disease, and violence for example. Everyone has the potential depth and energy to get the job done as we collectively expand into our Divinity. We also have the opportunity to build heaven on Earth in the process. Everyone's best resource during this growth is the presence of a Higher Self within. It could rightly be called a godsend.

Chapter 2

How the Dance Starts

Is there a connection between our heart and our soul? Where is the soul located in the body? How do we evolve? What is the purpose of our existence on Earth and our connection to God or Source? In 1987, I dedicated my life to answering these questions and understanding why some people feel connected to Source and others feel empty. I also sought to understand the relationship of the soul and spirit to our body, mind, and heart.

Throughout history, we have not been given the opportunity to learn the truth about ourselves and our connection to Source and our soul. Those in power have kept us in the dark where we became lost in the outer world. Why wouldn't those who had discovered the secrets of life want us to know that each of us has the potential to become the light of Source?

Spiritual and political leaders have suppressed the truth for a number of reasons: cultural, racial, religious, and sexual. For centuries, people have searched for truth in the name of God. Wars have been fought. Millions have been killed. There are more than 1700 religions here on Earth today, including billions of Catholics, Muslims, and Hindus. Which beliefs are correct? Where does this fervent religious energy go? How does it affect the planet? Have our religious beliefs affected our love, compassion, and creativity?

In my search for the soul, I began hearing and seeing stories about my past lives in my dreams. I did not know where these experiences came from. Now I know that each of us is full of such stories. Each of us reenacts our stories over and over again as we start to awaken to our inner truth. Our outer world no longer fits who we have become. As we awaken, there is no need for the past to remind us who we are. There is no need to hide any longer.

People have many different ideas about what it means to be open, to be loving, and to be in the heart center. I'm not talking about the physical heart but the heart chakra center, the energetic gateway to the soul, which is located along the center line of the body next to the physical heart.

Chakras are energy centers throughout the physical body. There are seven to nine chakras, according to different schools. Many of us are uncomfortable with the energies of the lower three chakras, because the majority of the challenges in the world originate there. The first chakra, at the base of the spine, begins with sexual/survival energy. It then evolves into sexual/creative energy and finally culminates in creative energy. Most people never get out of sexual/survival energetics because of their personal sexual experiences.

The second chakra in the lower abdomen is the point of balance for male and female energy. The third chakra, at the solar plexus, is the center of power and control. If our lower chakras are not balanced we will continue to energetically loop from the fourth chakra, our heart, to the first, second, and third chakras. Falling in love and making love creates an energetic connection between the heart chakra and the base chakras. The different physical and emotional experiences we have in relationships set up energetic pathways. Subconsciously we keep attracting others until we physically master sexual/survival feelings and emotions.

Throughout my life, I have been fascinated by how people interact with each other and how certain patterns of behavior repeat themselves. Even when people seemed to be coming from a loving space, many became repeatedly involved in power and control struggles with those around them. Why would

this happen? I believe connecting heart to heart, the way we were taught in the past, creates energetic looping. Energetic looping means engaging with others by subconsciously projecting our unknown issues onto them.

When we are energetically out of balance and we try to help others, what really happens? Do we send love and light based on how we believe others should act or how we think they should be helped? When we send love, is it love or is it energy? If we think we are sending love, when it's actually energy, are we intensifying and distorting another person's creation, as well as our own? Could we be interfering with the lessons of others when we think we're helping?

How many of us love ourselves unconditionally? Do we love the way we look? Our hairline? Our body shape? Do we love every aspect of our life? Our job? Our house? Our family? When there are parts of ourselves we do not love, how can we send love and light to others? What kind of energy do we think we're sending? Will the energy we send be distorted by our own inability to love ourselves unconditionally?

What has been our experience of love? Have we ever been loved completely? Did any of our parents love us to our full ability to be loved? It wasn't until later in life that most of us realized our parents could only love us as much as they loved themselves. Is this also true for us? Can we only love others as much as we love ourselves?

In addition to the fact that most of us do not fully love ourselves, most of us also energetically mix our fields with others. This happens because our energetic fields are usually projected outward several hundred feet from our bodies. When our energy fields are projected away from us that far, everything going on around us affects our physical, mental, emotional and spiritual bodies. When our fields are out and we send energy to others who also have their fields projected out, could this distort our perceptions and experiences even further?

When we energetically loop with others and our fields are also out, the loop will continue past the time we are with those people physically. When we see them again, the energetic patterns will still be there. That person will continue to unconsciously project their issues onto us whether it's guilt, anger, or pain. Spiritually, this ongoing dynamic helps us to master our issues. This is because sending love, light, and energy to others, when we have not learned to love ourselves unconditionally, attracts physically what we do not love within ourselves.

Isn't there an easier way to learn our lessons? I have developed a technique specifically designed to clear our physical body by pulling in our energetic field and loving myself. See Section Six, Chapter 101, 'Techniques for Being In the Moment'.

What will the difference be when we are in our space, loving ourselves, compassionate towards others, and not projecting our issues? The other person will not be able to loop with us in the same way because we are not projecting our issues or reflecting their issues back to them. We will recognize our issues and take responsibility for them without projection. We will then have a choice about how we wish to continue to grow spiritually. We can learn, instead, by witnessing others and the dynamics around us.

Most of us naturally loop with our loved ones. We create patterns of interaction where we reflect each other's issues, and we continue these patterns of engagement to keep our loved ones attached to us. In the past, some of us might have been afraid that if we didn't reflect the issues of our loved ones, they would leave us to find someone who would. Please understand, loving ourselves unconditionally

is very attractive. Our loved ones will feel this wonderful energy and want to be around us, even if they don't know why. It is both healthier and easier to attract and keep a lover by loving ourselves than by reflecting their fear and pain.

As we fully embrace the vibration of loving ourselves unconditionally, what will happen to the people we used to loop with? They will feel the love and acceptance we have for ourselves. This gives them the opportunity to recognize this quality in themselves and change if they choose. We can never change another person, but the more we love ourselves, the easier it is for someone else to recognize that capacity within themselves. Even though we may not like what others may be creating, we will understand what they are doing and have compassion for them. By not repeating these old energetic patterns, we can accept others for who they are without judgment.

What I advocate is to be love. To be love is to love ourselves unconditionally and have unconditional compassion for others. This is the beginning of the path to having unconditional love for all creation and discovering the power of the heart and soul.

CHAKRA LOCATIONS

| | |
|-----------------|---|
| First Chakra: | Base of the spine Has three vibrations 1.) sexual/survival 2.) sexual/creative 3.) creative |
| Second Chakra: | Lower abdomen, Male and Female |
| Third Chakra: | Solar Plexus, power and control |
| Fourth Chakra: | Heart Center The gate to the Soul - Balancing our last spiritual duality - separation from God |
| Fifth Chakra: | Throat - speaking the truth |
| Sixth Chakra: | Third Eye, Forehead |
| Seventh Chakra: | Pineal Gland - Enter eye A place where we re-center before moving back to the heart center |
| Eighth Chakra: | Crown, top of head |
| Ninth Chakra: | Above the crown chakra Opens up inter-dimensional gates. |

Chapter 3

Missing Pieces Return

It was raining. I was driving home late at night to Clear Lake, California, on the two-lane Silverado Trail in Napa. I felt a strange sensation and the inside of my car filled with a light violet mist, followed by a followed by a bright light. Then I blacked out.

I awakened in the dark, sitting alone, staring into the rain, my car slowly rolling down the narrow, two-lane highway. My heart was pounding and my hands were shaking as I guided the car over to the shoulder of the road and stopped. Everything was strange and new. The rain on the car roof boomed like thunder. The soft glow of the dashboard lights caught my reflection, and startled me. I heard the quiet tones of a radio announcer.

“This is KSOL, serving all San Francisco Bay Area listeners. This segment is dedicated to a special person, known as Sananda Ra who has just tuned in. You are now part of the vibration of RaMa. We have a little story to tell you, so listen carefully. You are known here as Ken Page. You are a thirty-eight-year-old man and live about one hundred miles north of here. Just now the original Ken Page was almost involved in a head-on car accident. But, instead of crashing, we used this opportunity to bring you into this dimension through a gate opened by an underground nuclear blast. You previously existed in a timeless state of creation and were able to enter easily because you know how to be present and live in the moment.”

As I listened to this, the glimmering outline of an older man appeared next to me on the passenger seat. I recognized him as an old man who visited me in my dreams. I began to tremble. I had seen him many times.

The old man continued the narration of the radio announcer. “I’m a Time Guardian. You knew me in another life and dimension. You have just had what the beings here term ‘a close call.’ We call it a walk-in experience. Here, let me show you.”

With a wave of his hand the windshield turned into a screen. On it I saw a car speeding through the night rain. A man was driving the car. As I watched, I realized that I had become the driver of the car. A glint of light sparkled in a drop of water on my windshield. The glint grew larger, separating into two flickering balls of light, and then into two brilliant headlights. They were on my side of the road. I panicked and stomped down hard on the brakes. All four wheels instantly locked. The oncoming headlights filled the car’s windows as it slid sideways. Everything slowed down. I could feel the tires skidding helplessly on the rain-slicked asphalt and saw the blurred orange parking lights between the brilliant headlights of the oncoming car. My heart pounded as I slid into the white wall of light and thought, I’m going to die. The next thing I knew, I was rolling down the road in my car.

I turned to the old man full of questions and found he had disappeared. I felt calm. I understood I was Sananda Ra, RaMa, Ken Page and driving home. Weird.

Further down the road, I stopped at an all night cafe and gas station. As I filled the car with gas and looked around, I noticed the station looked like a set from a 1930s Hollywood movie. I went inside to pay for the gas. The person behind the counter was the same old man that had joined me in the car, except now he was very physical, and looked like the old man in the grocery store who protected me when I played hooky in the first grade. Seeing my flash of recognition, he simply nodded, smiled, and said, “There’s a story I need to tell you.”

I glanced into his deep, clear-blue eyes. They looked just like mine. The old man looked like my grandfather with long, white hair, and I felt calmer and more unified than ever before. The old man began to share his story. As he spoke, I saw little pictures in my mind's eye of the experiences the old man was describing.

"Young man, your life is about to completely change. No matter what happens to you, stay focused within your heart and search for your soul. I am not permitted to tell you everything about your destiny. What I can tell you is that you and the others you will some day meet have important work to do here. One of the reasons you were chosen is that you are unique and brave and have the ability to create your own reality.

"In the times ahead you will see great and important shifts in your life. You are here to experience all life on Earth. We felt it was necessary for you to forget everything you knew about Sananda Ra, the Time Guardians, and your origins. We know it has been difficult for you to fit in with the customs of this planet. We felt this would be the safest way for you to hide your identity during this time of growth. In this lifetime you will need to master every experience on earth. Listen to your inner voice. It will not lead you astray. You have the ability to register within you all that you witness. At times this will overwhelm you, but it is a vital part of why you are here.

"What you need to know is within you and within the people who will seek your help. Only a few before you have found what you are seeking. You are on a great mission. There have been those who achieved wisdom, power, and understanding, but when they found it they disappeared.

"We have left certain pieces of the puzzle for you. You have also been given a holographic blueprint of what you are seeking, encoded as a template within your being, but for now it is to remain hidden. The template can only be activated through a combination of timing, wisdom, compassion, experience, and energy. No one else can activate this information for you.

"You have learned how to stay safe and how to survive. You have more to learn about power. More to learn about helping and healing. There are those who will want to stop you. They are very powerful, and they will stop at nothing. For this reason it is important for you to stay alert and present. More than this I cannot tell you. I wish you well and we will meet again."

When he finished the old man turned and disappeared into a back room of the cafe. Deep in thought, I left to continue my journey. But as I got into my car I realized I had not paid for the gas. As I turned back to the cafe, a different scene opened before me. The cafe was now closed up and weather beaten. The windows were boarded up. A long faded "For Sale" sign hung askew over the pumps. The place was deserted and forlorn. Confused and rattled by the sudden change, I quickly started my car, driving once more into the night. I wanted to get home.

I was apprehensive as I arrived home to my wife and two children. I felt so unusual, alive in a new way. Something inside of me was moving faster. My thoughts and feelings came quickly. My emotional body was wide open. I was shifting into a higher, faster gear than I had ever experienced before.

I lived by an old lake. As I parked the car I felt like the lake and the pine trees were supporting me. I greeted my wife at the front door. I was a much younger man as I embraced her. I kissed her with a freshness, appreciation and enthusiasm I had not felt since the early days of our marriage. The kiss was just like our first kiss. She looked as beautiful as the day I met her. I felt a warm glow in my heart. I began realizing that everything felt new, fresh, reborn.

As I poured out everything about the highway experience, I noticed my breathing was deeper and more relaxed. I felt taller, tall as a giant, and as I embraced her again, I felt part of everything, holding all of creation in my arms. Something else was different. I was in love with everything, especially her. I became obsessed with loving her and with the mystery of where the energy we were fervently creating was taking us.

Up to that time, I was half aware of what people were calling sacred or spiritual sexuality and had wondered what people were talking about. Now I knew. She was right there with me moment by moment. I never knew making love could take us to another reality, a reality for which we had no name. We just knew to call it Love. Afterwards, as we lay arm in arm a quietness and oneness came over us, a blanket of love. All the conflicts we had dissolved.

Maybe something had happened to me. We enjoyed this state for sometime, but as my wife realized, I was not the same person. She began to feel uncomfortable with this new reality. I also began to become confused about my feelings. I knew that what had happened to me affected my heart and soul, because I continued to feel a warmth around my heart. I began to ask questions that had never concerned me before. I began to wonder about my soul.

Chapter 4

Helping Hands

At thirty-eight years old, I was serious, responsible, and well established in the corporate world. I thought my future was secure. However, Spirit had other plans for me.

In 1986 I took a remarkable trip to the Yucatan with my uncle, Drunvalo 'Dru' Melchizedek, who is only five years older than me. Growing up together, he was more like an older brother than an uncle.

At the conclusion of visiting seven different sacred sites, we were in Tikal, Guatemala. This 2000 year old Mayan city is an enormous site, with hundreds of unexcavated structures. Many of the four-sided pyramid temples had been reclaimed by the jungle. We approached one of the pyramids that the jungle had long ago embraced-the Temple of the Jaguar. The top of the pyramid was open but the lower two-thirds were crisscrossed with thick jungle vines.

The pyramid was very steep; and while there was a winding stairway hacked out of the earth and bush leading to the top, the steps were very narrow. The weather was calm and sunny as Dru started up first, picking his way over and under vines. Dru climbed slowly about twenty feet above me. We were half way to the top when, out of nowhere, a hard wind started blowing. The wind quickly intensified from below until it blew like a hurricane, howling all around me. I had my back to the pyramid, pinned by vines wrapped around my arms and legs, which now served as safety belts that kept the wild winds from whirling me into the jungle below. All of a sudden, the wind started spinning around me, going faster and faster. I was in a vortex of energy.

I could feel every speck of my body changing. My skin started to tingle and pulsate with pleasure. I could feel energy coming from the base of my spine right up the top of my head. I was delighted and overwhelmed. My mind and heart were full of joy and I screamed "I love this."

As I said that, the strong winds stopped. A gentle breeze came in from the west and softly spun about, caressing me in a warm blush, heady with a sweet trace of the gardenias that graced the jungle below. Then it started raining, gently at first and turning rapidly into hard, pelting drops. In that moment, I felt more alive than I had ever felt in my life. Since I kept climbing through all of this, I was almost at the top of the pyramid. Pausing, I hung off the side of the pyramid, shouting for joy, still in the pelting rain. Suddenly the squall passed and I was left staring at my hands. I could feel energy pouring through them like they had been charged by a very large battery. They were hot.

I showed Dru my hands. "Look what's happened to me," I said. "This is so beautiful. I'm the air, the jungle, the rain. I'm everything!" Energy was pouring out of my hands. I had never felt so completely connected to the earth as I did at that moment. I belonged everywhere and with everything.

I found out what had really happened to my hands when I got back to California. They could heal. Almost as soon as we returned home, I went to see my hypnotherapist friend and told him the story. He could feel the energy radiating all around my hands. He suggested that I could probably heal with my hands, and asked me if I would consider helping some of his clients. I knew I was supposed to help people by touching them. I didn't understand anything more than that.

When people came to me, I touched them, and they changed. Word spread quickly. Soon I began seeing many people. Often when I arrived at my friend's office, a line of clients was waiting to see me.

I became comfortable with the sensitivity in my hands. As I passed my hands a few inches above a

person, I could sense their problem. Then I would rest my hand in the critical area. After a while I discovered that my right hand was better at receiving energy and my left hand was better at sending energy. I had heard of healing with a “laying on of hands,” but it was strange to me to think that I had this ability.

AN ANGELIC ROADSIDE ADVENTURE

A month after I started seeing clients, I had a roadside adventure. I was driving to work along the Silverado Trail in Northern California, near Napa Valley. With everything going on in my life, driving had become a meditation for me. An inner voice asked me to pull over. I ignored it for a few moments while my conscious mind rolled through all the things I had to do that day. The inner voice immediately came back, stronger this time and demanding my attention, literally yelling at me to pull over.

I swung the wheel over, pulling onto a paved roadside cutout. I remembered thinking: something’s not right. My body felt leaden as I reached for the ignition key. That is all I remember. I fell into a trance.

The first thing I noticed was that I did not feel heavy anymore. I felt myself becoming lighter and lighter until I was flying through space at an incredible speed, so fast that I could not even tell whether I had a body or not. I bridged space and time as I hurled along without a clue about my destination.

Suddenly, the sensation of depth, sound, and smell returned. I now saw thick clouds of black smoke boiling up from the ground below. Through the smoke, I could see a motel. I could see a grassy area across from the motel, a swimming pool behind it, and an airport in the distance. There were no fire trucks or ambulances. Then the entire scene faded to a hazy black, and I was inside a motel corridor that was full of rolling black smoke. The wallpaper was bubbling and peeling off the walls from the heat. I caught sight of something in the thick smoke on the floor about fifty feet in front of me. I moved closer. It was a man curled up in a ball on the floor, trying desperately to breathe. There was a being beside him pulling frantically on his arm. Most people would call this being an angel. Although it was shaped like a human, you could put your hand through it. The angel who was tugging on the man’s shoulder did not appear to have much physical strength and so the man was not budging. My inner voice told me instantly that this was no time to ask questions, and I had to help get that man out of the motel. I knew instinctively it was not his time to die.

As I thought this, my energetics changed. I instantly became more solid, and I could feel the desperation of the situation. It was not just the man’s life that was at stake. I knew that if I did not succeed in moving him, I would die trying. The man, about 220 pounds, shirtless and gasping for air, was beginning to lose consciousness.

The angel and I gathered all our energy and intent. We lowered our heads and hit the man like two football players at our first day of training camp. We put everything we had into it. Stopping to take a breath, I looked at the results of our efforts. We had done more than just move him! We were fifty feet down the long motel corridor, fifty feet closer to the fire exit. Looking back now, I know I was not physically dense enough to move him through muscular effort. I could only have moved him psychically.

Encouraged, I looked over at the angel. She was a young slender blond woman, around nineteen years old. Together, we lowered our heads, focused every ounce of energy we had, and rammed the man one more time. I do not know how we did it, but the next thing I knew we were in the fire escape, pushing, rolling, and dragging the man down the stairs.

Outside, the fire trucks and emergency vehicles arrived. Two firemen ran toward the man we had helped, who was now coughing and retching outside the fire exit. The motel was now a raging inferno.

We moved to the grassy area, where a ring of angels stood. We encircled all the people who had died in the fire so that they would not get lost. I talked with them. Most of them were confused, and bewildered. Some of them didn't understand they were dead. All they knew was that they had been taking a shower, sitting in bed, watching television, or reaching for the phone when there was an explosion.

I told the people who died that they were going to be all right. Guides and angels would take care of them. I made them understand they were safe and nothing bad was going to happen to them any longer. I knew the angels would stay at the motel until their work was done.

I talked to the angelic beings forming the circle. They were part of a hand-picked team who helped in disasters. The motel fire still raged behind me. More and more fire trucks and ambulances arrived. One of the firemen pulling a hose ran right through us. I continued my debriefing, carefully explaining to the angels how they could be of better service to other victims by preparing more carefully for their missions so they would not be confused or overwhelmed by the situation. They could ask for help. They listened carefully and thanked me many times for helping. I smiled at the young angel who I had helped and said, "Good job." I will always remember their gentleness. The fact that I was also present in the physical world made it possible for me to exist in a state between their world and mine, a vibration from which I could do work they could not do.

The next thing I remembered was a dairy truck whooshing past me on the highway, rocking my car. As I came out of the trance state, lifting my head off the steering wheel, I caught sight of the glowing digital clock on the dashboard and noticed I had been parked for forty-five minutes. I sat upright. Had I fallen asleep? Was my experience real or had I imagined it? I pulled my shirt up under my nose and smelled it. My clothes were saturated in smoke. I drove on to work, shaken by the possibility that my dream could have been real.

That night the lead item in the news was about the crash of an air force jet on a training mission. It had crashed into a Ramada Inn in Detroit and many lives were lost. As I watched footage from a helicopter circling the burning motel, I felt goose bumps. The back of my neck had a thousand volts running through it. I had not been dreaming. It wasn't my imagination. It was real.

Three days after the jet crash, a friend mailed me an interesting book by Dion Fortune. In the book, Dion mentioned an organization of angelic beings who assist in times of disaster. They are known collectively as the Hunting Lodge. This group works with humans to stop certain events from happening. They would, for example, keep specific people from meeting if their association would create evil.

I immediately knew I was a part of the Hunting Lodge and had just been involved in a rescue mission that needed someone physically present in the third dimension. The angelic realm often needs a physical person, or their energetic spirit, to work with and through to facilitate their work.

Prior to this, I had focused on building my business and achieving financial success. When I started having these unexplainable experiences, I decided to learn more about spirit and find out what was happening to me. I was guided to work with Amy, an empathic Spiritualist from Sao Paulo, Brazil. She first connected me with my guides and angels by bringing them in and telling me their names, how old they were, and where they came from. I learned I was being assisted by about forty guides, angels, guardian angels, and beings from other dimensions.

As I worked more consciously with my guides, I began to realize they were inner-dimensional. They were able to communicate with me because they resonated with my vibration. They became a part of me. Through my guides, I was able to experience the energetic connections created as a result of their different lifetimes. Through these interactions, I was able to pick up the vibration of a Kahuna in Hawaii,

an American Indian Medicine man, a mystic and psychic in England, as well as other guides in India and Peru. The information and wisdom they embodied became a part of me. As I realized this, I started looking at the concept of guides and angels in a different way. I had to answer for myself the age old question: Are we one or are we separate?

When I first started my spiritual journey, I believed guides and angels were separate from me. Then I came to understand that these beings were not only a part of me but also had always been a part of me, and that I truly was one with everything. This realization changed my way of internally communicating with them. Instead of having a linear communication with my guides, our connection became more holographic. I started getting hundreds of answers to my questions. Many answers allowed me more choices. The answers that held the most meaning for me depended on my focus at the time, on what I would allow to be true, and on how deep I could go into the meaning of the information. I began to understand that my life was not about the destination but rather about the creative experiences happening to me as my realities changed.

Over time my interactions with my guides and angels became quiet, and the pictures they showed me stopped. Everything was replaced by a peaceful, confident understanding. I became more open to the flow of creation from Source. It became stronger, purer, and more focused.

I continued to study and enrolled in hypnotherapy training in a Bay Area school. I took the required hours to become a clinical hypnotherapist and began seeing clients after work and on weekends. I also took advanced training with Dr. William Baldwin, one of the first past life regressionists who specialized in the release of spirits. Bill introduced me to a new world. He worked directly with entities and earthbound spirits. During a class discussion, he introduced the idea that earthbound entities were spirit fragments, and even though they are not physically present, they continue to learn and experience their lessons. My life changed when I heard this. I recalled a past time when I knew how to release spirits. I began to focus entirely on finding lost souls and spirits, helping them back to Source to evolve. This ancient knowledge was also a part of me.

I highly recommend Dr. Baldwin's book: *Spirit Releasement Therapy* (1992)

Chapter 5

Questions

I soon asked many questions, some of which became the main focus of my life: How does the soul evolve? Where is the soul located in the human body? Why do some people feel empty and not connected to God-Source-Creator? What is the difference between the spirit and the soul?

As soon as I asked these questions, work with my clients changed dramatically. I spontaneously began to develop a new way of healing that eventually evolved into MCH, which is now known as HSH. I also began to work with many different consciousnesses, like the dolphins and whales.

Dolphins and whales embody an intelligent, neutral fluid consciousness that has the ability to contain and transform interfering energies as well as bridge interdimensional realities. Dolphins and whales help to create a space to facilitate the release of such vibrations and energetics. They represent an unconditionally compassionate and loving consciousness with which I felt a connection. These kindred spirits made it easier for me to be present on Earth as I felt more at ease with dolphins and whales than with humans. They helped me remember to be fluid rather than structured, which later became very useful when I explored the alchemy of the soul (Chapter Twenty-One). By remaining fluid I was able to move freely through different vibrations of consciousness and to assist my clients in a different way.

During this time, I continued to see Fred, my hypnotherapist friend. At his office there would be lines of people waiting for me to help them. I had been doing this for a while and the process continued to astonish me. I would place my hands on a person's shoulders for about fifteen minutes. They would feel better and leave. The next person would come in and I would do it again. It was amazing.

One Saturday evening a fellow named Paul came by Fred's house because he had heard I was visiting. Paul had cancer and was scheduled to have more tests in a few days and surgery the following week.

Paul asked me if I could help him. I placed my hands over Paul's stomach where the cancer was and the strangest thing happened. My hands became very hot and then suddenly a red ball the size of a golf ball popped out of Paul and went up in the air about three feet. It hovered for two or three seconds and then shot out of the room, through the wall, and disappeared.

Everyone started talking at once. "Wow! Did you see that? What the heck was that? That was really weird." No one had an explanation for what had just happened.

During the middle of the following week, I got a telephone call I will never forget. The excited caller said, "Ken, it's me, Paul. You worked with me the other night at Fred's house."

I said, "Hi Paul. I remember you. How are you doing?"

Paul said, "I just came from the doctor. They ran tests on me and all my cancer is gone. My doctors do not understand what happened. As soon as they saw my cancer was gone, they ran more tests. It's gone. They told me it's not there any longer. I can't tell you how grateful I am. Thank you." He started to cry.

I was overwhelmed and shocked. I didn't know how to respond. Because I could not think of anything else, I said, "You're welcome Paul. I'll see you soon." Then I hung up the phone. Stunned, I sat there for a long time staring out the window. I did not know what to think. Then I stared at my desk with all its papers and reports, thinking about what Paul had said. What had happened? What did I do?

Who did that? A thousand questions came into my mind. I didn't have any answers. At that moment I knew everything in my life was going to change and I wouldn't have a "normal" job any longer. I would have to start doing healing work full time.

In the following two years, I sold my resorts north of Napa and began operating a new company creating holograms. I continued my healing work and saw clients every weekend. I kept closer contact with Dru and other spiritual friends, sharing information and experiences.

In 1987, I was one of forty healers invited from the United States to attend the opening of Dru's mystery school, Nacal, near Questa, New Mexico. While sitting in the celebration circle, everyone shared their personal story and the many trials and tribulations they had been through on their healing paths. As I listened, I looked around and wondered who was helping these people? At that moment I made a decision to become a healer of healers. That decision intensified my life. I did not understand at the time that in order to work with these people, I would have to experience and balance everything they would bring to me.

The next important piece of information came from a Swami with a cold! I was at Nacal, demonstrating a session. In the middle of my session with the Swami, he began questioning if anything energetically existed between white light and dark light. The large man, while in an altered state and speaking directly from his Higher Self, mesmerized the entire group with his antics and dramatic arm movements. Every two minutes he would grab a wad of kleenex and loudly blow his nose. He threw each used kleenex around the room as he continued to question, "There must be something between the light and the dark. There must be some kind of light, a different light, a 'Clear Light.'"

Hardly anyone was paying attention to him as they were all busy dodging the wads of kleenex. However, he had my total attention. I had not only been listening to him, I had been feeling what he said. As he mentioned Clear Light, I knew I needed to explore it further. I knew that it was very important.

I always remembered the idea of Clear Light, especially when it became impossible for me to continue working in polarities. At the time I was focused on working on the side of all goodness and light and ridding the world of darkness and evil. My healing work, while still effective, had begun to cause me internal and external chaos, and my practice had dropped off dramatically. I knew Spirit was trying to tell me something, but I wasn't sure what.

One day I was working with a client who had been abused as a child. I was about to release the polarized energy around him when the guides who came to assist told me they needed help. The guides told me they could not balance so much energy on their own. I remembered what the Swami had said about Clear Light. Intuitively, I started using Clear Light as part of the clearing procedure I made up on the spot. It came to me that my client had picked up a piece of the consciousness of child abuse and it was part of his personal mission and purpose to help release it from himself and the planet.

As this abusive energy was large, heavy, and everywhere, my release needed to be universal. I also wanted my client to feel safe during the release. I quickly had the guides and angels assist with the energetic construction of a huge pyramid, made up of crystalline Clear Light energy from Source. We made it one thousand feet above and below the ground forming a diamond shape. Next, we built a second pyramid over the first, two thousand feet above and below the ground with an opening at the top. This worked very well.

It is important to construct these pyramids this way, for psychic energy can unexpectedly come from underneath or from the side. By using a double pyramid of Clear Light, I could release the negative energies around any client. I found my clients were not only carrying an energetic record of all their past experiences but also helping to balance a major piece of energetic consciousness. If I first released the primary energy around the client, the rest of the session proceeded easily. As soon as I stopped using the polarity of white light to clear my clients and began to center myself in Clear Light, my work became easier and more gentle, with much less resistance from the energies or collective consciousnesses that were being released.

Chapter 6

Earth Training

A newborn baby possesses the natural potential for unconditional love and trust. So what happens to us as we grow up to change this potential, causing us to shut down, withhold our love, and hide who we are? It is called life. The way in which we perceive the world around us determines our level of success, our degree of power, and our place in society.

According to developmental research, there are eight brain circuits that determine how we will process and react to life's experiences and how we process information. The first four brain circuits in human development determine how connected or isolated we will be from our family, our culture, and the collective consciousness. Unless we have balanced these four circuits, we will never be able to achieve a consistent and ongoing connection with our Higher Self. Most of the four billion people living in third-world countries are locked in desperate day-to-day survival and cannot consistently connect to their Higher Selves.

The first four brain states are also connected with physical survival. The imprinting of these circuits occurs naturally as we grow up and determines our behavior for the rest of our lives unless consciously changed. The first brain state or circuit sets up our basic attitude of trust or suspicion and colors our awareness of the world. The second brain circuit defines our ego, determining our dominate/aggressive, or submissive/cooperative behavior. It processes territorial rules, emotional games, and pecking order. The third brain circuit determines the degree and style of cleverness/clumsiness with which we handle ideas and gauge our self worth. The fourth brain circuit imprints what will become our characteristic sex role, usually remaining constant for life. This circuit also processes our moral, social, and sexual behavior, as well as our definition of right and wrong.

There are also four higher brain states that connect us to our inner wisdom, our Higher Self, and the oneness of Source. Many ancient mystery schools and cultures created specific techniques designed to move their initiates into higher awareness. These teachings originated with the Mythra sect and the civilizations of Ur and Sumner.

Only a small minority of the global population, those with sufficient leisure time, have accessed any of these higher states that are concerned with time: body time, brain time, DNA time, and quantum time. Who and how we are usually changes dramatically when we begin to access the four higher brain states. They also deal with energies within the human body, the nervous system, the DNA code, and the structure of the atom. It is by accessing these higher brain states that we are able to activate our psychic abilities, bridge with past lives and other aspects of ourselves, and establish our conscious connection with our Higher Self.

Throughout history both the right hand and the left hand mystery schools had been seeking the same thing: Spiritual enlightenment and physical immortality. Each of these ancient schools developed their own methodology to achieve that end. This was true for such diverse teachings as the Isis/Osiris/Horus sect in Egypt, the Knights Templar, secret Hindu and Tibetan tantric sects, the Theosophical Society, Bavarian Occult Lodges, and the teachings of Aleister Crowley.

The traditional right hand path primarily taught their followers that to achieve higher brain states it was necessary to live an aesthetic life: one of purity, silence, and celibacy, and denial of personal pleasures and family. Dion Fortune, a famous spiritual adept, calls this living the Spiritual Ray.

The left hand path actually originated with some of the Indian Tantric sects. The leaders of such groups were primarily men and they had their consort or wife sit to their left. These groups believed the human body was a sacred temple that should be celebrated and exalted. They devised strict rituals, at times involving intimate physical contact between partners, to connect with spiritual wisdom. Such interactions were a natural part of their celebration but became misunderstood by their communities, resulting in many of their initiates being barred from society.

Some of the left hand groups adopted increasingly traumatic ceremonies to introduce the initiates into altered and higher state of awareness. The Egyptians, for example, had initiates lie in the sarcophagus of the King's chamber. Spiral energy radiated out of the site and would pass through their pineal gland in the middle of the brain. If the initiates were not properly prepared, there was a high risk that the energy generated in the ritual would kill them or drive them insane.

Don Juan, the shaman made famous by the writer Carlos Castaneda, would physically strike his initiates as a means of moving their point of reference. If properly done, the veils between the dimensions would drop and the initiate would be able to access other realms. Aleister Crowley used a variety of sexual rituals to help his followers access other realities. Some satanic groups use abuse in their rituals to amplify the emotional energy. Hitler, initiated by the Bavarian Occult Lodges, used the collective energy of the post World War I German population and hatred of the Jewish race to fuel his bid for world power.

Both the right and left hand paths focus on changing the brain states of initiates to achieve an altered awareness. Brain states can be altered by deliberately using specific techniques, such as exposing initiates to high levels of terror, stress, or trauma. The isolation of the yogi, hermit, or person on vision quest also invokes altered states. Each of these schools was aware that they had to control the brain states in order to manipulate their followers.

The first four brain states represent ninety-five percent of the issues my clients present to me in their sessions. These issues show up in their subconscious programs: It is not safe to love; It is not safe to take my power; It is not safe to be who I am.

FIRST FOUR BRAIN STATE CIRCUITS

Here is a quick overview where you can determine for yourself how balanced you are in the first four brain states. I am grateful to Timothy Leary for his insights into brain states.

1. First Brain State: Is the world a safe place for you? Has it been safe for you to be fully present? If not, there may be a part that is not safe to share or reveal to others, and you keep it hidden. Any situation where it is not safe to be who you are takes your energy and affects your ability to create and be present in the moment.
2. Second Brain State: Do you think of yourself as strong and powerful? Have you fully stepped into your own power? Are you all you can be?
3. Third Brain State: Do you think of yourself as smart and clever? Do you have issues of self worth? Are you hard on yourself? Do you secretly think of yourself as stupid?
4. Fourth Brain State: Are you fully balanced with your male and female? Are you happy being the gender that you are? Do you love yourself unconditionally?

Chapter 7

The Foundation

The very foundation of who we are and how we relate to the world is based on one thing: Do we believe our world to be safe or unsafe? Albert Einstein said that the most important thing we can learn about a person we choose to partner with, either personally or in business, is how they perceive the world. If a person believes the world to be unsafe, he or she will get up each morning and circle the wagons. Good luck in developing a close, trusting relationship.

In the previous chapter we spoke of brain state circuitry. The first brain state, is the foundation for how we relate to the world. If the foundation of our first brain circuit is unbalanced, we will not be able to stay consistently connected to our spiritual heart center. This circuit is focused around survival and imprints perception into an “either/or” grid, dividing it into nurturing/helpful (which we will approach) or harmful/dangerous (which we will flee or attack).

This all important survival circuit is imprinted by our mother or the mothering person we have around us. This state is further conditioned by subsequent nourishment or threat. In modern day society, our physical survival has been replaced by the security of having or not having money to meet our needs. Every time our national interest rate goes up, suicides go up. When the interest rates goes down, suicides go down.

Since the imprinting of this circuit occurs before we learn to speak, its programs create automatic and unconscious responses in the future. Throughout life, when our survival circuit is triggered by danger, other mental activity ceases and all other circuits are shut down until the particular survival problem or threat is resolved. When threatened, our acts are reflexive: without emotional ego, rational mind, or moral value.

There are a variety of ways to rebalance a first-circuit imprint, such as learning some form of martial arts. All martial arts use re-imprinting techniques that affect the survival circuit by ensuring that our reflexive actions serve our protection and survival. Exploring the subconscious mind and discovering what program was set as a child will also change the survival circuit.

PROTECTED BY SPIRIT

As I was growing up, I was always protected by Spirit. In spite of the risks I took and all the bad things that happened to me, I never really got sick or hurt. There was always someone watching over me. At age four, I had a nanny, Hanna, a wonderful black lady, who stayed with my brother and me until I was seven. She took care of us and loved us no matter what we did. The love I had for this strong, loving women allowed me to grow up free of racial prejudices.

An example of my childhood protection happened when I was four years old. I was riding in the back seat of the family car on the way to church when my door flew open as the car made a turn. I started falling out and grabbed the door handle. Suddenly, an invisible force pushed me back in and closed the door. This was my first contact with the angelic realm.

About the same age I had a high fever. I was burning up, feeling hot and cold at the same time. My parents called the doctor. I was alone when suddenly my room filled with a beautiful, sweet-smelling, radiant, violet light and my fever soon broke. As I reflect back on this experience with the violet light, I realize that I changed and become more aware at that time. I later identified this particular shade of violet with the place that I came from.

When I was younger, it seemed to me that everyone wanted to change me. They felt I should conform to their ideas. They told me when to play, eat, and go to the bathroom. And none of it made any sense to me. I now realize I have always felt like a stranger here. I have felt uncomfortable with most people. The first time I went to nursery school, I sat at the door for eight hours refusing to take my coat off. I would not let anyone touch me. I was defiant, completely separate, and very confused about how things worked. I did not want to play, did not know how to play. I did not like the aggression of competition, and the running and fighting for the ball. It felt alien for me to take part in these types of activities and it was challenging for me to be a part of things.

Later, two of my playmates died and I felt even less safe. When I was five, a friend and I were out in the paved school yard. It was lightly raining, and everyone was dressed in raincoats and high boots. There were six-inch-deep rain gutters cut into the playground pavement. My friend and I were laughing and running up and down through the gutters, even after the school bell rang. A teacher finally dragged us out of the water. That was on a Friday. When I went to school the next Monday, my teacher took me aside and told me that my friend had died. She said he had drowned in a lake on Saturday. I thought he had died because we had stayed out in the rain. Nothing made sense to me. I couldn't convince myself that his death was not my fault. I didn't want to play anymore.

I started playing hooky from first grade after my friend drowned. Each morning, my nanny dropped me off at school. I waved to her, walked in the front door, straight past my classroom, and out the back door. I walked to a little grocery store about a block away. I found a kindred spirit in the kind, older man who ran the store. Every school day for six weeks, until I was found out, I helped him clean the store and stock shelves. He never let me out of his sight, and he never turned me in. He was very kind and took care of me. I would meet him again later in my life.

I lost another friend when I was seven. He and I were catching polliwogs in a creek behind my house. A few days later, the Health Department came and talked to my mother. She took me to the hospital for a checkup. They told me my friend had caught polio and was dying. That was when I began to associate water and playing with a sense of loss. I was just learning about death and didn't know all that it meant, but I did understand that my friend and I would never play again.

Throughout my life, I have related much better to older people than to people my own age. The people that I trusted were much older, like my grandparents. Because of their life experiences, I also found older people to be much more interesting. They were kind and seemed to understand me better. I could be myself.

As a child, I found a way to avoid the rules when I didn't feel safe. My family moved constantly and I was always the new kid in class. At home, I was more like a grown-up than a kid, because I was in charge of watching my little brother and sister. As I look back, I am now aware that this was all part of Spirit's plan to keep me protected, disguised, and safe.

Chapter 8

Learning about Power

The second brain state, the emotional/territorial circuit or ego, is imprinted during the toddler stage, when we begin to stand, walk, and struggle for power within the family. Once activated, this circuit identifies the stimuli that automatically triggers territorial rules, emotional games, pecking order, and aggressive or submissive behavior.

This emotional/territorial circuit is primarily imprinted by the father figure and marks if our aggressive/submissive behavior will predominantly take one of four forms: Hostile Strength or the tyrant (“I give the orders here.”); Friendly Strength or the good parent (“Have courage, it’s safe out there.”); Hostile Weakness or the paranoid (“Mommy, take me home.”); Friendly Weakness or the dependent neurotic (“Please tell me what to do.”).

The emotional challenges in my family taught me how to be strong and to survive, and how to protect myself. My parents married in 1942 and divorced soon after. My father, Harley, was a Staff Sergeant in the U.S. Army Air Force and had a rough, heroic vibration. He was a survivor. He would boldly say, in a bar or a pub, that he could out fight, out-screw, and out-drink anybody, anytime. He was extremely righteous and would always fight for the underdog. His birth name was Bragdon, but it was changed to Newman when his mother divorced and remarried. During the war he was stationed in England where he was a radio operator in a B-17 bomber. He was in a plane crash and spent four months recovering. When my father came back from England, he remarried my mother and fathered me. I chose this man to be my father because he was fearless. He lived life passionately and ran a lot of emotional energy. He passed on to me the energetics that I needed to survive.

My parents divorced again when I was young, but my stepfather continued to model a tough, hero image during my teen years. He was in the U.S. Army Airborne, part of the Alamo Scouts, during WW II. His company was stationed on one of the Pacific Islands when his position was overrun by the Japanese, and he fought for weeks on a ridge. He was one of ten survivors out of his whole company.

My mother, Nita, was also powerful, smart, passionate, and strong willed. She grew up in Texas and moved to California as a teenager. Her example of power and focus helped me throughout my life.

I grew up with good protectors around me and observed how they made themselves powerful. I learned how to be strong, aggressive and creative, which later helped me in the corporate world. As I began my spiritual path, I discovered the difference between internal and external power. I found the meaning of true strength.

Chapter 9

When It All Changed

The imprinting of the third brain state takes place when we begin to interact with objects in the environment. This state defines our capacity to receive, integrate, and transmit signals and determines the degree and style of cleverness/clumsiness with which our minds and hands will handle ideas and tools. This third circuit deals with the transmission of culture across generations and introduces the concepts of invention, time, calculation, and prediction.

If our environment is stimulating during this period, we will become bright, dexterous, and articulate. If our environment is dull or static, we will feel dumb, clumsy, and inarticulate.

When I was a young boy I was quick, imaginative, talented, and free. I was confident and did well in school. Sometimes our arithmetic assignments would be a whole page, and we had to turn it in before the end of class. I would do all the math problems in my head, and then write down my answers in the last few minutes and turn in my work. The teachers started to notice me. It was easy for me and even the hardest problems were a game. Unfortunately, everything changed for me when I was in the fourth grade.

Many times during recess, I sat by myself, playing math games in my mind. It was during one of those times that my world changed. Right there on the playground, a kindly old man, with white hair, a white beard, blue eyes, and a violet glow around him appeared out of nowhere. He looked similar to the old man in the grocery store. He also looked like a kind man I often saw in my dreams. He told me I was doing too well and that I had to tone it down or I would get noticed and ruin everything. By doing my math work in the last few minutes of class, I'd been changing time. The old man told me that stopping, bending, or changing time was not permitted on Earth.

He said he knew that it would be hard for me, and I would feel alone and empty. He told me that the part of me that was changing time had to split off and go with him on another assignment to learn more about the exact nature of time. The part of me that had to stay behind had to hang out and be like everyone else. The old man said he was very sorry, but it had to be done this way. I remember nodding my head and feeling sad. Without another word, the old man faded from view and left me feeling as if I was in slow motion. Part of me was gone.

I sat there for a few minutes in shock. The empty feeling inside of me soon turned to anger. I felt tricked and cheated. I was angry as I walked back to my classroom. It was empty. In a fit of rage, I began to overturn all the desks and chairs, hurling books and knapsacks out of my way. I tore the classroom to pieces. Blind to my surroundings, I dashed out to where I had last seen the old man, determined to change things back to the way they had been. Unable to find him, I sat hunched over on the playground, sobbing until my rage was spent.

When I came to my senses I saw that all the other kids had gone back to class. I went inside to my classroom and found it in perfect order. All the desks and chairs were in place. My classmates were sitting where they belonged, doing their school work. A slight violet mist was in the air; something had happened. No one said anything to me or even looked at me. I felt invisible, isolated, and abandoned. In the following weeks, in order to get attention and fill the emptiness, I became the class clown.

Rather than have me disrupt my classmates with my antics, my teacher usually sent me out to work in the garden in the back of the classroom. This went on for the rest of the school year. Everyone knew I was different, but I enjoyed my time in the garden and felt a connection to the plants and earth that filled the empty space inside me.

In my next school years, my heart was not in my studies. As the class clown, the other kids liked me much more. The teachers liked me much less, for I challenged their authority. I was outrageous, defiant. My parents were less than thrilled with my behavior; doing everything for me to behave.

I did worse and worse academically. I couldn't do math any longer. I couldn't read well. I disassociated from everything and learned to hide inside of myself. Even today, I don't read very much. Sometimes I will pick up a book and read sections to get a feeling for the book and the author.

As a teenager in the late 60s, I was different from my peers. I enjoyed classical music and jazz, while other teenagers were listening to rock and roll. Since I was slow in school, I found other ways to be quick and developed a love for speed. Driving fast was thrilling. I started taking the family car at age thirteen. There was a steep hill near our house and I would see how fast I could fly down that road. I was seeing how far I could push things. Danger and speed really excited me.

I had quiet times, too. My parents often worked at night and I baby-sat my younger brother and sister. We lived in Hayward, California, on the top of a hill where we could see the San Francisco Bay. I turned the music up and opened the fire place flue so I could hear the music while I sat on the roof. I loved lying on the roof, looking at the stars; it gave me a great sense of peace. It was the only time I felt that I belonged or was connected to something. Our house was right next to a dome-shaped water tower that looked like a space ship. Its shape was both mysterious and comforting. My grandparents lived close to us, at the top of Skyline Boulevard in Oakland, and their house also looked down upon everything. I have always loved being up high, seeing lights and stars twinkling like diamonds.

I discovered girls in the fifth grade and they discovered me. Girls helped me feel a part of things again; I fit in. I stopped being the class clown. I liked to dance, and the girls I knew liked that and said I was cute. Life definitely became better.

My teen years were about finding what I needed without counting on others and being okay with feeling separate. At age eleven I started running away and finally left home and went to live with my aunt and uncle at age fifteen. As I reflect on this, I realize there was a part of me that was afraid someone would come, like the old man in the school yard, and take another part of me away.

I graduated from high school in 1964. I never took part in the 60s sexual revolution or drug scene. I was very serious, acting like a responsible man although I was only in my mid-teens. It seemed natural that I was able to bypass all the craziness going on in the Haight/Ashbury-Berkeley area, even though I lived only miles from there. Young people were flocking to the San Francisco Bay Area from all over the United States just to be part of the pop revolution, but I hardly noticed. I had two jobs and was enrolled full time as an art major in the College of Arts and Crafts in Oakland. One day sitting in college, I listened to other students talking about what they would do if they were drafted. I decided then to join the Army National Guard to help support my country, not realizing at that time it would keep me out of the war. I had given less than one hour of thought to the resulting seven years of commitment. I just had a driving force to join and realized only later that this was my Higher Self.

Chapter 10

Boys and Girls and Letting Go

The fourth brain state is activated at puberty with the glandular release of sexual neurochemicals. Our first orgasms or mating experiences imprint moral, sexual, and social roles that usually remain constant for life, but are influenced by what society considers right and wrong. The imprinting of this circuit determines preferred sexual roles and favorite modes of sexual pleasure, as well as ideas about reproduction and parenthood. Many people spend a lifetime hiding his or her real sexual desires by mimicking the accepted sex roles of society and will only reveal true preferences to a trusted partner.

The fourth circuit could also be called the guilt circuit because many of us modify our behavior based on social acceptance or disapproval. The first effort in most mystical traditions is to change the normal fourth circuit attachment by having their followers either take a vow of celibacy, (if they are on the right hand path), Participate in group sexual activities,(if they are on the left hand path) such as the followers of Aleister Crowley.

I began to work directly with a client's nervous system in the winter of 1990 when I was in Kauai, Hawaii. Through a wonderful series of events, I found myself in the temple that displayed a several hundred pound quartz Earth Keeper crystal. I had brought a special gift to the temple, a rare cherry amethyst carved in the shape of an elephant that the monks had attached to this great crystal.

As the regular service began, the crystal gifted me through my Higher Self and said, "There is information for you, but first you must release your nervous system." That is all I heard. I remember thinking to myself: "Geez, I released everything else, what does it mean to release my nervous system?" I didn't know what was going to happen to me, if I was going to shake, have spasms, or flop around.

In trust, I felt myself let go and the Earth Keeper crystal energetically pulsed out a series of vibrational waves directly into my third eye. It was like a bolt of lightening. The crystal and I were one, in the flow of all knowledge, suspended in the eye of God. I began trembling and could not hold my hands still. After ten minutes, my body stopped shaking.

Outside after the service, I met an old friend, Katrina Raphael, with whom I'd done healing work. She is a well known healer who has written three books on crystals. She asked me to come over to her house and work with her son. Then added, "I wish somebody could help me with my nervous system. It's fragile from the years of channeling the information for my books." I looked at her and said, "I just got some information and might be able to help you."

Thirty minutes after I'd received information from the crystal, I was going to use it. After I worked with her son and balanced the energy around him, I worked with my friend to balance her nervous system by releasing feelings, emotions, and thoughts that had built up inside of her. The result was beautiful. She felt quiet and balanced. I incorporated this technique into my healing process, and it became an important part of my work.

ANIMAL TEACHERS AND SPIRIT FRIENDS

While expanding the techniques I used in my healing practice, I also began to work with horses at my aunt's boarding stable in the Oakland Hills. I still had my regular job, but my days began and ended with the horses. The mornings were often cold and damp from the ocean fog that rolled in during the night. I remember getting up at dawn and grumbling as I loaded hay for the horses' morning feed.

The horses turned out to be some of my greatest teachers. They taught me the disciplined attitude I needed to be a better healer. All the horses were enthusiastic about breakfast, neighing and stomping their feet in anticipation. They were enjoying the moment and did not care for my morning grumpiness. One little bay mare body-slammed me into the side of the stall, trying to shape up my attitude. Unfortunately I was a slow learner. It took me several cold mornings and a few bruises to understand that my unpleasant and distracted attitude disturbed the horses. I began to understand the powerful effect my thoughts had on the world around me. My involvement with the horses taught me the importance of staying in the moment with a quiet mind.

During my time at the stables, I grew to love a remarkable horse named Cindy. She was thirty-three years old and the winter cold was hard on her. Sometimes when she was lying down she had trouble getting up again. One particular day when I was preparing the afternoon feed, I noticed Cindy did not appear as usual to greet me. One of the stable hands told me that she had been lying down in her stall for several hours. I hurried to see her.

I will never forget how I felt as she fought to stand up and greet me. Her chest heaved with her efforts to stand, but her legs kept buckling. Her body was soaked with sweat and matted with straw, mud, and manure. Although she was weak, she hadn't given up. I believe she knew I'd come to help. We called the veterinarian and Cindy's owner.

I got down on my hands and knees in front of Cindy to soothe her. Every once in awhile, she would muster her strength to pull herself upright, but she didn't have enough energy and would come crashing back down. Soon I had bits of straw, mud, and muck stuck to me as well. I remember thinking, "Gosh, if everyone cherished life like this courageous horse, what a world this would be!" After repeated, futile efforts, she and I just laid there, waiting for the vet to come.

I gently stroked her forehead and told her that if she was going to die, I would stay with her and my Indian friends were coming to help her with strength and love. As she relaxed, her breathing became shallow and her gums started to pull up, exposing her teeth, a sign of approaching death. Cindy's owner Cathy, finally arrived and started crying when she saw Cindy's gums. Cathy asked me to leave, so she could be alone with her beloved companion.

The veterinarian arrived late in the afternoon. I was sitting on one of the horse trailers overlooking the riding arena. He and Cathy spoke and she made the hard decision to euthanize Cindy. The vet went back to his truck to prepare a lethal injection.

Suddenly, something caught my eye. There were thirty spirits of Native American Ghost Dancers in ceremonial dress dancing in the riding arena. Shocked, I kept blinking my eyes to see if they would vanish. Instead of disappearing, I began to hear their singing and drumming and felt their spiritual presence even more strongly. I knew that they were performing the sacred Ghost Dance. This would bring back deep memories of my past.

I was entranced by this mysterious spectacle when a shout from the barn turned my attention. The rays of the setting sun highlighted Cathy and Cindy as they walked triumphantly out of the barn! Cindy's red chestnut coat glowed in the sunlight. I was caught between disbelief and exultation as I began to cry. Cindy was on her feet. It was a miracle!

Cindy made me realize the importance of desire and intention. There is nothing more powerful than using all of our energy to be fully present in the moment and focused on our desires. Cindy wanted to live. The vet had already gone into the stall, syringe in hand, to put her down, when she managed to get up. We were all amazed, because we had lost hope.

Cathy asked her friend, Terry Ryan, a woman who communicated telepathically with animals, to come over and talk with Cindy. I had not told anyone about my private conversation with Cindy when we were in the stall together, nor had I shared my vision of the spirit Indians who had gathered to ghost dance in the arena. So I was amazed to hear Terry tell us how Cindy told her a story about Native American Indians who had come to visit her. They told her that if she wanted to live, they would help. All she had to do was release her fear, come back into the moment, and focus again on getting up, and they would help. Cindy wanted to live. She wanted to get up, and at that moment, the Indians lifted her onto her feet. I was amazed at the synchronicity.

Inner Pieces of Duality: The Hidden Side of the Soul

In February of 1993, I began teaching monthly workshops. My healing work at this point consisted mainly of scanning a client's energy field with my hands, working with their symbols, and investigating their past lives. By the fall of 1994, when I taught my first practitioner training course, my empathic abilities were expanding day by day.

HSH had developed into a system that worked with a client's nervous system, energetic bodies, and past and future life memories. I also began working with spirit release, soul retrieval, and holographic cellular clearing, as well as healing collective consciousnesses and inner mind programs.

During this time; I was rapidly discovering new techniques to help my clients become more conscious of their multidimensionality. I became keenly aware of anything that interfered with my clients' access into this marvelous range of healing energies. I found that memories of unresolved past events are carried in our minds and cells and imprint the physical body as patterns that block access to our full range of abilities. I realized that the energetic patterns on our physical body are a road map, allowing me to access subconscious programs. I call these patterns of unresolved consciousness our inner pieces of duality.

Most of the time these imprints were created during an incident when we were angry, fearful, and out of control. Until this inner piece is released, it will continue to attract similar energies or people from the world around us, intensifying our issues. When you resolve your inner piece of polarity you will feel a physical release. Visually, I see the release as a puff of dark smoke drifting away.

I found my piece of inner duality by a natural process that occurred spontaneously in the fall of 1993. I was in Long Island teaching workshops and seeing clients. For three nights in a row, every time I closed my eyes, I saw in my mind's eye a series of three pictures. Each picture represented a scene out of my life when I had an enormous emotional reaction.

The first of the three pictures I saw was an event that had occurred in my life. The second picture in the series was a view of my original emotional reaction. The third picture in the series was how I felt about the event now. I found that if I still experienced any emotional charge, the series of three pictures would reappear. Picture one was still of the original occurrence, presented in a slightly different way. Picture two changed into the emotional reaction I had just experienced from viewing the original event. Picture three was how I presently felt about the slightly changed view.

Each time I continued to experience an emotional charge around the presented event, the sequence of three pictures repeated. Each repetition offered a slightly different view of the original situation. This continued over and over, until I no longer experienced an emotional reaction. Once all the charge was gone for the particular set of visuals, the process began again, and I examined yet another event in my life. After three long nights of processing millions of pictures, I was left with one reoccurring set.

I believe this process is similar to what happens when you die and review your life. Any energetic patterns that are unresolved at that time will serve to attract similar energies in your next life. This unresolved duality will first be presented to you by the energy of your parents.

My reoccurring set of pictures portrayed an occasion when I had lost my temper with Dennis, a former co-worker of mine. Dennis and I often disagreed on company direction. Dennis had to submit reports on proposed projects to me. At times this arrangement led to differences of opinion. On this par-

ticular occasion, Dennis and I exchanged words, and Dennis grabbed my shirt collar and shoved me up against the wall in my office, yelling "Stay out of my face."

My reaction was astonishing. Not usually prone to physical violence, I blanked out. In my unconscious state, I picked up my co-worker and threw him bodily across my office. I then hit Dennis several times, knocking out four of his teeth. My secretary ran into the room and her screams of horror brought me out of my trance state. The last time I had hit anyone was in elementary school when I was nine. I was very embarrassed and amazed at my own behavior. Dennis and I spent a week apart while the company investigated the whole affair. Because Dennis had begun the physical confrontation, I was found blameless. I thought the matter was resolved.

Ten days later I was sitting in the office of the owner, reviewing the current plans to modify the sales approach. Dennis happened to pass by the office and paused in the doorway; he asked if he could come in and talk to us. He said, "Ken, I really want to thank you for what you did the other day!" The owner and I exchanged surprised looks. Dennis continued, "You see, I hate going to the dentist and had put it off for much too long. I needed to go but couldn't force myself to do it. After our fight the other day, I had no choice. The four teeth you knocked out were caps anyway, that's why they came out so easily. When I went to have them put back in, the dentist found a very serious infection in my lower gums, so serious that it was beginning to poison my system. If I hadn't gone when I did, the infection might have killed me." While Dennis' explanation did not excuse my action, I felt much better about the whole incident.

I thought I had completely understood and released this event so it was a surprise when that incident with Dennis was the one series of pictures that was not resolved. I believe that everyone is holding a piece of unresolved duality hidden behind a past physical or emotional trauma. What I realized as I reflected upon the event, is that I was still caught in the emotion of the drama. The way I easily released it was by going through the trauma to the very beginning of the event. When I did that, my inner piece of duality, which was hidden behind the emotional trauma like a black pinpoint of energy, released automatically in a puff.

SOCIETY'S INNER PIECES OF DUALITY

Societies contain their own inner pieces of duality. While I was in England in November 1994, I observed that many of my clients had been living in the same neighborhoods lifetime after lifetime. They were energetically running into themselves or their unresolved traumatic memories over and over again. The energy that was holding them, locking them in place and limiting their choices, was very heavy and reflected the history of that area. This confining energy was a mixture of many things: a rigid class system; religious differences; the influence of satanism; and the division between men and women. These souls were also trapped by traumas in London's past, such as the Black Plague, the fire of London, and German bombing in WW II. During these times, the fear and pain was so intense that it caused unresolved trauma throughout society, creating a ripple or tear in time and trapping these souls. There was also a lot of energy from England's colonial history with India, Hong Kong, Africa, and the Middle East, further confusing the situation.

My clients were caught in these ripples. As a result of their healing sessions, they freed themselves and helped heal the consciousness that was holding them and others. This is an integral part of my work; every time we heal the past it changes the present moment, the quality of our creations, and the entire collective consciousness. We are here from the past, in the future, changing the past.

I was again in England in 1998 and the energetic consciousness was completely changed but still slightly chaotic. My clients were no longer trapped in the same past negative energies and were becoming aware and witnessing a major change in consciousness.

I believe Princess Diana was a part of this change. When she died, long time divisions between the throne, common people, and former colonial subjects shifted. England and all the world was united in compassion over a woman who had touched their hearts.

When I am in different geographical locations, I try to be aware of the relevant historical background and types of unresolved inner dualities. The present culture is there to balance the past, which can be extremely intense or deadly. For a culture to free itself from a burdened past, it's necessary to release the entire collective consciousness.

CHAKRA CLEARING

In early 1994 I was teaching workshops in the state of Washington when a thirty-five-year-old woman came to me for a session. She was born in Mexico and at the age of twelve had been sold by her father to an American. The man brought her to the United States and sexually and physically abused her. Her story was very sad.

The woman said she had never thought of running away, because she had no where to go. She could not go home to her family, because she was expected to honor her father's decision. The man who had bought her reminded her of her slavery every day by saying over and over "I own you and you'll do what I want. You will go to bed with me. I own you. You'll cook my meals."

As I began the energetic work in her session, I was aware of her deep levels of sadness. The story of her imprisonment filled my heart with compassion. My Higher Self told me, "Clear her completely of these old patterns, so she no longer needs to experience them. Lift off all this trauma and pain."

I was perplexed by this request. I had never cleared anyone in this way. Taking a breath, I let go of any ideas I had about what I should do next, putting my trust in Spirit. Immediately it came to me what to do. Spirit told me that if she could match my vibration, she would be able to change hers and let go of anything she was still holding on to. In this way, her past would be released. This was the first time I did a Chakra Clearing, a technique that I later made an integral part of every HSH session.

To begin the clearing, Spirit instructed me to use my right hand, my pulling hand, and place it over her forehead. Using a drawing motion, I lifted the distorted programs off of her. (Women's pulling hands are their left hands.)

By starting over her third eye/forehead area, I was told I would be able to clear all the old thoughts and ideas that she had never been able to share, all the things she had wanted to say to her father, mother, owner, or anyone else. I knew this woman held hundreds of thousands of such thoughts inside of her and was continuing to give them energy. This unexpressed energy became fused to the millions of thoughts frozen in her mind and affected her psyche, creative ability, and understanding.

I felt the energy of all these old thoughts and ideas coming out of her forehead and hitting my hand. It felt like millions of painless pin pricks and represented all the thoughts she had never expressed. After a few minutes, the stream of discordant, chaotic energy ceased, and her frozen thoughts were cleared. A natural flow was restored.

Next, I was directed by Spirit to place my pulling hand over her throat. Once again, by trusting Spirit, I knew exactly what to say and do. I asked her, "In how many lifetimes have you been killed for speaking the truth?" She replied, "Seven times."

The energy of all those lifetimes was still locked in her tongue, throat, jaw, teeth, back of her neck, and ears and represented her issues with speaking her truth and being who she was. As Spirit, she had chosen to come back one more time to see if she could understand what she had been creating around these issues. To further accelerate her experience of understanding, she had chosen to be born female and into a society that did not honor women or children. At home, she had created a situation where it was not safe for her to speak her truth, further intensifying her lesson.

As with the energy trapped in the area of her forehead, I could feel all the old energy being released from her throat chakra and pouring into my hand. I asked her, "How many lifetimes have you been killed for helping other people?" She replied, "Nine times." As she did so, another wave of energy hit my hand, and I realized how much energy was still being held at the base of her neck, her upper back, and her shoulders. She was energetically cut off by a line across her throat area. Basically, she had only been safe in her body from her neck up, making it almost impossible for her to be present and grounded. There was no way energy could cross that line. This had occurred because there had been so many lifetimes when she could not express herself and had been killed for sharing her thoughts and speaking her truth. The chaotic energy continued to release into my hand for five minutes.

I then moved my hand over her heart. I had her release all the times she had been hurt in the name of love and all the ways she had been less than unconditionally loving with herself. Some energy came out but much less than before. I have realized since that the heart is usually the most centered and balanced chakra because of all the emphasis that religions have placed on having a loving heart, especially Christianity. I next moved my hand over her solar plexus and told her to release into my hand all the people who wanted to control her. I also asked her to release all the times it had not been safe for her to take her power or all the times she took her power and something bad happened. I had her release any distortions over power and control and any cording she had with anyone. As my hand was over her solar plexus, I directed her to say in her mind, over and over, "I take control of my body. I take control of my life."

As she did this, I could feel strings of gooey, sticky energy coming out of her third chakra. The way she was corded to her father and her owner felt like the tentacles of an octopus, allowing them to control her. Their thoughts and ideas, which are also cords, had been affecting her physical body, depleting and taking her life-force energy. We both could feel that energy as it was releasing out of her belly and into my hand. It took about five minutes for all those dynamics to release and balance.

Spirit then directed me to place my pulling hand over her lower belly and say, "You need to be who you are, not what society says, or what your father, mother or owner say you should be. There is not one of us who can be the way others have told us to be. You need to be who you really are. Release all the projections, expectations, and judgments anyone has ever put on you, and all the ways you have ever compromised yourself to fit in, to be liked, or to be loved. As you do that, I want you to say over and over in your own mind, "I am a woman and I have the power of the feminine."

As she said this over and over mentally, I could feel the energy release out of her belly. Soon she moved into a place of balance, her female and male energy becoming one. She could be whatever she needed to be. Now she had balance and could make different choices.

Then Spirit told me to move my pulling hand five inches lower, over her base chakra, and say, "I want you to push out into my hand every thought, feeling, or emotion, ever projected onto you, in you, or through you." As she pushed out, I could feel her former owner's ideas, feelings, and thoughts, as well as his emotions of contempt, pain, anger, guilt, hate, and shame pour into my hand. She released

all the different emotions both of them had been feeling when her owner used her sexually. While it was easy to understand how her base chakra had become completely distorted, it was surprising to find out that the energetics she had picked up during sexual acts with her owner had also distorted her other chakras.

I then asked her, "How much of you has been missing?" To my surprise she said, "All." Apparently, when she was a little girl and was sold, she had energetically stated "I don't want to be here" and a large part of her spirit split off, stepped out of her body, and was watching her. This was the only way she had been able to handle the emotional, mental, and physical pain of what had happened to her. There was only a little of her still left inside her body. I asked her what would happen if she brought that missing part back in, and she said, "I would be enlightened. I would be free, full of life and love."

Touched by her answer, I told her it was now time to bring that missing part of herself back in through the crown of her head, while continuing to push all the old energy out through her base chakra. I said, "You push and I'll pull." As she did, I could feel the old energy drain into my outstretched fingers. I could also feel the lightness of her spirit as it reentered her body through her crown chakra and traveled down her spine. She fully merged with who she was by bringing all of herself back into her body. She had taken her power, and her body was under her control again, perhaps for the first time in her life. This was the first time she could really feel herself. She was now safe to experience her power and be who and what she truly was. Her body was now her sacred space to do with as she wished.

Chapter 12

Our Search for Soul

During 1995, I taught a nine-day practitioner training course on Long Island, New York. I worked with several men who had similar traumatic subconscious memories and dreams of being part of the Montauk Project, which was developed from the Philadelphia Experiment. The Montauk Project used various methods of mind control and experimented with altering time and space. I have heard these kinds of stories over and over and always meet my clients where they are without judgment. Michael Ash was a teenager living on Long Island and had many dreams of being unwillingly inducted into the project. He spent many years in the Montauk program before breaking away. During the practitioner training course, Michael brought in three other men who had also been in the program. They volunteered to let me work with them in front of my class, and I found that their electro-magnetic fields were highly distorted and that their emotional bodies were disconnected from their physical bodies.

One of the volunteers had innate and powerful psychic abilities. He was often present when the Montauk computers, antennas, transformers, generators, and other apparatus were up and running. He sat in what is called the Montauk Chair, and when his primal energies and skills were amplified by the machines, he opened a portal to another time and space, either in the past or in the future. Other Montauk operatives could then move through these portals to do whatever task they were assigned.

When I was working with this man, I could feel the presence of an enormous amount of energy, much more than anyone person could create. This abnormal energy had been generated when he was sitting in the Chair and his sexual energy was amplified electronically and moved up his spine into his brain. When this energy sparked in his brain, it had allowed him to create a time portal.

He said it was necessary to be centered and let the waves of energy flow through his body and not pool somewhere, such as in his sexual center. He told me that he had always felt out of control, experiencing everything, as if he was drugged and his brain was blown wide open. We concluded his session by reconnecting him to his Higher Self, which brought him back into energetic balance.

I then worked with a thirty-year-old man who only recently had recovered vague memories of his involvement in the Montauk Project. He felt there was a lot of missing time in his life, and he wanted to know what had happened. Because of his memory loss he was feeling fragmented, separated, hopeless, depressed, and powerless.

In an altered state, his subconscious mind retrieved his first memory of being kidnapped at thirteen years old, when he stopped to check out an old shack as he was riding his bike near Montauk. The door was unlocked, so he went in to investigate. Once inside, he was paralyzed. Extraterrestrial beings took him down an elevator hidden in the floor of the shack.

After a long descent, they all got off and walked down a sterile hospital-like hall. He entered a room where they strapped him to a chair, attached an apparatus, and began running electrical energy through him, amplifying it each time the current cycled through. During this twenty-minute process, he was enveloped in strobe lights and sounds, which opened a passage into his subconscious mind so that they could program him.

After being unstrapped from the Chair, they walked him onto a balcony overlooking a round room. There was a man on the balcony. He sent the boy a programmed signal to kill the man standing in the round room below him. The young boy focused his life-force energy and beamed it from his eyes, killing the man below. It all seemed very easy and natural to him. He was then told, "Good boy, good boy."

The boy woke up next to his bike with no memory of what had just happened to him.

Twenty years later, during our session, this man remembered the full details of his youthful experience. I was able to help him release these nightmarish memories. When I balanced his nervous system and merged his emotional body with his physical body, I was able to experience what it was like to have that amplified current running through me. As part of the project, the sexual/creative current in the young boy had been amplified and then tested in the round room. The test had been to see if, when the boy linked his sexual current with a very focused and powerful programmed thought (to kill), a physical result could actually be produced.

We discovered that he couldn't remember the many times he had been taken, used, stimulated, or experimented upon, because these memories had been shrewdly hidden in the neural circuits of his brain, stored behind his worst fears. The project personnel knew that it would be the perfect place to hide such memories, because so few people are ready to look at their worst fears and even fewer have the ability to release them. This would almost ensure these memories would remain forever locked and layered in the deepest recesses of this man's mind. Facing and moving through one's greatest fears in a gentle and clear way is an important segment of every HSH session.

I finished working with him and he left with a greater understanding of his past. In the discussion that followed, the class wanted a better understanding and experience of the sexual/creative energy current that had been tapped during the experiments on the young boy. They asked me if I could bring that vibration in so they could experience it. This is not an unusual request. As an empath, I was able to pick up this experience when my client accessed it during his session. I was also intrigued by this vibration. The current of creation and the current of destruction are actually the same vibration, simply modified by the user's intention. On one level this is obvious, as the two dualities are always possible at any moment of change.

I lay on the massage table. My associate helped me move into an altered state and I took myself to the time when the boy was in the Montauk Chair, prior to his experience on the balcony. I heard and felt everything that had happened to the boy as he was strapped in the Chair.

The Chair was located in a small, dimly lit, underground room with shiny metal walls and floor, and a glowing blue ceiling. The Chair looked like a dental chair. There were straps for the hands, arms, feet, legs, and chest, and some kind of apparatus covered the groin. There were electrode-like devices placed on the temples and other devices that pressed on the eye lids. All the fingers and both palm rests were wired to conduct energy as well.

I then re-created the feelings and situations my client experienced as a young boy of thirteen, propelling me into the experience. While music and strobe lights were turned on to distract the sensory input of the left brain, the boy was mildly drugged and then sexually stimulated. The Chair began spinning counter clockwise, as electricity pulsed into specific points on the body and in the brain. Each pulse felt like a distinct orgasm but soon turned into a continuous wave. As the orgasms merged, the spine became the conduit that allowed the energy to spark the brain. As I felt this wave, I began to cycle it through my body. With each cycle of this orgasmic kundalini, energy consciously raised in intensity until it increased fifty times within my body. Kundalini is a Hindu term for the life-force energy located in the base chakra.

This physical current is the most powerful creation energy that we can experience. The ancient mystery schools, especially the advanced tantric sects, were aware of this. They knew that by expanding this circuit is imprinted by ecstatic experience via physical or hallucinogenic practices (such as pranayama breathing or psilocybin mushrooms), creating experiences of sensory enrichment, sensual bliss, and per-

ceptual delight. When this re-imprinting is accomplished, the nervous system has taken over the rest of the body and every act becomes an orgasmic experience. Accessing this circuit transcends gravitational and linear space, enabling an aware person to time travel.

Conversely, the fifth brain state can also be accessed through sensory deprivation, social isolation, physiological stress, severe shock, or ceremonial terror tactics. With the advent of the electronic technology used as part of the Montauk Project, subjects could easily be induced into this state for use in the multidimensional realms, such as time travel and bi-location.

As I tapped into this state, it sparked an area at the base of my brain and energy shot into my pineal gland. Instantly I felt as if I was in a gigantic, darkened movie theater looking at a billion, brilliant stars that were evenly spaced in a square grid and represented a billion time lines. I felt myself automatically attracted to a particular star, and then I was pulled into a bright tunnel and began traveling very fast.

I lost all sense of reality until I arrived at a different location and time. I was back at the crucifixion, staring up at Jesus on the cross. The site of the crucifixion was one of the most awful places imaginable, a desolate place filled with sadness and pain.

I moved further backwards in time and was with Jesus again, in a desert, witnessing something very much like a Native American vision quest. He was twenty-six years old and about to embark upon his life's mission. I was privileged to feel his essence in a pure form. I understood how his vibration could act like a tuning fork, an available reference being for all of us.

My feelings were that this pure vibration had been distorted by the perceptions, interpretations, expectations, and judgments of all those who had ideas of what he must have been like. I believe these feelings have left us with a misunderstood recording of Christ's true essence, due to the altered memory of the original vibration of Christ, together with our longing for his return. This may have allowed the rise and fall of many powerful dictators throughout history who claimed to be saviors for their people.

The perfection that I was able to empathically experience at that moment is difficult to describe. I felt his absolute compassion, unconditional love, total absence of judgment, humility, and overwhelming gentleness. It flowed from him like sweet water from a beautiful spring in a desolate place. I fully understood for the first time that the key to Christ's boundless compassion for others was the result of his connection to Source and the unconditional love he had for himself.

Christ had a wonderful gentleness, a state of being that somewhere along the way we have come to mistakenly associate only with the feminine. More precisely, Christ's vibration was a reflection of what it meant to be truly male.

I also gained a better understanding of the gateway that Christ used to return to Source when he left his body at the time of his passing. It is symbolically represented by a cross within a circle, which corresponded to the movement he made in his last moments, literally spinning out of his body to return to Source. This symbol has since become very important to me. It is the symbol that I share with my students so that they can access the gentle Christ being within each of them. Specifics on this technique can be found at the end of this book, under the subheading, "The Living Light Breath." (Chapter 100)

As I reluctantly returned to the present time, sat up, and looked into my student's expectant faces, I could still feel the Christ vibration resonating within me. I allowed it to flow from me so that my class could experience it. As each of the students in the room came to know the pure vibration of Christ, they in turn could share it with others. "This," I told them, "is what unconditional compassion feels like."

Chapter 13

The Power of the Soul

In the fall of 1995, I was invited to teach at a four-day gathering at Jekyll Island, Georgia with other wonderful teachers. This was the first Remembrance of the Solar Heart conference. In a discussion six months prior to the event, my uncle Drunvalo (Dru) Melchizedek, expressed some concern. He was also a teacher presenting at the conference. He felt that since so much information was going to be offered it could overwhelm some of the participants, and perhaps the teachers as well. He was concerned that everyone could be challenged to remain emotionally balanced. Because of my knowledge of energetics, I agreed to keep the energy balanced over that weekend.

On the second day, in the excitement of sharing my work amongst these talented teachers, I received specific directions from my Higher Self: "You have to call all the negative energy of the planet into yourself." It seemed a crazy suggestion, and I questioned the purpose of such a demonstration.

My inner voice repeated that I needed to call in every aspect of creation into myself, and if I truly loved myself nothing could hurt me. I realized that negative creations are simply energy, and there was nothing outside of myself to be concerned about. The only thing I needed to be concerned with was my inner fear or anything I did not truly love about myself. The voice continued, "...and you need to call all this energy into yourself while onstage before the whole group."

Concerned that the audience and other teachers would not understand what I was going to do, I asked: "Why do I have to do this? Will anyone understand? Do I have to do this?" Spirit answered, "Even if they do not understand why you are doing this, it is what you have come to Earth to teach."

As the conference proceeded, I became increasingly worried and concerned. All I wanted was to be loved by these new and celebrated friends in a future I thought I was about to create. Now I was being asked to do something weird. For two long days, I fought Spirit's suggestion, sometimes full of fear and moments later, full of courage. I wondered what the consequences would be and what people would think of me. I could hear them all saying, "He's too strange." In the end, I remembered how much I trusted my Higher Self, the quiet voice inside me that had offered me so much wisdom and guidance in the past. In the end, I submitted to my inner voice.

On the fourth and last day of the conference it was my turn to speak again. I attached my microphone, stepped into the spotlight, grounded myself, took a few deep breaths, and looked out upon the 350 people in the audience. I was about to change my life. I started off discussing Heart & Soul Healing, and everything seemed pretty normal. Next, I demonstrated animal healing techniques by working with a dog that belonged to one of the conference staff members. All still seemed to be going well. Then I realized that I had used almost all of my allotted time. I was putting off my task from Spirit until the last moment, trying to postpone the inevitable.

As soon as I received the "ten minute" advisory from the stage director, I knew it was now or never. I grounded and centered myself, took a few deep breaths, and loved myself. I looked out upon the unsuspecting audience and began. In a loud voice, I said, "I am now going to call into myself all the negativity of the planet." I could feel the room changing. Many shifted in their seats, puzzled looks on their faces. I was so scared and frightened, but I knew I had to continue in front of all these people.

Trembling I went on, "I call in hate. I call in war. I call in evil. I call in disease. I call in sadness. I call in pain. I call in power and control. I call in suffering. I call in cancer. I call in all drug addiction. I call in Satan. I call in all fear and all death." The words were screaming in my mind, but I could barely

hear the words I was saying. All I knew was I had done what Spirit had asked of me. The room got so quiet you could have heard a pin drop. The shocked faces of the audience looked up at me, waiting to see if I was going to implode, explode, or die.

As I watched the audience watching me, I could feel different bands of energy coming into me. Only later did I realize that these energy bands had not come from outside the room, they had come from inside the room! The energy had come from the audience as they released the negative energy they were holding in their bodies. Because I had physically called this energy to me with compassion, the group unconsciously released it with ease. As I stayed in a place of non judgment and loved myself, the negative vibrations healed, creating a shift, a stillness in the room.

As I concluded, my inner voice said, "As you loved yourself, all different dualities become energy and passed right through you. Nothing outside of you can hurt you when you love yourself unconditionally."

No one clapped as I left the stage. I felt mortified and rejected. Anxiety grabbed my heart and squeezed. Had I just made the biggest mistake of my life? I knew I had been true to my heart. Spirit was using me as a tool for I volunteered to be all that I could be. I headed for the back of the auditorium, feeling alone, isolated, and judged. I needed to go into the silence of myself as never before.

I sat in the back of the auditorium, my eyes filling with tears. I knew everyone was confused about what I had just completed. Never before had I heard of anyone doing what I had just done. Sitting quietly in the back, I realized that the waves of pain, grief, fear and sadness I felt while on stage were actually the pain and despair of the audience. I felt great compassion.

The judgment and criticism about what I had done rested upon me for the next two years. Many people with whom I had previously felt alignment, did not understand. They distanced themselves and drifted away. Knowing that one demonstration might have such an altering affect on my life, even now I would do it again. By following Spirit's direction, I gained a clearer understanding of the experience of being centered in unconditional love for one's self. By balancing our fears, negativity has no power. Having full compassion and being open to these energies, we can allow them to shift and come into balance. In this way, we help heal all of consciousness.

There is an interesting photo of me during that exact moment onstage when I became one with all energy. I printed it as a postcard and have given away thousands of copies at my workshops. In the photo, dressed in my white shirt and dark pants, I am enveloped in orange and yellow flames. Superimposed over the flames in back and around me are thirteen shadowy figures. Looking like I was standing in the flames of hell did not bother me but those shadowy figures did.

It took a year to understand that the shadowy figures were different aspects of me. When I began loving everything, thirteen parts of me previously caught in other realities, vibrations and dimensions, recognized me and began to integrate. I became an intra-dimensional gate, an opening to all time.

As these pieces integrated, over the next year I saw them in a mirror stacking up behind me. Upon final integration, my Chi or Pranic energy became neon electric-blue, often appearing as violet. During this process, a halo appeared about twelve inches above my head with yet another halo above the first one. A total of three halos appeared, creating a holographic stair-stepping effect - a gate through which others could enter or depart.

Since the middle 1990's, I often lucid dream two to five hours each night, beginning by calling into myself all the energies of the planet. This technique assists to balance consciousness. I am now comfortable with these vibrations, learning to have compassion for all creation.

Moving into the Moment

I went to Ireland shortly after the Solar Heart conference in 1995. My empathic abilities had increased to the point where I was overloaded with sensory information. I could hear everything. I could hear the thoughts and feel the sensations of my family, friends, co-workers, and even strangers. I was overwhelmed by the chaotic information downloading into my body; my nervous system was crashing.

Then my Higher Self suggested “Move to the center of your mind, into your pineal gland. Go there now.” Although I was not sure exactly how to do this, I trusted Spirit and moved my point of focus into my pineal. As soon as I centered in my pineal gland, everything became quiet. I could still sense what people were thinking and feeling, but it wasn’t influencing my physical body or nervous system in the same way.

Immediately upon moving into my pineal, I stopped looping with people who were energetically connected to me. I no longer attracted energy in the old way and the presence of another’s energy stopped intensifying my own fears and issues. I gained greater clarity and understanding about what I had been creating in my life. As a result, my energy field and vibration became lighter, finer, and purer, allowing me to be more present in my body. Centering in the pineal gland simultaneously connects us to all the chakras, meridians, and acupuncture points. This enables us to feel everything in a full-bodied way and gives us access to all 366 senses.

As my senses expanded, I realized how much we use them to constantly compare our experiences. Most of us use our senses and emotions to judge everything that happens to us: all that we see, feel, hear, smell, or taste. When we eat chocolate, for example, we often compare it to the best chocolate we have ever had. What if we were so much in the moment that when we ate chocolate it was as though we were eating it for the first time.

When we hold on to either positive or negative emotions or memories from the past, they distort the quality of the current moment. While a person may have done tremendous work balancing negative thoughts and feelings, few have considered the limiting effects of holding on to positive thoughts and experiences.

If we are holding on to a past holiday we shared with our family and remembered that time as the happiest, we may not be able to fully enjoy a present holiday because we would feel there was something missing. Whatever we are holding on to, positive or negative, is distorting our moment, distorting our reality, and distorting our senses, superseding what we are experiencing now.

Sometimes beliefs and preferences are passed on to us from our family and may limit our authentic development. If we were raised with specific religious or cultural beliefs, we may still practice them today but without passion, since they are not true for us. More importantly, our parents also energetically passed on to us karmic lessons and programs when we were in our mother’s womb. These energetics are part of our DNA and are reinforced by our family and culture, keeping us out of the moment. We hold these energetics in the fluids of our body, especially the fluids in our spine and brain.

During a HSH session, I release the energy that is keeping my client out of the moment. I release patterns passed down from one’s mother and her grandmother and her great grandmother, going all the way back into infinite time and releasing all the limiting thoughts and feelings passed down through the female lineage. I then release the restrictive energy passed from my client’s father, his grandfather, and his great grandfather, releasing all the energy passed down through the male lineage.

In asking my clients how many times in the past they have been their mother's mother or father's father, they answer, 'many times'. That explains why some of our family dynamics are so confusing. One of the repercussions is that most people always feel responsible for everything and that no matter what they do, it isn't enough.

I release all of these trapped patterns by doing the spinal cord release technique. Keeping the spinal cord clear is important because it is the channel needed to bring up our creative flow and kundalini energy in order to fully take our power. I energetically reconnect a client's spine with their head by releasing the stagnant energies stuck in the back of the neck, the fluids in the spine, and the fluids in the brain. After this balancing and clearing, energy can easily move up the spine and connect to the pineal, which unites to the chakras and allows us to be fully in the moment.

IN THE KING'S CHAMBER

In January 1997, I was part of a group touring Egypt. After boating to ancient sites along the Nile River, we visited the pyramids at Giza. Upon arriving in Cairo, my Higher Self told me that before I could complete my plans to establish the Third Eye of Horus Mystery School, I had work to do in the King's Chamber of the Great Pyramid. My inner voice said that I needed to enter the great chamber and call all the energies of the collective consciousness into myself, much like I had done at the Solar Heart Conference on Jekyll Island in 1995.

Arriving at the Great Pyramid, I raced ahead of the group and started up the long stairway to the King's chamber. I was breathless when I arrived. The immense stone room was bare except for the sarcophagus. Barefoot, I stepped into the open, rectangular stone coffin, which came halfway up to my knees. Many modern scholars believe this place was never a burial site but rather a place of spiritual initiation and transformation. Perhaps I was going to discover the truth of that matter.

I stood in the sarcophagus and used all my force and energy to call in the vibrations of the collective consciousness: hate, evil, war, death, perversion, distortion, love, compassion, kindness, beauty—everything that had ever been created. Amazingly, I felt nothing; I was quiet and peaceful. I knew I had completed my test. I would have felt something if I still had a charge with any of the energy bands of humanity's creations. By feeling nothing, I knew I must have achieved unconditional love for myself and compassion for all creation. I was close to answering the ultimate question: Are we separate or are we one?

My experience in the King's chamber was a major event in my life. I was at peace with all energy. Now it was time to begin the Third Eye of Horus Mystery School. The teachings of the Third Eye of Horus Mystery School unify the right and left eye mystery wisdom. The left eye of Horus teachings were centered on the development of mental acuity and clarity. The right eye of Horus teachings were focused on the clearing of emotional distortion, allowing students to fully utilize their passionate, emotional, and creative powers. The blended teachings, as reflected through the Third Eye teachings, result in the achievement of Unity Consciousness and living a life of balance, clarity, joy, love, and compassion.

I knew I would be granted new information and ancient secrets by Spirit because of the balanced vibration I had just mastered. I was very excited.

That evening I initiated the members of my tour into the new vibration of peace and compassion that I had experienced in the King's chamber. I knew Spirit would grant me additional information into these ancient secrets as a result of experiencing this new vibration.

Unlocking Ancient Mysteries at Wizard Wells

I met Chira Sweet Medicine in 1993 while in Dallas giving a lecture. We formed an immediate bond. Perhaps we knew each other in a past life. She was a powerful teacher in the Native American Indian tradition, trained in the Lakota path by Mary Thunder a well known human rights advocate, Sundancer, Peace Elder, and teacher. Mary has been a close friend of mine for many years. Chira Sweet Medicine, her student, was one of the few women permitted to start her own lodge and had her center in Wizard Wells, Texas.

I liked Chira because she was a rebel and believed spiritual mastery could be gained with ease and grace instead of pain and suffering. She experienced a powerful HSH session with me and believed strongly in the effectiveness of my work.

In 1996, Chira invited me to be a part of her fall Vision Owest, a biannual tradition in her lodge. I decided to participate since I was, once again, facing major changes in my life and it felt right to spend some quiet time with Spirit. In a traditional Vision Quest, the questers fast alone in the wilderness for several days with the hope of receiving a visitation from Spirit. It was the first time I would spend twenty-four hours alone in my life.

Chira sent me out on a hill for several days. I placed my bedding under cedar trees and gathered a few rocks to build an altar. I burned tobacco and sage as an offering to Spirit.

I had no food or water. Soon the land and the trees felt different. As night fell, I felt something else: the presence of a bear. I know there are no bears in Texas, but I could definitely feel bear energy. The bear was a part of me, a part of my soul. Under the beautiful starlit sky, the bear and I merged. I was quiet and full of amazing, surging power.

A few hours before dawn, the Vision Owest staff members came to check on me. When they asked me how I was doing, I said I was one with the land, one with the animals, and one with bear. They nodded and left. I maintained my quiet vigil.

The next day, I spent my time observing ants and birds, trees and grasses, connecting with everything around me. I was beginning to realize I had to release the energies building up inside of me. This power had been accumulating all my life. I understood it was my raw-male-bear energy. I needed to turn this energy into my passion: moving into oneness with all things. This realization marked a new direction for my life; I started searching for how to connect to my heart, to my soul, and to the oneness. My quest ended the next day. I could have stayed under the trees forever. Sleep, food, and water were unimportant to me. I came down the hill quiet, happy, peaceful, and one with the world.

Shortly after the end of my Vision Owest, Chira asked me to teach HSH to the twenty senior students in her lodge. Chira thought it vital that they learn the HSH approach to spirit as she knew they would be powerful teachers. The students came from all walks of life and had experienced hard lessons. While some of them had been years in recovery, not one of them was afraid of life, and each had made a personal decision to show up and be fully present.

True to Chira's prediction, the graduates were the finest class I had ever trained. In the evening, after my last day of teaching, Chira invited a small group to stay for dinner and a ceremony. The ceremony was for one of the students and two of my associate teachers who had petitioned Chira for their spiritual names, a sacred event in Lakota practice. It would be a fitting end to my experience at Wizard Wells and I agreed to stay.

Once again Spirit surprising me. As we assembled in the sitting room for the naming ceremony, I sat off to Chira's right, showing respect for those receiving their names. The ceremony was beautiful and touching. At the very end, Chira stood right in front of me and said, "Dear one, while I was in ceremony receiving the names of those who requested them, Spirit gave me a name for you. It's up to you whether to accept it or not." Completely taken by surprise, I instinctively knew the moment was right. I nodded and was gifted the name Lightning Pole Star Warrior. At supper following the ceremony, Chira gifted me again. She leaned over and said quietly, "You know, when I travel to other dimensions I use the Pole Star to leave and enter this world."

This was the last conversation I had with Chira. Three weeks later as she sat on her couch waiting for her daughter to pick her up and take her shopping, Chira passed over.

I was shocked when I heard that Chira had died. The family asked me to come to Wizard Wells right away and help plan her memorial service. Chira was very loved in the community, and they expected many people to attend. When I arrived, they asked me to come directly into her sitting room because they felt something was wrong in the room, and they wanted me to help clear it. Upon entering her sitting room, I felt a lot of chaotic energy. I spotted the apparent source right away. All of her talking sticks were gathered into one corner.

A talking stick is used in Lakota ceremony to bring respect to the speaker; only the person holding the stick is allowed to speak. The talking sticks had picked up the vibration of every ceremony Chira had either conducted or attended and they were all talking at once! I suggested the talking sticks be evenly placed around the room, and the family moved them. Instantly, the energetics of the room were balanced.

Later that same day, a family member brought me an object discovered in Chira's private room, close to where the talking sticks were originally gathered. At the time of its discovery, a memorial altar was being prepared with sacred objects from Chira's room. As items were gathered for the altar, a basket was accidentally overturned and this object was found wedged underneath. Because the object did not feel "right," the family brought it to me. Even as I touched the outer wrappings I knew something was very wrong.

I unwrapped the object and found the most diabolical amulet I had ever seen. It felt like pure evil, the essence of hate. Someone with a great knowledge had prepared it using Chira's hair and menstrual blood. The amulet was wrapped in magical veils and negative intentions. Were the talking sticks trying to bring this to our attention? I vowed I would find and deal with the energy behind the amulet if it was the last thing I did.

Spirit heard my vow and set me on a path of discovery. Within days, the clients I saw brought me clues to the origins of this killing energy. My first client was murdered (in a past life) in the Nazi death camp at Auchwitz. The Charles Manson family murdered a close friend of my second client. My third client had a bad experience in India with a world famous guru who fed off the sexual energy of his devotees. I knew I was dealing with a combination of power, ritual, and sex.

Spirit reinforced my insights when Chira's family called me. They had found some unusual books on her night stand, which included two books by Aleister Crowley, *The Book of Four* and *Magic Without Tears*, as well as an obscure book detailing specific tantric techniques. These books represented teachings from the left hand path, about which I knew nothing. This led to my research into several mystery schools and my focus on the eight brain states.

Chapter 16

Techniques Learned along the Path

THE CONSCIOUSNESS OF MONEY

In the middle of 1998, *Vanity Fair* magazine featured the top one hundred people responsible for controlling the flow of power and money on the planet. To see what I had in common with these power brokers, I spent several hours reading their histories and focusing on their photographs. I realized I had little, if anything, in common with any of them. In fact, I had issues with most of them about how they made money and, in turn, controlled the nations or companies they led.

I discovered that I was not energetically aligned with how the majority of wealth was accumulated in the world. I knew I was working hard, doing everything that was successful for me in the past, yet I saw little return for my effort. It became clear to me that if I wanted to create financial abundance in my life, I would have to align myself with the consciousness of money and I began to call in the consciousness of money as part of my daily practice.

The first thing I noticed was that the vibration of money had its own spin and could affect my energetic field. Curious about this, I began to experiment to see what energy balanced the spin of money. To my surprise, I discovered that the consciousness of sexual energy was the vibration that balanced the spin of money. I now bring in the collective consciousness of all vibrations of creation on a daily basis: the consciousnesses of money, sex, disease, war, death, peace, abundance, and love. I would have to be at peace and in balance with all the energetics created on earth if I was to best serve the collective consciousness in these times of change.

LUCID DREAMING

We are moving into the dimension of instantaneous creation and preparing for a major shift in our consciousness. Much of the preparation for these changes is happening in our dream state. When you practice lucid dreaming, you are working in the dimension of instantaneous creation. The more you consciously use the dreaming process, the more you become conscious of your creations and increase your creation skills. Lucid dreaming is perfect for practicing instantaneous creation and exploring new realities and dimensions of consciousness.

Lucid dreaming is one of the most important techniques I practice. Research at Stanford University indicates lucid dreaming occurs during REM (rapid eye movement) sleep. Since most REM sleep takes place in the later part of the night, mornings are likely to be the most favorable time for lucid dreaming.

I have a simple and effective exercise to improve your ability to lucid dream. In this exercise you will discover if any hidden programs or ideas in your subconscious mind are keeping you from having what you desire in this life. After you've perfected your ability to lucid dream, and have a good understanding of the subconscious patterns affecting your ability to create in the third dimension, you can go a step further. You can use lucid dreaming to explore other dimensions and realities.

To begin the lucid dreaming exercise, first think of a question about your life. Your question may concern a special relationship, spiritual goals, your health, or your job. Whatever it is, write it down. Keep your questions simple and use as few words as possible. Complicated questions will create complicated dreams filled with too much information to easily understand.

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

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

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

One of the first questions I explored through lucid dreaming was "How do I become a good healer and teacher?" Through lucid dreaming I discovered my subconscious mind held the idea that if I became popular as a healer I would lose my freedom, because I'd attract attention. I was surprised at this information. My freedom is important to me, but I did not think my need for freedom would interfere with being of service to others. My subconscious mind was doing everything it could to keep me from being as successful as I was capable of being because it did not want me to lose my freedom. By becoming conscious of my subconscious program, I was able to change it. I now understand what personal freedom means to me. I know it is safe to become popular without losing my freedom. By exploring the dimension of lucid dreaming, I was able to become conscious of the hidden, subconscious programs affecting my success.

My dream state now feels as real to me as my waking physical state. If I don't understand what is going on in my dreams or they contain problems and conflicts, I continue to replay the same dream over and over until I do understand and the conflicts are resolved. My dream becomes real to me when I become conscious of what it reveals. If I create perfection in my dreams by understanding and resolving any conflicts, I can use this insight to create a more balanced and healthy physical reality for myself. I first create and experience perfection within my dream reality and then I recreate that perfection in my physical reality.

Lucid dreaming is a powerful technique because it assists us in understanding our subconscious mind. By practicing lucid dreaming, our subconscious mind will fully support our conscious mind in creating what we want in our lives.

I believe our dream state is the next dimension as this is where we experience instantaneous creation. With lucid dreaming, we can perfect living and being in the dimension of instantaneous creation, bringing that mastery to our three-dimensional lives. Lucid dreaming is one of the most important exercises we can do. It allows us a greater understanding of our lives and of our universe.

RAGE

A friend of mine who studied with a Buddhist monk came to visit me and we talked about all the changes taking place on Earth at this time. Right before he left, he gave me some information that was to change my life. He said there is a Buddhist belief that this is the last lifetime the monks are going to be here on Earth. He asked me, "Since this is to be our final life, do you know the last thing we have to release?" I had no answer. He said, "We have to release our rage."

His answer shocked me. I could not understand why a group of monks would feel they had any rage they needed to release. He said he was taught to let go of everything and go completely into rage. He explained that when one goes into rage, one loses control. Being with one's rage, sets one free. Buddhism teaches that one needs to let go of every thought held on to, because each thought ties one to this reality. To fully transcend this dimension, one can no longer control anything.

Even though we only spent three or four minutes discussing rage, I really thought about what he said. Most of us in the Western world are taught not to express our anger, let alone our rage. As a healing facilitator, I often see six people a day who tell me their life's story, which of course is my life's story, too. As a result I get to look at my issues over and over again. After working with thousands of people, I know how much work I've done on myself to keep clear and balanced. Even so, I knew I still had unresolved feelings towards certain people in my life.

I decided to start exploring my rage with the person with whom I had the biggest energetic charge. If most of us are honest, we would admit that we still have issues with our mothers and fathers. Commonly, the love we received as children from our parents did not match our full potential for being loved. After leaving home, still searching for love, many of us transfer the issues we had with our parents onto the new men or women in our lives. In our thirties or forties, we perhaps realized our parents could only love and protect us as much as they loved and protected themselves.

The times we live in are very energetic. Any unresolved issues are showing up daily to be balanced and released. Because time is presently collapsing, the polarities are closing in like walls, intensifying and solidifying unlearned lessons. As I prepared to address my rage, I realized my issues with my mother and father had become solid.

So what were my issues with my parents? As I was growing up, my parents were not the way I wanted them to be. I wanted them to be kinder, happier, more loving, and gentler towards me. Now I realize that there was nothing wrong with them. They were alright the way they were. I had a lot of unfulfilled expectations and judgments about their behavior. However, whatever issues I had with them were really my problem; and I would not be able to heal my relationship with them until I let go. I knew that I could no longer blame others for my rage.

When I was ready to explore my rage, I focused and balanced in the moment and then completely immersed myself in the anger and frustration I felt towards my mother. Immediately I was swirling in a vast pool of emotion, a space without end, a place with no boundaries. I didn't know where I was and was scared because I didn't know how to get out.

When I surrendered to my feelings, I found my way out. I then realized I felt nothing towards my mother. Since I had been the one holding the feelings of the past, as soon as I let go, there was nothing left. I only felt clear and a little giddy.

I experienced a profound sense of freedom. I was free of my rage and free of my past. My childhood needs and judgments had defined my mother. My willingness to surrender to my feelings and then let them go allowed me to experience a new reality.

Feeling great, I searched for others with whom I was angry and frustrated. Even after all the work I've done on myself, I was surprised to find twenty people and a couple of institutions, the IRS and the Catholic Church, with whom I was enraged. I went through the rage release process with each of them.

I did the rage release process three separate times with all twenty people. The first time, I came out with nothing, with no feelings at all. My rage was gone. The second time resulted in feelings of love and compassion. The third time, I ended feeling pure love.

Afterward, the dynamics with the twenty people I worked with during my rage release changed, but more importantly, my whole life changed. Before I did the rage release, only a few of the twenty people were still in my life. The feelings I had for them, however, were reflected onto new people. Because my feelings of the past had remained unresolved, Spirit kept drawing similar people and situations to me. Each time I recreated the same energetics, I gave myself another opportunity to understand why I had been recreating these dynamics. This endless cycle stopped after I released my rage and understood what and how I had been creating. Afterwards, I felt quiet, compassionate, peaceful, and fresh.

PRACTICING THE RELEASE OF RAGE

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.

Chapter 17

Armageddon

In the summer of 1997, a week before I was to leave on a workshop tour, I called an office meeting and explained how I was going to open my heart and not hold anything back. I needed to do this for myself and to complete this book.

The next day my then partner Star told me she had decided to follow her own passions of writing with her ex-husband, riding her horses, and stop working in my office. I have been teaching for years how important it is to follow one's passion in this lifetime. Star and I and our office staff had struggled with this for years. I knew Star wanted to pursue her own interests, and the time had come. I didn't think she would choose work so different from my own.

We decided to move back to California where we both had family. We put the house up for sale and made plans to relocate my office. I encouraged Star to pursue her dreams.

As I left on my next round of workshops, I wondered what Spirit had in store. I had to completely let go of the outcome of the changes we had planned. Lately I'd been very disappointed that my workshops hadn't been fully attended, and I felt perhaps this was a sign that I was finished with my work here on this planet. All in all, I felt upset and displaced.

In my workshops, I share secrets of ancient mystery schools that I feel are vital for our consciousness and transformation. Why were my workshops not full? I explored this issue within myself and felt it was time to let go and explore other worlds. I felt I was going to die. I felt quiet and sad. I was especially sad about leaving my children. I love them so much and was afraid I had not told them often enough.

Over the years I've been on hundreds of missions for Spirit. I was tired of money pressures. I just wanted to give my work away for free, but like most of us I had to make a living and support my family. Sometimes when life becomes too complicated, we create an energetic reality different from others, because we no longer want to be a part of the dynamics around us. Unfortunately as I soon discovered, none of the energetic principles that normally work apply, in this separated space. I was apart from everything and everyone.

I told an associate how I felt. She was sad, and tried to talk me out of leaving this Earth. I love life, but I had made up my mind that my work was completed here.

The sponsor for the first workshop on the tour kept asking more and more from me. Before I'd left on this trip, she'd asked for my help with her low energy. I worked with her extensively over the phone. A few days later, she called and complained that she didn't feel connected to me. She could not feel me and blamed me for that feeling. I told her that I'd given her one hundred percent. She still wasn't satisfied. After attending my workshop, she again asked for help. Even though she had not done what she had agreed to do as one of my sponsors, I gave her another free healing session and books. When she later called and left a message about five dollars she felt I owed to her, I was very upset. I told her I did not want to speak to her again and that she was totally out of integrity.

I realized I'd allowed her to pressure me into giving more and more, and it wasn't an equal exchange. I needed to honor my own boundaries. There was nothing I could do to satisfy her. She later called back and left another message, stating she felt I was not a spiritual man. She wanted me to reflect back to her, her own ideas on spirituality. She was angry when I didn't cooperate.

I was emotionally fragile as I traveled to my next event: the Universal Light Workers Conference. When I had felt energetics like this in the past, it had meant there was a part of me I needed to release,

yet this was different. I asked my guides to help me and give me a sign that I was still needed on Earth. They said they could not help. I was no longer in this time; as I had created a new time I had not invited anyone else. I was trapped in my own world alone. It was safe, but I could no longer create in a real, three-dimensional world. I was sure this meant the time for my leaving was close.

At the conference I told the other speakers what was happening to me. They were very supportive. We all connected in a new way. They were so loving I cried. Even though I was afraid to be so exposed, I knew this nakedness was the key to the hidden side of my soul.

The next day there was a panel of keynote speakers. Sitting in the audience, I asked about their relationships, and how and if they were changing. One of the speakers shared how painful it was to let go of his wife. He told a story about the time they were breaking up.. They decided they would lie naked together, talk about their feelings, and cry openly. I was amazed at his honesty and how easily he exposed himself to the strangers in the audience. The other speakers, also talked about the difficulties they were having. I could see and understand the fragility of their relationships. I felt true friendship with this group. At that time, I realized the compassion of this group had healed the judgment I had experienced from the conference in Georgia.

Soon after my return home, my partner Star and I were talking about a story that had come in on the fax. We were planning to go to a movie, and she went to take a shower while I watched television and relaxed. Suddenly I heard her cry out. I went to the bathroom door and called to her, but she didn't answer. The door was locked, and I panicked. I banged on the door and called to her again. The door opened. Star was gray, frozen in pain, and told me to take her to the hospital. I helped her to the car and as I careened out of the driveway, Star gasped that she was dying, that her insides felt like they were exploding.

The hospital was fifteen miles away in another small Texas town. I dialed 911 and was told that all the ambulances were busy. I buried the speedometer needle as I raced down the road, passing cars on the right shoulder and blasting my horn through intersections. Just as the car started to overheat and the air conditioner died on that hot Texas summer day, we pulled into the Smithville Hospital emergency entrance. The police had called ahead to notify the hospital staff. Star was in incredible pain and could barely talk. I knew her life was in danger. Soon a doctor told me she was in shock and it didn't look like she was going to make it.

I sat next to her and held her hand. She knew how serious it was and said, "It's okay. It's okay for me to go. You'll be better off without me." I told her I was going to open my heart totally, which I had been consciously practicing those last weeks, so she could feel the love within my heart. I put my hand on her stomach and prayed. Then I felt a shift.

A warmth came over us and we felt the presence of God. After a few minutes, a nurse asked me to leave so they could continue working with Star. I found a desk outside and sat down, my head in my hands, my tears dropping onto the desk top. In a few minutes someone asked me to move as they needed to use the desk. They set their paperwork down on my tears. There was no place for me.

A doctor came out and told me Star had started to stabilize. They were going to fly her by Star flight helicopter to Austin, Texas for emergency surgery. When Star was wheeled to the helicopter, I squeezed her hand, and told her I would see her soon.

I walked back to my car and slumped into the front seat. I watched the helicopter turn into a tiny speck, carrying Star toward the sky, as if she were going back to God.

When I arrived at the hospital in Austin, a doctor showed me her x-rays. There was something, an obstruction or tumor, the size of a grapefruit inside of her abdomen. They didn't know what it was and needed to operate. I asked for a second opinion. It was the same.

I stayed with Star, my healing hands upon her stomach, my energy connected to her energy, until they took her into surgery. I continued to pray. I visualized the mass inside of her disappearing. Thirty minutes later two surgeons came out. They seemed confused. They told me Star was okay and she would make a full recovery. They had opened her abdomen, checked all her organs and found nothing. Everything was perfect. They had no explanation for her crisis or the image on the x-ray.

This was a miracle. This was the sign I had been looking for from my Spirit. I never expected it to appear like this. Star's crisis had pulled me out of my own little world. I was in fact still needed on earth.

Star was in the hospital for seven days and recovered easily. We talked about the moment in the emergency room when I opened my heart. She had felt that conscious love, and it had given her the courage to live. She told me that before this crisis, she'd felt like a total "chicken shit," and had been afraid to do what she needed in order to follow her passion. She had been afraid that she did not support me in any of the ways I needed; afraid that I would have to find support for my work elsewhere. She wanted to die. Only feeling my openness had convinced her to embrace her fears, and pain and begin her new journey.

As we shared our thoughts over the following days it became clear to me that I was not the same man. I knew what had happened. At the moment I opened myself to Star, the part of me that had been existing in the alternate reality returned. I was back in present time, on Earth, fully in my body. My vibration had changed and the energy of creation was once again, flowing through me. I was finally at peace.

What had those strong feelings about my death been about? Since Star and I were energetically connected, had I had a premonition about her death but thought it was mine? Or was it about finding the part of me that was no longer in this time? Was I afraid to bring that missing part back into myself? If I did not do so, would I then be lost to my own openness and die?

A week passed and I was on the road again, this time to Washington, D.C.; Ken Starr's report about President Clinton and Monica Lewinsky was released. Spirit had asked me, and for many years I had been helping, to balance various energies and collective consciousnesses that had been created over time. I had never before felt the enormity of energy as was being projected from around the world onto our nation's capital. It felt chaotic, like atoms colliding in a microwave. As challenging as these energies were, I was easily able to stay focused, clear, and balanced as I worked with my clients. My passion for my work had been re-ignited.

During this same time, Star told me on the phone that one of her horses, Sterling, was in trouble. He'd been a grand prix dressage show horse with the reputation of being difficult. The suspensory ligaments in both hind legs had been severely injured. Prognosis for his recovery was not good. He needed at least a year of rest for the damaged ligaments to mend, and his owner decided to give him to Star. Sterling came to the ranch to join two other horses in the open fields where he could wander and eat and heal. The big horse had been kept in a stall for the last twelve years of his life and hadn't been allowed to play with other horses since he was a foal. Over the course of a few weeks he transformed into a gentle, proud giant, and the ruler of the pasture. He was a beautiful sight.

I knew Star was worried about Sterling. He was in a great deal of pain and could barely walk. His front legs had started to break down as they were not able to support the additional weight he needed to shift himself off his injured hind legs. It was his time. Star called her veterinarian to euthanize Sterling. He would come the next morning. I was frustrated as I could not be there to support them in person.

In the morning, Star found Sterling lying down, the pain in his legs too much for him to bear. She gently urged him to his feet and slowly walked him to where the vet would meet them, feeding him carrots all the way. The other two horses wandered off in the back pasture. A light rain fell as the big bay horse licked sugar from Star's hands and the vet gave him the injection. Sterling slowly dropped to the ground, and Star cradled his head in her arms, stroking his neck, murmuring to him of her love. At that moment the other two horses came galloping from the back pasture, their hooves drumming the ground. Had they heard their friend's call? Had they come to witness his journey? Star's mare; Sterling's favorite, nuzzled him all over as Sterling's spirit passed.

In those quiet moments, Star knew this was the final chapter of the story that had begun earlier that summer. As Sterling's spirit passed before her, she was reconnected to her beloved animals. Star had given Sterling his freedom. Sterling had returned the same to her. My support had given Star the courage to follow her passion and Sterling had shown Star the way back to herself.

As Star shared Sterling's passing with me, I realized the final lesson of these remarkable weeks. All this talk about the end of the world, Armageddon, was not about our battle in the outer world, Earth, but about the transformation of our inner world. Armageddon is about a struggle within ourselves. How can we become more vulnerable than ever before so we can completely open to receiving God? Who can we trust?

I believe we must begin by trusting and loving ourselves and having compassion for others. We are at a point in time when our spiritual, mental and emotional bodies are collapsing into our physical bodies. Our physical bodies are then reacting to all our unresolved issues. Will we physically go into crisis? Will we feel as if we are going crazy? Is what happened in 1997 to Star and I still happening others in similar destructive energetic situations? I feel sure this is true.

The Atomic Structure of Consciousness

By the end of 1997, I began a new spiritual practice for myself, which continues to evolve. I center my awareness in my pineal gland, pull in my field energy, love myself, and clear any thoughts that may be out of my present moment. Upon feeling clear, I experience becoming one with everything created on Earth by calling in all collective consciousnesses, such as the consciousness of love, hate, peace, war, goodness, evil, joy, sorrow, gentleness, and fear.

This does not mean that hate, fear, and war are acceptable. It merely means that if I am to balance both positive and negative vibrations within myself, I need to experience every single thing that has been created. I do this with unconditional compassion for all creation.

Practicing this daily has accelerated my work as a healer. By helping others through HSH sessions, I add the experiences of my clients to my daily awareness while steadily increasing compassion for the many ways humans can create. Through continuous practice over these years, I have learned to stay compassionate and be in balance while experiencing the different energies of the planet. To do this, it is energetically necessary for me to become more fluid.

One day in early 1998, as I was learning to stay fluid and centered in my pineal gland, an interesting thing happened. My Higher Self said, "Think of the pineal gland as the center of creation. As you stay fluid, look deeply into its center." That evening, after a day working with clients, I showered and lay down to rest. I remembered what my Higher Self had told me about looking into the center of all creation, and I decided to explore it. Staying fluid, I began calling in all the different vibrations of creation. I focused on the structure they formed. Surprisingly, each vibration of energy made its own loop, all rotating at different spirals around my pineal gland. They looked just like electrons and protons moving around the nucleus of an atom. I knew then that the pineal gland is the nucleus of all creation.

This prompted a childhood memory that occurred during summer vacation before fifth grade. I was nine years old, and our family had been on a vacation in New Mexico. We were driving back to California, and since we didn't have air conditioning, my parents decided to drive across the desert at night. On this particular night, we pulled off the road at a turnout because my dad was sleepy. When we first stopped I noticed that we were the only car parked by the side of the road.

We had been asleep several hours when the strangest thing happened. About five in the morning, we awoke to the sounds of other cars parking around us. My dad asked some people what they were doing out in the middle of nowhere. They told my dad that an atomic bomb test that was scheduled to take place that morning.

Excitedly, we got out of the car to watch with the other people who had gathered. Just before dawn, when I thought I could not stand to wait any longer, the blast went off. An awed silence fell over the excited crowd as the mushroom cloud formed on the horizon.

The blast was the most exciting thing I had ever seen. Totally mesmerized, we watched the sky light up as the cloud grew bigger and spread out as if it were alive. All of a sudden, a strong blast of wind blew past us and startled the crowd. Someone urgently shouted, "Let's get out of here!" and there was a stampede toward the cars. Reluctant to leave, but sensing danger, my father drove away as fast as he could. We were strangely quiet and reluctant to comment upon what we had just seen.

I replayed the moment of the explosion in my mind; as there was something familiar about it. While it felt both exciting and dangerous, it also felt comfortable, like I was the cloud and the cloud was me. I now realize that at that moment, I felt the full potential of my power. It scared me. I decided then that I would not take my full power, because I could be an atomic bomb.

It now made sense why my Higher Self said it was crucial to center in my pineal gland and become one with all creation. Before I was able to realize the full potential of my power, I needed to gain experience and comfort with running all consciousnesses through my body. I also needed to change my vibration to center in my pineal gland.

It took forty years of living and learning about power before I knew enough to be able to change the decision, made at the age of nine out of fear. When I understood what real power was, I was able to accept power and be powerful. Each of us contains this explosive, raw, power potential and must claim it for ourselves.

Illuminating the Pineal Gland & Moving into the Sun

My main teachers in this life were family members, friends, and co-workers. One of my friends, Duncan Cameron, is a kindred spirit who has very unique ideas. Duncan said he was a main psychic for the Montauk Project and had vivid memories of being part of the Philadelphia Experiment. I have worked with him twice; helping to heal his emotional body.

One of Duncan's functions was to use his sexual, life-force energy to create and open time tunnels. While we were eating breakfast at a restaurant one morning, Duncan shared with me ideas that became part of a meditation. This allows me to use the life-force energy of my body in a new and more powerful way. I named this new technique "Moving into the Sun."

The Taoists call life-force energy Chi (Qi) and charted its movement through the body. Indian yoga adepts call it Prana and used it for healing. In the West, Dr. Wilhelm Reich discovered the same energy and called it Orgone energy. Reich felt this creative energy was the basis of life and could sometimes be seen in the air as blue or white balls of energy. The Chinese, Hindus, and Dr. Reich all taught their students the benefits of arousing this energy and moving it throughout the spine and brain.

Moving into the Sun is a way for you to move the life-force energy up the spine from the base chakra and into the pineal gland. This exercise will help awaken your paranormal talents and your ability to time travel. Before attempting this meditation, you should first do the Living Light Breath Technique until you are comfortable (Section Six, Chapter 100). Remain with your tongue flat on the roof of your mouth and center in your pineal gland.

It is necessary to be physically moving to get into the flow of life-force energy. Begin by sitting on the edge of a strong chair with your spine straight and head erect. Place your feet together and pull them back until they are directly below your spine. Raise your heels so your feet are resting on your toes, and begin bouncing your feet up and down, keeping your toes on the floor. Let your arms hang straight down the sides of your body, open your fingers, and gently shake your arms and hands. This posture allows life-force energy to flow in your body.

Imagine in your mind a perfect sexual fantasy that will begin to activate the creativity in your first chakra, which lies at the base of the spine. If imagining a sexual fantasy is uncomfortable for you, remember a euphoric connection you had in the past, such as in a forest or nature setting. Create something energetically similar.

Create a fantasy that is different from any physical situation you have actually experienced. Do not use anyone else's energy or any old sexual scenarios. If you imagine someone you have been with before, move to a different scene. This will keep you from looping or running anyone else's energy. In this meditation, you will cease to use sexual energy for pleasure or procreation and will use it to activate your spiritual potential and skills.

Our base chakra is set up in three vibrations: sexual-survival, sexual-creative, and creative. We are going to use sexual-creative energy to move into creative energy. The purpose is to allow your creative energy to be active all the time. Later, you may choose to bring in sexual energy.

Some people have never experienced orgasm or been comfortable with sexual energy. Sexual fantasies are only tools and you may do this exercise by recalling, for example, the bliss you felt seeing a gorgeous sunset, walking in a majestic forest, or hearing beautiful music. You may also activate this energy in prayer or while meditating.

As you let yourself go into bliss with your body and mind, allow your feet to move. Be aware of the creative energy accumulating at the base of your spine. Do this for five to ten minutes.

As the life-force energy in your base chakra begins to move, use your intention to move it up your spine. It will feel warm as it begins to ascend. Still centered in your pineal and loving yourself, call the collective consciousness of the planet into your pineal as quickly as possible. What you should feel next is a quiet oneness, with no separation from anything. Let go and move into the experience. Practice this a few times before moving on to the next step.

Once the creative energy is activated and starts to move up the spine, tilt your head back about thirty degrees and then move the head forward to its level starting position, then back, then forward, then back, repeating the movement over and over. Be careful not to strain your neck. Be gentle.

With each set of back-front head movements, use your intention to push the rising energy back down the spine, to the base chakra. This simple movement “pumps” the energy, multiplying its power. The energy will move up faster each time you do this. Repeat this movement about twenty-five times until the life-force energy becomes so powerful that it surges up the spine and penetrates a point known as the occiput, giving the current direct access to the old brain.

The compressed, intensified energy then moves through the old brain and into the pineal gland. As the energy sparks the pineal gland, you will become the sun. Allow this warmth to fill your head.

When I do this meditation, I feel my entire brain ignite. Staying in the moment, my amplified kundalini (a Hindu expression that describes the life-force energy lying at the base of the spine) moves into my pineal. I perceive an inner light, with the brilliance of one hundred suns, that fully engulfs my being and energizes the billions of neurons in my brain. I feel one with Source. I feel connected to all things, warm all over, full-bodied, peaceful, and at the center of creation.

As I was doing this meditation, I realized the limitations of being centered in the heart, as is taught in many religions and metaphysical circles. Centering in the heart makes it more difficult to move energy up the spine because any issues we have about love could prevent the energy from going any higher than the heart chakra. This prevents us from activating the higher brain states.

The healing techniques of Dr. Wilhelm Reich were designed to allow life-force energy to move freely through the body. Reich said that if people were centered in the heart when this orgasmic energy moved up the spine, they could possibly damage their hearts. He knew of three people who had heart attacks this way.

The main factor preventing activation of the higher brain states is that most of us are not energetically connected from the base of our spines all the way up to our brains. I believe that the base chakra, located at the bottom of the spine, represents Earth, (our full physical potential), and the pineal gland in the brain represents heaven, (our full spiritual potential). Connecting heaven and earth within our physical body is what we are here to master. The way to activate the higher spiritual centers in the throat, third eye, pineal, and crown is by moving the sexual/creative life-force energy up the spine and into the pineal.

Illumination of the Heart & Location of the Soul

The next task Spirit asked of me was the most challenging of all. While Star was in the hospital recovering from her near-death experience, I was preoccupied with what was happening with her. It had been a week since I had called the collective consciousness into my pineal gland.

The day that Spirit asked me to make my next leap of faith started out very quietly. Star was scheduled to be released from the hospital later that day. I was very calm and relaxed, grateful that all was well again. Before getting out of bed, I began to practice my daily visualization. Centering in my pineal, I did the Living light Breath before calling in all the different collective consciousnesses of creation. What happened next was completely unexpected.

The different bands of energy began to come together, except this time they formed outside of me. I noticed everything felt energetically different. Then I saw what appeared to be a large shimmering bullet-like shape forming about fifty feet in front of me. As I began to focus more on the object, it became bigger and bigger until it looked like a rocket. As if this was not enough, it began to move right towards my heart! My immediate reaction was to say, "Stop!" and roll out of the way; but I knew it was vital for me to fully experience what was happening. As I watched this object gather speed, I focused on staying present, centered, and quiet.

I was apprehensive as the rocket of energy headed straight for me, but I did not want to miss this chance. In the past, when faced with spiritual challenges I did not understand, I had said "Stop," and have regretted that; as I now recognize it may take several years before another spiritual opening can occur. I was determined this time would be different.

After an endless moment, the energy hit my heart and imploded. It was not my heart itself, but my spiritual heart chakra located on my body's centerline next to my heart. The energy ignited my heart in the same way my pineal gland had been activated by moving my life-force energy up my spine. Instantly, my heart opened into the shape of a lotus flower. The flower unfolded and the petals extended until my whole body was completely enveloped in a new awareness. I knew then the location of the soul.

I discovered a space between the heart and soul that was electric, neon-white (like lightning) which is the essence of the void. This gate or portal leads directly to our soul: the eye of God or our reflection of Source.

As I became aware again of my surroundings, I realized my conscious awareness had expanded. I was completely centered within my heart. I understood that the last duality in our spiritual reality is that we feel separate from God. The outward illusion is the picture we create of the world around us. The inward illusion is the feeling that we are separate from Creator. Once we accept that we are one with Source, there is no more duality; therefore, no more karma or dharma, and a new time begins.

A great level of compassion enveloped me, and I accepted all that I had created. My consciousness continued to expand outward in every direction from my heart center, and I became aware that an aspect of my self was facing my soul which had been hidden behind my heart. In that instant, a bright light enveloped my consciousness and I became one with the Trinity. The electric, neon-white light now completely filled the space between my heart and my soul and as they united, it created a sphere that became the Sun.

Up to that point, I was still living in a dual world of soul and body. When I became the Trinity, I was not that person. I had become the center of the lotus flower, with each of the petals a part of me. Losing my linear reality, I began dreaming and thinking in spirals, connecting with all life everywhere.

As I reviewed these recent, multiple transitions and transformation of my soul, I could see that they were repeating and reinforcing one another. I was sure there was more to come. After this segment passed, I knew that I truly loved everything and I no longer faced reality as I had known it. I was now facing Source. I became an expanding gate. I was standing between two worlds but really not part of any world. I was in the space in between, in a new space that was expanding into the other spaces. I had entered the gate, become the gate, and now the gate was getting wider and wider.

That was what I had first experienced years ago when I started centering in my pineal and connecting to the light. First it was a tiny thread of light that, as the years passed, became brighter and brighter. When it became massive, it moved to my heart, engaged my soul, and transformed my consciousness. A beautiful feeling of serenity and peacefulness flowed in and around me. I mirrored everything but was no longer centered in my heart or my pineal. My entire body became my conscious heart, the body of the Sun.

I also knew that everyone was about to experience the same thing, for we are all one, and whatever is happening to one of us is happening to all of us. All my senses had been amplified and were changing the way I saw, heard, felt, and tasted. Everything blended with a new richness, causing new sensual experiences.

As I looked outside, I could see a new and special quality in the rays of sunlight. With my now expanded clairvoyant eyesight I could see the rays had a depth and sensation I had never felt or seen before. It was as if I could see the real light and frequency underlying the very fibers of creation.

Living Light Language & the Alchemy of the Soul

In December of 1997, while in Glastonbury, England teaching workshops and doing HSH sessions, I received my next piece of important information. It started with my sponsors who were having a difficult time in their relationship. They were doing their best to draw me into their tangled problems. All my senses were wide open because of the soul work I was doing with my clients. I felt emotionally vulnerable, and had no idea what Spirit would ask next of me. I did my best to remain balanced and centered in my own space.

One night, having been in this turbulent environment for a week, I decided to go to bed early. I lay down and began to reflect on the day's events, especially the escalating conflict unfolding between and around my hosts. I could not sleep, so I began to work with Living Light Language, which is the fluid part of the Akashic records.

Living Light Language is always available and surrounds us all the time. In order to work consciously with this vibration and the Akashic records they reflect, I close my eyes and put my fingertips on the outer, upper edge of my eyelids. I then see colors and shapes in each corner of my eyes. I bring the patterns I see in my mind's eye together, into the center of my vision between my eyebrows. I keep focusing upon the patterns until the patterns align.

Once the patterns in both eyes match, I know that the right and left sides of my brain are balanced. Once the patterns are balanced, I keep looking until I see sheets of geometric shapes coming towards me like a wall. I stay focused and open and watch sheet after sheet of Living Light Language arrive. (This is the way our minds normally receive information, whether we are conscious of it or not.) I look through the layers and pick a point just beyond. At this moment, my experience of the information becomes holographic.

I have been doing this process regularly over the past four years, but on that particular night in Glastonbury, I noticed a great change in the information coming into my mind's eye. Prior to this, the sacred geometric shapes had come in as sheets of information that appeared to be linear. This time the sheets started to divide into quadrants. The quadrant would then shape shift and move to another geometric shape and become smaller.

The Akashic records, which encompass all consciousness, were compressing, spinning, swirling, collapsing, and losing their physical or linear form. The records themselves were becoming fluid. Since the Akashic records reflect all creation in this dimension, this means that we must also be losing our connection to the past and the future. We are becoming fluid to facilitate our movement through this time of change.

The Akashic records reflect not only what is happening to me but also what is happening to all consciousness. Life as we know it is starting to collapse. Physical consciousness and the structures of society are losing their form and connection to the past and future. We are connected with the Akashic records, and as they become fluid, we too are changing and flowing along with them. Is it possible that karma and dharma will dissolve as the Akashic records change?

As this occurs, it effects all consciousness everywhere. Perhaps this is why there are so many off-world visitors showing up in this dimension. They may be here to protect consciousness as it changes, so no beings with agendas of power and control can put their imprint on the records at this delicate time of transition.

As I stayed with the experience that was unfolding, I needed to physically anchor and reflect the universal drama in my inner vision. To do this, I moved into a different way of perceiving the records. By keeping my eyes wide open, I noticed that two opposing vibrations of movement had established themselves at the corners of my vision. One vibration was positive and the other negative, and reflected symbols that identified them as such.

Soon the energies began to flicker and bunch magnetically. I could feel them wanting to come together. To allow this to happen I maintained a quiet mind and let go of all control.

I stilled my mind and accepted what was happening. The energy became chaotic, without any form or definite shape. The positive and negative atoms in each of the cells in my body released their form.

My whole body started to vibrate as the positive and negative poles in every cell simultaneously became one. The normal energetic patterns in my cells immediately began swirling and spiraling into harmony and oneness. My internal experience mirrored what I had seen happening to universal consciousness and the Akashic records only a few moments before.

After about four hours everything became quiet. A deep calmness came over me as my heart and soul merged into every cell of my body, giving me a feeling of pure power and knowing the quietest place I ever felt. I was liquid and in the flow of creative energy. I lay there in the silence, softly feeling myself expand into all being. In that moment, my perception shifted, and I knew I had just experienced the alchemy of the soul.

Chapter 22

The Sphere of Creation

There is too much poverty and pain in our world today. Do you realize that seventy-five percent of the people on Earth cannot contact their Higher Selves, because they are desperately trying to survive and feed their families. They do not have the repose, quiet time or spiritual space necessary to connect fully to their Higher Selves. The other twenty-five percent are caught up in materialism. I have been looking for a way to help both groups change so that we could all move out of survival and materialism and enjoy the peace, power, and pleasure of dwelling in the heart of God. I believe I know the way, but first we need to look at how collective consciousness is structured.

Pretend you are looking at a large sphere completely filled with shapes. The sphere symbolizes everything that can be created in the third dimension. Each shape represents a different collective consciousness; such as religion, abundance, education, love, health, sex, conflict, money, and war. Each consciousness is structured into a shape or vibration filling the entire sphere. There is little change or room for new creations.

Let's say we want to create money and abundance in a magical, new way, but the old collective consciousness only allows one to create abundance in the old way. We may move out of the sphere, the normal way of creating abundance, and work ten times harder, but nothing will happen in that separate creation. It is very likely that we will fail, because we are not supported by the collective consciousness of how abundance has been created.

What we need to do is go into the sphere and create around and in between the shapes that are already there. We need to find unused space in order to create in a new way. But I believe it's almost impossible for us to create money or abundance the way we would like, because there is so little new space or energy available, and because people continue creating abundance in the old way, as defined by their culture, religion, and social values. If this creative space is all occupied by rigid ideas, how would we ever find free space to create abundance in a new way.

When there were fewer people on Earth and open frontiers, it was easier to create because more free space was available in the sphere of creation. Now there are billions of people and it is more difficult to create.

There is creative energy that exists just to give us abundance the way we choose it to be. We need to create in an unused space where the energy can flow to us. To access that space we first have to have compassion for all consciousness. We must learn that the key to creating is to stay focused and quiet in our minds, so that we do not get caught up in the chaos of different consciousnesses.

In my workshops, I use the following exercise to explain this concept. When we create, our energy creates a vibration that attracts a corresponding collective consciousness. Use the collective consciousness of religion, for example. There are thousands of different religions. I request three to four people to resonate a specific religion or philosophy, such as Judaism, Christianity, Muslim, Hinduism or Buddhism. Then I call pure creative energy from Source into the room. This is the energy that wants to support our creations. The atmosphere in the room immediately becomes chaotic, heavy, and uncomfortable. The room usually doesn't feel good to the class, as the energy coming in is confused about what form to take.

I then instruct my class to center in their pineal glands, be in the moment, love themselves unconditionally and have compassion for the chaotic energy in the room. Then I ask them to breathe in through their noses and out through their mouths for three breaths. Everyone then feels the atmosphere in the room turn quiet and peaceful. The creative energy, which became chaotic when it encountered the projected religious consciousnesses of the religious groups, takes a new form when my class harmonizes and stops projecting different ideas.

I believe the world keeps projecting their religious ideas outwardly until all creation becomes chaos. Creation does not know what we want. I believe the collective consciousnesses of religion became totally in conflict with us. When this happens in the outer world, this energy would have to take a new form, exploding into religious chaos.

So, how could we create abundance in a new way in the sphere of creation without feeling the projected energy of what has already been created?

To successfully balance religions in a new way, we must center in our pineal gland. We must be open in our heart and soul, be in the moment, love ourselves unconditionally, and have compassion for all the existing ways of creating. If we love and experience all consciousness, it will reform around us, and we could create as we choose, because the creative energy will recognize our vibration as that of a new creator, creating in a new space, and flow through us.

When enough people love and have compassion for all of creation, creation is then able to take a new form and move out of chaos. I believe this is now happening, and we are on the cusp of accessing instantaneous creation. Want an apple, and an apple appears in your hand. Want shelter, and there is a place of comfort and warmth immediately available.

I believe that those individuals who are becoming aware are creating a new dimension of instantaneous creation and wisdom that allows the heart and soul's vibration to touch the world in a way that all will be able to share.

MY SPHERE OF CREATION

In early 1999, my life again changed dramatically when all the things I had been working on or studying came together during the last of three teaching trips to Glastonbury, England. I woke up suddenly at three in the morning. I closed my eyes to check the Akashic records. The geometric patterns of the Akashic records dissolved and I was enveloped in a brilliant, neon-blue light, which came together in the center of my inner vision. I was in the presence of God, who is actually the source of the Akashic records. The center of the neon-blue energy was a little darker. It started to pulsate. I realized that the pulsating eye represented me.

I felt myself being pulled into the center of Source. Then I was free falling through space and dropping into a vast pool of intense emotions. These emotions formed into distinct three-dimensional shapes representing every single thought given in the past, present, and future to the various collective consciousnesses created on Earth.

I passed through these consciousnesses, while allowing myself to be one with them. The shapes flowed through me for four hours, finally merging into a single sphere, allowing space for a new creation.

As I noticed the sphere, I became it. My consciousness merged with the sphere, and as I was to discover in the following days, my perception and interaction with reality changed, also, allowing me to create in a timeless space. Old structures of consciousness can change when we have compassion for all creation. This new form of creation will allow us to create in different and magical ways, which I believe is the basis for instantaneous creation.

I believe that when we balance our fear and become peaceful, we help to change the collective consciousnesses. When we experience compassion for all of creation, we create a vibration that will allow the existing structures of creation to reform from chaos and confusion into a balanced, peaceful space called Heaven on Earth.

MY HEAVEN ON EARTH

Spring of 1999 unfolded with many revelations. I found that I was no longer separated from anything or anyone. I felt everything or nothing, and that was a space I had never been in before. I was told by my Higher Self to stay evenly balanced and not get emotionally high or low, because the kind of energy I was running could physically damage me if I held in my emotions.

I felt a deep desire to be in balance with everything and a very strong feeling not to interfere with others who were learning what they came to experience. There is no more karma or dharma; I believe it is only energy anyway. I have a deep respect for my body, but I did not feel the body was so important. I have a knowing that there is no death, and I will not forget again who I am. The biggest challenge was how to get along with family and friends. I can hear and feel everything they are feeling or experiencing, and yet I can't help them, because they are perfect. Only my ideas about how they should be create a problem.

I am completely letting go. When I was in Australia in late 1999, Spirit asked me to help on the other side. Spirit said because of my mastery of energy and consciousness, I could go anywhere and help lost souls; balance the collective consciousness that is holding the past and other realities stuck. This was preventing new creations.

So it appears that everything I have done on Earth was preparation for becoming holographically conscious. If I should die, I will not lose who I am, but I will be able to appear to some people as themselves, talking and sharing with them. I now know I have one last job to complete here in the physical before I leave.

What I describe in this book is what I believe every person is experiencing. Your stories are different and yet they are the same. You will share your story with a friend in a way they can understand.

One thing for sure, I'm a student all over again. The ancient mystery schools were looking for spiritual enlightenment coupled with physical immortality. I now believe that when spiritual enlightenment and holographic immortality join, we become everyone and no one, all things and nothing.

Chapter 23

The Seed of Life

Some time had passed since I received new information from Spirit. My previous guidance had been to approach every healing session with the same focus and love that was present at my very first.

As my healing work continued, I was given new guidance to focus on taking my power. Each night I practiced doing so in a lucid dreaming state, although I wasn't sure why I needed to do this. What would my power be used for? I followed my inner guidance and knew at the right time I would be given the answers.

I practiced quieting my mind and allowing my inner power to flow for four to five hours each night for almost a year before I completely surrendered to the process. I kept expanding my inner awareness through the dimensions of my world until I felt all powerful. The more I allowed my power to come through, the quieter I became. I realized once again that Creator-Source does not have boundaries or limitations. Only our ideas limit our connection to Source.

But what happens when we claim our power and become a true reflection of the Creator—a pure mirror of our full creative potential made physical?

MESSAGE FROM SPIRIT

In December 2000, I was asked by my Higher Self to stop another teacher who was interfering with the planet's evolution. This message upset me because it went against everything I had been teaching. Who was I to judge another? I always believed that whatever a teacher was sharing was right for them and the people they attracted.

Then it came to me that my Higher Self was asking me to stop giving this person energy. I felt in harmony with this and completely stopped thinking about or giving any energy towards this person. This surprisingly set off a chain reaction with my family and friends. Since we are all interconnected, the withholding of energy from this teacher caused chaos in everyone else. I was amazed by the compounding effect this act had on everyone. I started to understand that I was the cause of the original problem with our planet's evolution by holding onto an idea that kept the dynamic tension alive between the other teacher and me. My Higher Self showed me this dynamic. It was never about the other teacher and always about myself. What would happen to Earth if we stopped giving our energy or thoughts in the old way? What if you were the one holding onto an idea that kept human consciousness from changing?

LETTING GO OF THE PAST

In April 2001, I gave my first Heart & Soul Healing Teacher Training. I was now sharing all the knowledge and experiences I had collected and was releasing to my students all that I held most dear. This was very freeing, and yet I felt vulnerable and empty. At the same time, I also felt the power in being vulnerable. By sharing, I was opening myself to the place where creation lives inside me, which would allow further understanding to come through.

I knew that there was more for me to understand about the sphere of creation. Previously I sensed that there was a presence in the center of the sphere that I assumed was me. Later I understood that the presence was the physical manifestation of my Higher Self. As I looked at the image of my Higher Self in my mind's eye, I could see a speck in the center of the chest where the heart and soul merge. This speck on the chest of the image of my Higher Self looked like a tiny seed with endless depth. I sensed it was a place where a new reality, a new awareness could be created. I thought of the speck as the seed of creation, and if I could access it, I would be fully empowered. I knew more information would come when I was ready to take the next steps of understanding.

As I observed this seed of creation, an uneasy feeling came upon me. I realized this speck was the essence of the Void and if one could step into the space of the Void, it could change the vibration forever. Then all of the illusions of fear around the Void would be lifted off the collective. The essence of the seed was a powerful, gigantic energy-like a dragon. I felt that if I let it out it would consume or destroy me as well as others. The depth of this illusion made me concerned about taking all of my power. What would happen if I awoke the sleeping dragon of creation inside myself? Why did I feel that taking all of my power was dangerous, that I would misuse it?

Is this energy-the immense personal power of creation that we each have-feared by us as well as coveted? Do we suffer from the illusion that it is bad or evil? Are we taught by our history as humans and by our religion, that if we fully take our power and awaken the seed of creation within us, that there would be dire consequences? Is this why I saw my own seed of creation like a dragon?

There are symbols of powerful beasts in many cultures. Dragons, serpents, lions, gargoyles, and other archetypes often appear in artwork along with representations of spiritual beings. It is within our human nature to attempt to reconcile the savage part of ourselves. We see our animal nature as a beast—a consciousness that attacks, controls, or harms others for personal gain. Reflecting on human history and life in our world today, it is obvious that many people have gained feelings of excitement and power by hurting and controlling other people. If I took my power would I do the same? Was that the illusion of fear that I felt?

The Old Testament of the Bible, along with other religious texts, promote the concept that God is punishing and judgmental and will destroy us if we go against his will. These teachings have historically kept humanity in fear and separation and have been reinforced by people who see tragic events as punishment.

I am sure that religious history and my own past life experiences with a punishing, judgmental God also reinforced the illusion of fear about this destructive power, the dragon that surrounded my own seed of creation.

I have a very good idea about the power of these emotions. In my experience conducting thousands of past life regressions, when asked to go into their most powerful, destructive, and evil lives, a high majority of my clients describe the addictive quality of these states. This drove them to recreate situations to feel this power again and again. If they did not recreate this energy, they simply did not feel alive.

I really felt that I needed to let my inner power come out in a positive way so that the creative part of this energy would have a different focus, both for me personally and for the planet. I did not want any part of continuing to recreate the disastrous path that our ancestors created throughout history.

A LEFT-HANDED SPIRITUAL PATH

Several years ago I was in England and heard that there might be a copy of a book at Oxford University that described the Kaula Circle, a secret mystery school in the East at least 3,000 years old. The book was called *Secrets of the Kaula Circle*, by Elizabeth Sharpe, and was published in London in 1936. Elizabeth Sharpe was a western woman who married a Tibetan lama. Her husband used the energy of the Kaula Circle and she studied details of the process.

The Tibetan Lamas of the Kaula Circle used the science of the breath, or Hatha Yoga. Hatha Yoga is the conjunction of the Sun and the Moon, Ha = Sun and Ta = Moon, controlled by using the right and left nostril. Her lama husband lived his life according to these breathing techniques. The breathing worked in twenty-four minute cycles. The guidelines listed twenty to thirty-five functions for each breath and what activities should relate to each Ha or Ta breath. I found it surprising that the same sun, or right breath, was used both for going to war and making love. The left, or moon breath, would be used, for example, to earn money or plant a garden. There were also specific thoughts to go with each sun or moon breath.

Sharpe's book clearly showed that some of the lamas and maharajas of the inner circle practiced the breath work of the Kaula Circle to increase their own personal power. They also utilized the sexual energy of others to create their own immortality and to keep themselves young. I believe that they were out of balance with their own male and female energies and used others to achieve their goals.

Young Indian girls were often purchased for their beauty and innocence. Once acquired, the women were treated as goddesses while they were used by the lamas who harvested their life energies. Orgies were arranged to generate even more energy. The young men brought in to participate in the orgies grew old and unhealthy before their time while the lamas remained young. The Lamas of the Kaula Circle who participated in these rites got caught up in the misuse of sexual-survival energy and became possessed by their addiction. Sharpe noted that the Lamas of the Kaula Circle could be physically very beautiful, but had dark or black lips.

I have known many people who irresponsibly run other people's sexual energy through themselves without full awareness of its potential power. Some of these people are fully aware of what they are doing and some are not. I was surprised at the depth of this misuse within the Kaula Circle. I found it challenging to understand why these lamas, who at one time knew better, had become so caught up in the seductive concept of immortality that they became lost in their misuse of sexual energy. They fell into the energy of the physical dimension and lost their spiritual connection.

The base chakra is set up with three potential vibrations: basic human sexual-survival energy, sexual-creative energy (when two people come together as one) and the third, creative energy. The trick is to learn how to run our creative energy wide open without attracting distorted sexual-survival energy. Creative energy is a very powerful vibration and can create the spark to new realities.

The issues of mystery schools of today are energetically similar to the issues of yesterday that is, can a creator be completely open to another without using that person's energy. The Kaula Circle lamas are an extreme example of misuse of this power. There are, of course, many people who are lesser examples of the same misuse of the sexual-creative energy of others and the collective consciousness of people.

MY NEW JOB

The shift for me came in London, England around June 2002, while I was staying at the College of Psychic Studies. www.psychic-studies.org.uk. Alternatives, www.alternatives.org.uk had sponsored a lecture at St. James' Cathedral, near Piccadilly. The cathedral was built in the 16th Century, and I had always wanted to speak there. Four hundred people were present at my lecture and it was one of the highlights of my career. During my talk, I clearly stated that I was here on Earth to balance the ancient consciousness of religion.

All the people I attract as clients and students are spiritual and have always been. They lead spiritual lives today; their spirituality has played out in past lives where they participated in different religious and spiritual paths. They were a part of religious history and pieces of them were frozen in space. My clients and students helped me to understand that rigid religious ideologies, formulated from the Bible, the Koran, and other religious and spiritual writings and belief systems were holding people and religions of today in the dynamics of the past. My clients were still energetically connected to their past religious heritage. By releasing the religious and spiritual ideas they were holding, we were able to release the rigid patterns of the past and present - our ultimate goal being to free the consciousness of religion.

A short time later, I also understood that if this was my job, then I would also have to free all the ways the idea of God was being held onto and how these ideas were used to justify holy wars, hate, martyrdom, and murder, both historically and today.

I knew that I had to state my intentions in a special, holy place, such as St. James' Cathedral. The witness to my declaration was a friend who flew in from the United States.

There will always be a witness for every major transformational event in your life. Witnesses have unconditional love for themselves and a high level of unconditional compassion for others. A witness has many levels of depth and can affect time itself. At some point, each of you will be asked by Spirit to support others as they complete their past. My wife Nancy and I have been witnesses for each other for many years now, each one giving credibility to the other's intention and completion.

The group at St. James' Church understood my talk. It was perfect and confirmed my awareness of my job to balance the energetics of religion, a task of mine since the beginning of my journey. Within seven days of my talk, I received further information that I had been seeking for many years. I believe there have been many types of projections put on religions, God and people who serve these ideologies - dating back to the early mystery schools.

ANCIENT SEXUAL PROJECTIONS

During this trip, I had many private sessions. One of my clients training to be a HSH practitioner, had already had her private session, and was ready for the next step.

When she came for her session, she wore a crystal given to her by a guru, a powerful Afghanistan general who had started a spiritual cult group in London. This particular guru had been unethical. He gave all the group members the same kind of crystal and used the crystal to enter their bodies and use their life-force energy.

I asked her to remove the crystal and started the clearing work. We worked together for about forty-five minutes and then a pattern appeared-a million plus projections on the sexual organs of her body. Although I had been aware and had seen grids and patterns before, I had never encountered such a vast amount of grids or patterns.. They appeared like spider webs overlapping each other.

I centered myself and allowed my vibration to dissolve these patterns. It took about half an hour. to realize that the patterns were the projections that men and woman put on each other powerful human-force, orgasmic projections. Think about the energy on Earth today: the distorted-perverted-using-raping energies. Think about the ideas that teenagers today have about sex. What kind of consciousness does this create?

As I dissolved these patterns on my client, I downloaded into my database of experience, information about the consciousness that represented these distorted patterns. After the session, I realized that this consciousness is what the Kaula Circle was looking for and what many mystery schools were trying to tap into.

Many times, we will step into a powerful consciousness that changes our awareness and our vibration. We never know when this will happen. When you discover one of these consciousnesses, it is important to have a quiet mind, thus allowing the energy to take a new form. It is also important not to use the energy - just allow it to flow through you. Doing this will change your vibration and allow you to objectively interpret the information you are being given without overwhelming your nervous system. (The average healer lasts three years before his or her nervous system burns out. The average massage therapist last five years.)

That night, around midnight, the full energy and understanding of this information came to me. The chaotic, sexual-energy patterns that I had witnessed earlier on my client represented the most powerful and charged consciousness known to humanity. This consciousness was composed of all the energy generated during any kind of sexual thought or activity-trillions of projections going back into time and space and affecting everyone and all life forms and creations.

I understood how people project their thoughts onto each other's sexual organs and how easy it is to be caught up in these powerful energies. If someone you have been with projected his or her distorted thoughts, fantasies, or high emotions onto you, this could leave a pattern that may possibly attract this consciousness. Carlos Castaneda says that the energy of sexual encounters can stay with us for up to seven years. I realized that it would be impossible to balance the male and female energy within us without also balancing the consciousness of the outward sexual projections of the 6.5 billion people on Earth.

People seeking the power of others have tried to control this consciousness, which is a key ingredient to changing creation. If they mastered it, they would be able to control others, as well as time and space. By not using this energy, but allowing it to flow through me, it could take another form which could free the sexual projections that have been holding us. The reason so many people get caught up in these energetic patterns is - we have the ability to change this energy. We are its Creator and we can change this and bring balance to old sexual projections. Imagine loving and conceiving a child/baby without the projections of history which have been placed on men and women. Every child would be brought into the world with the purest conception vibration - one that would stay with them their entire lives.

IMMACULATE CONCEPTION

I found another book at Oxford University by Elizabeth Sharpe that described the Tantric doctrine of immaculate conception. As I read through this material I thought about what the true meaning of the immaculate conception might be and what the lamas and other spiritual teachers might have been looking for in their explorations. Although I found Sharpe's concepts on the immaculate conception vague, it got me thinking. The story of immaculate conception is an old one. It is told in ancient hieroglyphics on a wall in Luxor, Egypt, written one thousand years before Jesus was born.

As I reflected on the idea of an immaculate conception, it became clear to me that we as individuals and creators have the ability to create our own immaculate conception and bring in a new consciousness. This is what Spirit was showing me with my vision of the seed of creation.

The seed of creation that I saw in the area of the heart and soul of my Higher Self is a bridge or gate that allows us a place to birth this new spirit within us. By merging ourselves with our Higher Self, we will birth (through our own inner immaculate conception) a third essence - our Godself. This essence is the combined energies of ourself and our Higher Self merged into one. This creates our own trinity: ourself, our Higher Self, and our Godself.

How do we get to place where we can create our Godself?

- By balancing the male and female within us, allowing a spark to ignite the seed or the inner womb.
- By taking our power and owning it without fear.
- By staying in our creative energy and allowing it to flow.
- By having unconditional love for our self and unconditional compassion for all creation.

By fully taking our power, being balanced with our creative energies, and allowing our own inner male and female to come together, we recreate the energetic spark of the immaculate conception in the womb of the seed of life where we become the mirror of our Higher Self becoming physical. Becoming conscious is the reflection of everything and everyone. By no longer giving energy to the past, we allow for an expanded future and a change in our timeline; an open timeline that allows for spiritual immortality.

When we master all of the above, we move into a new space inside our seed of creation and we birth our Godself. Birthing our Godself is INCension. It is the gift of instantaneous creation. It is the creation of Heaven on Earth and self-realization.

The Rift in Time - An Ultimate Agreement

I would never have guessed that this book and its path would have taken me to this place of understanding. I was acutely aware of the reason I had been asked by the Time Guardians to come to Earth: to balance the human projections of God, Creator, Allah, Source, Oneness. Humans were holding and keeping history and its polarities living - yet frozen. The Time Guardians had sent us to balance creation so that a new vibration could be experienced in the hearts and souls of all humanity.

It is so clear to me that religious ideas and beliefs about God are the basis for most of the troubles and conflicts on Earth today and in history. It is where all dualities stem from on Earth, perhaps even the Universe. It is one man's God versus another man's God. Whether these beliefs are cultural or religious, whether they are the beliefs of women or men, or whether it is the fact that the God-archetype is usually male (God vs. Goddess), all adds up to chaos and conflict among us.

There are over 72 names for God, thousands of religions, over one billion Catholics, one billion Christians, one billion Hindus and one billion Muslims on Earth. The energy around these different belief systems creates a very powerful collective-consciousness. In our history, how many individuals have suffered or died in the name of God for their own religious beliefs?

In closely following the activity in the Middle East, we have witnessed the child martyrs in Palestine who blow themselves up as a way for them to get to Allah. Their families are then honored, given money by the terrorists and a guarantee of going to Allah. How could I help those children in a way that would bring another choice to this deadly belief? Old ideas and beliefs are our 'worst enemy', for they hold us in the past - stuck in our own history.

We cannot send love and light as these are both energies based on our own perceptions and individual ideas about love and light. Projections of love and light or attempting to make changes in others by our will alone will only make that energy change form. It usually results in chaos. In most instances, the sender can eventually get sick or begin to deteriorate either physically, mentally or emotionally.

In my experiences with the collective consciousness of religion, I knew that I would have to go inside those children to allow the vibration of love or light to be felt rather than to send it. The question was: "What vibration could they allow or even recognize?" The answer was obvious - they could only allow the vibration of their God, Allah, or their own idea of Creator. So, if I could become the exact vibration of what these children felt outwardly, then perhaps the children would be able to feel a resulting love or light vibration within themselves. The communion of these vibrations would create a clearer connection to their own Higher Self and give them a choice other than killing themselves or destroying others.

By centering in my pineal gland and re-connecting to my heart center, by being fully open and allowing my soul to become One with my heart - I can create a sphere where my Higher Self manifests physically. At the center (or heart) of my Higher Self is a seed - The Seed of Creation - a new vibration within the heart of all mankind. By connecting from that space with these children, I felt I could assist in changing their vibration to a lighter and more compassionate place.

I began doing just that in October of 2002. I realized I would have to connect with not only the children and people in Palestine, but also the people in Israel. By doing this connecting however, it soon became clear that I was creating a separation between myself and the other people on Earth.

It was necessary for me to simultaneously spiritually merge with all mankind. The enormity of this task - being One with each person on earth and their feeling of his/her God, Source, Creator or their

own individual belief system - was overwhelming. It required that I surrender completely to my Higher Self, allow everything to BE and just 'get out of the way'. After working with this simultaneous merging in my lucid dream state for about two weeks, I began to awaken each morning with severe, horrific headaches in my third eye/forehead. The amount of new energy and focus required to change my vibration was reminding me to be gentle with myself. I would have to continue to practice, practice as if I was in training for a marathon. After thousands of times and many months, it has become easier for me to help in this way, without having headaches. That old religious consciousness is changing in a subtle way.

My question then to each of you is: "What happens when you become conscious and are then a part of everything - everyone?" Consciousness by its very nature continues to become more. This is happening to many of you. You are the teachers who can help others. What we may be comfortable with today is rapidly changing and gone tomorrow. We are left asking the question: "Who Am I Today?".

The task of balancing religions and the many ideas of God on Earth is the Ultimate Agreement I made with Creator before coming into this lifetime. This agreement is now coming to a place of allowing for new choices. As I allow myself to no longer be defined by other people, I become free to BE everything - or nothing. My Creator and I have come full circle in our search for each other.

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