

Hara Line Healing: Fifth Dimensional Healing Techniques

The hara line exists on the soul's level of INTENTIONALITY.

**Remember: *Thoughts and feelings affect the AURA
*Intention affects the HARA LINE**

The hara exists on the level of your soul's intention, it holds your purpose for coming here. Scoliosis is a physical manifestation of hara line issues. It's NEVER too late to make a change when the soul is involved.

Back when I started working with my hara line in 2007, it was much harder to stay in a high vibration where I could be effective on the fifth dimensional level. It was much easier to stay in the 4-D chakra system during that time on planet earth. Now, we can hold the 5-D frequency much easier. It is my strong feeling that the intentional level of the hara is the most effective space for us to do healing work RIGHT NOW, and this will change too, I'm sure. You may already be in a 6-D healing space when working on yourself and with clients, which we will discuss in the next module.

I'm not sure how long this information will stay relevant, but at least I can update my handouts as we go and I find that very exciting! At the 5-D hara level, we are closer to the soul so we have more kinds of spiritual energy available to us for nourishment and support. Examples of this would be working with more sounds, tones and frequencies along with color therapy for maximum effect. We are working with spiritual energy and earth frequencies in a more efficient way at this level. Sound healing is very effective for the points on the hara line.

Dantien (also TanTien): Power, Will, Gumption, Life Force

The Dantien is your center of gravity and holds a true note that keeps your body together. Without this sound note, you don't have a physical body. You CAN affect the physical body by changing the true note of the dantien. This point holds the harmonic sound that tunes you to the molten core of the Earth (vibration of life source). The Dantien is the container that holds the life force energy. The will to live resides in this point on the hara line. Tai chi, qigong and martial arts help strengthen this area. If someone is dealing with a long term serious illness, check in with the dantien and ask, "is this person's intent to stay in this body or not?" It's ok either way, just good to know when doing healing work because you can assist more effectively.

Soul Seat: Purpose, Feeling, Life Task, Spiritual Longing, Fulfillment

The soul seat is a diffuse area all around the chest and heart. This part of the hara line can extend 1&1/2 feet to 15 feet away from the body. This area holds your unique note, “the song of your soul” which is personal to you. When this note is clear and the soul seat is not shrouded, the sound expands out through your chest and creates a bump in the sternum area. No one else has a note like yours that emits from your soul seat, the area of the body that is said to be where the soul enters the body and takes up residence. Whereas the dantien has the same sound for everyone, the sound you emit from your chest is unique and totally your own energy signature.

The soul seat can be shrouded if we are blocked from our dreams, desire, excitement and fulfillment. The soul seat appears bigger during meditation and when focusing on spiritual experiences that feel good. A healthy soul seat has a feeling of expansiveness, lightness and joy. Just as injury and damage can happen to the dantien, things can happen to the soul seat to dim the light and block the feelings of joy and purposeful connection.

A healthy soul seat is diffuse with white light and a twinge of gold with living, moving patterns of light. A shrouded soul seat looks like dark, heavy clouds. Sometimes the soul seat looks like it has a glass panel over it. If someone has a sunken-in hollowed out chest, support their passion and purpose, focus on their WHY for existing in healing sessions.

ID Point: Integrity, Alignment, Flow, Downloads, Connection to Source

1/4” in diameter, this is the “Bridge of Power”, having the experience of God IN YOU. This is the point where we experience our belonging and connection to oneness, all that is, God. There is no sound emanating from this point, but you may experience frequencies and downloads as they come through the ID point.

When the ID Point is distorted or blocked, someone may have no personal experience of God, angels or ghosts and this may make them atheistic or cynical, feeling alone or isolated in the world.

Notice with all the points on the hara line, the issues and situations that go along with each area of the body are the same and reflect the purpose and function of the chakras and organs, just on a deeper level. You will see the correlations and you can affect each chakra and organ by working deeper on the hara level.

The Next Level Healer

Dantien: the ENGINE
Soul Seat: the STEERING WHEEL
ID POINT: the GPS, the MAP

Notes from my first Hara Line Healing in 2007:

“What a different feeling, very uncomfortable, even painful in my dantien. I kept having visions of slavery. My dantien felt like it wanted to scream. “Freedom to do what I want!” and then it finally felt like it changed positions and I got some relief. When my Soul Seat was uncovered, I could feel everything, I could hear everything.

As I tried to align my head with my ID Point, I felt torticollis in my neck, like I had been getting out of my own way and not able to fully soak in Divine transmissions. When she straightened me up on the table, I actually felt crooked because my body is used to being crooked. How long can I hold this feeling of peace and strength? Some other questions that came up for me on a soul level during the hara work: “Will I be ok with myself when things are easy and good for me again?” “Will I still be worthwhile and like myself when things are easy for me? Will I feel undeserving when life is easy and good?”

So far, I have given you my perspectives on Hara Line Healing and I highly recommend purchasing ***Light Emerging*** by Barbara Brennan if you are ready to do this level of work.

https://www.amazon.com/dp/B004JN1CTW/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1

Here is an article about healing the Hara Line that you might also enjoy:

<https://www.learnreligions.com/hara-line-1729984>