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## Building Connections & Resilience through Grounding, Gratitude, & Growth

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### Affirming your Healing Space

The Steps:

1. Affirm Higher Consciousness.
2. Affirm your Higher Self.
3. Affirm your Physical Body (aka physical energies).
4. Set intention for your highest expression of healing through an open intention or a specific one, if known.

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## About Healing Streams

- Healing Streams come from two primary dimensions of energy - our Spiritual / Divine Dimension and our Earthly Dimension.
- Available for any form of healing, at any time, and carry almost every type of energy available to us: sound, light, virtues, rays, reys.
- Move in all directions.
- Comes through your Core Light Dimension (what Barbara Brennan refers to as our Core Star Dimension).

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## The Two Healing Streams

- Divine Streams - Higher Frequencies: Light, Sound, Rays, Reys, Virtues, Powers
- Grounding Streams – Lower Frequencies: Nurturing energies emitted by the Earth.

These streams are brought to us through the Hara dimension, which is the template of our soul in this incarnation.

**Rather than saying “Divine or Grounding Streams” I just use the term Healing Streams.**

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# Practice

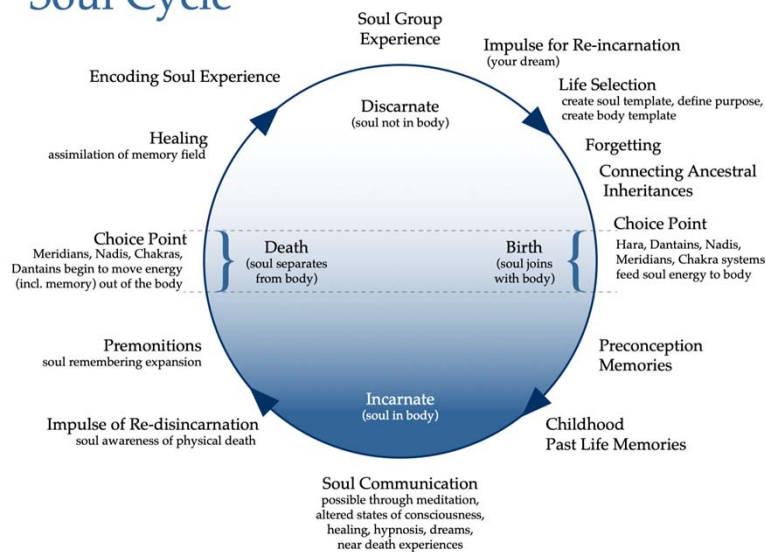
You may stand or stay seated.  
 Feel free to close your eyes, if comfortable.

I'll affirm our healing space and invoke the streams.



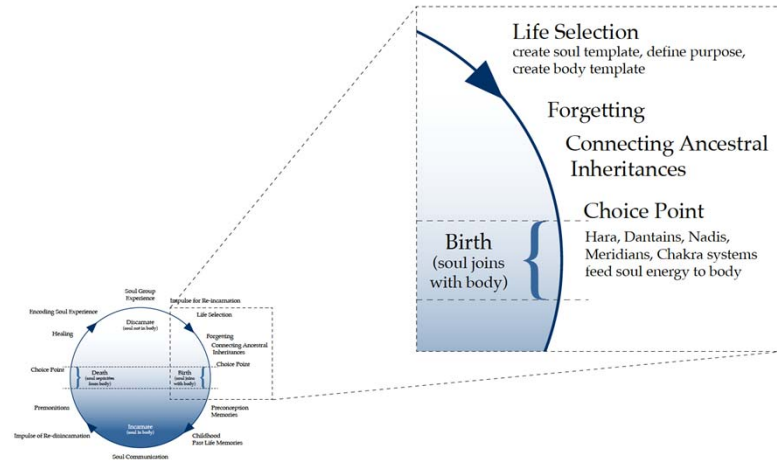
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# Soul Cycle



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## The Primary Hara Roles in the Soul Cycle



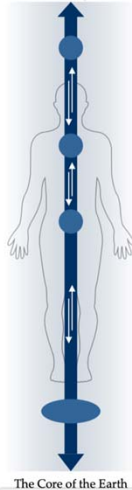
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## The Hara Anatomy

Higher Consciousness / The "All that Is"



### Indivuation Point

This is where your incarnation's architecture is defined. This is where you become the code of who you are individuated from the "All that Is." It is the "All that you are" from the "All that Is."

### Soul Seat

This is where you connect with your soul's mission / purpose for this incarnation. Your purpose is always speaking through your deepest longings.

### Lower Dantian

This is where you connect to your physicality and your relationship to your physical body. This is where you alchemize your Spiritual energy into physical energy.

### Earth Chakra

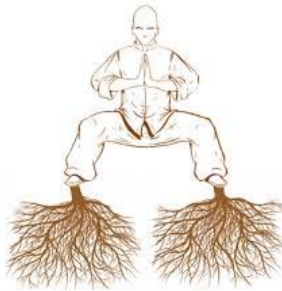
In my system, I believe that this is a secondary node in the Hara. This is where you connect to your ancestral lineage, the elementals of the Earth, and your essential grounding.

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## Practice – Hara Meditation with Horse Stance

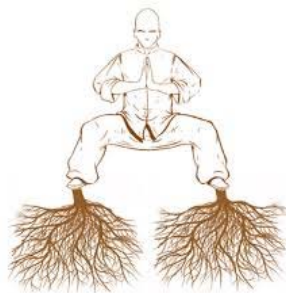


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## Practice: Horse Stance w/ Hara Anchor



### The Steps:

1. Affirm Higher Consciousness.
2. Affirm my Higher Self
3. Affirm my Physical Body (aka physical energies)
4. Setting intention for my highest expression of healing through an open intention or a specific one, if known.
5. Invoke your Divine Streams.
6. Invoke your Grounding Streams.

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## Practice: Distance Healing Streams

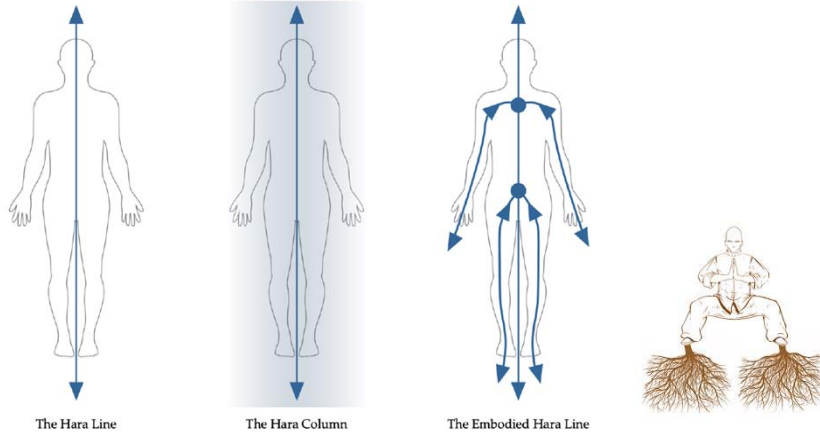
- **The Steps:**
- Find a partner and decide who will be the practitioner first.
- Individually, connect with your known need for healing.
- Whomever is the client first, offer your intention for healing.
- Then place your seats back-to-back so you can't see each other.
- Then invoke the Healing Space:
  - **Affirm the Higher Consciousness** – That greater Spirit for endless potential and protection of the space.
  - **Affirm our Higher Selves (plural)**
  - **Affirm our Physical Selves (plural)**
  - **Affirm our Physical Selves (plural)**
  - **Set an intention for the highest expression of “healing or a specific intention.”**
- And invoke the Healing Streams. (Together as “healing streams” or one at a time “Divine streams” & “Grounding Streams.”)



## Afternoon Session



# The Hara Dimension

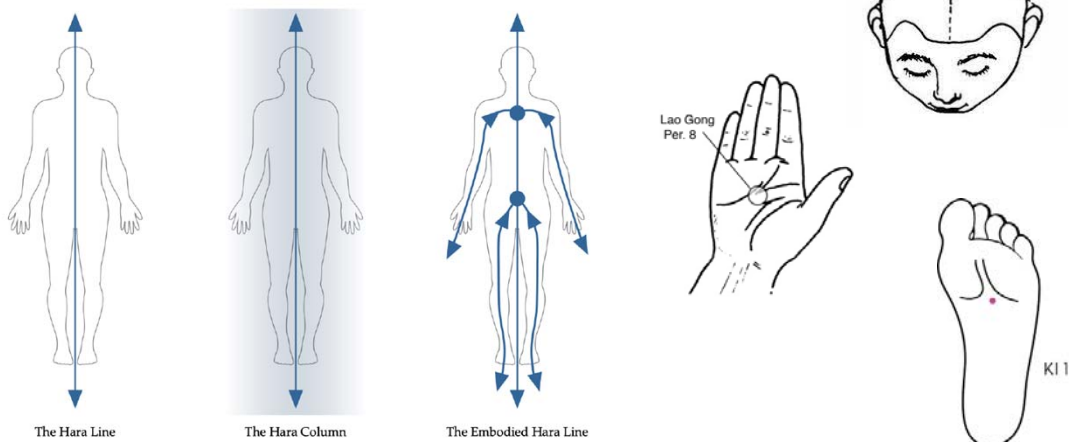


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# The Meridian Points



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# Practice:

- The Steps:
  1. Stimulate the Lao Gong points
  2. Stimulate the Kidney 1 “Bubbling Wellspring” points.
  3. Stimulate the Baihui point by tapping.



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# Divine Gifts Quiz Explanation

## DIVINE GIFTS QUESTIONS

Answer the question using the scale:

**0 = not a common experience    5 = that happens often in your life**

Write the corresponding number in the box.

### EXAMPLE:

1. XOXOXOXOXOXOXOXOXOXO

0 1 2 3  5

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## Divine Gifts Quiz Scoring

### QUESTION SCORING:

Take the number or “score” for each question and add them to the other scores as guided by in this chart.

#### EXAMPLE:

Chakra/Gift/Notes	Scoring		Total
Root / Physical	Add up the total answer for these questions	Questions #: 1, 12, 23	9
	Score	4 + 2 + 3 =	

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## 3 Types of Info that Flow through the Chakras

- **Psychic:** All data all the time. We were born this way!
- **Intuitive:** Data that are refined and comes through with a filter.
- **Empathetic:** Screening in the moment. “Is this good for right now?”

Our **Divine Gifts** allow us to see the primary ways that each of us bring through information in our life for self and others.

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## Chakras 1-7...

- **Chakra One: *Physical*** (Clairsentience) You are highly physical, and your own body will feel what's going on in others' bodies. You can pick up objects and get information about them and their owners (Clairetangency). You can trust what your body tells you about the world and other people.
- **Chakra Two: *Feeling*** You are feeling-oriented and sense others' emotions as if they are your own. You easily read others' emotions and often communicate through feelings.
- **Chakra Three: *Mental - Clairsentience*** You interpret psychic data and are good at categorizing this information. Follow your "gut sense," also called clairsentience or clear sensing, for accurate perception.

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## Chakras 1-7 cont...

- **Chakra Four: *Relational*** - You easily sense what's going on relationally for yourself and others, and you can often intuit others' heart-felt healing needs. Trust your inner wisdom around healing and relationship issues.
- **Chakra Five: *Verbal - Clairaudience*** You are able to receive psychic information as tones, or as verbal or written messages. Use this verbal gift to source auditory messages. This gift is often called clairaudience, or clear hearing.
- **Chakra Six: *Visual- Clairvoyance*** You can picture psychic information in pictures, symbols, colors, or shapes. This gift is often called clairvoyance, or clear seeing.
- **Chakra Seven: *Spiritual*** - You can receive the Divine Truth as pure transmission. You know things that you might not otherwise know.

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## Chakras 8-12

- **Chakra Eight: *Shadow*** You can walk between dimensions and the various worlds of existence, calling forth powers, energies, and information. You can read the Akashic Records and look for curses and other control techniques. This gift is shamanism.
- **Chakra Nine: *Soul*** You can read what is best or ideal for the world, as well as individual souls. You can interpret the patterns and symbols that support souls' purposes and understand relationships as soul relationships.
- **Chakra Ten: *Natural*** You can work with the energies in the environment or provided by ancestral entities. You can also interpret the signs and omens of earth, sky, and planets and call upon power animals, totems, and natural spirits.
- **Chakra Eleven: *Force*** You can read the signs of forces and powers, such as the elements, winds, and spiritual forces, and summon these at will.
- **Chakra Twelve: *Personal*** This is more of a field than a chakra and expresses all around your auric field and carries your unique gifts!

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## Expanded Chakra System

FIGURE 5.27  
THE TWELVE-CHAKRA SYSTEM AND ENERGY EGG

As with the traditional systems that describe fewer chakras, each chakra within the twelve-chakra universe governs specific physical functions. Additionally, each chakra performs a particular overall mission.

The energy egg is a three-layered electromagnetic body that surrounds and penetrates the twelve chakras and auric bands.

### ENERGY EGG LAYERS

Supports physical manifestation

Opens to possibilities

Accesses spiritual realms

### TWELFTH CHAKRA

Secondary chakra; includes the brain, shoulders, palms, and organs;

this layer connects to your energy egg

Mission: Ending of human self; access to energy egg

Mission: Ending of human self; access to energy egg

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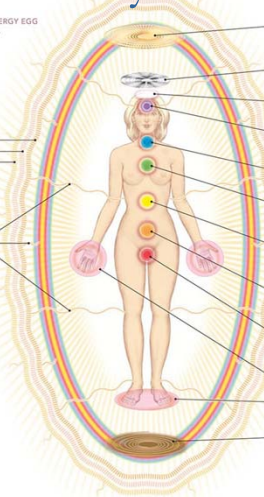
Mission: Ending of human self; access to energy egg

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Mission: Ending of human self; access to energy egg

Mission: Ending of human self; access to energy egg



**NINTH CHAKRA**  
Diaphragm; pineal gland; corpus callosum and other higher learning centers including the cortex and neocortex.  
Mission: Soul programs and plans

**EIGHTH CHAKRA**  
Thymus (immune system); memory retrieval functions; aspects of central nervous system; thalamus; right eye  
Mission: Karma and universal linkages

**SEVENTH CHAKRA**  
Pineal gland; parts of hypothalamus; higher learning and cognitive brain systems; parts of immune system  
Mission: Purpose and spirituality

**SIXTH CHAKRA**  
Pituitary gland; parts of hypothalamus; visual and olfactory systems; memory storage; some problems with ears and sinus; left eye  
Mission: Vision and strategy

**FIFTH CHAKRA**  
Thyroid gland; larynx; mouth and auditory systems; lymph system; thoracic vertebrae  
Mission: Communication and guidance

**FOURTH CHAKRA**  
Heart and lungs; circulatory and regeneration systems; breasts; lumbar and thoracic vertebrae  
Mission: Relationships and healing

**THIRD CHAKRA**  
Pancreatic system; all digestive organs in stomach area, including liver, spleen, gallbladder, stomach, pancreas, and parts of kidney system; lumbar vertebrae  
Mission: Mentality and structure

**SECOND CHAKRA**  
Affects part of adrenal system; intestines; parts of kidney function; some aspects of reproductive system; sacral vertebrae and the meninges/dura determining emotional responses to stimuli  
Mission: Feelings and creativity

**FIRST CHAKRA**  
Genital organs and adrenals; coccygeal vertebrae; affects some kidney, bladder, and excretory functions; skin  
Mission: Security and survival

**ELEVENTH CHAKRA**  
Parts of skin, muscles, and connective tissue  
Mission: Forces and energy conversion

**TENTH CHAKRA**  
Feet, legs, and bones  
Mission: Legacy and nature

Credit: Cyndi Dale, used with permission

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## Practice: Partner Exercise – Divine Eyes

### • The Steps:

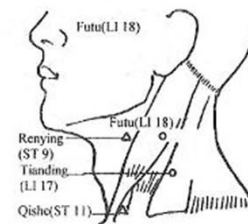
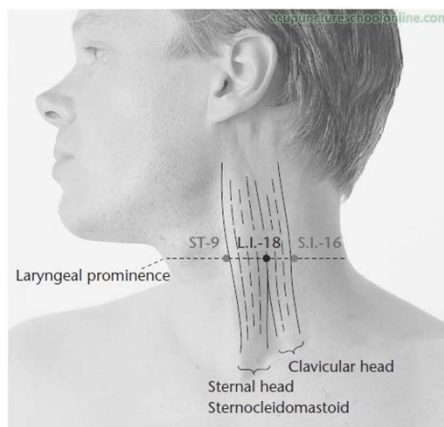
1. We'll do this together: Open the meridians, anchor our Hara dimensions, affirm the healing space
2. Whomever is the client first, offer your intention for healing.
3. And invoke the Healing Streams. (Together as “healing streams” or one at a time “Divine streams” & “Grounding Streams.”)
4. Pay attention to your gifts and the information that you receive or how it feels when you look through the lens of your own Divinity.

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## SCM Points – Window to Sky Points

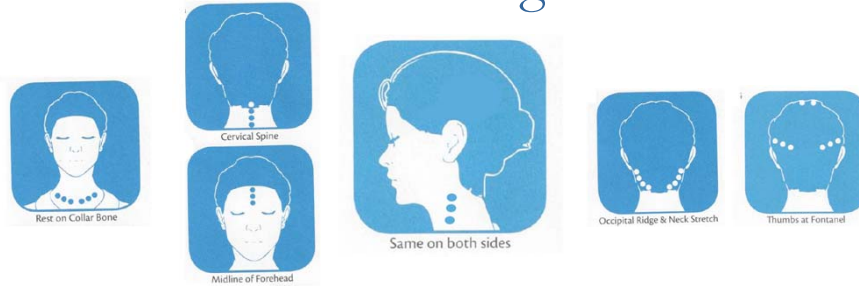


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## Modified Mind Clearing



1. Collar bone to relax the base of the sternum and begin to open the Heaven to Earth channel
2. Balance front and back aspects of the brain. Intend to open gateways from Heaven to Earth.
3. Add SCM holds - you are waiting for a relaxation down this muscle.
4. Continue to occipital ridge hold, further relaxing the area of the Vegas Nerve entry points.
5. When at the fontanel intend to allow the light of "Heaven" or "Sky" to stream down through the already established pathway of Heaven and Earth.

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## May Peace Become Us



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