

Hear Point Technique (HPT)

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

Created by Rebecca Marina. www.RebeccaMarina.com

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 acupuncture 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”.

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, HPT Master

Certified Advanced HPT Energy Healer, Inspiration, Relationship & Money Coach

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