

Back to the Energy Body Basics



MODULE 4, PART 2 :

The Hara Line, Positive Intent and ‘Reasons why not’ (Downloads and Discernments)

Here we are. Second call of August, JSEMP (Joyful Soul Expansion Mentorship Program). We have been working on the Hara Line this month. For those of you who have been in the program since the beginning, we had two months, two entire months in 2020 that we focused on the Hara Line. I have given you the PDF of the exercise you can do with your physical body to help you get more and more aligned with your Hara Line. Very powerful exercise, really recommend doing it on a regular basis.

What I want to do tonight is I want to give you a little perspective on what I'm doing right now, and why we're working on this. It might seem like we started working on the first three Chakras, the Root, Sacral and Plexus, and then I switched into Hara, which might seem kind of weird because, well, what about the other Chakras? I just want to tell you, there's reasoning going on here.

In a nutshell, very quickly, the way your Chakra system works, these seven main Chakras of your psycho-emotional body - which is your human personality - the first three Chakras correspond literally to your humanity. So, your ability to feel safe being in a body : that's your personal will, that's the Root Chakra. Then your ability to love yourself, that personal love, that deep self-love and self-acceptance, that's the Sacral Chakra. And then your personal mind is the Plexus area, your ability for rational thought, and to organize your thought in such a way that it's aligned with your higher goals.

The issues that we have is that if we have wounds... If we have wounds to our ability to feel safe being in a bod and have wounds to our ability to feel safe loving ourselves, these are energies that interfere with the ability of your Plexus and your rational mind to work properly, because it's trying to deal with a bunch of stuff going on underneath it. That whole 'reasons why not' energy, that's what that is. When we talk about the Hara Line and the intentional field, it's about your intentions, this much deeper level of yourself. The way that shows up in your Chakra system is a Solar Plexus that is working way too hard to come up with explanations, and justifications, and mentalizations about why things are a certain way. That's not what we want our mind to be busy doing! We don't want our minds busy trying to invent stories and explanations of why we feel certain ways.

We want to work how we feel, at the level of feeling. We want to work not feeling safe in our body at the level of our body. There's levels going on here. What your body needs is different from what your mind needs. What your emotions need is different from what your body and your mind needs. Ideally, all that is in a congruent, coherent state together. That's what we're aiming.

To understand what I'm doing here, we did Root – Sacral - Plexus. Plexus was all about the reasons why not because that's where they're generated (the Hara Line is where the actual intentional

field is). When we don't feel safe being fully aligned with our Soul purpose, when we don't feel safe bringing in the resources we need from the Earth, that's what our Plexus does. It comes up with all the reasons why not, all the reasons why we can't do it, and the reasons why this, and the reasons why that...

Next month we're going to go into the top three Chakras. Before that, I'm just giving you a little glimpse. Where your Root Chakra is your personal will, your Throat Chakra is Divine Will. Where your Sacral Chakra is personal love, your Third Eye is Divine Love. Where your Plexus is your personal mind, your Crown Chakra is Divine Mind. It's really beautiful when you look at it like that. Will – Love - Mind, personal version and Divine version. The Heart is the bridge. The Heart is the bridge. The bridge happens through your ability to love humans. To love your existence, to love humanity, to love your family, and to love, basically, humans.

My goal next month is for us to go back into the auric system from the base of understanding this. It's gonna be awesome! That's my little parentheses for that. That's my goal. That's why we kind of went like this, and then we went like this, and then we're going to go like this, in order to actually create a proper alignment because as, I was explaining, this is about these four Levels of our Being.

The Core Star level is us coming from the - Barbara likes to call the 'Velvet Void', beautiful name, but basically it's - the Zero Point, the pure unmanifested life energy that springs forth as a form. That first level, that Core Star level of you, is literally your Essence. There are no programs in there. There's nothing in there. It's just your pure Light. Think in terms of the opposite of a black hole. It's like a white core that is always beaming outwards. It's always beaming outwards. Just like if you think of Source energy, it's the same idea. It's this eternal sun that never stops shining.

And then that's the foundation on which is built the Hara Line, which is your intentional level. The Hara Line is literally your Soul

purpose and your ability to connect to what you need from the Earth in order to bring it forth into the world. Super deep work when we work on the Hara Line. That Hara Line is the foundation for the building of the next level of your Being, which is your Auric Field. That's what we're normally used to hearing about, the Aura and the Bodies and the Chakras. Clearly if something's going on in the Hara Line, it will affect the construction of the Auric Field. The last level is just the physical manifestation of all of this in a physical body that's moving around on the Earth, talking with other physical bodies and et cetera, et cetera.

So we're playing with these four levels. Some of the downloads I'm going to do tonight are about aligning the levels. I really want to work on the Hara tubes, which I didn't really have a chance to go into last time, and just working with this idea of that Molten Lava. Allowing more of that Molten Lava to flow through you because that Hara Line is like a thread of fire, or a golden line. It's got all these different names, but it all points to the idea of this pulsating, bright, golden, fiery energy.

What else did I want to say about this?

I want to remind you again also that the 'reasons why not' - that whole construction, that whole mental construction of how we justify and explain away why we are not in our positive intent - is a system that we put in place at the personality level in order to not have to feel pain or relive trauma. The mind is trying to help us not feel pain and not relive trauma. Right on. Your mind's not bad for doing that! Your mind is doing the best it can to help you and protect you.

The issue is that at the level of your Soul, you came here to heal that specific pain in the fabric of humanity. So, there's a little problem here. Our personality is working really hard to avoid feeling that - it don't want to go there, don't want to experience that again - and that's all negative intent. You notice it's all don'ts : don't want to

feel that again, don't want to go back there. Unfortunately the reality is that's literally what you came to heal. At the personality level, at the ego level, it's like : 'that happened to me and that's horrible and I will do everything I can to protect myself from that happening to me again. I will control situations. I will manipulate people', whatever. That's just what ego does. But at a much deeper level, whoever hurt you is actually creating the context that allows you to feel - that triggers in you - what you have come to work on.

I'm not saying go out in the world and say : 'yes, people, hurt me!' - that's not what I'm saying. I'm saying that reconnecting with your positive intent is probably the most powerful thing you'll ever do in your life. Your positive intent would be very clearly what you want and that, in no way, is about preventing or avoiding something. That's the whole negative intent thing. Positive intent : when your Hara Line is super straight you are in positive intent, it's automatic. It's automatic. A big part of the healing process, even of the Hara Line, is to face, embrace, and release the negative intent. The reasons why not.

There's a little exercise I had done a couple of years ago when we did the Hara work, and I'd like to just propose it to you. I don't want to do this for a long time, just a couple of minutes. It's from my mentor, Patricia, and it's called 'Sherlocking'. That's what she called it because it's this idea of trying to analyze. It's a really good way to discover what the typical reasons why not that you use are. In that exercise, it was simply : think about something that you already know you would never do, let's say, become a surgeon. You already know there's no way you're going to spend \$200, 000 on that thing and go do eight years of full time studies. Pick something that's completely clear for you that you would never do that : be a surgeon, a veterinary, do a six month trek through the Himalayas with only a backpack, go work a corporate job – that last one is probably the best one for all of us because we're all like : 'What?!' So, go work some kind of corporate job that's all about needing to

look good and be an ego and work 80 hours a week, let's say. Whichever one you want to use, just pick something that you already know : there's no way I'm going to do that.

So, what are the three main reasons you would not do that? This isn't complicated. You already know why you wouldn't do it. You don't need to go fishing for this. Really quickly, what are the three reasons why you will not do that? You know you're not going to do that. Why? Three reasons. If you want, just write them in the chat because I just want everyone to get to see something really cool.

There's already a bunch of stuff happening in the container too.

Excellent! If it's easier for you to just say them out loud, that's fine too.

I just love how freedom came twice. Actually, if I look at the two answers, they're basically almost the same.

Caro, what a great choice : be a boat captain in late fall winter with a bunch of waves. Yeah, I agree. I wouldn't want to do that either. I even have a past life where I spent my whole life on a boat trying to find the shores of home and I never did. And I died on the boat. Ya think that would leave you with this longing feeling of trying to find your home?

All right. Oh my god, this is so cool, all these answers! I just love these reasons. Some of these reasons aren't even reasons why not, they're actually reasons why you choose Soul. Oh, Luis, I think two years ago that was the one you had picked, about being a lawyer. That's the one Camille's doing this time. Wow, this is so cool! Every single one of you, in one form or another, are mentioning your absolute desire for authenticity, and truth, and not being around fake stuff. Yes!!!

If I look at these things, I want you to realize we can already tell what are your Core Values from this.

So, when we do this process, the idea of doing that Sherlocking is then to understand that these three reasons that you mentioned for not wanting to go and do that whatever, *if you dig deep enough in you, anything that you ever were to do that you didn't do, these are the reasons.*

We don't have a whole bunch of different ones. They're thematic. One's about loss of freedom - that's a big one that came for almost everyone here. Having to deal with being around fake people, which is also a form of this because you can't be you. So we've got loss of freedom and inability to be truly myself. Some are interesting like Caroline's : no control over elements. Clearly, our personality desires are about having control, because if we don't have control then it's scary. The goal of doing an exercise like that is just to have fun becoming aware of the reasons why not that will be applied to almost any big project or big undertaking in your life.

If you notice, most of them are about resources. Not enough freedom equals you have to give a bunch of time to other stuff. Freedom is a resource. It could be not enough money, not enough time, not enough resources, not enough mental capacities, not enough physical energy, not enough... It's all in that field of not having all the resources I would need to do it. And then I just see some really positive stuff in there of : I refuse to not be authentic. I refuse to prostitute myself. I refuse to stay stuck in ego. These are really good, really good, really juicy.

I wanted you all to get a chance to see what everyone writes, just to wrap your heads around the fact that, believe it or not, most of us don't have very unique reasons why not! Reasons why not float around the field, and they're either about you not having enough, or you not being enough, or you not having enough of blah, blah, blah. If we bring that back to the Hara Line, that's all about your

ability to bring in the resources that you need in order to accomplish your goals.

Something else really interesting in here is that if there's a part of us that's not sure whether, if we actually had all the resources we needed, do we fully trust ourselves, that we would live according to our highest principle and Soul longings. Most of us are a little bit afraid that maybe we would fully reconnect to the Molten Lava, and to getting any resources that we need, and then it'd be like : 'yeah, but is it my Soul longing that's driving the boat of what we're going to do with this?' This is a recurring theme. All of us have this misuse of power, fear of misusing power, fear of being persecuted for having power, etc, etc.

I love it! I love the answers you put. Lots of authenticity in here. Lots of deep, deep desire for authenticity. Can you tell the difference in some of the reasons why not that are actually positive intent - based on your Soul's deepest longings - from other reasons why not which are more about your ego wanting to control and make sure that it's able to protect itself? That's the place where I want to play with the downloads tonight : the idea of really getting clear discernment of your spiritual desires, which are your deep Soul longings of what you have come to do here, what you want to embody here. It always comes down to : all of us as Souls come here to help heal stuff. We come here, we bring that up in our bodies, and the idea is for us to heal that in the fabric of humanity.

So, we really want that discernment between the spiritual desires and the desires of the personality, or the ego cravings. It's such an important thing to understand the difference between these two, *because what your personality desires is based on what it's trying to avoid feeling again.* It doesn't have to be like that. If the Hara Line is super clear and the Chakras are all open and you don't have a bunch of programs and wounds floating around in there that haven't been

processed, your personality is completely able to be 1000 percent aligned with your spiritual reality.

We've got to be careful here. I'm not saying : personality = ego = bad, then soul and spirit = good. The personality you came in with - cause you came in with one - it's like your astrological makeup and your karmic proclivities and all that stuff. It serves a purpose. It's made perfectly for what you've come to do. The issue is when unprocessed wounds and traumas and an ego that has made up a whole bunch of stories about life, about who you are and what you need to do and how others are going to be with you and all that stuff... That's the tricky thing. That's the egoic mind-made-self.

I want to play with a couple of these things tonight and, Maria, just so you know, what we do on the second call of the month is we do 'Downloads and Discernments'. The way that works is we just plug into Source directly - I'm going to guide us through it, but basically we just plug into Source. The Crown Chakra and the Heart Chakra are the main way we're bringing it in. We just allow Source to bring in the download into us, through us and through our Heart. Then that enters all of our Auric Field.

I'll go at it a little bit intense for a while. Just close your eyes and take it, receive it as best you can and then I'll taper it off, once I feel that I start getting this symbol in my head : 'it's like, okay, okay, okay. Just five more, okay.' Then I'll bring it down, calm it down, and just allow the energy to flow for a while for integration. Then we can chit chat about whatever came up for us. I'm in a good mood. My Aura's really expanded today so hopefully that's going to be fun for you too. I'll ask the Source energy to work on specific areas of the Hara Line as well. I'm just giving you a little glimpse, because once I start talking other stuff's going to come in that I don't know right now so. All right...

Meditation starts here 😊