

Heart Point Technique

A Healing Modality from Divine Mother

We are so blessed to be on Mother Earth at this time! I know, some days it certainly doesn't feel like a blessing, sometimes I need to remind myself that, I chose to be here during this powerful time of transformation!

What a blessing to have access to so many wonderful and powerful tools to assist us on our journey through time and space. Heart Point Technique (HPT) is one of those tools. I love this healing modality because it is simple! KISS Keep It Simple Sweetie is a moto I choose to have in my life as I feel in the past I would try to over complicate things. Life can be easier when we allow it to be so!

My intention in this eBook is to share some of the basics about HPT, what benefits you can receive from using this fantastic healing modality and how to apply it to your daily life.

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What is Heart Point Technique?

HPT is a newer healing modality sent to us by Divine Mother

Heart Point Technique (HPT) is a Spiritual healing modality, working with light and energy to relinquish and release limiting beliefs, cellular memories and aberrant patterns from every level of your being. HPT works in a gently and soothing way to permanently shift the past, so you can be clear and present in this moment. Supporting you in your purpose, passion and heart desires.

HPT is a transformational spiritual tool like no other I have worked with in the past 20 plus years of healing work.

HPT is a simple yet extremely powerful tool that heals at the heart and soul level as it clears and releases the old stories/memories. When these memories or pattern are released, our cells and beings open up to new opportunities and allow more love to flow into our lives and cells.

Brought forth to the planet by Rebecca Marina, a wonderful Spiritual Teacher, Seer and Energy Healer. Divine Mother called to Rebecca to bring HPT to planet earth. I have been attending her classes and training since around 2003.

Use HPT as part of your daily practice to improve and de-stress from the daily challenges of life.

Imagine creating your heart's desire by simply using Universal Light and allow the new story of your heart's desire to unfold!

Benefits of Heart Point Technique

There are many benefits of HPT – clients and students report:

#1 Share I hear is "I feel so much lighter"

SENSE OF PEACE and CLARITY - That 'Knowing' we are One and can tap into the garden of Peace within with complete clarity.

OPEN TO RECEIVE – Openness - Space - A feeling of BEing open to receive all the good the Universe is ready to send us.

NEW INSIGHTS – YOUR intuitive skills and awareness enhanced. Bringing light into your Brain, Corpus Collasum and Mid Brain (more on the brain later) opens and expands your brain and mind, therefore creating space and bolstering the ascension process within your Body, Mind, Heart and Spirit.

LIGHTNESS - The feeling of burden(s) released. As your heart receives the light of illumination and all the difference aspects of the light that this modality has to offer, your entire being feels lighter, more open and expanded.

ALIGNMENT - Align with your purpose in life. Allowing the light to guide you to what is holding you back, call forth the energy needed for healing and receive the shift to move forward in your life.

VIBRANT - Radiating with light in your heart and mind. Feeling more radiant in your body and mind, looking more radiant in your appearance. Looking younger the more you work with the light. Simply transformed by the light, sound and colors you call forth!

FREEDOM - a sense of feeling and being free to move forward with life and feeling completely ***neutral*** about issues that have held you back or haunted you for years!

Imagine opening to the light and changing your life in that instant!

Magic is all around you! Embrace it and allow the magnificent of this simple healing technique to bless and change you forever!

Step into the true essence of who you are!

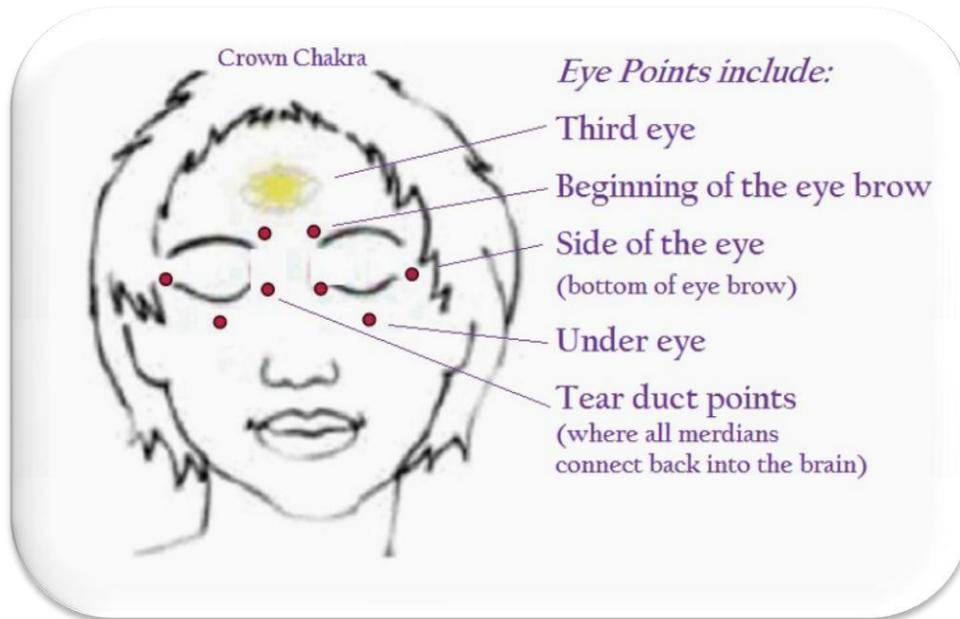
No matter what your past was, what your present is, what you experienced in past lives or what energies you have carried forth in your DNA from your ancestors, Heart Point Technique can assist you in raising your vibration and allow the miracle of you to shine!

The Heart Point Technique Points

Heart point technique works by harnessing the power of spirit with the wonderful energy of the heart.

HPT does work on a spiritual and energetic basis and gives clarity to any situation that needs healing. I find the guidance I get while holding the heart point simply astonishing.

Hand hold positions are a Hand over your physical heart and a hand over your eyes. The hand over the eyes covers all the eye points.



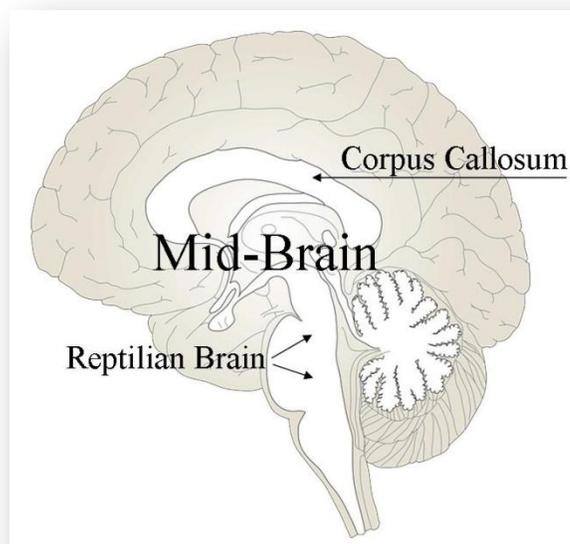
The energetic points are:

1. The Higher Self Point (HSP) is 18-24 inches above the head. The HSP is a gateway to all the divine intelligence and assistance that you could ever need. It is a portal of sorts that you can call forth the light, sound, color, sacred geometry and any type of energies needed for healing. Over the past several years my guides have added many techniques to HPT. One of those is creating "Energy Packages" at the HSP, where you call forth everything needed for healing. The best part is, even if we

don't know specifically what is needed our non physical team of guides do know and will bring it for you, just in the asking.

2. The Crown Point, the very top of the head. At the center of the brain is the *Corpus Callosum*, a thick bundle of nerves runs that runs between the left and right hemispheres of the brain. The corpus callosum assists in the communication between both sides of the brain. It also acts as a conduit that allows the energy, sound color and light to travel through. Bringing light into the left side of the brain is one of the ways to expand your consciousness and assist your intuition to grow and expand. The right side of the brain, our creative and spiritual side benefits when the left side of the brain, our more logical and linear opens and expands.

You will also hear me on the newer recordings talk about the Mid Brain. The work of Dr. Pillai has had a profound shift in this healing modality for me. Dr. Pillai's mid brain work is changing the world. Adding this piece the HPT is creating even bigger shifts. The mid brain consists of the Pineal, Hypothalamus glands, the Amygdala (fear center), Limbic brain (emotions or feeling brain).



3. The 3rd Eye. The seat of your intuition. Also key in stimulating the hypothalamus, pineal gland and supporting organs. In addition to this, you can cover the whole of the eye points with your hand and you will be covering, the emotional centers, the center for fear, and the points where all acupuncture meridians enter the brain. Cover these points with your hand or fingertips.

4. The Heart Point. Cradle the heart slightly to the left. Your heart is not right in the center. The heart itself is a powerful source of intelligence and healing.

5. The consolidation point. This is at the base of the head - the occipital point where the head and spine connect. When tapping here you are sending messages up into the brain and down into the spine and nervous system at the same time. This is also a point on the body where all the meridians connect back to the brain.

The Reptilian brain (brain stem, instinctual, dinosaur brain) is equally important and I have recently been shown some new ways of clearing old patterns from this area of the brain to support your journey.

I am Grateful for all the ways working with the light continues to expand and grow into new processes all based on this wonderful healing modality.

HPT - Heart Point Technique

Activating and Blessings the Points

Higher Self Point - Reach up 18-24 inches above your head – this is your connection to source energy. We are connected to Universal Source at all times through this point. We can bring in whatever energy is needed easily to shift energy within our being.

Crown Point – Several meridians come together in the Crown Point. The Corpus Callosum is a bundle of nerves that connects the right and left sides of the brain. This nervous track is how information transfers back and forth from one side to the other.

Third Eye Point – Seat of psychic vision, located in middle of your forehead, between your eyebrows. HPT opens the third eye and all ‘eye’ points. Here we connect into the Mid Brain as well.

Throat Point – 5th Chakra – Our voice to the world and our selves.

Heart Point – Heart point is the seat of all wisdom. Heart point already contains the wisdom of the universe.

Consolidation Point – This is at the back of your head, where the brain connects to the spinal column. The consolidation point sends information down through the spinal column and into the nervous system and up into the brain through the meridians. Take four finger on either hand and place them vertically at the back of your head, this hand position will connect you with the Consolidation Point.

1. Higher Self point –REACH UP above head and say I bless my High Self point and give permission to open and receive.
2. Crown Point - TOUCH and say I bless my Crown point and give permission to open and receive.
3. Third Eye Point - TOUCH and say I bless my 3rd Eye point and my Mid brain and give permission to open and receive.

4. Throat Point - TOUCH and say I bless my throat point and give permission to open and receive.
5. Heart Point - TOUCH and say I bless my Heart point and give permission to open and receive.
6. Consolidation Point - TOUCH and say I bless my Consolidation point and Reptilian Brain and give permission to open and receive.

Touch each point and repeat out loud:

I bless and accept myself.

I bless, accept and forgive myself when I have made mistakes.

I bless, accept and forgive myself when I have failed.

I bless, accept and forgive myself when I have been critical of myself and others.

I bless and accept myself for having the courage to show up in this incarnation.

I bless and love myself.

And so it is!

Blessings are bountiful when asked for! You may consider using this process on a daily/weekly or monthly basis. My your being over flow with bountiful blessings!

"Divine Mother sent us this healing modality to help up leave our old sad stories behind and focus on what we truly want in our lives."¹

¹ Rebecca Marina - Channeled Heart Point Technique onto the Planet

Chanting - Sound Signature

Sound is a powerful tool to manifest change in our lives. Think of a song or a piece of music that calls to your heart. What do you feel in your body when listening to it? What does it invoke within you? Memories, a sense of peace, the motivation to get up and dance?

Chanting has the power to move, integrate and shift energies in simple yet powerful ways. Many ancient cultures have chanted for thousands of years. Why is that? There is power and healing within the tones, notes and sounds that assist us or connect us to specific parts of our brains and bodies.

In HPT we chant some of the 99 names of God from the Arabic language. I also tap into Hebrew and the Sanskrit languages. What do all of these have in common? They are all ancient languages on the planet, many of the words or names have been and still are chanted today. Long term chanting or creation of sound creates a sound signature that has a resonance around the planet.

When I chant, my intention is to connect into the sound signature to amplify the sound and the light energy it carries. Why not tap into a powerful resource that is already in place?

My guides have given me a cadence to chant by. Sometimes they shift that or make up words to chant (they may be from an ancient language that I am not consciously aware of).

What I do know, there is healing in my voice and I believe we all have the capacity when we open ourselves up to it.

If you choose to listen to some of the recordings, please chant along with me and see how that feels in your body. The main chant I use is An-Nur which means *The Light*. Gods incorruptible healing light.

HPT Basic Protocol - Money

After activating the HPT points and bringing in the energy...

Set aside some quite time to give this healing your full attention. You are important on this planet. Giving to yourself first, fills your "cup" to be present and able to give to others.

For this exercise we'll focus on issues or stuck energy around money. What is a recurring pattern around money in your life?

Place your hands in the HPT pose. Hand over the eyes and hand over your heart.

1. **Call forth** the light of illumination, the light of Divine revelation into your higher self point and intend for the light to move into your crown chakra, through the eye points, down through your throat chakra and into the deepest wisdom of your heart. Chant *An Nur* (the light) or another word or phrase that you resonate with.

2. **Ask** what is the story that is affecting me today about money? Or, What story am I telling myself about money? Or, What energy is holding me back around the energy of money?

3. **Ask** the light to spotlight the area in your body that is holding this story/energy. Watch where the light shining upon or where you feel discomfort in your body. Tune into **how intense the emotions or energy feels** around the energy or story.

Give this an intensity rating. Rate it on a scale of 1 to 10. 1 being low and hardly any energy, 10 being high and intense, like you want to crawl out of your skin, (well that could be a 10 plus.)

Make a note of the intensity rating.

4. **Acknowledge the energy you are feeling.** Hold the energy up to the light for healing. Ask the light to bring you the energy of mercy, compassion and love. Release any blame into the light. Ask for the energy of Divine Forgiveness to radiate through the area in your body. Send Divine Forgiveness to all others involved.

Continue to send light from your heart center until you feel a shift. Chant *An Nur* 9 to 27 times to amplify the light energy.

5. **Tune back in** - think of the story/energy that came forward in the questioning. How are you feeling differently about them or the situation? Does the energy feel softer? Tune into the rating level again and jot that down.

6. **Ask** for a new story or the energy needed to bring balance, peace, love, happiness and the energy of joy into this relationship(s). Call those energies forth to your high self point and then chant them down into your crown, through the eye points, through the throat and into your heart.

What is the rating now on the scale of 1-10? If it is above a 1-2 go to step six or if still really intense go back to step 1 and move through the steps again. There could be another aspect of the energy or story that needs additional attention.

7. Move into a place of really feeling this joy in your heart. **Choose a keyword or phrase that expresses your new story or the new energy brought in. Tap the consolidation point** (Nape of neck) to incorporate this into your being.

Example: Money flows consistently to me easily. I am in the flow of money. Money is ever abundant in my life. Money and I align for greater good on the planet.

8. Re-check your intensity rating and see where you are and if you need to do more work go back to step 1.

Now that we have moved through a basic protocol, consider going much deeper into Activating your true BEingness with money by purchasing the telecourse replays.

Visit <http://www.hpthhealing.com/be-money/>

Love & Blessings

DaKara

For more information and support visit www.HPTHealing.com



DaKara Kies is a gifted intuitive healer that specializes in clearing core issues and blocks that hold you back from stepping into your true power, passion and purpose. Working with the inner child to bless, heal and nurture that most sacred part of ourselves.

DaKara is a healer's healer, assisting healers and light workers to clear the blocks to bringing their gifts to the world. It is time for you to transform the very essence of your being into a radiant and magnificent beacon of light so that your divine purpose unfolds into the richness of your life journey.

DaKara has trained for over 20 years in several healing modalities, and supports her clients on multiple levels, through one on one sessions, teleclasses and workshops.

As an Heart Point Technique Master, Certified Energy Healer, Inspiration, Money & Relationship Coach, her mission is to share Universal healing light with as many people as possible. Light is an alchemical healer that supports each of us, especially in times of transition. DaKara's gifts easily help you shift into your magnificence.

Allow DaKara to guide you in standing in your spiritual authority, so the beautiful light within you, can radiate forth to the world.

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Disclaimer

**I am not a doctor and HPT and Energy Healing is neither medical intervention nor traditional therapy. If you are seeing a doctor and/or taking medication, do not stop your medical care without consulting with your medical professional.*

IF YOU INTEND TO USE HPT OR ANY ENERGY HEALING MODALITY, YOU MUST TAKE FULL RESPONSIBILITY FOR YOURSELF WHILE APPLYING THESE TECHNIQUES.

¹ Rebecca Marina - Channeled Heart Point Technique onto the Planet - Rebecca is a wonderful teacher and mentor. This healing modality is a gift to us all! Parts of this ebook is based on her work and shared with permission.