

# Heart Point Technique (HPT)

HPT is a newer healing modality sent to us by the Divine Feminine.

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.

## The energetic points are:

1. The higher self point 18-24 inches above the head. The HSP is a gateway to all the divine intelligence and assistance that you could ever need.
2. The crown point. Right on the very top of the head. Four meridians come together here. The corpus callosum, a thick bundle of nerves runs thru here as well. The corpus callosum separates the right and left halves of the brain and helps the R/L hemispheres communicate.
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 acupressure 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. When tapping here- you are sending messages up into the brain and down into the spine and nervous system at the same time.



The first time you do HPT, it is recommended to “touch, bless, and give permission to open” for each point. Simply touch the point and say, “I bless you and give you permission to open”. Follow this step by step guide:

### Put attention and reach up and tickle the High Self Point with your hand:

SAY out loud – I bless my high self point, I acknowledge it and give permission for this point to be open to receive and I activate it now.

### Take a deep breath

### Place hand on Crown of head and focus on your crown chakra:

SAY out loud - I acknowledge and bless my crown chakra, my corpus callosum, my pineal and hypothalamus glands. I acknowledge them, I give permission for them to be open to receive and I activate now.

### **Take a deep breath**

**Place your hand over your eyes and focus on these points:**

SAY out loud – I acknowledge and bless my 3<sup>rd</sup> eye and all the eye points and I acknowledge these points and give permission for these points to be open to receive and I activate them now.

### **Take a deep breath**

**Place your hand on your throat chakra**

SAY out loud – I acknowledge and bless my throat chakra and I give permission for my throat to be open to receive, I activate now.

### **Take a deep breath**

**Place hand over heart and focus on your sweet loving heart center:**

SAY out loud I acknowledge and bless my heart. I acknowledge my heart, I give permission for my heart to be open to receive and I activate it now.

### **Take a deep breath**

**Place hand on Consolidation Point** (back of head where head and spine connect - cup your hand over area)

SAY out loud – I acknowledge and bless my Consolidation Point, I give permission for my consolidation point to be open to receive, I activate now.

### **Take a deep breath**

**Hold hand or hands over heart and repeat after me** (out loud)

I bless myself

I accept myself

I bless myself even when I make mistakes

I bless myself when I have failed.

I bless myself when I am critical of myself and others

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

I bless myself

and so it is...

### **Take a deep breath**

You can do this before each session if you desire. You can never get overloaded on blessing!

Mother God sent us this healing modality to help us “leave our old sad stories behind and focus on what we want instead”

Love & Blessings

DaKara Kies, Heart Point Technique Master

Certified Advanced Energy Healer, Inspiration, Relationship & Money Coach

[www.HeartPointHealing.com](http://www.HeartPointHealing.com) <http://www.HPTHealing.com>

[Dakara@HeartPointHealing.com](mailto:Dakara@HeartPointHealing.com) PH 425-267-9738