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AUTHOR'S NOTE

All knowledge of reality starts from experience and ends in it.
Albert Einstein

Life is either a daring adventure or nothing.
Helen Keller

This book is for those who wish to understand their lives a little better and live in a state of grace, love, joy, and happiness — the way life is truly meant to be lived. Today it is no longer a matter of what you say, or how you say it. Today it is what you do that counts.

If you are here reading these words, you have already signed up for an adventure — the adventure of your own life. You may never view things in the same way again. Hopefully, your awareness will expand to include the possibilities presented here. You can read this book as if it were fiction, an adventure tale, or a metaphoric drama. You can read this book for pure enjoyment, curiosity, and novelty. You can also read it in your own quest for the whys and wherefores of your life.

Whatever your motives, whatever led you to this exact moment in time, We believe your life is an amazing and interesting journey. In this moment, as your eyes sweep this line, as your hands hold this book, We acknowledge your desire to understand your life, to be who you are and to exceed your potential in this lifetime. We are on a path of expansion never before witnessed anywhere else in Creation. We salute you for your courage.

Thank you for your interest in Heart & Soul Healing work. May you know and experience much joy and happiness.

Ken Page and Nancy Nester

INTRODUCTION

I never came upon any of my discoveries through the process of rational thinking.
Albert Einstein

Our job is not to solve mysteries, but to live them.
Deepak Chopra

The information presented here is drawn from thousands of individual client sessions, years of Heart & Soul Healing™ (formerly known as Multidimensional Cellular Healing™) Practitioner Training and intensive courses, and hundreds of workshops, seminars, and lectures.

We believe that as teachers, it is our duty to share the very latest information we receive. By the sharing of knowledge without reservation, and in an open and giving manner, we continually and consistently make room to receive even newer information, often from a higher level. After all, once a question is asked, the asker is ready to receive the information.

The purpose of this book is very simple. Using the building blocks of the ways our brains receive and translate information, combined with a discussion about basic energetics and how energy works in our third dimensional world, we are able to build a solid platform to understand the manner in which Heart & Soul Healing™ (HSH) originated. The information provided here was drawn from direct experience and from interacting with thousands of clients who told very similar stories, no matter where in the world they were living. The purpose of this information is to inform, not to convince the reader of anything. If we believe the reports of clients when working in an altered subconscious state, and the information they provide following a HSH session, we come to understand that the 'basics' of life are really very easy. We are here to know ourselves, to be ourselves, to understand what we are creating, to move into Creatorship, and to have fun and enjoy our process as much as we possibly can.

It is within these understandings of the 'basics' of life that Heart & Soul Healing™ really provides its greatest benefit. Once we understand what we are doing and creating, we are free to move from our position as 'human doings' into 'human beings'. In order to accomplish this for ourselves, we merely need to understand our creations fully: mentally, physically, emotionally, and spiritually. By accessing our Higher Selves, Heart & Soul Healing™ can provide us the highest level of understanding, for it accesses all dimensions of our awareness in a way that is easily and finally understood. This process bridges all layers, down to the cellular level of our being. It is this level which carries the encoding of everything about us, our mission, our purpose, our past and our future. Healing occurs when we receive complete understanding about all the whys we have ever had in our life. Besides its application during a healing sessions, Heart & Soul Healing™ provides simple, usable techniques that can be used in our everyday life.

Welcome to the Heart & Soul Healing™ process of learning and discovery. While some of the ideas presented here may appear to be a different approach than your experiences in life, they could be the very keys to unlock what you have been asking your whole life. May each of you find within this experiential process, those answers you seek in your ultimate 'Quest of Why?'.

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COMPASSION AND NON-JUDGMENT

Most of us have been taught to have unconditional love for everybody. We feel that we must first focus on having unconditional love and acceptance of ourselves. This is why we so often get confused when we are told have unconditional love for others. When we are able to feel and have unconditional love for ourselves, we can then have true non-judgment and compassion for others. To be truly honest with ourselves and others, we have to first honor OURSELVES. Our path begins and ends within. In actuality, we can't really even be on any path, for we ARE the path.

It is actually the concept of judgment which sets up barriers and limitations to what we can do, and to who we are or will become. We hold at bay that which we truly desire when we put conditions on it. By putting conditions on our creations, we limit them to manifesting through one narrow little doorway, when, in the reality of All that is, there are actually thousands of doorways through which our creations can manifest themselves.

Not much has been said about the paralyzing effect judgment can have on our lives and our creations. Something very interesting happens when we judge something or someone. In that moment of judgment, all creative and transformative energy involved becomes frozen. A piece of our reality becomes locked into place. Any aspect we judge, whether it be in ourselves or another, becomes locked into a freeze frame of reality, until it can be located and released. The particular aspect, trait, or person being judged is psychically welded to our lives, just where we don't want it. If we look back at the people and things we have judged, our very acts of judgment have stopped time right in that moment. Twenty years may have gone by and if we thought someone was stupid then, we will probably think they are stupid now. This is because our conscious mind, when asked to picture someone we know, will usually go back to the last time we interacted with them.

In any event, once we have a particular judgment about a particular personality trait frozen into our time banks, that behavior will keep appearing, usually in other people around us, time after time. The same aspect or vibration will take many different forms until we realize, Oh! There it is again. Why does it keep coming back, over and over in the relationships we have, or the people we end up working with. The way to release a judgment is to simply realize we do not prefer that particular thing in our life. In doing so, we are able to fully allow anyone and everything else to embrace any particular view of life they wish to, to act like it, and be like it. To accept something in others does not mean it is a true reflection of what we wish to bring into our own lives. The Christian Bible says, "Judge not, lest ye be judged." (Matthew 1:23) The act of true preference, unlike judgment, will set up a vibrational field from which we can create those things we choose or prefer the most.

Many of us, however, have had difficulty in the past with the concept of feeling and sustaining unconditional love for everyone, everywhere. Perhaps all we originally intended and committed to learning and expressing were different facets of unconditional love for ourselves. We first need to reach a state of total and complete self-acceptance. Only upon completion of self acceptance could we then be able to experience unconditional compassion for everyone else. It is this quality of unconditional compassion which is desirable to hold for all others. Unconditional compassion in all our relationships allows us to express an evenly balanced sense of emotionality, without wide mood swings.

Unconditional self love allows us to find calmness and serenity within our own being. It is only the peace of mind within us which will ultimately allow us to express true compassion for others. Peace of mind is only made possible when we hold unconditional love for all parts of ourselves. True serenity, which is an expression of compassion, is the absolute allowance of all, without judgment. True serenity reflects a knowingness everything is equal.

In order to learn to meet other people exactly where they are, there has to be a complete absence of judgment, and a complete presence of ultimate compassion. If we learn to integrate and express the quality of compassion in our interactions with others, all intolerance and prejudice will dissolve. Intolerance exists only because we have forgotten every individual is an aspect of the Infinite. No matter how different someone or something may appear, if it exists, it fits. Everything belongs exactly where it is, for there are no extraneous actions in all of creation.

BEING IN THE MOMENT

Once you are centered in the place of unconditional love, the other important element to add is getting yourself to a place between the past and the future. What exists between the past and the future? The “now,” or the “moment” Most of us are not in the moment. Most of us are playing over a program of, *I wish I had done something different in the past, I wish I had said that, I wish I had heard that,* and so forth. We are either in the past or we are in the future with thoughts such as: *As soon as I get this done, I’ll be that, or as soon as I have this, I’ll be that.* What happens is we miss the moment. Being in the moment is of utmost importance because the moment is the access point for the finest reflection of Source we can be. If you are in a place of loving yourself, present in the moment, with compassion, a wonderful and powerful thing happens. Your entire beingness radiates out through your compassion, and this is what I believe we are here to do. Now is our only place of true power, for it is the only place where we are able to use our choices to create changes, within and without.

Our choice point is always now, since choice collapses the limitation of time. Haven’t we all heard it said, “With that one decision, in that one moment, so and so’s life completely changed.” Some such moments may even be referred to as miracles. These moments may really be choice points — times when we chose to take a chance, change our direction, or even change what we do for a living, heal our lives, and do what we truly love to do. Our free will is the creative force of the universe. Choices are expressions of creativity. Free will may only be experienced in the world of choices, in a moment of realizing, acting, and being the knowing itself. In other words, real knowledge, which is wisdom, is not found in the book, but rather in the reader, who is the doer, the one who takes action on the knowledge, turning it into wisdom. Centering within your own being allows you the maximum number of choices, in any one moment.

GETTING TO THE MOMENT

If those around you continue to trigger you or push your buttons, remember those around you usually mirror or reflect the very issues you have come to learn and resolve. Use those times when you get thrown off center or off balance to go back in linear time to find an understanding of where that particular issue began for you. Do your best to understand your charge or your energetics around the issue itself, whether it is about abandonment, self worth, trust, guilt, shame, being alone, power and control, etc. Until you understand your charge around the issue itself, your subconscious continues to create event after event, so you may keep looking at what you have agreed to learn. Once we understand our issues on all levels: mentally, emotionally, physically, and spiritually, there ceases to be a charge around them. Until we realize we have agreed to co-create patterns of events to act as a catalyst to keep us focused on our issues, we unknowingly continue to divert most of our creative energy into drawing such circumstances and people to us.

The key to the entire process of learning and being is to stay in the moment. If anything gets into your space and triggers a reaction, do your best to look in your linear past to understand where it all started, and what you are learning from it. This is the only way to be truly aware of exactly what you are creating, and why you are creating it. Anytime you find yourself out of the moment, examine where you went, (past, future) and what the issue was which sent you there.

CLEARING YOURSELF

Now you have stopped projecting, pulled yourself into your own space, and are simply being in the moment, you may then proceed to the third process: the technique of clearing yourself within 30 to 45 seconds. What if we told you there was a place where you are alone, 3, 4, 5 or more times a day, in complete privacy, and where you basically have nothing else to do but just be? Impossible? No, not really. That place is, of course, the bathroom! While this might even seem laughable to some of you, think a moment. If we said you would have to stop your busy schedule even just two times a day to change your life, and even if we could give you provable results, how many of us would really follow through? That is why we are suggesting you simply begin the following clearing technique the very next time you go to the bathroom. In that moment of privacy, whether you are sitting or standing, all you have to do is:

- Using your intent and focus, bring yourself into your own space.
- You can either do this in your mind's eye, or even better, bring yourself in using your out stretched hands, as if preparing for a wide embrace.
- Remember anything you do on a physical level is always much more powerful in our third dimensional world than something you simply think about.
- Bring yourself into your own space, and place one or both hands over your solar plexus.
- Next bring your hands up, over your head, and as you relieve yourself, think "clear."
- As you think "clear," bring your hands down the front midline of your body, down to your first chakra, as your body does in actuality physically clear itself.
- Finish by bringing your hands in again, resting them over your solar plexus.
- Up to this point, you have used only about 5 seconds. Now take another 5 to 10 seconds to simply be in your space, BE in the moment, holding a really good feeling within yourself - one that even might make you smile. Love yourself like you love a warm bath, a beautiful sunset, a walk on the beach or a walk in the forest. Holding that good feeling inside yourself over and over - each and every time you go to the toilet - creates a state of mind, a habit.

That is all there is to it. Repeat this each time you go to the bathroom during the day, and you will have consciously cleared yourself and all your fields four, five, or more times each day! Anything you do with conscious attention and focus everyday, even if it only takes 20 seconds of your time, will change your life. While it may seem too simple, practice it for just three short days. Your life will change.

KEEPING YOURSELF CLEAR WHILE YOU EAT

The last technique we recommend is keeping clear and centered while you are eating. One of the things we are finding with many of our clients is their kidneys, intestines, and livers are all vibrating in harmonic resonance, based on the way our clients think and feel while they are eating. Whatever you are thinking about, feeling, listening to, looking at, or engaged in, while you are simultaneously taking food into your body, you have now energetically encoded into your food, to be absorbed by all levels of your body and being.

Because we are all so busy, and may have little time to ourselves, especially at work, what happens? How many of you eat on the run, using your meal time to think about your problems and your worries? By holding those kinds of thoughts as you are simultaneously wolfing down your food, what are you doing? You are taking the energy of your thoughts, whether they are worry, anger, fear, disappointment, sadness, doubt, whatever, and you are sending those vibrations and energetics to every cell in your body, along with the food you are eating. In addition, the organs where your food spends the most time is, of course, the most affected.

So how many thousands, or hundreds of thousands of those kinds of thoughts have you sent into your body? We have found it is very important to do your best to keep your thoughts clear while you are eating. If there is any conflict around you — including what you are reading, watching on TV, or how you are interacting with those around you, the conflict vibration will be actually absorbed into your body, right along with the food. If you can't think happy thoughts while you are eating, at least eat in peace and quiet.

FACING YOUR WORST FEARS

By focusing and tapping into our inner understanding, provided by our Higher Self, our truth turns our greatest fears into our greatest strengths. Any fear we have and do not explore, as well as completely understand, takes our energy and drains us of our life force.

Ironically, our greatest fears are usually what we have come here to teach. If we look back on our lives, we are usually sent, or find ourselves precisely where we fear the most, for it is there we become stronger. We can only be as strong as our weakest weakness or fear. By doing what we fear the most, we actually move forward the most. Our fear of death may be only a fear of life or of living. Our fear of abandonment or separation is sometimes only a fear of being able to trust ourselves in the face of letting go what we know and is comfortable to us. Examples could go on and on, yet the important point is that when you discover what lies behind your fears, your truth and understanding set you free. If you face your worst fear, then you can do anything! Strange as it might seem perhaps, doubt and disbelief are only tools we use to test ourselves.

By being open to facing our greatest fears, and our own personal doubts and questions, we gain the greatest amount of personal growth, understanding, teaching, and sharing. This is a path all of us can take. All we have to do is to examine the very things we fear the most. By addressing, understanding and converting the energy we put into keeping our worst fears at bay, we change our life.

In order to tap into all the energy we could possibly use, the first step is to release all of the trapped energy locked into our worst fears. To gain insight into our fear is to be able to address it in such a way so it may be turned into usable wisdom and knowledge. By focusing on our inner understanding, our truth turns our greatest fears into our greatest strengths. Truthfully, if we had to, most of us could write

Chapter Six

Major Learning Modalities

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

DEEPAK CHOPRA

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

UNKNOWN

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

DEEPAK CHOPRA

OBJECTIVES

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

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

THE WAYS WE LEARN, USING OUR THREE MAJOR SENSES

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

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

Visual

Auditory

Kinesthetic

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

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

The two main filtering systems we use are:

- Survival: Is the perceived stimuli life supporting, or life threatening?
- Known or unknown: Is the perceived stimuli a known quantity, and if not, is it dangerous? How does the perceived stimuli fit in to any of our prior experiences?

THE FIVE POSSIBLE WAYS TO SHIFT INCOMING RAW DATA ARE:

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

COMMUNICATION OF INFORMATION IN VERBAL AND NON VERBAL WAYS.

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

METHOD	MODALITY	EXAMPLE
VERBAL	Auditory Auditory	Content, pattern of presentation, words, sounds. Voice tone, pitch, tempo, volume, accent.
NONVERBAL	Visual Visual Kinesthetic	Through written words, or printed images. Our own personal skin tone, body language, head movements, hand/arm movements, facial expressions, body posture and breathing Manner of touching, amount of pressure applied, smell, fragrance, quality of dampness or dryness.

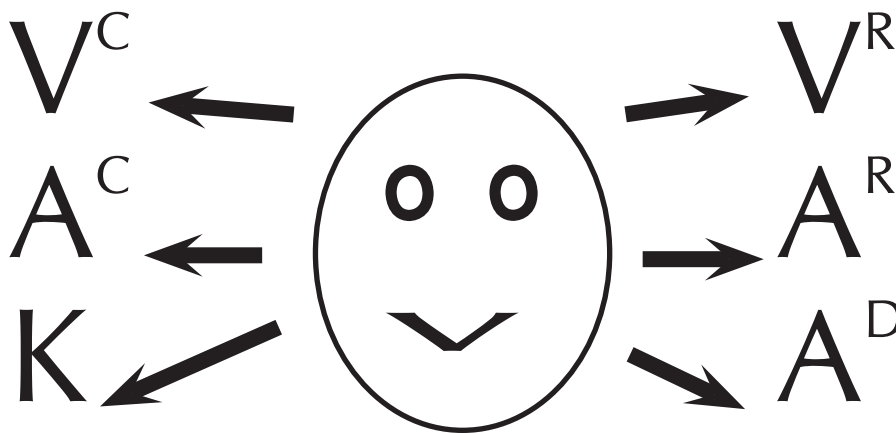
Not only do we seem to have a preferred way of receiving and storing information, we store it in places which may sometimes be perceived by others. For fun, ask yourself the following questions and notice where your eyes seem to dart as you are thinking about this information:

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

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

EYE ACCESSING

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



R = Remembered C = Constructed D = Dialogue

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

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

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

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

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

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

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

ARE YOU PRIMARILY VISUAL, AUDITORY, OR KINESTHETIC?

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

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

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

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

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

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