

Heart Point Technique



Heart Point Technique (HPT) is a gift from Mother God Azna, channeled through Rebecca Marina.

Explanation and short tutorial on Heart Point Technique

This whole process is a gift from Mother God. HPT can be used alone or in conjunction with any other healing modality. HPT is an energetic/spiritual healing method involving bringing energy in through several strategic points.

To help bring HPT to us, Mother Azna introduced me to a magnificent spirit guide named Jude. He has a whole team of expert healers, angels and beings of light who are assisting in bringing this HPT healing method to earth.

I channeled Jude and he said this, "I was alive in the early 1500's. I am a wizard and was consultant to the king. I am a great healer for this is the gift bestowed upon me. This healing, is the gift my soul brings in every lifetime. Healing and miracles are my purpose both on this side and when I incarnate. Using HPT will open the heart to wisdom and insight every time it is used.

This can be as simple as calling in the healing energies through the higher self point. Wisdom will automatically go to the heart. For this is only an awakening of the heart's wisdom already contained there.

The wisdom of the whole universe is just waiting to be called forth"... You will only have the awakening of what you are ready for and what you are ready to act upon.

For instance: with your head, you know white sugar is harmful to you...But until you feel it in your heart you will continue to eat it and slowly poison your system.

Head knowledge and heart knowledge are two entirely different things.

With HPT, you will awaken more and more heart knowledge every time you use HPT.

There is no backsliding, what is awakened will stay awakened.

You will be presented with opportunities to heal and let go of what comes up."

More information on Jude:

Jude and his team of healers (commissioned by Mother God) have been Key in bringing these healing modalities:

Touch for Health

Basics of hypnosis

Remote Viewing

Toning

And many more.

Listen to this...when you use HPT, you have access to this whole team of healers! HPT is a Spiritual healing process that also uses some energy healing points.

More about the power of story:

It is very important to let go of the story and the blame that comes up around the story.

Energetically, blame and story are like being caught in a sticky spider web – it is those tiny little filaments you can hardly see that keep you from flying.

It is very human to want to blame and defend yourself from judgment.

Blame = victim

Defend yourself = victim

Victim mentality = stagnation

If you could bring anything out of Heart Point Technique I would wish it to be the realization and healing of those invisible filaments, like spider webs, that are really keeping you from success. Help people use this method to forgive, release, and let go of blame, and they will automatically soar.

Story that's holding me back:

Maybe it's a story your ancestors told over and over again. Maybe its blame your ancestors had, plus resentment.

Justification of victimhood + resentment and blame of others = stuck, stuck, stuck!

Present day:

Turn the word “blame” into “credit.” I *credit* _____ for being a catalyst in my learning process.

I rise above and see this from a learning stand point.

Touch points:

- Higher self point (24 inches above the crown [top of the head])
- Crown
- Third eye
- Heart
- Consolidation point (the hollow at the base of your neck)

Explanation of points:

Higher self point – Connected to source at all times, able to bring in whatever energy is needed easily and with no emotional baggage

Crown point – four meridians come together here, down the middle of your brain runs the Corpus Callosum, the CP is a thick bundle of nerves and membranes that crosses information from the left to the right (and vice versa) hemispheres of the brain

Third eye point – Seat of psychic vision located right between the eyebrows. HPT opens third eye and all corresponding elements.

Heart point – Heart point is the seat of all wisdom. Heart point already contains the wisdom of the universe.

Consolidation point – This is at the base of your brain and spinal column. CP sends information down through the spinal column and nervous system and up into the brain.

Let's get familiar with the points.

Higher self point Reach up about 24 inches above the head and touch the higher self point (You may not feel anything but air)

Higher Self Point



Crown point Touch and hold the crown of your head.

Crown Point



Third eye point Next, touch the third eye point.

3RD Eye



Heart point Touch and cradle the heart point with love. Do this by spreading your hand open slightly to the left of your heart center. Pretend you are actually grasping your heart with your fingertips very lightly.



Consolidation point Simply touch and hold the consolidation point – you can also tap in your keyword or new Story.



Touch, bless, and give these points permission to open. This step gives extra power to HPT. You could even use the “Blessing and permission to open” exercise with EFT- using EFT points.

1. Higher self point Touch, bless, give permission to open
2. Crown point Touch, bless, give permission to open
3. Third eye point Touch, bless, give permission to open
4. Heart point Touch, bless, give permission to open
5. Consolidation point Touch, bless, give permission to open

Now cradle the heart point and **Bless yourself**

Saying this “self blessing” at the beginning eliminates the need to continually say “I love and accept myself” like we are trained to do in EFT. Although, you can say “I love and accept myself” as much as you need or want to. This self acceptance, self blessing, prayer, is a blanket of blessing on any healing procedure.

Hold and cradle your heart point and bless yourself.

I bless myself.

I accept myself.

I bless myself when I have made mistakes.

I bless myself when I have failed.

I bless myself when I have been critical of myself or others.

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

I bless myself.

AMEN!!

When you do this yourself, you can use the wording that feels best.

So the steps are: touch, bless, permission to open, higher self point, crown, third eye, heart, consolidation point.

You can do this quickly, either physically or in your mind’s eye.

Let’s talk about the benefit of blessing and giving permission to open.

Do you have to do it?

No, it just gives an energetic edge. You are acknowledging an anchoring of physical with spiritual. Any healing modality could benefit with the blessing, opening prayer, and then following with the self acceptance blessing prayer.

Charge your hands for healing.

Cradle the heart point.

Imagine your higher self point is like a giant magnet attracting any kind of healing help and Divine Intelligence that you need. Give permission to your angels and spirit guides to assist. Remember, the high being of light, Jude, and his whole team of healers are available to you.

Allow that energy to flow down through your crown, through the third eye, down into your heart center. **Awaken the memories of bliss from the other side.**

Allow the blissful feelings to stir within your heart.

Let your heart **overflow into your fingertips** that are cradling your heart center. Your hands are now charged for healing. You can place your hands on a sore or stiff area and feel relief.

(This process takes care of spiritual reversals)

EXAMPLE OF HOW I USED HPT.

With HPT, you may notice a theme and see several stories. Even if you can't see anything at all you can heal it. When I did this (HPT) for "ancestral issues about money" I saw an old black man walking a dusty road, head down, discouraged. The land was barren. It had not rained. His emotions were hopelessness, doom, and he was starving. I sent love, divine forgiveness, and release of blame to the situation. I asked him to tell me a new story.

The land began to turn green. It rained. He began to smile, laugh, and jump for joy. He said he was happy, his wife was fat and happy, he had plenty of coffee to drink, food to eat, and even his grand children were flourishing.

Here are the steps: After activating the HPT points and bringing in the energy...

1. Cradle the heart point and "ask what is the story that is affecting me today about _____"
2. Access how intense the emotions around the story feel either to you or whomever is speaking. Give this an intensity rating. Are you holding this anywhere in your body?
3. Validate. Release blame. Any benefit I get from holding on to the story, Send divine forgiveness to all involved. Keep sending the light from your heart point **till you see the scene change.**
4. Ask for a new story from the person or event- can you add anything to that story to make it better? (positive choice)
5. Really feel this new joy in your heart. Choose a keyword or phrase that expresses your new story. Tap the consolidation point to incorporate this into your being.

6. Re-check your intensity rating and see where you are and if you need to do more work.

There are many more applications of HPT but this short tutorial will give you enough info to come to class and be ready for healing. This is NOT meant to be a complete tutorial. I will be working on a more extensive manual.