



# Hara - Deepest Healing For Advanced Practitioners

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Janna Moll, MSN, LMT, HTCP/I

## What is the Hara?

The Hara is the unique energetic expression you choose to bring with you from Divine source. This energy is drawn out of the “all that is” and is essential to complete spiritual into physical manifestation on this earthly plane. The Hara carries all the lessons and intentions for the evolution of your spirit in this lifetime. It is YOUR personal history and your potential past, present and future. I refer to it as your personal Akashic record (the record of all in your life that exists on the Etheric level). The Hara is pictured as a column of light that runs from the Central Sun (Divine Source) above the head, through the center of the body and down to the Earth Crystal.

## From where does the energetic source of the Hara originate?

The Hara originates at the source called ‘all that is,’ the Central Sun, the Zero Point Field, or God – whatever terminology for the Supreme Power or Knowledge that is appropriate for you. The Hara arises the moment your higher self gives intention to have a physical experience. The Hara exists to support you having a physical body and to experience a lifetime on this planet.

I believe the Hara manifests as a central cord wrapped by three spiraling cords of coherently uniform energy. There are three nodes on the Hara corresponding

to the three points: Individuation Point (ID), Soul Seat (SS) and Tan Tien (TT). The harmonic vibrations thrumming in the cords generate an intense energy field that radiates from each cord like ripples from a pebble dropped in a still pond. Please note that this energy exists before the physical body manifests. Therefore, it cannot be physically dissected and because of its very high vibration, cannot yet be measured.

The energy spectrum is a range of frequencies organized into three categories. Considering the frequency from lowest to highest or zero to infinity range, they are called the electromagnetic, quantum and subtle energy spectrums. The electromagnetic energies are that part of the lower spectrum for which we are currently able to build instruments. This has been referred to as the ‘Newtonian’ physics realm as this includes the instruments that enable us to predict and manipulate the behavior of mass. Physicists are actively pursuing the nature of these energies with instruments that allow researchers, given enough input energy, to separate energy into smaller and smaller pieces.

Quantum energies and subtle energies are even more energetic than this. In the quantum spectrum, researchers William Tiller and James Oschman have been able to detect and demonstrate the existence of these energies by the use of high-energy particle accelerators that can cause interactions at or near the





speed of light. They have shown that in this energy range the mere intention of the scientist can manifest particles out of an extremely energetic field. They find this effect to be of a “subtle” nature since it is like the energy needed to create an intention or thought. It was thus dubbed “subtle” energy. Subtle energy is difficult for researchers to detect because we currently cannot produce energy or the instruments needed to be able to contain the energy to do the measurement. As energy practitioners, we are working with the subtle energies at frequencies above the seen and measurable realm of energy, or at and above the speed of light. At this level objects do not behave in

trauma in order to release this pattern is an essential tool for the energy practitioner. This work does not replace professional psychological interventions, of course. Remember, all practitioners need to work within their scope of practice. We are changing the energy, not doing psychotherapy. Because of this, the work we initiate can move very quickly and create life-changing results. For most clients, this work is an easy way to clear stuck Hara energy.

### **How is the Hara energy used for healing in an energy practice?**

There is a classic sign that indicates when the client’s

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a predictable way as determined by the Newtonian physical rules. Therefore, rather than ‘spinning’ as a top would, the chakras actually pulse and radiate outwardly as the light from a sun does.

### **Why is the Hara important to you as an energy practitioner?**

All information about the individual is held energetically in the Hara. This information includes all experiences past, present and future. It also includes all contracts for lessons, life, soul and all karma, if you believe in karma. (If you do not believe in karma – it doesn’t matter! Call it soul memory or symbolic information.) When we assess the Hara, we are seeing a moment in time where energies have concentrated. Working with the Hara energy is the fastest way to access and release trauma from the human energy system. Trauma, by its very definition, is a pivotal point in someone’s life where energy has become stuck.

When a client responds to a situation with fight, freeze or flight, now a specific energy pattern exists. Any time the client comes close to touching that trauma again, the client goes into the same pattern. Learning how to guide a client to the origin of a

energetic compromise origin is in the Hara. If you are repeatedly working with opening/clearing the chakras and one or more of them do not hold open between sessions or they cannot open fully, look for the compromise to sit in the Hara system. To find this compromise, we assess the Hara with a pendulum, muscle testing or through intuitive means. The Hara is a very subtle system that exists before the physical body manifests.

### **How does it affect our healing?**

If your client is expressing statements such as, “I am not safe,” “I do not want to stay here” (meaning on this planet or in this lifetime), “I do not want to connect with others because this world is dangerous and cruel,” or “I cannot open to a spirit/God that lets bad things happen to good people,” these indicate a lack of trust and/or a deep trauma being held in the Hara system. Healthy energy is moving and free flowing energy. Disease or compromise is an example or sign of where the energy has become congested –like a blocked drain diminishes the flow of water.

I worked with a client who presented with fear around losing her work, house and not having



enough money to survive. I asked her, "Have you ever been without a roof? Without a job? Not had enough to survive and pay your bills?" Her answer was, "No." This is an indication that there is a trauma held in the Hara because her response does not reflect her actual life experiences. Finding the origin is a quick way to release it permanently. I asked about what was happening when she was in utero. She admitted that her mother was pregnant with her while her father was in the service and serving in a war. When I asked how her mother felt about being pregnant and then led her back to the time when she 'saw and felt' the world through her mother, she shared that her mother was afraid of not being able to keep her job and then subsequently, losing her house and not being able to eat, raise a baby or pay her bills.

You can only heal what is yours to heal. It is very common for a child in utero to take on the issues for the mother because being mostly spiritual still, the child rationalizes that "if mom does not survive, I do not survive." When prompted to return these issues to her mother (or her mother's guardian angel) for healing (or not), the client easily and happily did so. The Hara is then re-patterned through a series of energy techniques without this overlay. In a subsequent session, the client reported NO remaining fear or angst over these same imagined losses.

Practitioner Development, such as adding practice knowledge of the Hara, assists you in developing and deepening client assessment and treatment skills. As Energy Medicine practitioners, advanced classes and training increase your professional awareness and expand your ability to facilitate the deepest healing for your clients, clearing trauma from the Hara and allowing more energy to flow. €