

Activate your
HARA

E- Book





The Hara is the center of the etheric or chi body, it is a ball of energy that directly connects to the earth. It is about an inch in diameter and is the gateway into the ocean of chi. Around the Hara and with it as the center there is an envelope of energy called the 'tan tien' or Dantien. This tan tien or dantien is a ball of etheric energy about the size of a soccer ball.

It is filled from the Hara and is often called 'the cauldron' in Taoist alchemical texts. This ball of energy interacts with all the organs and especially the intestines as it is where food is turned into energy.

Energy is taken from the food and mixed in the tan tien or cauldron before being distributed throughout the body.

Having the Hara open and a full tan tien or dantien is vital for real health and vitality. Unfortunately most people have many Samskaras and energetic blockages in this area and the fullness that should be felt in the tan tien is absent. This is the main cause of many addictions especially to food. Constantly eating and overeating are an attempt to feel full despite a blocked Hara and empty tan tien..



Furthermore is hara is the male womb center, where the masculine connects to the cosmic womb and inner earth and where he holds any imprints that were experienced in his time as a fetus.

General Attributes of Hara

Strengthening the hara settles the mind and calms the entire central nervous system. It brings a sense of inner peace and helps you to feel more focused, grounded and to be less thrown off center.

It is as well the seat of Chi which is our inner vitality, that nourishes us more than foods do. Our inner vitality is what keeps us healthy and radiant. Working with the hara helps to restore vitality.

Physical Attributes

The word hara means belly in Japanese, the area of the body bounded by the lower ribcage and pelvic bowl. It has significance in this regard, as well as vibrationally. It contains the following organs:

Stomach

Small intestine

Large intestine

Liver

Gall bladder

Spleen

Pancreas

Kidneys

Adrenal glands

Urinary bladder

Reproductive organs

This area is also part of oxygen-rich blood and nutrition reaching a growing fetus through the umbilical cord, and waste removal in the same way.



Vibrational Attributes

The exact location of the Hara is known as tanden in Japan. The chi of the organs and meridians of the entire body pools in the lower tanden, like a vast storehouse of power.

In Japanese it's variously known as seika no itten, seika tanden or kikai tanden. Tanden means "red rice field" or "red field." This indicates a vast amount of powerful life force since rice is a primary source of nutrition and this is a whole field of it, glowing in red. As well does this represent the power of the womb and the moon blood.

Seika means "below the navel," so seika tanden specifies which center it is, since there are several others. Seika no itten means "the one point below the navel," stressing the importance of always centering oneself there. Kikai means "sea of chi," or life force, so kikai tanden points out that there is an sea of chi in this center.



Meditative Attributes

For meditation to be smooth so we're encouraged to keep practicing, especially as a beginner, the mind needs a harness. There are different ones that various teachings use. The breath is probably the most commonplace.

When the mind focuses on the breath, it stops being busy. As the breath descends down into the belly, there's even more natural concentration for the mind.

We're able to be in the body, and feel alert and that there's nothing lacking. There's no split between thoughts (mind), feeling (heart), and body (hara). Instead we're in a state of unity. There's another, invisible aspect to the Hara.

At birth the physical umbilical cord between the baby and the mother is removed. The baby begins breathing on its own and taking in nutrition through the mouth. There also remains a vibrational connection between the baby's navel and the earth and universe. In fact multiple nonphysical cords continue to be active between the human being and all of life.

The earth and universe feeds us both biologically and spiritually through the Hara for the entirety of our life. We're also in relationship to all of life from the same location. It's a constant loop of resonance and reciprocity. We can actually experience the Oneness of life in the Hara and be able to truly embody it. The Hara gives us a way of being in the world without attempting to escape it, and also returning to a wholesome relationship with the Earth. Spiritually, we're able to deepen and develop our essential oneness with all of life as the realizations of the Hara filter into our consciousness.



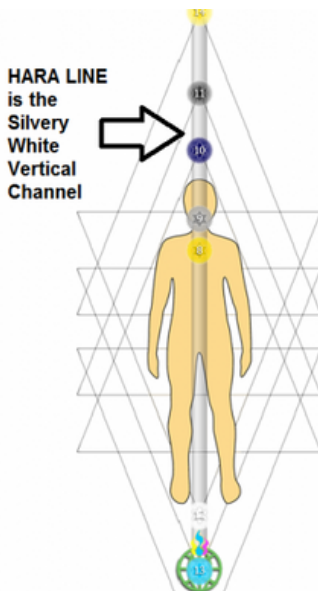
Hara Mudra



Hara Standing
Position



Hara Point



Hara Line



How to activate to your Hara

Preparation

Before going into the position locate and activate your Hara center. Do this by putting both your hands two inches below the navel and press a little.

Start breathing deeply . You will feel that center coming alive, as well as moving up and down with the breathing.

Feel your whole energy in that center, shrinking into it and creating a contained and focused point of energy.

How to activate to your Hara

- 1 Stand with knees beyond hip-length apart.
- 2 With a straight spine, bend your knees so there is flex-ion. (see pics below)
- 3 Assume the Mudra (see pics below), with left hand to sky and right hand to earth.
- 4 With the power of will, direct your attention to your legs, powering them up, this may manifest as tensed leg muscles.
- 5 Begin to breathe deeply, from your perineum/pelvic floor to the crown of your head
- 6 Reside in this inner realm/dimension/space of connection and continue to breathe deeply.
- 7 visualise a luminous golden perfect vertical laser ray arising and from your hara center (2 inches below your belly button) upwards piercing through your crown into the heavens and downwards piercing through your root into the center of the earth

How to activate to your Hara

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This vertical line is your connection between both heaven and earth, matter and spirit. Continue to breath and visualise this golden vertical line building stronger and stronger with intensity.

9

Reside in this inner realm/dimension/space of connection and continue to breathe deeply.

10

Before opening your eyes, set the intention, that you will now operate from the space of HARA. And by the inner suggestion or outward speech of the word HARA, you shall return to this inner realm/dimension/space of connection within yourself.

11

Open your eyes. And embrace the fullness of this connection, in all that you do.

Know that HARA is always available to you in every eternal moment, you just have to create the conscious bridge / focus and direct the your consciousness within you. Even utilising the mudra is a connection point.



SCHOOL OF MODERN MYSTICS