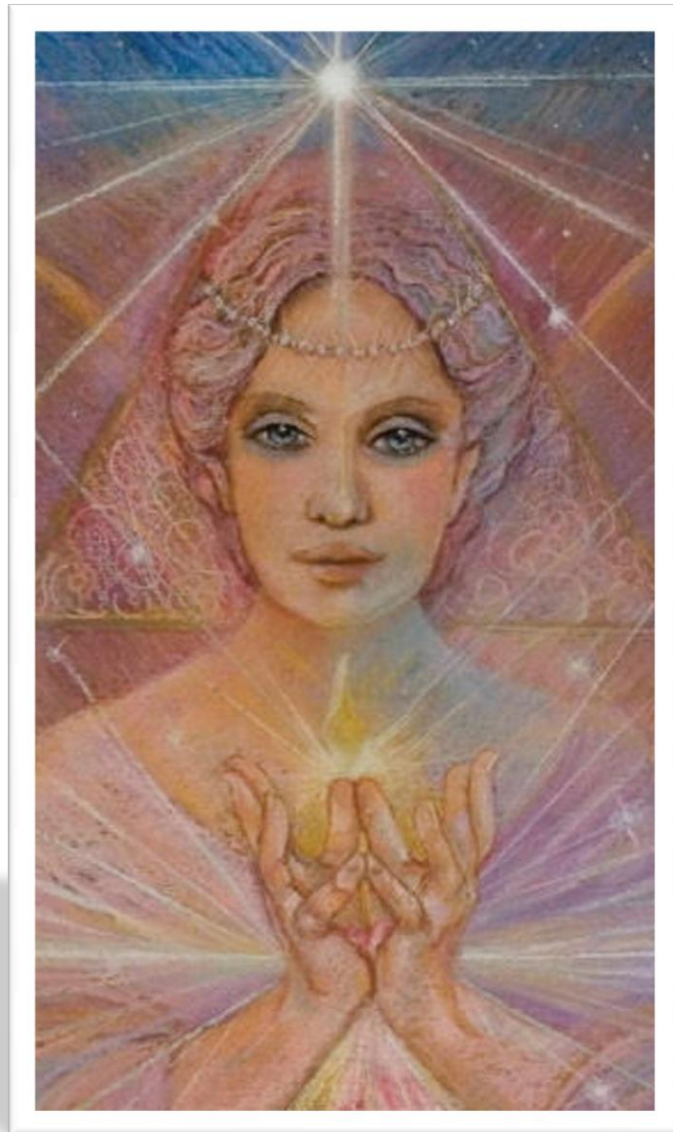


Foundational Heart Point Technique

The Complete Manual



Healing the Hidden Failure Factor

***with HPT, the Healing Modality from Divine Mother presented
by Rebecca A Messenger***

Table of Contents

Introduction to Foundational HPT	2
Basic HPT	3
HPT Tapping	6
Balancing & Protection	7
Additions to Make HPT More Effective	9
Treatment for “I Got Nothing”	10
Soul Mastery Meditation	12
Actual Soul Mastery Meditation	15
The 4 Protocols for Healing	17
Healing in the Bones	19
The Gatekeeper Technique	22
Surrogate Healing	24
Non-Dominant Handwriting	25
Inner Brat & Volcano Technique	27
Timeline Healing	29
3 Magic Questions & Treatment Protocols	30
Fear: Failure’s Twin Flame	31
The Biggest Most Hidden Pattern of All...Deprivation	33
Deprivation Healing	35
Client Intake Form	38
Mastery Application Details	39
Highlights & Insights	46

Introduction to Foundational Heart Point Technique, (Healing the Hidden Failure Factor with Foundational HPT Seminar)

Heart Point Technique is still very new. You will grow more experienced with HPT as you practice. This manual is very beneficial, however it is important to pay attention to the video, live broadcast, or live workshops for demonstrations. You will not be prepared to apply for the certification exam with the manual alone.

To apply for an HPT certification exam you must:

- attend a live seminar taught by Rebecca or one of the HPT Masters (or simulcast)
- have watched HPT training DVD's

Disclaimer:

HPT is a spiritual treatment. HPT does not claim to cure any disease or condition. Heart Point Technique is not a substitute for professional medical treatment. No known side effects have been determined by using HPT. Please take responsibility for your own well being. Consult your own medical advisors for traditional medical treatment.

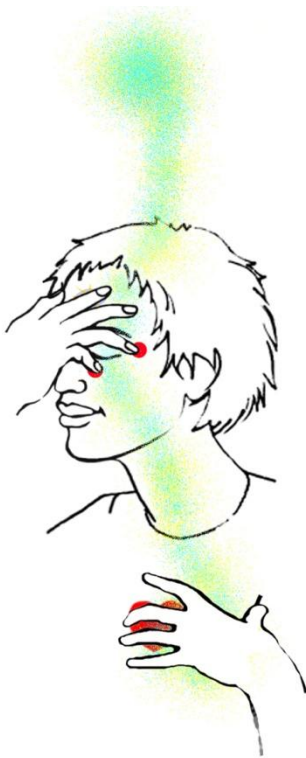
Basic Heart Point Technique (this is the very basic application of HPT)

Description:

HPT is a healing method sent from the Divine Feminine. HPT taps into the deepest wisdom of the heart and teaches soul mastery. HPT flows light energy through various acupuncture meridians, organs, and glands. Please understand that HPT is a spiritual/energetic healing modality.

Treatment with HPT consists of "running light" through treatment points beginning with:

- Higher self point (18-24 inches above head.)
- Crown point (through corpus callosum, pineal gland, hypothalamus)
- 3rd eye, beginning of eyebrow, side of eye, 2 points just above the tear duct and under eye.
- Heart point (just to left of center of chest.)
- Consolidation point at nape of neck (this is used AFTER intensity is lowered) in order to 'tap in' a positive keyword.



Step 1. Set intention of what to work on (make sure client understands all the treatment points)

Step 2. Get an intensity rating if this applies from 1 to 10. (1 is low and 10 is high)(Make sure you as the practitioner jot this down as well as the condition or emotion)

Step 3. If this is an emotion, where do they feel it in their body? Ask, if this emotion had a voice what kind of energy would it need to feel better?

Step 4. Simply **accept the emotion**, condition etc with no judgment hold it up the light for healing as you begin to run light thru HPT points.

Step 5. Put your awareness on the higher self point, call in light, imagine the light overflowing down into the crown, through all the points and resting in the wisdom of the heart.

If a certain energy was requested to make it feel better- you can interchange that name with An Nur. IE if client said the energy of "acceptance" was needed- use An Nur and acceptance alternately. This is optional, because An Nur, is incorruptible and self-adjusting, it can be used alone or with other words.

Tell your client to relax and simply pay attention to what comes up.

Step 6. Chant the ancient Arabic phrase 'An Nur' on behalf of your client. It is good if they chant with you. I usually start with 27 times but you will 'get' a number in your head. it can be less or more but usually it should be at least 7 times.

Step 7. Check back in with client and ask them to take another intensity rating.1-10. It should have gone down. Sometimes, it **changes to a different emotion** or condition.

Proceed to work on that one the same way. **Key here is to simply accept whatever comes up and send light mercy and the chant to that...no judgment.**



These are the points your hand is covering. 3rd eye (inner vision) beginning of eyebrow,(sadness) Side of eye,(anger) under eye, (fear) inside corner of eye 1/8 inch above tear duct (site where All acupressure points enter the brain)

Some Effects of HPT and Why...

Regular use of HPT has been known to bring more intuitive awareness plus development of Spiritual gifts.

Why?

- You are calling in Light to your corpus callosum- this thick bundle of nerves connects the right and left sides of the brain. each time you bring in the Light with INTENTION this causes the corpus callosum to become more permeable. Greater permeability causes easier communication between the right and left sides of the brain. Because Spirit always comes through on the right side- this softening of the corpus callosum causes more psychic awareness naturally. (many of those who have been doing HPT for a few months report spontaneous channeling of angels and High beings of Light)
- Bringing Light with intention through all the acupressure points and into the deepest wisdom of the heart, causes you to be more connected to your hearts desires and more 'in tune with Spirit'.
- Because you are in touch with Spirit more, your latent spiritual gifts begin to develop all on their own.

HPT Tapping:

In some cases- Action is called for.

You can tap on the HPT points- repeating words describing the issues.

For instance...if you feel frustrated- tap the HPT points simply stating the emotion you feel.

First tune into the emotion holding HPT and get an intensity rating on a scale of 1-10.

Tapping _ at the crown, I feel frustrated

Third eye: I feel frustrated

Beginning of eye: I feel frustrated

Side of eye: I feel frustrated

Under eye: I feel frustrated

Inner eye points: I feel frustrated

Heart point: I feel frustrated

These are the points you tap on- adding the crown and the heart.



Feel free to add any other words that express your frustration. IE_ That aggravating person makes me so frustrated! It really helps to intensify the release if you allow yourself to fully get into the emotions of a little child when expressing any deep emotion.

When the intensity is way down, **tap in a positive keyword by repeating the positive word as you tap** Proceed with all four protocols as listed above. (how do you want to feel instead?) at the consolidation point at the back of the head.

Balancing & Protection

Before working with yourself or a client you want to be "energetically prepared"



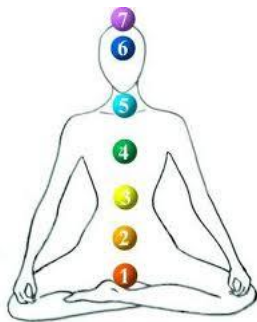
Balance exercise using HPT points

Tap on HPT points repeating, "Come into balance"

Tap crown- 3rd eye, beginning of eyebrow, side of eye, Under eye, inner eye just above tear duct, heart point, consolidation point at nape of neck (where the head joins the neck)

Chakra balancing the easy way!

I learned this method from Charles Muir of Source Tantra.



Stand with your legs shoulder width apart.

Raise one arm above your head.

Shake your wrist loosely towards the Higher self point

(Your hand will flop around like a ragdoll)

repeat at the crown

third eye

throat

heart

solar plexus

sexual center

Root: Place your hand in the back by your root chakra and flop it around.

Notice how your hand is feeling.

Repeat using other hand. You will feel energized and alive!

.....

Short protection exercise.

Simply zip up your energy field. Always zip from bottom to top being careful not to "unzip" yourself again.

Long Chinese protection exercise: taught to me by Dr. Smith & Smith.

This exercise is from China and in China; no healer would dare begin their day without first doing this exercise.

Step One: Place your feet out in front of you and touch the bottoms of your feet together if you can.

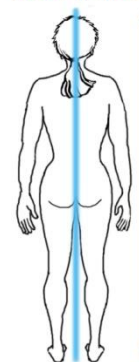
Step two: Now touch your thumb to the entry point of your ring finger.

Step Three: (bagha) Hold your tongue against the roof of your mouth **while clinching** your buttock muscles.

Step Four: Lean forward as far as you can- drawing an imaginary bubble of light from the ground up. Say, "I'm sealing my energy today."

Now if you're out and about and you forget to seal your energy then put your tongue in the roof of the mouth, smile and clinch your buttocks.

The Pranic Tube



Additions to make HPT even more effective!

- **Pranic tube breathing:** the pranic tube runs from the perineum up to the top of the head. Breathing this way **causes balance to be restored.**
- How to do Pranic Tube Breathing: Imagine you are breathing the energies of the earth up thru the perineum and into the heart center. Imagine breathing the energies of the heavens down from the crown and into the heart. realize this energy is always flowing.
- **Sound:** make the sound of the emotion- according to the Hathors (advanced beings channeled by Tom Kenyon) every emotion has a sound signature. By getting in touch with the emotion, allowing whatever primal sound we could imagine to come out, we allow it to be transmuted.
- **Sacred Arabic Chants:** chanting these phrases into the emotion, condition etc brings relief and healing.(see examples below)
- **Movement:** if the emotion could move what kind of movement would it be?
- **Helpful to ask** (holding points) what kind of energy is needed to heal this?(This is covered in the basic steps also)

Besides 'An Nur' other sacred chants can be used:

Al-[Haqq](#) The truth! This chant must be said with authority!

Ar-[Rahim](#) The merciful

Ar-Razzāq The Provider

Al Aziz The strength

Ar-Mu'min - The Guarantor, The Affirming

*Feel Free to use **Any name** that means A Higher power to you. Amor de Dios(Spanish) A-ha-va which means love and haleluya, praise God (Hebrew) **Be comfortable** with whatever you use!

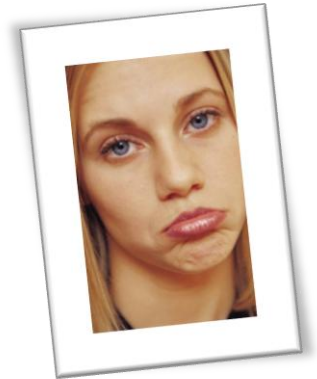
I love using Leila, this is the Sufi term for the Divine Feminine.

Alternating **An Nur** (God's light) and **Azna** (the name Mother God is known by on the other side) can also bring very powerful results... Sometimes, folks just need a dose of love!

Treatment for "I got Nothin'..."

Sometimes folks try HPT... but just don't get anything. That's ok. This is an especially good treatment to start off with if you are working with someone who states right up front, "ok, I will

try this but I'm not very visual and I usually don't get anything"



(beware, there are some folks who like to brag about all the healers they have been too and that none of them were able to help. These folks WANT to stay stuck and no matter how wonderful any modality is...it won't work on them. Please don't waste your precious life force energy on this type of person. Bless them and let them go)

But for those who really do want to use HPT to help them, give them this treatment...

This treatment for that can even be done as a meditation.

- **Have the client** put their hands in the HPT positions. Hold the face points and bring that feeling of "I got nothing," up to the light. **Show yourself mercy.**
- Now we are going to chant, it is only going to take seven times. We are going to chant An-Nur, which means incorruptible light. This method truly activates the whole third eye system: An nur, an nur, an nur, an nur, an nur, an nur, an nur.
- Bring that feeling of "I got nothing...I can't do this" up to the light and let it be easy, ok. So, here we go again. And this time, it will be easier. So, even though part of you feels like "oh I got nothing and I might not get nothing," let's just

pretend that you do get something... can we just pretend that? Just *daydream* that you got something.

- Let it be OK if they still don't get much- sometimes just having permission to 'get nothin' is all that is necessary to unlock the door.

Now, you can proceed with treatment unless something else comes up for the client.

Soul Mastery Meditation Explanation

Explanation to be given before "Soul mastery meditation"

(From Rebecca: This is the explanation Mother Azna gave me about how we can have 'soul mastery'. Use this with those you feel are ready for a deeper experience. Paraphrase the following into your own words...but please, do some explaining before you do the soul mastery meditation.)

HPT is different from other healing techniques because it accesses the *wisdom of the heart*. It is also different because it *collaborates* with the soul of yourself, the one doing the healing, to the soul of anyone that you are doing surrogate healing for.

Mother Azna did ask that I explain why union with the soul is so important. The following is information taken straight from my (Rebecca's) journal.

" Most of you know that the soul is considered the boss. The soul came here to evolve and grow for God and through God. The human vessel is something chosen by the soul to do that.

The soul never dies. The soul that lives within this body will always be alive. And so we know that the soul and *this consciousness*, that is *you*, did collaborate together and then we sort of forgot...at least our consciousness forgot...about everything you planned. You were part of the planning process.

Now what most people don't know is that it is your **soul's greatest desire and pleasure that you would 'wake up' and realize that in the power of your humanity, you have the ability to *take authority over the soul.***

The soul is not the boss, once you 'wake up'. When you 'wake up' and realize that you are co-creator with the soul. So as a human you were given dominion over all things and that includes your soul's evolution. What does that mean in plain English? It means a lot. It means, that you can start taking a conscious role in your souls evolution instead of what we have been taking which is an unconscious role. It means that you can collaborate with the soul and **you can change your destiny.** You can change what you feel has always been and the feeling that you can't do anything about it.

You can collaborate with your soul on a conscious level instead of an unconscious level. Just the fact that you are bumping into this information, this truth, causes **your soul and all of creation to jump for joy!** And you know what they're saying? "Hey my little babies are waking up and realizing that they are indeed masters." Now some of you are hearing this for the first time. Hearing it with your head and knowing it with your heart are two different matters."

My question to Mother: "What are people going to say? They always felt all helpless-like. Oh the soul's evolving and we are just *helpless pawns* and whatever we planned to do... we have to do."

Mother says, Rebecca just tell them, "Put the knowledge on your plate and toy with it as a child plays with his food and when you're ready, you'll eat it. And this revelation is

why mother Azna had me put protocol number three in. (Protocol 3- will be covered in physical/surrogate healing)

You can call your soul to you and if this knowledge that I am speaking to you has really sunken down into your heart, and I believe that your heart is so thirsty for this knowledge that it will soak it up like a sponge, **your soul will kneel before you and await your instructions.**

Now I can hear the hairs rising on the back of your necks **saying, 'Rebecca, what do you mean my soul will kneel to me? What a crazy idea.'**

Here is some guidance about kneeling. Why kneel?

Because kneeling is not what you think. Many people think that if you kneel it means that you are lower than the entity that you are bowing before but spirit says **kneeling is the position of receiving instruction and blessings.** A knight kneels before a queen to receive the greatest honor of his life, **to be knighted.**

A supplicant kneels before the Pope to receive blessing. **Kneeling is the position to receive blessings and instructions.** The concept of kneeling has been greatly distorted but the purest intent of spirit for kneeling was to receive blessings and instructions so if your soul kneels before you, it is a good thing; it is asking for your blessings and asking for your instructions. **Kneel so blessings may flow down to you and so instructions may flow down to you. If your soul kneels before you, Mother says to give it some cotton picking instructions. In a nut shell, you have the ability to take authority over your soul to co-collaborate and change your destiny.**

Actual Soul Mastery Meditation:

This is very relaxing. Close your eyes. Listen to my voice and simply relax. Relax knowing your safe and your loved and that it is good and right to do this exercise.

Relax, allowing yourself to feel love.

Relax your feet.

Relax your legs.

Feel yourself becoming centered with the magnetism of the earth. Imagine that you could draw breath up through the soles of your feet and up through the perineum and up through the 'pranic' tube which is running from the perineum up to the crown of your head.

You are drawing in the breath from the core of the earth and you are feeling the magnetism and the grounding. Now draw a breath down from the heavens through the crown into the center of the body, and just relax.

Relax your legs, centered and balanced.

Relax your hips, it is good to be very relaxed, relax your spine. Relax every little vertebra in your spine. Easy and relaxed. Relax your shoulders and your arms.

Relax your neck and let your head be heavy and relaxed. Relax your eye lids. Relax the muscles in your jaw. Even your tongue is relaxed. Your belly is soft and relaxed.

With every breath you become more relaxed than you were before. And in this relaxed state, imagine that your heart does realize the power of your humanity and the love that mother God has for you. Realize you are loved but all the angels and high beings of light. They respect and honor you now.

Now imagine that your soul is coming towards you. It is a beautiful, bright, loving light. And your soul comes closer and closer... and the closer your soul gets the more loved and accepted you feel... And admired. Accepted for every part of your being. Your soul comes closer and closer until you're face to face with your beloved soul. And now, if this wisdom has sunken down into your heart, your soul will kneel before you to await your instructions. And if your soul does not kneel, then it's not yet time, so *you* kneel. And you receive instructions. Go ahead and let whatever happens be right and good and no judgment either way. And if your soul is kneeling, give your soul some instructions.

And *if you* are kneeling, ask for instructions. And now, if you feel like it, embrace your soul. Feeling that loving feeling that admiration from your soul. For the braveness of your human consciousness. Take some time and take a deep breath in and out. Start to bring yourself back to this reality. Come on back. And open your eyes and take some deep breaths in and out, in and out. Blink your eyes....become awake now.

This is just such an important part of heart point technique, realizing that you are co-collaborators and you will see later on in the healing techniques why this is so important. From now on, you can collaborate with your soul. The more you recognize this, the more powerful creator you become!

All Souls Love Each Other:

Mother says that all souls love each other. Their personalities may clash...but if they are in your awareness...they are in your soul group. There will be more teaching on this in advanced classes. This is simply to let you know.

The 4 protocols for Healing:

These 4 protocols were given by Azna and can be used in all phases of HPT. They are special effective in physical healing but work wonders for everything!

In all the steps **clients:**

Hold the points, run the light, pay attention to what comes up, share with you. You send the appropriate phrase or energy into the "issue". **Set the intention of what you want to work on but don't be surprised that it changes as you get into the session.**

Protocol #1. Holding the HPT position: What part of me knowingly or unknowingly needs this condition?

I command the truth by the power of Holy Spirit light.

Note: Adding this phrase saves time for dealing with all sub-personalities that may not want to tell the truth. Even the soul cannot lie to Holy Spirit

Remember, in all steps, you can ask: "What kind of energy is needed to heal this?"

Protocol #2. What am I knowingly or unknowingly doing that keeps recreating this?

The second protocol has to do with cause and effect.

Protocol #3. Soul's evolution- Part A

How is this part of your souls' evolution? (see deeper explanation of next page)

Part B of protocol 3- Ask, "Can we do this another way?"

Protocol #4. What can I knowingly do to facilitate healing?

*** Deeper Explanation of protocol # 3.**

To understand protocol #3 it is important to be comfortable with Soul mastery mediation and collaboration with your soul.

Guess why? Because this protocol is asking a question. "In what way is my soul using this as an evolutionary tool?" **Your soul came here to evolve and grow.** Experiencing all kinds of sickness and the experiences that come about from that are one way to do it. But the reason we have this truth is so we can ask the soul to evolve some other cotton pickin' way and we don't want to be saddled with this forever and ever. We want to see this as negotiable.

Treat it with all 4 protocols and you will have massive success!

4 protocols in a nutshell:

#1.Holding HPT- What part of me knowingly or unknowingly needs this condition, emotion, etc. (cause and effect)

#2. Holding HPT- What am I knowingly or unknowingly doing that keeps recreating this?

#3. Part A- Holding HPT- How is this part of my souls' evolution?

Part B of protocol 3- **Holding HPT-** Ask, "Can we do this another way?"

#4. Holding HPT- What can I knowingly do to facilitate healing?

Healing in the Bones

Bringing Light and healing to the bones is an important part of healing.

Because the bones replicate, manufacture, our red blood cells and our red blood cell are the absolute indicator of the state of not just your physical health but our emotional health condition.

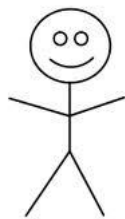
(Those of you who have seen Rebecca's and Dr Felici's videos of live blood cells know that in the space of a few moments, the size and shape and movement of live blood cells could be changed on command- using energy tapping.)

So, it is indeed very important that our red blood cells be healthy. Mother says that

the bones can begin creating aberrant patterns. It can happen in the womb, sometimes it's in the family line. And if no attention is ever given there, you can cut away and redo all kinds of things, but you are never going to get to the source.

Practice session in class:

Let us experiment with bringing light to the bones and listening to see if our bones have a message for us.



#1. Draw a quick stick figure:

#2. Please hold HPT and just a note of how you feel in your body right now. Pay special attention to any tension, pain discomfort or emotions. Begin at the head and scan down the body.. .all the way down to the feet.

#3. Open your eyes and make marks on the stick figure indicating where any tension, pain, discomfort or emotion is.

#4. Give an intensity rating- on a scale of 1-10 , how intense are the feelings/emotions?

#5. Healing in the Bones Meditation (can be read word for word)

(Hold HPT as long as it is comfortable- it is Ok to take your hands **in and out** of the position for comfort)

Relax and imagine that light is building in your higher self point.

Ask for Holy Spirit Light to prepare your body, organs, energy field and bones for healing.

Imagine that your higher self point is building and building a powerful storehouse of Light.

Chant an nur, an nur, an nur, an nur, an nur, the light is streaming, streaming over, now the crown opens up and the corpus callosum gladly receives the light. Receiving the light, the light streams down into the pineal gland, into the hypothalamus, moving forward into the actual third eye and then massaging all those points underneath your hand.

Just relaxing and allowing the light to flow. Flowing through the throat and now into the deepest, deepest wisdom of your heart. An nur, an nur, and imagine that a section of your bone seems to be crying out for the light, the light, the light of God. For some attention... for we do not normally give attention to the bones until they start hurting.

We're streaming the light into all the bone marrow in our whole body and its receiving light, its receiving sustenance. Continue to chant an nur, and every time you chant an nur...imagine that your bones are receiving the light and they are rejoicing because it is

also **within that bone marrow that the joy is created.** The light of joy comes from the bones singing.

The bones are so important. That's why the ancient people moved the bones of their ancestors when they moved.

Holding the position a little bit longer. an nur, an nur, a, a nur, an nur, bless my bones,

an nur, an nur, an nur, imagine the little bone marrow, the red blood cells have little tiny

mouths and they are singing an nur, an nur, an nur, they 're drinking in oxygen, they're

drinking in light, they're rejoicing to be acknowledged. An nur, an nur, an nur, an nur, an

nur, an nur, allow yourself to be filled with light, filled with Holy Spirit light. An nur, an

nur, an nur, al haq. And so it is.

Now- do a re-check of the places you marked on the stick figure- give it a rating now.

If one of the places is still very high- you can hold HPT and ask, "What kind of energy is needed to make you feel better" The chant into the place bringing the energy that is needed.

The Gatekeeper Technique: Created by HPT Master Belin Jenkins

After sending light and healing to a feeling or issue, there may be some residual resistance. While working with clients with issues, especially dealing with relationships, it's good to see if they can see anyone/personage blocking the door or gate to this healing. The person blocking can be called the "gatekeeper".

A clue to someone having a gatekeeper is when they have worked on a certain issue and it doesn't seem to change for the better. Maybe they've cleared their own energy but someone else's is blocking theirs.

Notes to the Facilitator- Instructions on Dealing with the Gatekeeper-

While holding the HPT points, ask your client to tune in and imagine the spot or area in their body they're concentrating on. If they could imagine or feel there is someone there blocking the spot from healing...or adding resistance energetically, who would it be? It could be one *or more* people but it may be best to concentrate on one person at a time. If there is a large group of "gatekeepers" then ask your client who stands out the most and "work" on that person first.

Example of Gatekeeper prompts-

1. If you were to tune into the area of the body that is feeling _____/or resistance, and you could imagine someone standing in front of it, who would it be? (Client should try to visualize a person/persons)
2. What is this person doing? (If they can't tell what the person is doing you may want to ask more questions. Ex. of probing questions: Standing? Tapping foot? Is there back turned to you?)
3. Can you tune into what they are feeling?
4. Why are they there?
5. Right now, we bring no judgment to this person. We ask God to tune into him/her...We ask God to send him/her light and love...We ask GOD to send

forgiveness. We are not asking YOU to send light from your heart, but only to acknowledge that God gives light freely to all His children. Please visualize the light pouring down from God, unto this person. (Chant Anur__ # of times necessary...Recall other Arabic phrasing that may be appropriate)

6. Do you see any changes occurring in this person? Are they softening up, etc? Do you see anything dealing with their life past/present? (If is helpful if the gatekeeper can be visualized as a child...to see where the issues began and are rooted...Insight/intuition there is helpful...it is sometimes easier to forgive or offer light to a child version of the adult than the actual adult)
7. We ask God's light to release this person's hold on _____ 's issue. We ask forgiveness to come down from Heaven...(Ask for the help of all their angel's and guides.)
8. Release the HPT position.
9. Did you feel or see any changes occur? Did you get new insight?
10. If you tune back into your original 1-10 rating, what would you be at now?

If the gatekeeper is still there, do another round of HPT on the gatekeeper.

Sometimes calling someone the Gatekeeper might elicit feelings that someone else is in control of your healing. Not so. The client needs to know that they are in the driver's seat and are not controlled by anyone. They have the God given power to shift and change the energy and feelings around them, no matter the circumstance.

Releasing the Gatekeeper will most likely help clients to feel lighter & more in-tuned with their own needs and heart's desires.

Surrogate Healing

Step 1. Before beginning Surrogate healing, get in touch with your own soul- just get centered. (call in angels guides, etc)

Hold HPT points- **Ask** if Surrogate healing is right and good for this being at this time.

If yes...ask for assistance. i.e. dear soul, I want to assist (name of being) please help me.

Step 2. Hold HPT points. Ask permission of the person energetically. Imagine your soul and their soul face to face. You will feel a yes...or no. The timing may not be right.

Respect what you get.

Step 3. If yes, breathe in the consciousness of that person...become that person.

Just 'imagine' that you are them. you will be surprised at how easily this flows. It takes you deeper if you imagine the sound of their voice and try to connect through their 'sound signature'.

(If you get a "no" and you proceed anyway, it could cause their consciousness to dig their heels in deeper and delay the healing)

Alternatively- if you get a "no" you can ask if you may try later.

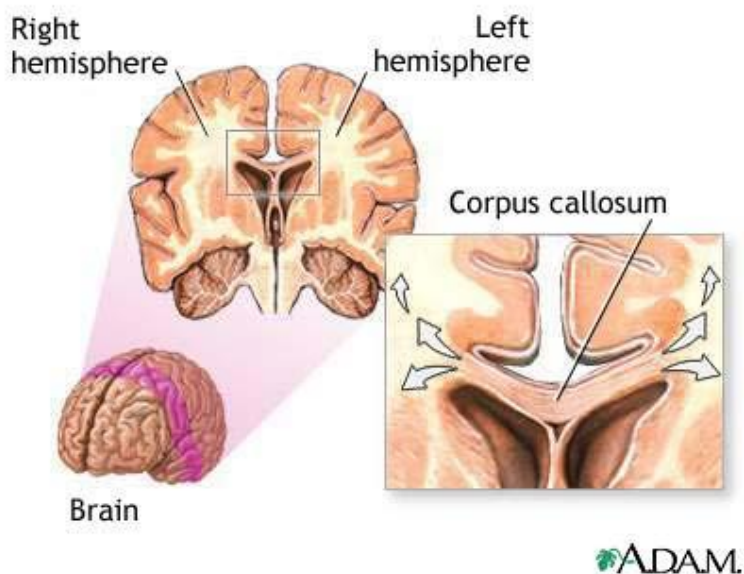
Step 4. Proceed with all four HPT protocols as listed above. Alternatly, ask "What is your deepest need right now? Where do you feel it in your body? Intensity rating? What kind of energy is needed to help this condition?"

When you sense what kind of energy is needed- chant An Nur (or the name of the energy needed) sending light and healing energy to all the points. Re-check intensity rating.

Step5. Re-check and ask if anything else is needed.

Non- Dominant handwriting:

When you write with the non-dominant hand, you have a direct connection to the right side of the brain. The right side of the brain houses your intuition, your spirituality and your creativity. The left-brain houses logical, analytical side.



Where did Rebecca learn the power of Non-dominant handwriting?

She spent a year-and-a-half studying with Dr. Lucia Capacchioni who has written many books that use journaling and non-dominant handwriting as a form of free therapy!



Books like *Power of Your Other Hand, Recovery of Your Inner Child* are for sale on Amazon.

If I could recommend one technique in the whole wide world to do to increase psychic awareness... **it would be writing with the non-dominant hand.** Do it every day for six months and you just won't believe, you could become a psychic. Combine this with regular HPT and you will grow by leaps and bounds! It's incredible and it's easy.

The dominant hand is the one you write checks with. It doesn't matter if you're right- or left-handed. The dominant hand is the one you eat with and write checks with, for sure the one you write checks with. Some people say they are ambidextrous; well the one you write checks with is your dominant hand.

* NOTE: Non-dominant handwriting is NOT "automatic writing". A spirit will not possess you and move your hand. This is wisdom that comes from your own self- the right side of the brain. Just write slowly, one word at a time. As you grow accustomed to doing this...non-dominant handwriting will be easier and easier.

And BTW...the right side of the brain has not learned how to lie yet so you get a lot of truth by doing this.

Beginners exercise:

Using unlined paper- turn it landscape position. (The opposite way you usually write)

Write your name with your non-dominant hand.

Put the pen back in your dominant hand and ask, "How did that feel writing with my non-dominant hand?"

Put the pen back in the non-dominant hand and let the answer flow.

Second exercise:

Now you are ready to take Non-dominant handwriting a step further and address a sub-personality.

With pen in dominant hand write: "Dear Inner Wisdom, how can I move forward on my path more easily?"

Put the pen back in the non-dominant hand and let the answer flow.

Sometimes, you might have a very strong inner critic who tells you things like:

- This is so stupid
- You are just making this up
- No-one can read this (no one but you is supposed to read it)

Realize that this is just normal and proceed anyway.

Inner Brat/Volcano technique



Our emotions can be like a simmering volcano. If we can get the suppressed anger to come out- it often brings everything else up along with it.

Rebecca developed this technique for EFT but it works just perfect with HPT tapping.

Sometime folks are shy to admit they have anger. But submerged anger can sit and simmer and eat at your insides.

To help you get in touch with your own anger...use non-dominant handwriting. Even folks who feel they do not have any anger issues are surprised what the right side of the brain will reveal (Via non-dominant handwriting)

You must do this entire exercise from the perspective of your inner child. A child would not hold back at all would they?

So, pretend you are about 4 years old and you have permission to be a brat and say what you really feel!

#1. Write with your dominant hand. 'I feel so angry at'

#2. Switch the pen to the Non-dominant hand and let yourself go! (Give the anger a rating 1-10)

#3. Dominant hand: "If I could do anything I wanted to do to this person I would..."

#4. Switch to non-dominant hand and let it flow- (what would a four year old like to do for revenge?) Remember to stay in your inner child

#5. Dominant hand: write-"if I could call them any mean names I wanted to I would call them _____"

2#6. Switch the pen to ND to fill in the blanks

#7. Now, you have a good picture of how your inner brat feels, what they would like to say or do the person they feel angry at. Make sure to take a rating of how angry your inner brat feels 1-10.

#8. Formulate good set up sequence for HPT tapping using information you just received from your non-dominant handwriting exercises. IE_ "I feel so angry at (insert name), I would like to (insert what you would like to do, IE: kick him in the shins, pull his hair, scream at him, something an inner brat would do)

#9. Begin tapping at the crown and moving down thru all HPT points. Let yourself really get into this. Be a brat! You likely never got to express your anger in a safe manner. This is actually a lot of fun! Keep tapping and repeating whatever words come up for you until you feel the force of the anger leaving.

#10. Re-check your anger level. You may feel it has changed into another emotion. If so, give a treatment for that. If you feel clear...it is time to tap in a positive keyword into your consolidation point. Possible wording for this: "Yes, I felt anger and now I choose to feel more calm, or satisfied, or whatever you really desire to feel".

Timeline Healing

Imagine that you're looking at a timeline of your life. Look forward, you'll see a line of light going forward. Behind you, you see a line of light going backwards. Now choose a topic for healing. IE_ money issues. Hold the Heart Point Technique position and say, "Show me on my ancestral timeline, what needs healing about ----- (insert what issue you are working with IE, failure patterns, money issues, relationship issues)."

Then, holding the HPT position, imagine that you're floating up out of your body and backwards along the timeline allowing the energy to pull you backwards.

You will stop where you need to stop, whether you can sense what's going down below, you might just sense some emotions going down below, start sending healing light down to the situation below. Rest your hands for a few moments then put them back in the Heart Point Technique position and ask, "What kind of energy is needed to heal

this?" Pay attention to what comes up. Send that kind of energy out. Offer to heal the greatest pain of anyone or any group you envision.

Continue to stream healing light down to the soul or souls below. Bring this healing forward in time to the place where you are now on your timeline. Send that wave of healing energy forward in time to your descendants. Use this technique for any topic that you want to use timeline healing for.

Three Magic Questions and Treatment Protocols

Question #1.(deals with the head) What do you think you would like to manifest in your life- just off the top of your head?

(Your goal is- to discover what they THINK they want to manifest)

You as practitioner, make notes on what client responds with.

Have them finish this sentence...If I could manifest_____

(insert what they said in Q. #1)Then, I could be, do, or have_____

Question #2. (deals with the heart)Hold HPT points, run the light, ask, "Is this what my heart and soul's deepest wisdom really wants?" (You may add, I command the truth by the power of Holy Spirit Light)

* If they still get a 'yes' to question #2- proceed to question 3.

* if they get a "NO" to question #2- Hold HPT and ask, "Well then, what DOES my heart and souls' deepest wisdom want?" (and then proceed to question # 3)

Question # 3. Is it safe for me to follow my heart and soul's desire about this?

This question is asked with client holding HPT points and running the light to the souls' deepest wisdom. **You can be pretty sure something will come up!** Whatever comes up is likely the root cause of them NOT being able to manifest much of anything.

- if it is 'not safe' for them to manifest what their hearts desire is...ask if there is a gatekeeper and proceed with gatekeeper technique
- if it is safe for them to manifest this- ask what kind of energy is needed to help them manifest- run that energy through the points using HPT

.....

**Mother Azna says that all failure is accompanied by its twin flame pattern...
“fear.”**

Azna also says that the spirit of failure is always sneaky and never comes in the front door.

One of the most insidious disguises “failure” uses is...”let me protect you from getting hurt”

Try these exercises and see what comes up for you:

- #1. With the dominant hand write: I am ready to be more successful in my career but...
- #2. Switch the pen and see what the non-dominant hand has to say.
- #3. Do HPT for what comes up

.....

- #1. With the dominant hand write: I am ready to improve my relationships but...
- #2. Switch the pen and see what the non-dominant hand has to say.
- #3. Do HPT for what comes up

.....

- #1. With the dominant hand write: I am ready to improve my (insert whatever is most specific to you) health/weight/habits but.....
- #2. Switch the pen and see what the non-dominant hand has to say.

#3. Do HPT for what comes up

Below are some examples of answers that can come up. Yours can be completely different and unique to you.

Examples:

- **You better not try for a better job/ career shift/or new venture...**you may not succeed and everyone will laugh at you. Better to stay safe where you are . Yeah, safe/ broke and unfulfilled. (I can certainly relate to this one- it took me years to follow my dreams of being a spiritual healer- if I had listened to that seducing energy of failure, you would not be reading this letter from me now)

- **You better not go for a high-caliber relationship...**you might get hurt. You probably deserve what you have anyway. Better to stick with what you know! (I could be the poster child for this one. I stayed in a mutually 'un-nourishing' relationship for years...because I had a fear of failure that I could not make it on my own. Now, I have the love of my life but I never would have found it if I had not overcome that fear.)
- **You better not lose that extra poundage.** Sure losing it would make you look and feel better. But, you might be expected to do more, be more and yikes- you could even get unwanted attention. You know you need this for protection. (Once again, I can testify to this. I stayed plump for years until I was able to release my 'need for protection'.)

Q. So Rebecca, how do I know if this sneaky failure pattern has put some roots down in my energy field.

A. Well, you can hold the HPT position and ask... "Where am I allowing a failure pattern in my life?" Or- you can just take a look at your life. What areas are you lacking in? Fear, failure and lack are like triplets.

Exercise: Hold HPT and ask: "Where am I allowing a failure pattern in my life?" Give it an intensity rating 1-10.

Pay attention to what comes up. If you have trouble 'getting" anything. You can always use non-dominant handwriting.

With the dominant hand write: "Where am I allowing a failure pattern in my life?"

Switch the pen to the non-dominant hand and answer.

Give treatments with "The 4 healing protocols"

The Biggest, yet Most Hidden Pattern of all!

There are many factors in Failure patterns. I believe with Mother's help, I have uncovered the very root cause of this in your life. I have never taught on this pattern before in all my years of teaching.

This pattern could be...the key to everything!

This pattern causes wars to be fought, friends to be lost, greed, jealousy, stabbing in the back. and all kinds of avarice.

This pattern can causes one to feel :

- Abandoned
- Unloved
- Forgotten, not acknowledged
- Left out
- Not Good enough

This pattern can rob you of:

- **Clear Vision** (your vision can never be truly clear as long as you have this pattern because all you can see is your 'lack')
- **Money** (this pattern can blind you to opportunities)
- **Money** (this pattern can block your ability to receive.)

- **Money**- have I said money yet? (This pattern can cause you to send out negative vibrations to those who could bring you better income.)
- **Soul-mate relationships**(This pattern can cause you to be a turn-off to a potential soul-love.)
- **Popularity** (this pattern can make you feel inferior and rejected)

This is so dangerous even to Light workers and I am so grateful for Divine Mother giving us the revelation about this at this very crucial time. I love it that along with the revelation...we have the healing tools of HPT to clear it.

We MUST treat this very deep pattern on every level.

It is the pattern called DEPRIVATION.

Almost everyone has this on some level.

I sure didn't think I had it until I gave myself the treatment for it.

All kinds of issues came up for me.

I held HPT Points and simply said..."I feel deprived".

Immediately, I saw myself, about 5 years old standing in front of a cookie jar at someone's home. (we were so poor we did not have a cookie jar and no cookies to put in it either)

I wanted a cookie so badly!

I held HPT again and asked "What kind of energy is needed to heal this" The little girl responded..."I just want courage to ask for a cookie" (awwww, this breaks my heart)

We all know people who have outward showings of this pattern but we might not realize we have it too.

How does this DEPRIVATION PATTERN manifest?

- No matter what you get- you feel it could have been a little better
- No matter how many spiritual gifts you develop- you think they do not compare to the gifts of others
- When something good happens to you- you feel it could have been better if only...

- When something good happens to someone else- you may feel happy for them on the surface but feel you didn't get your fair shake

In a nutshell folks...having this pattern leave you with a visceral feeling of "Not Quite Enough".

It's awful because a part of you is telling you how happy you should be with what you have. While the sabotaging part of yourself is telling you it's not enough".

Then Lordy, Lordy- you get into self-judgment, feel terrible and don't know what the heck is making you feel all out of sorts. By the way...it is almost impossible to manifest Anything when you are in this failure pattern energy stream.

Deprivation Healing

For true treatment of this condition, it must be addressed on every level;

Past life

Ancestral/Cultural

Womb

Childhood

Adulthood

So, let's begin: **First exercise is for deprivation in our past lives.**

#1.Hold HPT_ Show me where I had this deprivation pattern in a **past life.**

Do timeline healing. What kind of energy is needed to heal this?

I ask Holy Spirit Light to heal the cellular memories held within my body that are replicating this pattern now. I replace it NOW with a new cellular memory of wholeness.

Hold HPT-What is the replacement pattern/energy I need to replace this with?

Tap that replacement pattern/energy into the consolidation point.

Send Light to your descendants as well.

Hold HPT- is there any other past life experience I need to clear?

If 'yes'- then repeat the sequence.

.....

Second exercise is for your ancestry/culture

#2.Hold HPT_ Show me where I had this deprivation pattern for my ancestry or culture.

Do timeline healing. What kind of energy is needed to heal this?

I ask Holy Spirit Light to heal the cellular memories held within my body that are replicating this pattern now. I replace it NOW with a new cellular memory of wholeness.

Hold HPT-What is the replacement pattern/energy I need to replace this with?

Tap that replacement pattern/energy into the consolidation point.

Do timeline healing. Send Light to your descendants as well.

Hold HPT- is there any other ancestral/cultural experience I need to clear?

If 'yes'- then repeat the sequence.

Third exercise is for your Womb experience:

Hold HPT_ Show me where I had this deprivation pattern within my womb experience.

What kind of energy is needed to heal this?

I ask Holy Spirit Light to heal the cellular memories held within my body that are replicating this pattern now. I replace it NOW with a new cellular memory of wholeness.

Hold HPT-What is the replacement pattern/energy I need to replace this with?

Tap that replacement pattern/energy into the consolidation point.

Do timeline healing. Send Light to your descendants as well.

Hold HPT- is there any other womb experience I need to clear?

If 'yes'- then repeat the sequence.

Fourth Exercise is for your Childhood experience:

Hold HPT_ Show me where I had this deprivation pattern within my childhood experience.

What kind of energy is needed to heal this?

I ask Holy Spirit Light to heal the cellular memories held within my body that are replicating this pattern now. I replace it NOW with a new cellular memory of wholeness.

Hold HPT-What is the replacement pattern/energy I need to replace this with?

Tap that replacement pattern/energy into the consolidation point.

Send Light to your descendants as well.

Hold HPT- is there any other childhood experience I need to clear?

If 'yes'- then repeat the sequence.

Fifth Exercise is for your Adulthood Experience:

Hold HPT_ Show me where I had this deprivation pattern within my Adulthood experience.

What kind of energy is needed to heal this?

I ask Holy Spirit Light to heal the cellular memories held within my body that are replicating this pattern now. I replace it NOW with a new cellular memory of wholeness.

Hold HPT-What is the replacement pattern/energy I need to replace this with?

Tap that replacement pattern/energy into the consolidation point.

Send Light to your descendants as well.

Hold HPT- is there any other Adulthood experience I need to clear?

If 'yes'- then repeat the sequence.

Client Intake Form:

Name _____ Age _____ Disclaimer Signed _____

Address	
Phone #	
Marital Status	
Occupation	
Birth Order	

List any conditions you know about your birth circumstance. _____

What would you like to get relief from, clarity of, or feel better about in our sessions? _____

Any siblings? If yes briefly describe relationship to each.

How would you know you have gotten good results?

What would good results look or feel like to you?

Using scale of 1-10 list your level of happiness in your:

Job	Relationships	Health	Other

HPT Master’s Certification Program Requirements:

Step 1- Letter of Interest to Rebecca

AFTER you have carefully read all of the following HPT Master’s Requirements, if you are interested in pursuing the HPT Mastery please send a short letter of interest to Rebecca via email to rebeccamarina@gmail.com stating

- why you are interested in becoming an HPT Master,
- what you like about HPT and then
- set a goal date for completion of HPT Mastery

Title of Email: *Interest in Pursuing HPT Mastery*

This letter of interest will let us be aware of your intentions and help us offer aid when needed.

Please make sure that there is a response (from Rebecca’s team) to the letter of interest email within 72 hours. If not, resend & contact Rebecca.

Step 2- Having Sessions, recording them & writing them up

- Before having HPT sessions, make sure you have a waiver with wording that makes it clear to clients that you are not a psychiatrist, counselor, etc (only if you have no formal education for such, of course).
- Begin having HPT sessions with clients, friends, family and/or yourself. **You MUST use the HPT Manual as your guide during these sessions.** Use it, that's what it's there for!
☺
- Based upon the information gained in the session write your case studies using the format that is provided from Rebecca
 - Case studies for each live event should be completed within 12 months of actual live event. (Ex: Money HPT Seminar in December 2010 would require that the case studies concerning that topic be completed by December 2011.)
 - Case studies should be well-written, thoughtful, and easy to read.
- With permission from your clients, **record the sessions when possible.** Most people do like to get the recording afterwards, so it's more like a bonus to them.
 - The easiest way to record is over the phone but you also could record a Skype session or a live session with a video camera.
 - When choosing which sessions to write your case studies about, choose one that you have recorded, as **one recording from each seminar topic will be required for Mastery certification.**

It is the practitioner's responsibility to keep track of and save those case studies & recordings.

Step 3- Keep using HPT and getting your HPT Training

- Continue attending the HPT Certification Seminars. **Four Seminars Required.**
- To gain HPT Mastery, you may not *only* complete courses by simulcast. **You must come to at least ONE live seminar.**
- You must complete FOUR (or more) case studies for each live event.
(16 live event case studies total)
You must **record at least one session for each seminar topic.**
(4 recorded session's total)

Step 4- Turning in Official Application & 16 Case Studies & 4 recorded sessions

- When you have completed all the case studies & other requirements email Rebecca within one hour (so they are easy to retrieve) the following items-
 - Application for HPT Mastery (provided by Rebecca Marina)
 - All required case studies. Please organize them so they are easy to read or they will not be opened.

- Make sure you have 4 recorded sessions TOTAL...1 for each seminar topic (this just proves to us that you know what you're doing and you did the work.)

Step 5- Phone Interview with Rebecca

- *After turning everything in* Rebecca's team will inform you as to the status of your application.
- When your application has been acted, a phone interview must be pursued by applicant. Fritz will help to schedule it with Rebecca.

Notice:

Case studies may only be submitted AFTER the seminar is completed. Please do not send in case studies *for a seminar that has not been taught yet.* (Once a seminar title has been released, that does not open the gates for case studies on that topic to be turned in.)

Breakdown in Numbers-

4 Live Events = 16 case studies...4 recorded sessions...plus application

For all of you visual people, check out the chart below. 😊

Example of the Amount and Content of Emails when completing the Final HPT Mastery Application Process:

Email subject title: HPT Mastery Application	1 completed application will be attached
Email subject title: HPT Case studies, Foundational HPT	4 case studies on this topic will be attached PLUS one recording of one of the sessions you wrote about in a case study
Email subject title: HPT Case studies, Money	4 case studies on this topic will be attached PLUS one recording of one of the sessions you wrote about in a case study
Email subject title: HPT Case studies, Relationships	4 case studies on this topic will be attached PLUS one recording of one of the sessions you wrote about in a case study

Email subject title: HPT Case studies, Spiritual Mastery	4 case studies on this topic will be attached PLUS one recording of one of the sessions you wrote about in a case study
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Remember: When turning in all of your HPT Mastery emails for Review, please send them within one hour of each other. (The point of this is for it to be easy to process & Rebecca gets 100s of emails a day...Let's make sure yours doesn't get buried.)

Text Rebecca when all of your documents have been emailed for review 956-457-5568 & Belin at 956-279-0567

Once your application has been accepted, and after your phone interview is complete, you will officially have graduated. You will be honored and congratulated at an upcoming HPT Seminar! If the *Master is not there*, they will still be fully honored! **Later, if the Master attends another seminar, upon graduating, they will be honored and congratulated by Rebecca.**

Upon Graduating as an HPT Master... You will receive an Official HPT Mastery Diploma AND:

You will be one of the first experts in this growing field. You will be featured on Rebecca Marina's site.

You will be featured as a **Master of the Month***** within your first 12 months of becoming an HPT Master!

- With almost 15,000 readers, this would be a HUGE wave of FREE advertising for you and your services. Get your web-site in order so YOU can have more readers or clients!

As a means of further education, as **an HPT Master**, you will have *free* access to 3 HPT **fee-based** teleseminars on the topic of your choice. Rebecca's treat! 😊

You will continue to be able to submit your case studies & letters to Rebecca for possible publishing on her site after your graduation. **(Try to make these authentic case studies readable and interesting.)**

By the time you graduate you will be well versed in using HPT for many issues! As you practice and prepare yourself, you will be the EXPERT that clients will seek out. Your secure knowledge, faith in your skills (and God's healing power), and expertise will make you a Master indeed!

Hanging your Mastery Diploma on the wall will be icing on your cake! I know you can do this!

You are the PIONEERS in this growing healing modality...We are the next big things and we have STAYING POWER because it really WORKS!!! Own it!!! Work it! Practice it! Love it!

***Note, as the number of master's grows, we will have to switch to Master of the Week or simply Master Highlights...We do want you to be honored, all by yourself! Spotlight on YOU! 😊

Recertification fees: No fees to *upkeep* your certification. Once you are certified, you keep your certification. Masters will have very special rates on upcoming live classes. Yipee!

If Masters REPEAT a class, they may request to come as an assistant and pay a very small fee (plus room & board). ..But they will be required to follow Rebecca's Assistant's necessary behind the scenes work.

Notes concerning case studies:

We want everyone to know how awesome and effective HPT is!

Even before you reach mastery, if you have an interesting case studies you may send it in (via email) for review from Rebecca's team & for possible publication on Rebecca's site or in a newsletter. Send the best of...make them well-written & easy to read. Name of client should be changed and their identity should not be identifiable.

Imp. Note: Rebecca may publish case studies on the web...do not send case studies you don't want published...Also note that Rebecca holds the right to publish or not publish any case study that is sent.

The practitioner is responsible for changing your clients name and telling information so that they are not recognized by the public. If Rebecca is challenged by a client, whose identity was not hidden, she will not publish any more of that practitioners case studies and the practitioner, if mentioned on her site, will be removed from her site. (Rebecca reserves the right *not* to publish case studies for any reason.)

****Note *only* to those that have attended live Matchmaker’s Seminars with Rebecca: Matchmaker’s attendees need only attend THREE live HPT events, as Matchmaker’s counts toward your fourth. Matchmaker’s need only to write an essay & are not required to write 4 case studies for that particular seminar. You do not have to write case studies for the Matchmaker’s portion...Instead, you must write an essay on what you learned, the spiritual experiences you had, where that has brought you today, and where do you see yourself going in the future concerning world service and/or your own personal growth. (1000-2000 words)**

****For Matchmakers only:**

3 Live Events = 12 case studies...plus application...PLUS essay

**Application for HPT Mastery Program
(When form is completed, it may be more than 2 pages)**

Name	Today’s Date	Email	Phone Number

IMPORTANT- For your diploma, how EXACTLY would you like your name spelled/listed:
Address where you would like your diploma to be mailed:

HPT LIVE Seminars Attended

Title of Live HPT Seminar/Subject	Date of Seminar (Month & Year)	# of Case Studies Completed/Turned-in

***If there are not 4 or more case-studies for each seminar topic, the App. will be rejected until correct.**

HPT Teleclasses Attended

Title of HPT Teleclass	Date of Seminar (Month & Year)

Below are some points that need to be answered. They may be answered in paragraph form, not in this exact order but please address all topics/prompts/questions.

Why do you seek your HPT Masters?

What are your future goals involving HPT?

In your own words, what is HPT? (What will you tell your clients about HPT?)

Please write a testimonial for Mother God, Azna.

Please write a testimonial for HPT in general:

Please write a testimonial for HPT seminars:

Please meditate for 10 minutes & write something from your heart involving HPT.

Highlights and Insights

-Use these pages (FRONT and BACK) **to jot down Highlights, Insights you** discover as you take this seminar.

-Below are some prompts that may be helpful. Your own Aha moments are what are most important so please write them down as they come up for you.

What parts of this information could change your life?

Why do you feel it's important to be certified in Heart Point Technique.

If you were offering Heart Point Technique to a client, what unique gifts and talents are you bringing to the table?

How do you feel Heart Point Technique would help friends, family and clients?

Insights _____
