Life Purpose Healing

The Life Purpose Healing is the first of the ***intentional healings*** that we teach in the school. With intentional healings, the purpose is not to send, fill and clear the chakras like we do with the chakra-based healings. In an intentional healing, the healer holds the energy strongly in themselves so that the client can then change their vibration to match the healer's vibration through **resonance** and **entrainment**.

The healer simply holds their field at their highest vibration and strengthens their own **Life Purpose Line**. This reflects back to the client so the client brings their core resonation up to meet the healer at that level, healing from inside out. Intentional healings are a more advanced method of healing and lead to longer-lasting results. They create a deeper and more profound experience.

This particular healing strengthens an individual's ability to remember their deeper level of intention in this lifetime and let go of the ego and confusion of the defensive profile level of life. This healing goes to a deeper dimension than the chakras and should not be mixed with chakra filling and support.

The **Life Purpose Line** is the line of energy, like a tube, that begins at the person's soul and comes down through the crown of the head, along the spinal column, down the legs and tail bone and into the ground, heading down towards the center of the earth.

Information from our souls pulse down the Life Purpose Line continually feeding us information about what our life purpose is. This is the level of power that martial artists use to hold their ground, be impeccable and create force that is far greater than what their body would seem capable of. It creates balance and body alignment, improves self-esteem and the ability to align the will and raw power of the lower self with the consciousness and guidance of the higher inner purpose in life.

Through trauma, vows and other wounds, a person can become disconnected from their Life Purpose Line, leaving them feeling lost and unable to connect with their own soul and life purpose. This healing clears the channel and also brings into alignment the two energy centers along the life purpose line. These are not chakras as such, but are considered "spiritual centers" and make up how we connect with our own life purpose line.

These spiritual centers are:

- The Physical Life Purpose Point
- The Spiritual Life Purpose Point

The Physical Life Purpose Point (sometimes also called the "dan tien") is located in the pelvis just between the 1st and 2nd chakra. Its color is a rusty red which is a mix of the red of the 1st chakra and the orange of the 2nd chakra. Its function is to take your life's purpose and make it happen in the real world, so it is something that you DO in the real world. When the PLP point is disconnected from the system, you may feel the call of your life's purpose, but be unable to make anything happen in the real world. This healing recharges this point and reconnects it to the whole system so that you can take action.

The Spiritual Life Purpose Point is located at the breastbone, at the thymus gland. It's a teal green color and is where you feel your calling to live your life's purpose. When the SLP point is disconnected, you will feel cut off from feeling your life's purpose and won't feel called to anything.

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This healing can bring a lost person into the world, pull a person out of the quagmire of life situations that create stagnation, and give the client the resolve to go even deeper into their life's purpose. Use this healing with people who are unclear about what their life purpose is or find themselves faltering on the path.

Prepare the Client

- Tell the client they **must not make any voluntary movements** during this healing, in order to achieve the desired benefit. They will want to be in a comfortable position before the healing begins.
- Make sure their feet are very close to the bottom edge of the table. It's better if their shoes are off.

Healing Preparation

In order to do this healing, you must begin by strengthening your own Life Purpose Line.

- Stand firmly and bend your legs a little. Drive your feet into the floor. Put your fingers into your PLP point (just under the navel).
- Open up the top of the Life Purpose Line (LPL) by pulling up your hair a bit. Get your spine very straight.
- Point one hand down and one hand up and pump the LPL by bending your knees and moving your hands in opposite directions.
- There are a few variations on this. Just do one that works for you.

Stand at end of table with legs wide apart, firmly planted and slightly bent (at the knees). Connect with the client's energy field by holding their feet, with thumb on bottom (ball) of foot and fingers resting on top of foot.

As you align your client's life purpose energy, you are solely focusing on your *own* Life Purpose Line and strengthening it. Do not try to fix a client's LPL, just hold yours as wide and strong as you can in each area you work on.

During this healing, as you work in specific areas of the body, observe the client's LPL in those areas. **When you see an area of the Life Purpose Line that is weak or torn, bent or thin, strengthen this area within yourself**. **Through your intent, as you strengthen your *own* Life Purpose Line, the client will be brought to your level.** This is why it is absolutely critical for you to be balanced, grounded and solid before you start this healing. You must be stronger than the client, in order to bring him or her "up" to your level.

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Life Purpose Healing

Since you will be making all movements for the client, be careful and gentle and remembering to return their limbs to comfortable positions.

Always begin on the left leg.

1. Left Leg - Foot to Knee: Pick up the client's left foot and place it against your chest, resting the ball of their foot against your own SLP. Hold the foot there with your right hand around the client's ankle. With your left hand, hold the client's leg under the knee. Gently pull the leg toward you, allowing it to stretch and unwind between the foot and knee.

Make sure that you support their knee with your hand so that you don't hyper-extend their knee.

Drive your own left leg into the ground and feel from your own knee down to your foot. Strengthen your own LPL in this part of your left leg. Gently put down their leg.

2. Left Leg - Knee to Outer Hip: Move around table to the client's knee. Lower hand goes into the knee from the topside. Upper hand goes onto the outer hip. Scoop up the client's knee and move it to your own PLP point. Do a little gentle traction to their leg.

Feel your own LPL driving into the ground on your left leg, now feeling from your hip to knee and then all the way down to the ground. Concentrate on your own leg and LPL. When you feel the energy shift, put their leg back gently.

3. Both Hands Under the Client to Reconnect the PLP: Move up the table. Lifting the client as necessary, slide both hands under the lower back at the base of the spine. Take the "horse riding" stance with your knees bent and back very straight.

Slide your hands past the spinal column, then cup your hands until your fingers begin to pull the lumbar spine gently. You are filling your Physical Life Purpose Point and energetically aligning it.

Make sure your back is very straight. Push your hips into the table.

Holding this position, follow the movement of the client's body as they breathe in and out. Harmonize your breathing with the client's. Expand your own PLP Point like a small balloon - bringing more solidity to your pelvis and left leg.

4. Charge the PLP: Pull your upper hand out from under the client and place it on top of the Physical Life Purpose Point. Then balance the energy between your hands, front and back. Remember that you're charging and filling your *own* PLP, not sending energy to them.

5. PLP to Outer Hip: Pull your lower hand out from under the client and place it on their left hip bone. With your intent, connect the hip to the Physical Life Purpose Point so the line of energy running down your left leg goes all the way to the core of the Earth. Feel it in your own body.

6. Moving to the Other Side of the Table and Client: Put both of your hands with pointy fingers into your own Physical Life Purpose Point to stabilize your own energy there and walk back to the foot of the table. As you walk back to work on the right side of the body, keep your fingers on your own Physical Life Purpose Point in order to stay on the Life Purpose Line Level. This healing cannot be done from any other level.

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7. Repeat the Same Pattern on the Right Leg:

- Right foot to right knee. Foot into your own SLP.
- Right knee to hip.
- Pull the PLP with both hands under the spine. Horse riding stance.
- Charge the PLP with one hand under and one hand on top.
- Finish with PLP to outer hip.

8. Physical Life Purpose Point to Spiritual Life Purpose Point: Leave the lower hand over the Physical Life Purpose Point with pointy fingers into the client's PLP, and move your upper hand to the Spiritual Life Purpose Point. Observe the client's Life Purpose Line between these two points; strengthen and balance energy in this area as needed by holding your own core strong.

Feel it in *you*.

9. Spiritual Life Purpose Point to the Top of their Head (The Individuation Point): Bring your lower hand to the Spiritual Life Purpose Point and place your upper hand as close as possible to the Point of Individuation (about 1.5-2 feet above the crown of the head). Balance and strengthen the connection by extending your Life Purpose Line directly up like you are being lifted from your crown.

Make sure your back is straight and the line your making with your hands is very symmetrical.

10. The Full Life Purpose Line: Bring both your hands in together over the Spiritual Life Purpose Point, palms touching. From there, stretch your arms out over the body with palms facing away from you; left arm stretches toward the head and right arm stretches toward the feet over the exact center of the body. Feel your own Life Purpose Line lock in between heaven and earth.

Sometimes when you do this you will hear a click or a pop as the client's LPL fully connects.

11. Past Life Blessing

Staying on the right side of the client's body, bring your hands in together at the wrists with your hands in a "clam shell" position and face their left shoulder. With your hands together at the base of the palms, hold the client's Spiritual Life Purpose Point and feel how it connects to their essence/soul.

Slowly make a 360° turn to the left. As you do this, honor all of their past lives, everything that has happened to them to bring them to this point in their soul history. It's ok if you don't see any past lives, but you might! As you turn, bless the client's lineage from their first incarnation to the Present that they may know their Life Purpose in each lifetime.

12. Closing the Life Purpose Healing (not standard):

After the turn is done, slowly and gently separate your hands over the SLP Point while releasing the energy of their past. Then step away from the table -- do *not* perform the standard close.

Encourage them to stay on the table for a minute or two to let the healing settle and integrate within their system.

Ask them to share their experience first, before volunteering any information that you may have gained.

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