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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 preferentially 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



Gateway to the Soul

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 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.