



Healing the heart of humanity one soul at a time

Humanity Healing Starseed Activation Program

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Hara Activation



*You don't have a soul. You are a Soul. You have a body.”
~C.S. Lewis*



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The Starseeds

Star-seeded Souls, or Starseeds, are a general classification of souls that are not from an earthborn source. They include Angelic Humans, Walk-ins, Time Travelers, Otherkin, and Souls originating from other planets elsewhere in the universes.

All these pods of Starseeds are distinctive and unique, not so much for their gifts which reflect light, but for their expanded heart connections and their ability to give generously to others without conditions.

These pods of Star-seeded souls are natural sources of life force from the heart of ascended realms.

Each member of these pods, when capable of expressing his or her true nature, manifest a divine bridge for other souls on their path of ascension during this time on Earth.

The stars systems hold higher-dimensional forms of consciousness for Humanity and it is through people's reconnection to the stars, through their soul connections, that a doorway is opened for them to



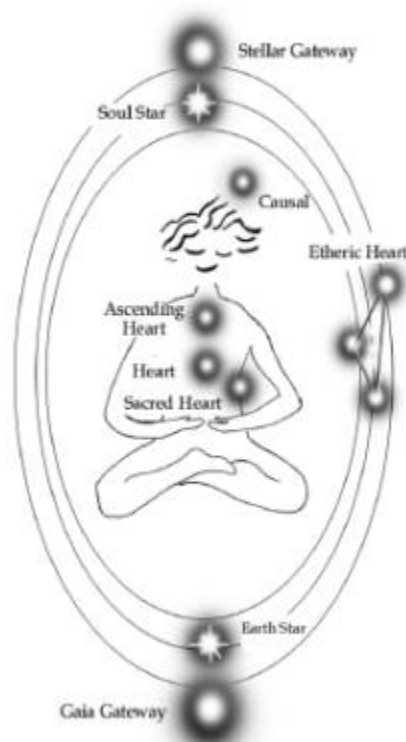
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receive a download of higher consciousness and consequently to retransmit the knowledge to other beings on this plane of existence.

Introduction



For those who already know they are Starseeds, this is an intense Activation process, it will trigger the awakening of your life purpose, help recalibrate and heal all energetic blocks and liveliness distortions.

It is called the Hara Alignment.



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This procedure will allow different pods of Starseeds to activate themselves. At this time, a lot of Starseeds are not activated. Some just started the process of awakening. Nevertheless, their awakened energies are necessary to help anchor love and light to Mother Earth and all her Living beings.

There are different levels to the energy field in a body. The Auric Level is comprised of the seven commonly known Chakras of the Physical body. The Haric Level consists of the next seven Chakras of the Astral body. This, in turn, is followed by the seven Chakras of the Spiritual body.

The Hara Alignment (also referred to as Hara Attunement or Hara Activation) works both on the physical body to help bring into alignment anything that is out of place in your frame constitution, but also to reconnect you with your Divine essence at a soul level.

The Haric dimension of activation reaches a level that is deeper than the Auric dimension, so energy field and chakra system changes are bound to occur. These symptoms of these changes will be covered later in this course.

Aligning your Haric Level will align you with your life purpose. The exercises that follow will help you to align your Hara Line and heal any distortions in it or in the points along it. This attunement will make you able to access higher frequencies and will align you with your greater purpose and full knowledge of your Soul Contract. In addition, it will amplify your realm of perception.

It is absolutely necessary always to set clear intentions before proceeding with this activation, since the Hara Energy works with the multi-dimensional field of Intention.

*“Oh soul,
you worry too much.
You have seen your own strength.
You have seen your own beauty.
You have seen your golden wings.
Of anything less,
why do you worry?
You are in truth
the soul, of the soul, of the soul.”*

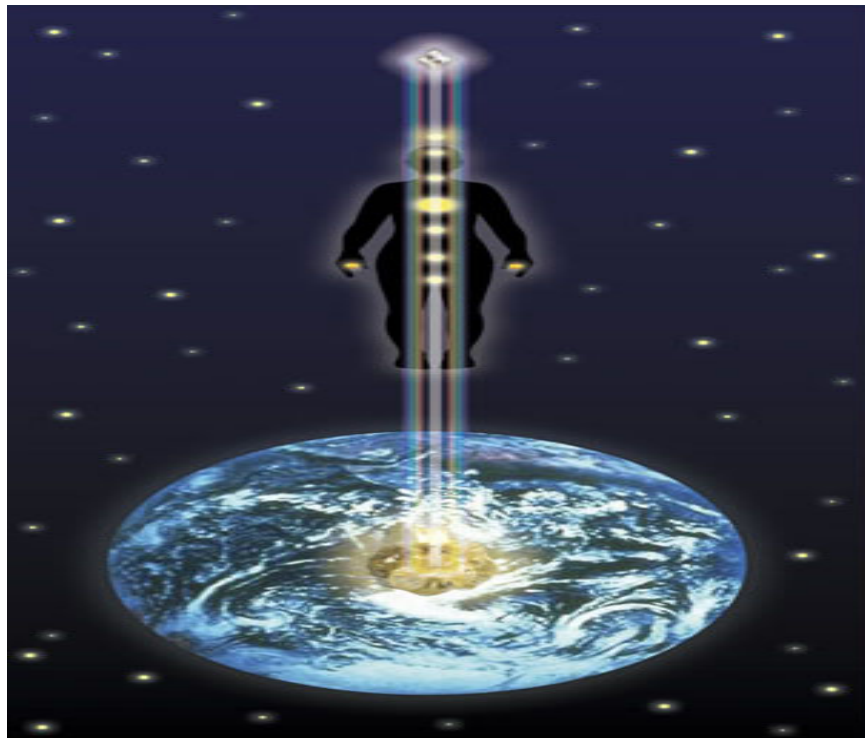
~ Jalal ad-Din Rumi



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What Is Hara?

The Hara is a core power source that resides outside of the Auric Field of the human body. The Hara Line itself looks like a vertical laser line running down the center of the body, with three main points of



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connection. The first is the Tan Tien¹. This is your center of power and intention in the middle of the belly. The Tan Tien is then connected upwards towards the Soul Seat, sitting under the throat and above the heart. The Soul Seat is also referred to as the "high heart", or the Eight Chakra. The Eighth Chakra is then connected up to your "ID point", or Individuation Point. This is located at the back of the head at the base of the skull at the medulla oblongata and is referred to as the Zeal Point Chakra. This is your connection to "ALL THAT IS", the Divine Energy of the Universe. The Hara Line is comprised of a double flow of energy, which moves up and down the body centers both in front and in back of the body.

This is the first step towards the awakening of Your Starseed Connection.

The Hara Activation or Hara Attunement is designed to "anchor" into the ground your yearning and desires, goals and aspirations, and script of your Soul Purpose. These scripts are stored in the records of your Soul Seat.

"The human soul needs actual beauty more than bread."

~D.H. Lawrence

It is possible for the Hara Line in an individual to be weakened or damaged. This can be caused by various reasons including prolonged illness, living out of balance by emphasizing only the upper chakras and not the lower chakras, and a lack of a practice of grounding. Serious damage may require assistance from a practitioner with specific knowledge in this area, such as Quantum Healers.

The exercises and activations described in this document are safe for individuals at all levels of spiritual practice. Following these procedures will both strengthen and activate your Hara Line.

¹ The Tan Tien is a power center located approximately two and one half inches below the naval. The Tan Tien is used in the martial arts for mental focus and to draw personal power from. It is also known as the "Core Star Connection".



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The Eighth Chakra: The Seat of the Soul



The conflicts of a human's life are directly proportional to the distance at which the energy of personality exists separately from the harmonic frequencies that emanate from the divine spark or soul. The Seat of the Soul, the Eighth Chakra, holds the ancient knowledge of our Soul Contract and ultimately, our life purpose.

The Eighth Chakra is the energy center of divine love, of spiritual compassion and spiritual selflessness. The Seat of the Soul is the major core star of our energetic system. It also holds the records of what our souls have agreed to as specific lessons in our upcoming lifetimes and in our past lives.

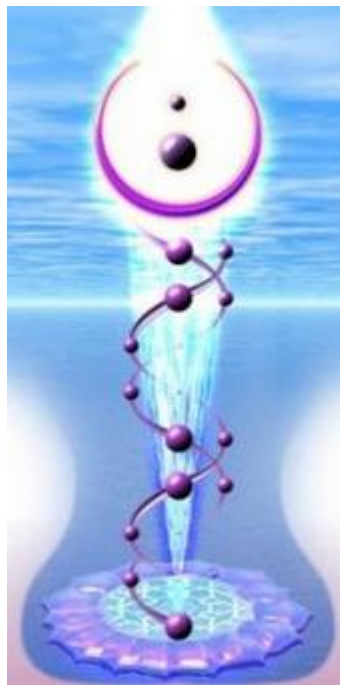


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Preliminary Exercises



The purpose of the following exercise is to help you start centering your energy, to help you ground and to gather vital power for the second phase of activation.

1. Sit calmly, close your eyes, and start a series of three breaths using the Four by Four² Breathing Technique. Inhale Light through the top of your head and down into your Body. Exhale all of the stress and worries from yourself. Direct the energy down through your feet and on down to Crystal core of Mother Earth.

² The Four by Four Breathing Technique consists of inhaling for 4 seconds, holding 4 seconds and releasing for 4 seconds and holding for 4 seconds.



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2. Place your left hand, palm up, on your left thigh. Your right hand should touch the area one or two inches below your Navel³. Stay there till you feel the flow of energy.
3. Ask the Earth Angels to come to activate this Vortex center for you.
4. Move your right hand up one or two inches above the navel (another energy vortex) and ask the Earth Angels to activate that area for you.
5. Continue to breathe deeply and literally feel the energy from above run through all your body.
6. Place both of your hands, palm up, on each thigh and ask the Earth Angels to send a confirmation that you have been activated. Continue the Four by Four Breathing until you receive it.
7. Radiate Gratitude for the Blessing you have received.

³ The Tan Tien.



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Hara Activation



The following activation of your Hara Line will align you with your life purpose. This exercise will help you to align your Hara Line and heal any warp in it or in the points along the column. It will



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support you with your greater purpose and set in motion your intentions and abilities of manifestation.

We suggest you do it every day in the morning to heal yourself and activate your spiritual connections with the Universe and each time you set about accomplishing something.

- Imagine a sphere of energy inside your body on the midline of your body at the Tan Tien, which is located about two and one-half inches below your navel. This is the crucial point that holds your body in the physical manifestation since this point is the center of gravity of physical self.
- The Hara Line and the Tan Tien point are usually seen though a golden color, but in order to do this activation, you have to imagine the Tan Tien point being red. This is because you are pulling energy up through the Root Chakra.
- Stand with your feet about three feet apart and bend your knees so that you are settled. This is referred to as the Horse Position in Yoga.
- Let your feet stay outward so that you do not twist your knees.
- Line up your spine, keep it straight. Try to align your Body with the center point (tail bone) directed to the center of Earth.
- Place the very tips of the fingers of both hands into the Tan Tien. Keep your fingers together.
- Feel the Tan Tien within your body and make it hot. Make it red hot. If you are connected to it, your whole body will warm.

Note: If your body does not get warm you have not connected to with your Tan Tien. Try again. Practice until you succeed. Once you have succeeded, move your awareness down to the molten core of the earth.

- Now place your hands in a triangle position, thumbs touching with your finger tips pointing down into the earth directly in front of the Tan Tien. Take time to feel the connection between the earth's core and your Tan Tien. You should feel the heat; so much that you may start sweating.
- It is not uncommon that you may even hear a sound similar to that the one martial artists use as a cry when they are about to strike. If your higher sensory perception is open, you will be able to see the red color in your Tan Tien.



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- With your mind's eyes, you should see a line of light connecting the Tan Tien with the core of the earth. This is the extension of the Hara Line. If you do not see it, imagine it. You don't have to see it to make it work.
- Place the fingertips of your right hand into the Tan Tien, and point the left palm to the right side of your body with the fingers down. Hold the left hand directly in front of the Tan Tien. Hold this arrangement until you are stable and balanced.
- Take a series of deep breaths and then bring your awareness to your upper chest area, about two inches below the hollow in your throat, on the midline of your body, and three inches out to the front. Visualize an equilateral triangle with the two blades of your shoulders in the back to the front of the body. This point is the Eighth Chakra, the Seat of the Soul. In this point you will find a sphere of diffuse light. This light carries the Song of your Soul, your unique note that you bring to the Universal Symphony. The Eight Chakra, or the Higher Heart, carries the longing that leads you through life to accomplish your Soul's Purpose. Place the fingertips of both hands into the soul seat in the upper chest, as you did before with the Tan Tien.
- Once you are connected to it, it may feel like a balloon is being blown up inside your chest.
- With your mind's eye, it will look like diffuse light around a candle, but purple-blue in color. Expand the purple-blue light in your chest. Next, place the fingertips of the right hand into the Soul Seat and the fingertips of the left hand pointed down to the earth over the Tan Tien.
- Position the flat open palm of the left hand so that it faces the right side of your own body. Feel the Hara Line running directly down from the Soul Seat through your Tan Tien and down into the centre of the earth. When you can feel this very strongly, move on to the next step.
- Feel the Hara Line which extends from the Soul Seat up through your head to the small upside down funnel opening of the ID point. This small opening is really a small vortex, its open end facing downward. It is very hard to feel. Keep trying it. It may take some time.
- This energetic whirlpool represents the first point of individuation from the Oneness of All That Is.



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- When you are able to feel the Hara Line through the ID point, it will suddenly disappear into formlessness. You may even hear a sound resembling a cork coming out of a bottle. You will instantly feel the difference, because as soon as you connect to it, you will feel much more energy.

*Have done that, you finally have aligned your Hara Line.
Wait for several minutes until the Hara Line is stable.*

- Lower your right hand with fingers pointed up and palm to the left side of your body so that it is over your Soul Seat. This should be more comfortable for you.
- Keep the left hand pointed down with the palm to the right side of your body and held over the Tan Tien. Feel the Hara Line and the three points along it we have worked with: the Tan Tien, the Soul Seat and the ID Point.
- Make it straight with your Intention. Intend for it to be straight, bright, and strong. Keep your Intention until you feel it get straight, bright and strong.

When you have aligned your First Point of Individuation with your Soul's sacred purpose and desires with the One Note, you will feel why you have drawn embodiment down towards Mother Earth and you will have aligned yourself with your Life Purpose.





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Soul Meditation

Fatigue Buster & Soul Meditation⁴

Here is a technique on how to re-energize your body and keep your ego surrendered to your spiritual heart and soul.

1. Sit in a quiet space and close your eyes.
2. Take a few deep, cleansing breaths, then draw your breath up to your forehead and the crown of your head, holding it there for a few moments, merging into the stillness.
3. Allow the Breath of God to enter in and gently exhale, carrying the Holy Breath down into your lower body. At the end of the exhalation, pause for a few moments and feel the spiritual energy moving in your body.
4. Repeat this process seven times to invigorate your body, clear your mind and open your heart.
5. To deepen this into a meditation, imagine removing your "earthly" self from your body and placing it in front of you. Descend into your subconscious mind. You will know how to do this; just go down and in, down and in. When you are deep inside yourself, say "Arise, my Soul" and expand into the universal mind and spirit of God.
6. The currents of Light will come to meet you. Surrender to them by saying, "Not my will but Thine be done," or seek oneness with a phrase like, "O, Spirit, let me be at one with you." Chose a phrase to commune with God in whatever way seems appropriate.
7. Rest in this deep connection. Towards the end of your meditation, seek insight on questions, issues or challenges that are facing you and wait quietly for whatever answers might come.
8. Whether answers present themselves or not, close your meditation by sending out healing energy to loved ones, political leaders, and geophysical areas in distress.
9. Breathing spiritual energy into your life is health-giving and brings peace to the world. There is no better way to serve yourself and all living things.

⁴ This is based on an Edgar Cayce meditation from the book, "Toward a Deeper Meditation".



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The Invocation to the Unified Chakra

The Invocation to the Unified Chakra⁵ is effective in relieving many awakening symptoms, bringing all of your fields into Alignment, and living with more peace and joy. The Unified Chakra supports your awakening at every level. The Unified Chakra Meditation is one of the basic techniques of Starseed Activation.

The Unified Chakra creates a bubble of Light that allows you to process higher frequencies and acts like a force field to protect and screen out other peoples' energies.

The Unified Chakra is one of the better methods to assist you to follow with your Spirit in every breath and every step – the essence of mindful living. We suggest that you exercise the Invocation every single time that you notice that your consciousness is in the past or the future.

At first this will seem like an incredible task, but if you apply yourself with discipline to this spiritual practice, you will find that within two weeks you will be able to instantly unify yourself, and at the end of four to five weeks, you won't step out of mindfulness.

⁵ The Invocation to the Unified Chakra is from *The Ascension Handbook* by Tony Stubbs.



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Invocation To The Unified Chakra



I breathe in Light
Through the center of my heart,
Opening my heart
Into a beautiful ball of Light,
Allowing myself to expand.
I breathe in Light
Through the center of my heart,
Allowing the Light to expand,
Encompassing my throat chakra
And my solar plexus chakra
In one unified field of Light
Within, through, and around my body.

I breathe in Light
Through the center of my heart,
Allowing the Light to expand,
Encompassing my brow chakra



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And my navel chakra
In one unified field of Light
Within, through, and around my body.

I breathe in Light
Through the center of my heart,
Allowing the Light to expand,
Encompassing my crown chakra
And my base chakra
In one unified field of Light
Within, through, and around my body.

I breathe in Light
Through the center of my heart,
Allowing the Light to expand,
Encompassing my Alpha chakra
(Eight inches above my head)
And my Omega chakra
(Eight inches below my spine)
In one unified field of Light
Within, through, and around my body.
I allow the Wave of Metatron
To move between these two points.
I AM a unity of Light.

I breathe in Light
Through the center of my heart,
Allowing the Light to expand,
Encompassing my eighth chakra
(Above my head)
And my upper thighs
In one unified field of Light
Within, through, and around my body,
I allow my emotional body to merge
With my physical body.
I AM a unity of Light.



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I breathe in Light
Through the center of my heart,
Allowing the Light to expand,
Encompassing my ninth chakra
(Above my head)
And my lower thighs
In one unified field of Light
Within, through, and around my body.
I allow my mental body to merge
With my physical body.
I AM a unity of Light.

I breathe in Light
Through the center of my heart,
Allowing the Light to expand,
Encompassing my tenth chakra
(Above my head)
And to my knees
In one unified field of Light
Within, through, and around my body.
I allow my spiritual body to merge
With my physical body,
Forming the unified field.
I Am a unity of Light.

I breathe in Light
Through the center of my heart,
Allowing the Light to expand,
Encompassing my eleventh chakra
(Above my head)
And my upper calves
In one unified field of Light
Within, through, and around my body.
I allow the Oversoul to merge
With the unified field.
I Am a unit of Light.



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I breathe in Light
Through the center of my heart,
Allowing the Light to expand,
Encompassing my twelfth chakra
(Above my head)
And my lower calves
In on unified field of Light
Within, through, and around my body.
I allow the Christ Oversoul to merge
With the unified field.
I AM a unity of Light.

I breathe in Light
Through the center of my heart,
Allowing the Light to expand,
Encompassing my thirteenth chakra
(Above my head)
And my feet
In one unified field of Light
Within, through, and around my body.
I allow the I AM Oversoul to merge
With the unified field
I AM a unity of Light.

I breathe in Light
Through the center of my heart,
Allowing the Light to expand,
Encompassing my fourteenth chakra
(Above my head)
And to below my feet
In on unified field of Light
Within, through, and around my body.
I allow the Source's Presence to move
throughout the unified field.
I AM a unity of Light.



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Pranic Healing: Releasing Fear and Anxiety with Breath



*"Breath is the link between the inner and outer worlds."
~ Alice Christensen*

Prepare by envisioning yourself surrounded by God's white light.

Breathe in God's white light,
Breathe out God's white light.

Breathe in love,
Breathe out love.

Breathe in inner peace,
Breathe out inner peace.

Breathe in God's white light,
Breathe out God's white light.⁶

⁶ Written by June Soyka , www.selfhealingexpressions.com