

HEARTPATH CENTER

Holistic Healing for Whole Living

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Heart & Soul Healing™

**(In-person and distance sessions)
(Formerly known as Multidimensional Cellular Healing™)**

I am a certified practitioner of Heart & Soul Healing™ which is a healing method developed by Ken Page. Ken is an internationally recognized healer and teacher. This healing method is very powerful and assists you in both clearing old negative programming and grounding greater levels of your higher self at the cellular level. A Heart and Soul Healing™ session lasts for 1-1/2 to 2 hours. Please feel free to call me for additional information. You can also go to Ken's website which is at www.kenpage.com.

The following article was included in an email newsletter called the "Ken Page News" in January 2000 and includes extensive quotes from Ken about Heart & Soul Healing:

TECHNIQUES FOR "BEING IN THE MOMENT" CLEARING, BALANCING & CENTERING

The key to the success of Multidimensional Cellular Healing™, now known as Heart & Soul Healing™, is that the entire process is self-empowering and on going. This is a process where you BECOME love! There are simple and specific self-empowering, clearing and balancing techniques which can be used by anyone. These techniques are a result of information Ken has gathered in thousands of personal sessions and years of workshops and seminars with people from all walks of life and from all over the world.

Heart & Soul Healing™ techniques involve four basic principles: 1) non-projection of energy, 2) the daily incorporation into your life of a dynamic clearing process which takes approximately 45 seconds of your time, 3) the ability and intent to stay in your own space and be in the moment and, 4) keeping yourself clear while you eat.

Beginning with non-projection of energy, Ken states in his classes: "One thing which is continuously brought to my attention is that most metaphysical people are taught and continually asked to project energy, light and love to all those around them. An interesting phenomenon occurs when we project anything to anybody outside of our own personal space, no matter how innocent or well meaning our original intent is. (By projection I mean any thoughts or feelings sent out to influence others, visually, mentally, or spiritually). All of us live with many different dualities in our third dimensional world. Sending love, for example, to someone else is complicated because we might not know exactly what that person is here to learn. We don't know what their lessons really are. Our lesson may be humility and their lesson may be guilt. Others may need to learn things differently than we do. Whatever the case, we're doing well just to understand these things about ourselves. All most of us know for sure is that we're working on certain lessons, we're operating with our own personal perspective of love and we've created individual situations that we're doing our best to understand. As we project our version of anything, (love, for example), to someone else, we're immediately drawn into an energetic exchange with them, triggered by any dualities or distortions either of us may have over that particular feeling, idea, or emotion. As a result, many of us begin to feel psychically beat up, or pushed around and we often have no idea why. I would like you to consider the idea of not projecting at all. Rather than sending out energy, BECOME the essence of the energy itself—in other words—be love.



"Emotions are the next frontier to be understood and conquered. To manage our emotions is not to drug them or suppress them, but to understand them so that we can intelligently direct our emotional energies and intentions...It's time for human beings to grow up emotionally, to mature into emotionally managed and responsible citizens. No magic pill will do it."

Doc Childre

"Now that you're not projecting anything outward, it will be easier to stay in your own space. Proceed to the second technique—clearing yourself within 30 to 45 seconds. What if I told you there was a place where you were alone 4, 5 or more times a day and where you have an opportunity to simply be? Impossible? No, not really. This place is, of course, the bathroom! While this might even seem laughable to some of you, think a moment. If I said you would only have to stop your busy schedule two times a day to change your life, how many of you would follow through? This is why I'm suggesting you simply begin the following clearing technique the very next time you go to the bathroom. In that moment of privacy, whether you are sitting or standing, do the following: Using your intent and focus, bring your hands up, over your head and as you relieve yourself, simply think CLEAR. As you think 'Clear,' bring your hands down the midline of your body. Next, bring yourself into your own space. Physically doing an act is always much more powerful in our third dimensional world.

"This brings us to our third technique: being in your space and staying in the moment. You begin simply by pulling yourself in using your conscious intent and focus. A very easy way to do this is to begin by extending your arms out from your body, as if getting ready for a wide embrace. Next, focus on the thought you are now going to pull yourself in. Sense, feel, or see your energetic fields coming in closer and closer to your body, as you slowly bring your outstretched arms in, enveloping and holding your own incoming energy. Finish by resting your hands over your solar plexus. Now take another 5 to 10 seconds to just be in your space, be in the moment and love yourself. Proceed until you have a sense of being energetically and completely in your own physical space, while continuing to ask to 'Be all here.' That's all there is to it. Repeat this each time you go to the bathroom and you will have consciously cleared yourself and all your fields five or more times each day!

"Very few of us are completely here, 100% of the time. Almost without exception our fields are extending out around us anywhere from a block or two, to many miles. Clearing ourselves and staying in the moment everyday, with conscious attention and focus, will change our lives. Rather than being automatically drawn into reactive interactions, we'll be able to remain in choice. We'll be able to maintain a proactive state where we can choose how, where and when we wish to interact with others.

"Bringing yourself back into your own space will benefit you on every level of your life—mentally, emotionally, physically and spiritually. The best and most healing state of being is to be unconditional with yourself. Have unconditional love for yourself—every aspect, whether you are tall, short, big, or small and you'll find that most people will start treating you differently. You will actually become unconditional love. You will be it. It seems it's not a matter of what you say anymore, it's a matter of being what you are, of walking your talk. As you become more and more unconditional with yourself, the balance of your beingness will radiate, not project, out through the compassion you have become and people will react differently towards you.

"Find the timeless space between the past and the future by being in the moment. If you're always thinking about how you could have changed things, or done them differently, you are in the past. If you are always thinking ahead, with thoughts like 'as soon as I get this done, then I can go do that,' then you're living in the future. The most interesting fact most of us seem to miss when we wish to change something about our life, is the only place we can ever create anything is in the moment, in the now. There is no other time for us except this moment. Do what you love to do as often as you can. Do your best to create in the timeless space of the moment. When you are in this space of creation, you're the finest reflection of Source you can be. If those around you continue to trigger you or push your buttons, remember that others usually reflect back to you the issues you've come to learn and resolve. Use those times when you get thrown off balance to go back in linear time to find and understand where the issue began. Do your best to understand the energy around the issue itself, whether it's about abandonment, self worth, trust, guilt, shame, being alone, or power and control. Until you understand the energy around the issue, your subconscious will continue to create event after event, so you can keep looking at what you came to learn. Once you understand the issue, mentally, emotionally, physically and spiritually, a charge will no longer exist around it. Until you realize you have agreed to co-create these patterns of events to act as a catalyst to keep you focused on your issues, you will unknowingly continue to divert most of your creative energy into drawing such circumstances and people to you.

"The last technique I recommend is keeping clear while you're eating. One of the things I'm finding with most of my clients is their kidneys, intestines and livers are all vibrating in similar ways, based on what they're thinking when they're eating. Because we're all so busy and have very little time to ourselves, what happens? How many of us eat on the run, using our meal time to think about problems, worries and troubles? What are we doing by holding those kinds of thoughts while we're simultaneously wolfing down our food? We're taking the energy of our thoughts -- worry, anger, fear, disappointment, sadness, doubt, etc. -- and sending those vibrations to every cell in our bodies along with the food we're eating. Do your best to keep your thoughts clear while you're eating. If there's any conflict around you -- including what you're reading, watching on TV, or how you're interacting with others -- the conflict vibration will be absorbed into your body, right along with your food. If you can't think happy thoughts while you're eating, at least eat in peace and quiet.

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

"I realize some of the things I've suggested may be different from the way you've been taught in the past. Please consider what I've suggested and try it for a short time and see what happens. Remember, no projections at all—no projection on what you want for your kids, your partner or even the world! Just stay in your space, loving, respecting and being one with yourself, while being love. Do your best to always create in a space where you're happy and playful. If you find yourself in a spiral of emotions or confusion, do something physical—dance, play, take a walk—break that spiral and get yourself back into a centered, balanced state. Only create within that space. Love, accept and honor yourself for the unique being you are.

"Spend just a few moments a day on yourself, being love and you will change your life! And most importantly, remember to play!"