

Back to the Energy Body Basics



MODULE 4, PART 1 :

The Soul Seat and the Tan Tien of the Hara Line

JSEMP, August 2022.

We've been on an interesting stretch in the last couple of months and, as much as the idea of JSEMP is that we stick to one theme per month, I will admit as someone that likes to build courses and bring people through a process that it's kind of hard for me to do that. I end up tacking on : 'oh, it's going to take more time and more time.' Then we end up unfolding in a big theme, which is super awesome.

I want to take the time to bring us back through what my intention is right now. As we go into working on the Hara Line tonight, I want to remind you that we're working from the perspective of 4 main dimensions of manifested life.

You, at the most core level of your Being, are pure unmanifested potential. It's like the unmanifest God Essence. It's just a pure Essence, formless. It doesn't even have content. The concept of a Soul doesn't even fully apply to that level of your absolute Divine

Essence. At the absolute deepest level of pure potential and unmanifested form, we are literally part of the Godhead. Then there's a process of becoming manifest that goes through layers.

The physical body is the last layer of manifestation of your Essence. Before the physical body, you have the Auric Field. That's the Chakras and the electromagnetic system. It's where the thoughts and feelings and emotions, it's where that whole thing happens. It's where your personality resides. It's where your interaction with other people in the world happens. It's a deeper dimension than the physical body, but that's far from the deepest dimensions of yourself.

A deeper dimension to your Auric Field is the Hara dimension - or the Haric dimension, depending on how it's talked about - and the dimension of the Hara is called the dimension of your *intentionality*. This is way deeper than your personality, your thoughts, your feelings, your ideas, your this, your that, your interactions with other people - which is all managed by your Aura and your psychological makeup. One level deeper is the Hara Line, and that's what we're going to be talking about tonight.

But before I go into the Hara Line, there is a dimension even deeper than the Hara Line, which is called the Core Star. So the Core Star is literally the emanation of your Essence. It literally looks like a huge star and beams of light emanating from you. We go from unmanifested, pure potential to first manifestation as Light. The Core Star is a pure Light frequency. And that Light - it's super interesting! - that Light Essence is the distilled wisdom of everything you've experienced : everything your spirit has experienced, all the teachings and lessons and understandings, and everything it's acquired through time, making it an Essence that's more and more and more conscious of itself as an Essence.

This is really interesting because that's the whole goal of separating from the Godhead : to go have an experience in the 3d separation world to eventually come back to the reality that you are an emanation and you're not separate from that. But that process is through becoming separate, being in the illusion that you're separate, and then playing around with things. Playing around with what you're not, playing around with negative things, with this, with that... The more you do all that, the more you start learning and the more you're coming back to yourself, back to your center more and more.

And that's really the goal of all of this life process : of all of the God particles or all of the emanations from the Godhead to be fully conscious of itself and of what it is. Wow! That's so cool!!! That Core Essence is the deepest level of your Being, and I'll tap into it a little bit tonight as I'm talking about the Hara Line.

If I go backwards now... I started from physical body, Aura, Hara, Core Essence/ unmanifested God energy. Now, if we go about it the other way. First we are part of the Godhead : we are having a conscious experience that's allowing us to accumulate more and more wisdom, that's our Core Star level. Our Core Star is this beaming Light. This is the dimension from which what we choose, as pure Essence, that we want to come experience in form - not just physical because some energy, some bodies aren't physical. By being in any form, any kind of form - whether it be a Spirit Being or a Spirit Being in a physical body, the information's in the Core Star.

The foundational Core Star then allows the Hara dimension to form. The Hara Line, I'm going to show you some images soon, is literally the purpose of your incarnation. It's like the whole thing happens from here. That Hara Line goes all the way up to Source and it goes all the way into the Molten Core of the Earth. It goes through your body, and it's not on the same line as the Chakras.

It's interesting because there's the Hara Line in the middle, then the next field gets built on top of it, which is the Aura/Auric Field, the energy bodies and all that, known as the 'Kundalini Line'. *Inga* and *Pungala* they're called in Indian Sanskrit, it's like two lines that are crossing, spiraling together and every time they meet, that's where you have a Chakra. If you would be looking at the Kundalini Line, it looks like a swerving spiral and whenever it crosses together, that's where you have the energy centers : the Root Chakra, the Sacral, the Plexus, the Heart, the Throat, the Third Eye and the Crown.

The Hara Line is one golden line of energy. It's straight. It's at a deeper level than the Kundalini crisscrossing spiral line. I want to show you an image. This is the Core Star level. This is the deepest dimension of your Being. Then this is the Hara Line, also showing you the tubes because there's tubes involved in that system. It connects you all the way to God. It's a golden line of energy that goes through your body and goes all the way into the Molten Core of the Earth. There are two main areas related to the Hara Line. This is the Soul Seat and then the Tan Tien.

Keep that visual in mind.

The way this line works is there's a little part that's about three and a half feet above your physical head, that has what's called the Individuation Point (ID). That is literally the point from which the energy of Godhead comes through as you, as this unique Core Star Being that you are. As this unique Core Star Being that you are, you incarnate with a purpose. You incarnate with an intention, and the Hara Line is where the intention happens. So, about three and a half feet/one meter above your head, you've got this little individuation point called the ID point, it's literally a place from which the fullness of the Godhead energy creates that unique expression that is you. There's no one else like you. There's no other Soul like you.

From here, it comes in through the same line, through the Crown, and it arrives at the Soul Seat. The Soul Seat is such an important

energy. I'll give you a little trick to find it. If you put your hand in the little groove between the collarbones are, the bone right underneath that is called the manubrium. It's the first part of the bone that forms the top of your sternum. The sternum is here and then there's a little tip, here, of the sternum. The first part, here, is called the manubrium, and that little bone right underneath it is the Soul Seat. Your Soul Seat is literally the longing of your Soul. It is the deepest longing of what you came here to be, what you came here to do, what you came here to become. It's like every dream, hope and deep longing that you have. This is where it lives. This is its house.

This center is very interesting. It's not a Chakra. It gets kind of tricky because we're not working with the line that has Chakras when we're talking about the Hara Line. The Kundalini Line has Chakras, the Hara Line doesn't have Chakras. It's got that Soul Seat point, which looks like what I described : it's like a little ball of light with a bunch of little wavy lines coming out. It's very pastel. It's lavender and pink - like rose lavender, with a touch of very light blue. Very pastel-ish colors, with a creamy green as well. Pretty much the whole range of pastel colors. In its normal shape it has a 1 to 2 inch diameter/3 to 6 centimeter diameter. When you are in deep meditation, really connecting to the deepest levels of your Soul longing and your spiritual aspirations, this thing can grow to 15 foot /5 meter diameter. It's completely insane to think about this! Imagine how big that is as you're meditating and connecting to your Soul purpose, and your life mission.

Then that line keeps going down. We've got that Individuation Point, the Soul Seat which is where we have all the longings, and then the line keeps going down, and then we get here : about 2 inches below your belly button. We arrive at the Tan Tien, we arrive at what's called the Hara - which is what the Japanese and other cultures that do a lot of martial arts call it. The Hara is a little ball. It's a little ball and it's hollow. It's very interesting, in the meditation

we're going to do tonight, we're going to go play with that a lot. It's gold. It's golden in color when it's healthy. It's hollow, but it's not empty. Inside the Hara is the 'primal sound', the primal harmonic of the molten lava of the Heart of the Earth. We say 'sound' but it's kind of tricky. It's more like the vibration of pure earthly power. The power to bring forth, the power to manifest, the power to pull in the resources you need from the Earth in order to go in the world and create things.

From that Tan Tien, that Hara point, the line keeps going down and it connects all the way into the Heart of the Earth - deep, deep, deep in the Core, all the way to the Molten Core. The Molten Core of the Earth : it's got a sound, it's got a vibration... 'Pulse of life' would probably be the right words. It's got a pulsation going on. If we can actually learn to hear that we know we're becoming connected to that. It's interesting because some of the cultures - a lot of Asian cultures - have cultivated the energy of the Hara through Martial Arts. The Tan Tien is considered the gravity center of the body.

In Martial Arts it's considered that every single movement you make comes from that gravity center. In the West, we tend to think our gravity center is higher up. Most people that do Martial Arts find us very funny because they can literally just go like this (one finger push on the shoulder) and we'd fall over, because we're not really aligned properly. Whereas someone that's really good at Martial Arts and has a really well developed Hara/Tan Tien center, they're the kind of martial master artists that can stand there and tell their 15 students : 'try to topple me down', and they literally don't move. They're not fighting back, they're not defending, their students are jumping all over them trying to pull them to the ground. They are not able to because they're so grounded in their Tan Tien. They can't be destabilized from their center. It's an incredible thing to see!

Also, when you see these guys that chop 20 cinder blocks or whatever, that's what they're doing. They're not doing it with their strength. They understand through energetics, and a lot of practice, how to pull up that energy from the Earth into the Tan Tien, and then shoot it up the tubes. Shoot it up the tubes into the hands and then they just do that move and then 10 pieces of wood, or a big ass piece of cement, breaks. This is where it gets really interesting. If you could see what they're doing, you would see they barely touch the thing that breaks. It's the energy they shoot through their body from the Earth that is what breaks the bricks or whatever they're playing with.

You might have seen sometimes in Asian movies, they represent someone that's really good at Martial Arts, they won't even touch the person and they'll go flying. That's the same kind of idea. That's the energy of the Hara. They're able to pull in that energy from the Earth and bring it up through the Hara, and then shoot it through the tubes, whether for a kick, whether for a movement ... I'm thinking Dr. Strange would give you a good example of her doing that. At a certain point she doesn't even touch him, it's just : boom! And she literally takes his auric body out of his physical body and then he's confronted to discovering a whole other dimension of himself than just the physical body and his personality.

A lot of Asians have developed a very powerful relationship with the Hara. The thing that's interesting about the Asians is that they've developed the Hara very, very well, but the line and the connection with the Soul Seat isn't as good as it could be. I think part of that is probably related to they grew up in countries where there's a very deep focus on being here for the collective. Whereas, your Soul Seat is literally your Soul's longings, which isn't necessarily about the needs of the society you live in, for example. It's interesting because for us Northern or Western people, this area tends to be more developed because we're more focused on : what do you want to do in life? What do you want to be? Individualism is strong in us. This

tends to make the Soul Seat be a bit more developed, but it doesn't mean it's healthy because it's often shrouded with a bunch of other stuff that I'll talk about in a second.

Then the line that brings us down into the Hara... Most of us, most of Western people, the Hara is depleted. Often it's lost its proper shape or it's very dimmed down instead of being bright, bright, bright gold. It's almost going gray because most of us don't really know how to bring up energy - not because we don't know, but because we're afraid to do it. Any of us as children that have been around someone angry, that have been around an angry parent or an angry teacher when we were little children, it imprinted in our psyche that 'to be powerful is dangerous'. A lot of us, the examples we saw of people being powerful – it was more that they were being forceful, but - gave us our imprint of like : 'Oh my God, that's what powerful people do.' And then of course we're kind of : 'I don't want to be that! I don't want to be a bully! I don't want to...' Most of us here, we haven't gone down the route of completely disconnecting from our feelings. We've gone down the route of : 'how can I be of service, how can I heal myself, how can I this, how can I that?'

It's very interesting if you look at different cultures in different parts of the world. There's been parts (of the Hara Line) that have been more developed than others.

What we want to do, what we want to learn to do, is we want that Hara Line, that Golden Thread - it's like a gold cord, a golden cord of energy - we want to get that cord as straight as possible. We want to make sure that, everywhere that it connects into the system, it's fully healthy.

There's a couple of things we're going to play around with tonight. First of all, there's making sure that golden line is straight. For some of us, it's a little bit warped one side or to another. I'll show you three examples. In this case, this person's Hara Line – bottom part

going down to the Molten Core, top part going up to the Individuation Point - in this case there's a lot of shrouded energy. It's like there's clouds, gray clouds, on top of his Soul Seat, which makes it really hard for him to connect to his Soul purpose. Then you're just walking around like : 'I don't know why I'm here. I don't know what I came to do. Am I supposed to be this? Am I supposed to be that?' It's just hazy and unclear.

Another example she gives here. In this example, this is the part where there's an issue going on. The line looks all right. You see his lines going straight, everything's good. But then this part is a bit shrouded. What this does to someone is - you might have met someone like that before in your life - these are people that have no connection to their Higher Self or to the concept that they exist after this body. They're often called Atheists, it's that idea. They're here, they just think they're a human body. They think once they die, they just become compost. There's no Higher Power. There's nothing after you die. There's no such thing as a Soul, as a Spirit, as a this, as a that. That's kind of where they're stuck because literally the place from which they individuate as part of the Godhead is shrouded over so they're not connected to that. Then there are people that have damages to the actual Tan Tien. Instead of just being a beautiful golden ball it might be deformed, it might have a distortion, it might even have a puncture hole or something like that. That's pretty intense.

If we use the three examples I gave up to now, someone that has a shrouded Individuation Point is someone that does not feel their connection to a Higher Power, to the idea that they would have a Spirit or a Soul or anything like that. They just think : 'I'm here and I got to do shit till I die, and then I'm compost and life sucks, basically.' Or, I'm just here to have power. They seem to lack an understanding of the Soul dimension. It's funny. I wonder if most sociopaths have that shrouded over? That'd be an interesting study to do, the Hara point of 5,000 humans on the Earth that are kind of

different, and then see which ones have the things at different places. Individuation Point shrouded equals someone that can't feel their connection to God, can't feel their connection to the Soul. Soul Seat shrouded, this person knows they have a Soul and a Spirit, but they just feel really confused.

It's not like the other ones, like the first one with : 'there's no purpose to life, period. I'm just here and then I'm going to die. So... I might as well party and do whatever I want while I'm here.' Whereas the person here feels the distress, they know they're a Soul, they know they incarnated here for a reason but they can't seem to find it. They're like : 'why am I here? I feel like I'm supposed to be doing something, but I don't know what it is, and I don't know how to find it, and I don't know...' That often corresponds to someone that's on a deep Soul searching path. A Dark Night of the Soul might help to really bring that up, for example.

If we keep going down the line, someone that has a damaged Hara, someone that has a damaged Tan Tien, is someone that is not able to bring in or manage resources in their lives, so that they'd be able to accomplish their projects and resources here. We're talking everything : time, money, energy - not just resources like materials, any form of resource. Anything that you would need from the Earth. Clearly we're talking about the energy, the emotions, the output, what would allow you to be like : 'Yes, I'm going to do that. Let's go!' They don't have it. They could have a super developed Soul Seat and be like : 'I know what I'm here to do, but everything's against me. Nothing ever lets me. Everything's always against me and I never manage to get what I want to get done'. And then they need to find people to blame, because they're not connected enough to understand that it's something going on in their own field.

A lot of these people that have a damaged Hara end up feeling like they need others to help them, and if worse comes to worse, they'll even go in these kind of patterns where they will try to manipulate

you into you giving them energy. At a deep intentional level, what they want from you is your energy. But then with the words they're using, it sounds different. The words they're using is like : 'Oh, I'd like to spend time with you,' and part of you is like : 'Oh, I uh, I don't want to,' but you don't necessarily know why, because it's not based on the words they're saying, it's based on... You can feel at the intentional level there's a misalignment, what they're saying they want and what their intention is sending you is different.

Finally, from the damaged Tan Tien all the way to the Molten Core of the Earth. The Tan Tien is fed by the Molten Core of the Earth. If the Tan Tien is damaged, even if you're trying to bring up the energy from the Molten Core, you're not able to. Another possibility is that the line between the Hara and the Molten Core is disconnected. In this example she's giving us, this is pretty much a full blown example. First of all, his Hara Line is completely crooked. It's going right to left. On top of that, it's split off between the Soul longing and the ability to bring it into the world. On top of that, the Molten Core, which is where he would pull up the resources to do it, is also disconnected. Meeting this person in real life would be a little bit intense. That's like meeting someone that's completely lost, they're roaming around aimlessly. They don't know where they're going and they're kind of leachy and trying to get help from everyone.

This is a very intense subject to talk about! So, bringing myself back to my intention in talking to you about this : it isn't to freak you out and be like : 'Oh my God, is my Hara Line all broken?' or whatever. It's for us to, first of all, understand at a mental cognitive level that's what this line looks like, so that then we can go feel in our energy bodies and at this deep layer of the intentional field, the state of health of that energy line.

Before I go into the meditation, the other thing I want to say is that, generally speaking, what affects your Hara Line the most is your negative intent. I just want to say a couple of things about this. Most

of you have probably heard about value conflicts. It's kind of this idea of : 'I want to go do this, but I don't want this to happen.' So then, there's a conflict going on in you, and it's hard to make a decision. Generally speaking, whichever value you value most will win. Easy to understand example is : 'I want to make money.' That's one value. And : 'I want my freedom,' is another value. If in you, your perception of people that make a lot of money is people that work really hard and don't have a lot of time for themselves, that would go against your value of freedom. So there's a war inside of you. You're tugged between two things.

That's the auric psychological manifestation of that. The actual thing is going on deeper. The actual issue is going on at the Hara Line level. It's going on at the intentional field. There's two different kinds of intentions. There's deep spiritual longing, which is literally your deepest, truest intention, that is one with the Essence that you are, and one with God, and one with what you chose to come do here. That's your positive intent. An aligned Hara Line and positive intent go together. When your Hara line is aligned, you are in positive intent. It is impossible to not be in positive intent if everything is aligned at the intentional level.

But when it's not - because you've got other intentions playing around, the second type of intentions are the intentions of the personality. You've got the intentions of your Soul, your deep spiritual longings, and then the intentions of your personality. Your psychological personality is trying to do a lot of things, such as protect you, such as make sure that you don't feel pain, such as make sure that you don't go drown in deep wounds in you. All of these are intense and they are then colliding with your Soul intent.

Your Soul intent, at the deepest level, is to come heal the wounds in the Earth. But then, at the egoic personality level, you're like : 'I don't want to feel pain. I need to avoid feeling that. I don't want to go touch that wound.' You've got a crossed purpose. You've got

mixed intentions. Your Soul has an intention. Your ego has a completely different one. Your Soul wants to go into the wound and heal it. Your ego wants to avoid the wound and, if possible, blame it on other people so that it doesn't even have to be aware that it's the one refusing to go do the work. This is where stuff collides. Those of you who were on the call last month, we talked about negative intent. Negative intent is always about trying to protect ourselves from feeling a deep wound and feeling pain. It's not that it's bad. They call it negative intent because it's all the reasons why you can't do your positive intent.

For example, my positive intent is : 'I've come to help heal humanity,' and then my negative intent is like : 'Yeah, but... I haven't done enough work on myself yet... I don't have the resources... I'm not able to find the clients ...' These are all reasons why not. The thing with reasons why not is that they masquerade as if they are your true intent. If I say : 'I'm here to be a powerful healer and help heal this world, but I can't do it because of this, this, this, that...'. The 'this, this, this, that' is actually what's going on. Not : 'I want to be a powerful healer in this world.' That ends up being like you start the sentence with that, but then it's a whole other thing that we're actually doing.

If you want to deepen that exercise that you did last month about looking at the actual fears we're trying to avoid feeling with our negative intents - our reasons why not – it's powerful, powerful work to start understanding where you are not aligning with the Hara.

Your Hara level is the pure Soul purpose/life mission that you've come to embody on this earth. When this line is straight, when all the centers are healthy, you are in the flow. What you need shows up when you need it. You don't necessarily know the full picture of everything you're going to be, but you're aligned with knowing each step : 'This is what I need to do right now. I'm not sure why but

this is what I need to do right now’, and you do it. Then something else happens and you do that. Then something else happens and you do that too. You're not in these ‘reasons why not’ where it's like : ‘Well, I need to know 10 steps ahead what I need to do before I can start doing it’.

That's ego. Your Soul has no need for that. It's way more fun just letting the universe give you one step at a time and then you get to see how it grows into this beautiful life mission. When this line is healthy, you're in the flow. Resources you need show up when you need them, not 10 years before, not : ‘I need all that money in my bank account before I feel safe enough to go out in the world and do my mission’. It's a very magical place to be because then everything starts manifesting when you need it. We've all had these moments of flow, and they're really awesome when we have them!

The reality is that - it's kind of discouraging, it's something like... I'm trying to remember the exact statistics - it's something like less than 15 percent of the human population that are able to actually sustainably hold their Hara Line and be fully there. Then, it's like we're just back in our psychology, back in our ego, back in our thoughts, back in talking with this person and then we lose our ground.

That Hara Line, when it's healthy... First of all there's no arguing. There's no arguing with anyone, which is a very interesting process. When you see people arguing, that need to be right and need to make someone else wrong, that's a perfect representation of crossed purposes. It's happening inside of them. It's not even like their purpose and your purpose don't fit together. It's happening inside of them. A part of them wants to reach out and connect with you. A part of them is afraid you're going to hurt them. There's two purposes playing out in that person and fighting, and then they're just projecting it and trying to do it with you.

When someone has a perfectly aligned Hara Line, they have no need to fight. There's no need for right and wrong. Everyone is where they're at. You are totally able to feel, when you have an aligned Hara, who else has an aligned Hara because they're in the same place as you. There's no arguing. There's no adversity. We're working towards goals. My goal is this, your goal is that, right on, cool! That's it. There's no fighting. Imagine that as opposed to : 'I don't like your goal. I want you to have my goal because my goal is better than your goal', or whatever. Oh my God!

Signs of an aligned Hara : you're in the flow. You get the resources you need when you need them. You have clarity about the steps as they show up in front of you. You have a glimpse of what you're here to do. You feel it as a deep longing. You're not walking around in a state of internal conflict, mixed intentions, and seeing the world as an adverse place. These are guidelines to know when your Hara is in line.

I'm going to send you guys a document to show you how to work with physical movements to get your Hara Line really straight. But right now I want us to go into a deep 45 minute meditation, at least, where we're just going to be tapping into the Hara Line and the Core Star. I remember in 2020, when I did the Hara Line work, we ended up having to do two months and literally do four two hour calls because there's so much to tap into. What I will send you is about 12 pages long. It'll give you a whole bunch of information about the Hara. More importantly, it'll give you a very specific sequence of movements to do to bring you into Hara alignment.

You might have seen this before (the Hara stance). If I just show you a visual, you might've seen people do this. If you've ever seen someone do this, that's what they're doing. This is the Hara Line. They have the side of their right hand directly over the Tan Tien, and the side of their left hand directly over the Soul Seat. Do it in front of a mirror, if possible, to make sure that you're really, really

straight. It's really interesting because sometimes you can just do it really quickly and look, and you'll almost notice : 'Oh, I got a curve going on.' You learn to bring yourself back in line. Doing that kind of exercise on a regular basis is amazing. It should be an every morning kind of thing, a little 10 minute routine of getting that line super straight through these physical movements.

I'll send you that document. Awesome, awesome process to play with!

For now, I want to bring you into the Hara Line, so just one last time : it's a Golden Thread. It's like a cable of pure gold energy that comes from Source. The ID point is like a little emanation of your unique Essence. It comes through the Soul Seat where you hold your Soul longing. It goes down the central line and arrives at the Tan Tien below the belly button, which is where you pull in all the Earth resources you need. Then that line keeps going down all the way to the Molten Core of the Earth, where there's the primal sound of the Earth, the primal sound of life made manifest in physical form.

All right. That's enough cognitive downloads.

I'm assuming there aren't any questions before I bring us into the meditation because we always get a little 15 minutes to chit chat at the end. Let's see. Going once, going twice. All right.

Meditation starts here 😊