

If energy is the core element of all living things, how can we deliberately harness it to enhance our health, wealth, and joy? *The Infinite Now: Where Freedom, Clarity, And Peace Await You* is the answer to that question. This book will help you optimize your most precious asset: your energy field.

The Infinite Now

Where Freedom, Clarity, and Peace Await You

by Maile Page

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Maile Page

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Introduction

On the outside, I appeared to have the perfect life. I was married to a handsome, successful attorney. I was also working as a litigation attorney at a firm in a fancy downtown Los Angeles high-rise. We had a small but beautiful house with a pool, a sweeping view of the mountains, two kids (a toddler son and a newborn baby girl), and two dogs (small, white Maltese fluff balls, for you dog lovers out there). We even had the cliché white picket fence.

Back then I had no knowledge or concept of energy, or the very real effect it has on us when we do things just because we think we should. When what we think, do, and say are not in alignment, there is a very real consequence that manifests inside our bodies. We may not be aware of it until we are in chronic pain or receive that unexpected health crisis. For years, I had spent my life living from the outside in. In other words, doing things because of how it looked from the outside instead of how it felt on the inside.

It started when I decided to pursue a law degree to fulfill my dad's lifelong dream of becoming an attorney. My dad was a lovely man, a wonderful father, and a conscientious provider. He spent his life in service to his family: thirty-five long years as an accountant, a job he hated. (By the way, he suffered from chronic sciatica pain most of his adult working life, even after back surgery.) In college, I had no idea what to do for a living. Back then, the work model was to choose a profession, commit fully to it, and do it for the next fifty years. Changing jobs the way you change your clothes wasn't the norm, and I just had no idea what my one and only job should be. I figured the least I could do

in appreciation for all my dad did was to make his dreams come true—so I became an attorney. I worked hard to make him proud.

I was working so hard that I was unaware how unhappy I felt. The law, while fascinating from the outside, can be an all-consuming career. Speaking from personal experience, let me assure you that no amount of social status or pay can make up for doing a job that doesn't light up your soul. Over time you will become an empty shell of your former self, and a fancy car or designer clothes won't fill that infinite void within. I know. That was my life.

I did not know that our thoughts, feelings, and actions create three separate energy strands that, when not in alignment, can cause havoc in your body and in your life. What this means is, when you think “no,” feel “hell no,” and still say “yes,” those conflicting energy fields will manifest measurable negative physical consequences over time. (Imagine the stress to your car if you drove it with one foot on the gas and the other on the brake at the same time.)

Then, I did not know that within our physical body is an energy body. This energy body has electrical lines (much like the electrical wiring in your house) that can get depleted, tangled, and disconnected. This has been documented in scientific research, and doctors now know that the location of that energetic depletion in the body becomes the eventual site for resulting pain and disease.

For me, this came in the form of chronic intense shoulder pain that would persist for more than fifteen years. Because the source of this problem was energetic, no amount of massage, physical therapy, or muscle relaxants helped. After fifteen years, I was resigned to living with constant

pain that made sitting, standing, or lying down uncomfortable.

There were also emotional consequences. I was depressed.

It was not the kind of depression that you get over in a few days, but rather the kind that makes life feel perpetually flat, gray, and hopeless. I did not know that my energy field was completely depleted from years of living from the outside in. This way of living had created an energetic vacuum and I felt empty, numb, and lifeless. If there is very low energy on the inside, it doesn't matter if your life *looks* as if you should be jumping for joy. People with completely depleted energy fields will often say, "I know I have nothing to complain about, but I feel really depressed."

I now believe that, if you have persistent thoughts and feelings rejecting your current circumstances, Life steps in and rearranges the pieces—especially when you do not have the courage to do it yourself. So, instead of returning to the law firm where I had established a solid, multiyear foundation, I found myself suddenly unemployed when the firm unexpectedly disbanded while I was on maternity leave. Flash forward three years. I got a call from a good friend, who announced she had found her true calling: yoga. She was so passionate about it that she planned to get her teaching certification and teach yoga. I had never heard her so excited about anything, and I felt jealous. I secretly wished I felt that way about something—anything. (We're always told to follow our passion, but no one tells you how to find it.)

Here is another thing Life does (and by Life, I mean God, the Universe, or whatever that higher power is for you).

It doesn't just step in and ruin—I mean, rearrange—your life circumstances. It also responds to your innermost yearnings and desires. So, two days after that phone call, my mail included a package with a CD set titled *Energy Anatomy* by Caroline Myss. I had almost purchased it at Costco the week before, but couldn't justify spending the money with our single-income situation. The package came with a short note from a friend that simply said, "I saw this in Costco and thought you would like it."

So I opened the package and put the CD in the player. Almost immediately, I heard (I kid you not) that you don't have to go looking for your passion—that it will come to you wherever you are in the world, so you can't possibly miss it. I felt as if the author had heard my silent concern that I would never discover my true passion and life purpose, and had responded to it.

As if to prove that Myss was right, I got a call a few days later from Elizabeth Terrel,¹ a woman I met only once at a YMCA yoga class. (She had moved to San Diego the week after our first and only encounter.) She said she was going to be in the area, and wanted to drop by for a visit. During that visit, she confessed she had an ulterior motive. She had a message to deliver and felt uncomfortable doing so because she didn't know me well and she feared I might think her crazy.

She then told me she had been having frequent dreams that I was supposed to enroll in the two-year-long energy healing training called Quantum Energetics Structured Therapy (QEST). I had never heard of energy healing, and, quite frankly, I was not interested.

She asked to demonstrate the technique on me, during which the muscle testing (a test that pushes on an outstretched, rigid arm until the muscle weakens in response to an inquiry) revealed I had a thyroid problem (a goiter, or growth, on my thyroid that my doctor had noticed. I had not even told my husband and had been secretly worrying that I would eventually look like something out of an ancient medical journal). She also noted the nose job I had had as a teenager, and incontinence that had been a problem since birthing those large spawn of my German-Swedish husband.

Now she had my attention. How in the world did she know all that? She was clear. She was not diagnosing me, but just testing the electrical flow in my body, and that this was not some far-fetched thing meant only for the psychically gifted. Anyone could do it.

I was fascinated, intrigued, and scared. Now I was faced with a real dilemma. I felt more drawn to this work than I ever had toward law, but this was not the life purpose I was expecting. This was weird, strange, and, well, weird and strange. Despite this, I could not ignore the small voice whispering in my ear, "I think you should do the training. I think you should do the training. I think you should do the training." After she left, I was convinced that this was destiny, that this was meant to be, and that everything was now going to fall into place. Yeah, that's the way Life works.

I was all amped up. I went into full-scale sales mode and told my husband all about this amazing visit. His strange reaction would be a precursor to all of his reactions for the next ten years. He was skeptical and critical and completely unmoved by any of it. In fact, his main concern was that I

sometimes in a few weeks or months, and sometimes not at all. This puzzled me, and I wondered why that was the case.

I would later discover the connection between our patterns of thinking and the ways those thought patterns would show up as specific conditions in the body. For instance, people who were under tremendous stress without financial or emotional support would often experience injury or weakness in their skeletal system—the main support system in their body—while people who were afraid to speak their truth would experience throat and mouth problems.

When I began experiencing things that challenged my understanding of how the Universe worked, it made me really curious. Despite my willingness to accept things, I still found myself searching for rational explanations for what I was experiencing. I witnessed items disappearing and reappearing within minutes before my very eyes. I learned that time, as well as reality, was malleable, and that our thoughts really did affect our physical reality in ways that defied comprehension. My curiosity drove me to research why and how all this was possible. I read every book on every subject from quantum physics to enlightenment.

This book is the result of a twenty-year exploration into the world of alternative healing and alternate realities, and of my experiences with clients, offering energetic solutions for their emotional and physical pain. I do not claim this is the way it is or the way it should be. This is just what makes sense to me, and I invite you to embrace what resonates with you and reject what doesn't.

When writing this, I wanted to answer the question "If energy is the core element in all living things, how can we

deliberately harness it to enhance our health, wealth, and joy?" I have been told by many of my clients that the information in this book has helped them lead healthier, happier lives, and if this information can do the same for you, why not share it?

What has made the most sense to me is viewing life in terms of energy levels. If, as scientists now know, our bodies are more energy (99.99 percent) than matter (.01 percent), and our thoughts and spoken words have measurable energy levels, why wouldn't the study of energy in those categories reveal valuable information about the quality of our lives?

For instance, what I used to think of as midlife crisis events I now believe are really the accumulation and stagnation of a lifetime of emotional trauma and upset energy that has not been released. That energy crystallizes within the energy body and creates energetic blockage and depletion that simply backs up and creates a feeling of despair and defeat.

There is also a reason why your thoughts, which contribute to creating your reality, are not paramount. This is the reason you cannot think your way into a life reality that is too far from your current reality. In other words, why sitting on your couch dreaming of that Malibu beach house doesn't materialize said beach house.

There is also a very real energetic reason why, no matter how rich, successful, or famous you are, an empty, void-like feeling persists within. I share what this is in the chapter on self-worth and in the final chapter, titled after the book, "The Infinite Now."

Sharing simple explanations, easy-to-employ techniques, and case studies from my practice, the information in this

book will help you learn to optimize your most precious asset—your energy field—so you can become the best version of yourself. My hope is this book contributes to a conversation that includes, rather than overlooks, the crucial part energy plays in our lives.

Whatever your reason for picking up this book, I hope it encourages you to explore your own energy within. Perhaps your journey isn't meant to upend your life the way mine did, but I can tell you that the information contained here is still transformative.

Chapter 1

Energy Decoded: The Real Fabric of Our Lives

“The day science begins to study non-physical phenomena, it will make more progress in one decade than in all the previous centuries of its existence. If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration.”

—Nikola Tesla

She lay on the massage table, a willing participant in this crazy experiment I called my new life. The book’s instructions said this hold was supposed to be three minutes, but my muscle testing said sixty minutes. I thought for sure my inexperience was to blame, but I placed my fingers on the spot anyway. I was surprised to find three round, hard lumps in her midsection.

She said they were ovarian cysts. She’d had them for fifteen years, but was too afraid to get them checked by a doctor. I was sure it was my imagination, but as I held my fingers on one of the lumps I could feel my fingers ever so slowly sinking in. At the end of the hold, two lumps were gone and one was a third of its original size.

The next morning, my friend informed me that the last lump was also gone. The only evidence of the fifteen-year-old cysts was a patch of wrinkled skin hanging in its place.

I asked myself, “What the heck just happened?”²

We Are All Energy

Imagine living in a world where every cell, tissue, and organ in your body had an energetic value, and that value determined the state of your health. In this world, a specific

energetic value signaled health, and a dip below that value indicated the beginning of illness and disease. This is not science fiction, but reality. If you have ever had an EKG (electrocardiogram) or an EEG (electroencephalogram), you know that the results inform your doctor of existing heart or brain dysfunction. These tests reveal dysfunction by measuring where the electrical frequency emitting from those organs is weak or intermittent. Energy is what defines us.

Interestingly enough, even though the 1901 invention of the EKG confirmed that the heart generated measurable electrical activity with each beat, its inventor, Dr. Willem Einthoven, along with other cardiologists from that time, was certain that this electrical field had no significant physiological role except as a diagnostic tool.³ We now know that that assumption was incorrect. Scientists have repeatedly confirmed that those weak frequencies match those contained throughout the body, and are very much needed to repair, replace, and detoxify the body cells.

Scientists agree we are not, as once believed, a collection of particles lumped together to form a person. The smallest particle within the fifty trillion cells in our bodies is not a particle at all, but a tiny vortex of energy spinning so fast it appears solid.⁴ Simply put, our bodies are not bags of skin filled with flesh and bones locked in a fixed state, but miraculously vibrating fields of energy, alert and ready for incoming instructions. It's a spectacular living miracle that exists in all of us. We take it for granted every day, just because we aren't paying attention.

In 1998, I learned this firsthand when this energy resolved fifteen years of chronic shoulder pain without

medicine or surgery. After a decade and a half, I had resigned myself to living with this pain; a pain that peaked each night when I was tired and run down by the pressures of the day. I was told it was caused by my bad habit of hunching my shoulders while enduring the stress of three years of law school, ten years of litigation, and two years of caring for my baby girl and toddler boy.

Despite almost herculean efforts to find relief, the pain persisted. When energy healing resolved that chronic shoulder pain, I was not only grateful for the pain relief but astounded that physical change was possible when energy was exchanged between bodies.

This experience put me on the journey that now has me sharing this information with you. Along the way, I met ordinary, extraordinary people (not one claiming they had special powers or believing they were “chosen” from birth). These were normal people who resolved everything from terminal illness to restoring speech after six years of post-stroke silence. These practitioners did not claim that they discovered the miracle of life. Rather, they believed that supplementing the energy field of a person with low reserves was no more mysterious than lending another air during CPR.

When I witnessed energy dissolve a trusted friend’s three ovarian cysts during my first practice session as a practitioner, any remaining doubt vanished. Shocking everyone in my family, I chose to retire from law to pursue this new vocation.⁵

After that first miraculous session, the subsequent results were not as consistent as I would have liked. I wanted to know why energy healing seemed to work instantly in

some cases and not at all in others. I asked my instructor, a retired emergency room nurse,⁶ how this was possible, and was told that she didn't know how it worked, just that it did. Not satisfied with this answer, I began what is now a twenty-year quest to find out how healing was energetically possible.

My Journey to Decode the Energy Within

As it turned out, I was in good company. Scientists from around the world were also curious and busied themselves conducting experiments, measuring the energy generated in the body, and researching how and why energy healing worked. Bestselling authors such as Candace Pert (*Molecules of Emotion*)⁷ and Caroline Myss (*Anatomy of the Spirit*)⁸ emerged and offered their analysis and commentary on this now-studied and emerging phenomena. What they, along with scientists, discovered was that each and every one of us was actually a miraculous living antenna that could generate, receive, transmit, and block energy.

It gets better. Scientists have discovered that our breathing mechanism alone generates around 10 millivolts of energy. In the next chapter, I share what happens when our thoughts and intentions are added to the mix. Spoiler alert: The energy production goes through the roof.

Who needs a wizard's wand? We are magical beings even without the props! Our thoughts not only produce measurable energy; scientists witnessed that, when those thoughts are directed at another with intention, energy is able to travel long distances, change the direction in which fish swim,⁹ affect remote healing,¹⁰ influence the growth rate of bacteria,¹¹ and even evaporate freezing water.¹²

(Meditating monks have been known to dry icy, freezing sheets draped over them in thirty minutes with only their mental intention!)

Not all of this research yielded a positive outcome. A sobering discovery was that thoughts, paired with negative emotional states, have correspondingly negative physical consequences. Researchers discovered emotions such as guilt, anger, and lack of self-worth adversely affected the body's ability to heal wounds. In other words, our angry or fearful thoughts can actually inhibit the immune system.¹³ In fact, studies have shown that merely recalling an angry memory can inhibit the immune system for up to six hours.¹⁴ Intuitively, we all know this to be true as we've all taken a physical hit when our emotions have gotten the best of us.

If energy is the core ingredient that radiates through our bodies, thoughts, and feelings, is there a difference in energy levels that can impact our lives? The answer is a definitive yes.

Despite the fact that energy cannot be seen with the eyes, there are qualities of energy that are relatable. For instance, we know when our energy is low or high. How many of us have lamented after twelve-hour workdays that we have no energy to clean the house, do household repairs, or play with the kids? We know when energy feels chaotic or calm. Imagine the energy in a mall on Christmas Eve, as stressed shoppers frantically rush to complete their shopping. The frenzy is palpable. Now imagine the energy on an empty beach during a sunset's technicolor dance in the sky. A wave of calm settles over you and your entire being relaxes. We also can recognize when we are in sync with

others, as we feel the energy exchange and describe this as being “on the same wavelength.”

Using Your Own Energy to Transform Your Life

So what does this mean to us in everyday life? How does energy express itself and why bother thinking about it? This is our starting point in this book. If we are, as scientists claim, miraculous living antennas capable of generating, receiving, transmitting, and blocking energy, why wouldn't each one of us want to optimize those capabilities for the ultimate betterment of our lives? For some of us, this is an entirely new concept. Others just haven't been ready until now.

Don't get me wrong, I'm not promising the world. This isn't a claim that we can each create anything we want, whenever we want it. Rather, it is an invitation to realize that thinking, feeling, and believing are not the benign activities we might assume them to be. This is a call to take responsibility for the quality of energy we are creating in our lives. To do so is to maximize, rather than minimize, the impact of our thoughts, emotions, and beliefs.

So where do we go from here? We start by discussing how energy is generated by your thoughts, emotions, and beliefs. We then discuss how to optimize your energy field, revealing the energetic price we pay when we don't align what we think, feel, and do; the mirroring effect of our thoughts; and how certain mental activities, like wishful thinking and jealousy, produce consequences we may not intend. Ending on a positive note, we discuss simple ways to give your energy field an upgrade.

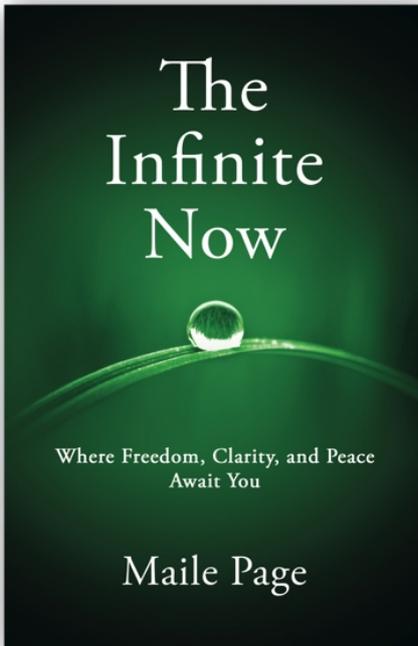
From there, we explore the juicy topic of how manifestation works. We then tackle a much misunderstood topic: energy healing, how it works, what is happening when it doesn't, and easy healing techniques to try.

We then address a few common problems: how to shift those persistent negative thoughts; the subtle difference between perception and perspective, and how knowing the difference yields hugely disparate energy values; and insights on how to deal with low self-worth.

At the end of the book, you will be ready to graduate and transition to accessing the ultimate energy field, or what I like to call "the Infinite Now." The Infinite Now is just as it is named: an infinite, pure energy source flowing without any form of energetic interference or resistance. So powerful is this energy field that you cannot live there permanently or you would combust—and we would all miss you.

You can, however, visit the Infinite Now and get an energetic upgrade each time. The Infinite Now is accessible to everyone, requires no special abilities or visualizations, and, with practice and expanded awareness, can be accessed with greater frequency.

When you spend more time in the Infinite Now, you have access to greater amounts of energy, and will awaken an ability to navigate your life with greater freedom, clarity, and peace. In the following pages, I will share stories of what is possible. Some are from my own life and others are from my clients' lives. Let's get started.



If energy is the core element of all living things, how can we deliberately harness it to enhance our health, wealth, and joy? *The Infinite Now: Where Freedom, Clarity, And Peace Await You* is the answer to that question. This book will help you optimize your most precious asset: your energy field.

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