



# Hara Line Reading

SAMPLE READING

## What is the Hara Line?

The Hara Line is the fifth dimensional aspect of a human being. We exist as five dimensional beings. The third dimensional self is our physical body and the material objects that surround us. The fourth dimensional self is our auric field. Our fifth dimensional self is the Hara Line, or Line of Intention. When we chose to come into material form, we did so with intention. We intended to learn certain things, look a certain way, and serve a certain purpose. We then put all of these intentions onto the hara line and created our physical form.

The Hara Line is the foundation for the aura, which is the foundation for the physical body. Our intentions and actions have a direct effect on the Hara Line. If we have mismatched intentions and actions, or are out of alignment with our higher-self desires, this misalignment will show up on the Hara Line, which shows up in the aura, then the body as disease.

When doing a Hara Line reading, mismatched intentions and actions can be caught before they show up in the aura or in the body as an illness. Charging and balancing the line can have a direct effect on our physical and emotional health, and can even help us when we are really stuck.

## Points on the Hara Line



(image courtesy of Barbara Brennan)

When I do a Hara Line reading, I look at certain points on the line. The colors that I use to draw them aren't how I see the line, but are a personal coding system that I use, so they are unimportant for your reading. The lines are also psychically exaggerated, which helps me to see what potential issues might exist.

Here are basic descriptions of the points that I look at:

**The Hara Line-** Begins three and a half feet above your head, runs through the midline of your body and down into the earth. It is bright gold in color. Also called the Line of Intention, it has an immediate correspondence with our intentions. Any change in our intentionality corresponds to a shifting in the position and alignment of it.

**The Tan Tien-** Located about an inch and a half below your navel. The line runs directly through the middle of it. It is the size of a rubber ball and also bright gold in color. It holds our physical form together, and is our source of physical balance and empowerment.

**The Soul Seat-** Can often be misidentified as the heart chakra. It is in the center of the body and directly behind the heart chakra, a bright violet-blue color, and looks like the diffuse light around a candle flame. It contains our soul's longings for us.

**The ID Point-** Also called the Godhead. It is three and a half feet above our body and looks like an upside down cone. The diameter of the cone is one quarter inch and it's a bright gold color. This point is where we individuate from the divine. The Hara Line becomes formless after it passes through this point.

## Your Reading

The first thing that I notice is that your line pulls away from the Earth's core, slightly to the right. Normally this symbolizes a person who is not connected to their body well, but not in your case. I feel that you are deeply connected to your physical form, to the point that you do might even do work around it, like a yoga or dance teacher, something like that. If you don't do that kind of work, you might enjoy it.

Even though you are connected to your physical form, there is a "love/hate" thing going on. Sometimes you can feel like your body betrays you; it gets sick, or injured, or doesn't behave in the way you want it to, and you can get frustrated.

It's important to remember that if there is a physical part of you that isn't "playing well with others," that what it is really crying out for is love. Send love to it. Be kind to it. Treat it like you would a child who is suffering. When you choose to do this, you are aligning your actions with your higher-self's intentions.

Because your line pulls to the right, you tend to rely on the masculine aspect of yourself, and your strength. Strength is good, but fluidity and flexibility are equally as important. Remember to focus on those two things as well. I believe that you understand this and that I could simply be giving you confirmation of something that you already know.

The tan tien can sometimes be damaged when there is physical, sexual, or emotional trauma that can make a person not feel safe in their body. I do not see any of this on your line currently, so if you did ever have an issue like this, it has been addressed and you are on track and in alignment.

My intuition tells me that you have suffered, but you are doing the work to find your bliss, and you are doing it well, and this shows in your power center.

However, it isn't charged up as much as it could be, and your hara line pulls away from it. Your tan tien is your power center, so when I see this, it means that you are not standing in your power as much as you could be.

Your higher self requires courage from you. It asks you to create healthy boundaries with people, and to let go of being the "nice" one all of the time. Stay in your truth, say no when you need to, and let go of any guilt that you feel when you do so.

You are someone who doesn't benefit from doing things that you don't want to do. It's rarely in your best interest, and ultimately, it causes physical illness when you acquiesce too much to other people's needs at the expense of your own.

Balance is key for you; balancing work, pleasure, spirituality, and home life. You cannot be truly balanced when your needs take a constant back seat. You have a mission here on this planet, and self-care is extremely important in order for you to continue.

Speaking of that mission, when I look at your soul seat, or heart center, it is brightly colored and huge! You have an amazing capacity for love, even if others don't always see it. You feel it, even when you try not to. You are highly empathic, and you tend to pick up other people's stuff and carry it with you, and it shows up in this area.

Your soul seat carries your life purpose. Your purpose is to expand in abundance, love, and success, and inspire other people to do the same. You are a teacher, but it's also important that you remember to be a student. Share your stories and never hide them. Your experiences happen not only for your own growth, but for the growth of others.

I also see what I call a "fear veil" on your soul seat. There is some concern on your end about how you are perceived by others. This keeps you from love and bliss. It is an old wound, and it is not in alignment with your greatest wish for yourself. Maybe it's time to let it go.

It is also part of the culprit for your current health issues. You don't need to focus on the story around it. I know it feels like you've done all of this work and things still aren't getting better, but I believe that some of it is soul family "karma" that you need to let go of.

There is a pattern of veiling your heart center and your purpose in fear that many in your soul group play out over and over. You gave yourself the task of clearing it for the group because you are strong and capable of doing so. It is a gift you are giving to them, and you will be successful.

As your line moves up and into the ID point, it splits and attempts to move away from it. I feel that this is due to an event that made you fear "God." For whatever reason, you tried to break your connection to Source as well as your psychic gifts, because it made you uncomfortable.

I don't know if you saw something that frightened you, or if someone told you that you were a bad person when you shared information with them, or what it is exactly, but it's there in your line in a powerful way. You shut off your gifts and your connection as much as you could.

Empaths will try to do this, to keep from feeling other people's emotions and physical issues, and that could also be the culprit. I want you to understand that you are not a victim to other people's junk. You get to choose what to experience. Right now, it feels like you carry loads that aren't yours, and they are not your burdens. You've taken them on and it doesn't help anyone. It actually causes you harm.

Please go to my youtube.com page. I've inserted a link below. I have two videos about being empathic that I think will help you to get your power back. They are free, and not very long.

<https://www.youtube.com/channel/UC4oy4djHlcgrVfyYuovJTEA>

As far as your question concerning whether or not your fear is a good instinct, or if it's holding you back, I feel that it's a feral survival instinct based on fight, flight, or freeze, and not your higher-self guidance. When your higher-self tells you what's true, it feels calm to you, like a sigh in the room when someone's spoken the truth in its purest form.

It's simply your ego doing its best to keep you from doing anything it deems "not safe." Tell your ego "I've got this buddy. I know you're scared, but I'm doing it anyway."