

The Bio Self-Emergence Institute

Our Heart, The Container Of The Universe

By Donna R. Harber, MSW, CBT

As we change our perspective, the container of the universe can be revealed.

Our view of what is central drives our perspective of understanding and then dictates what we create. The vantage point from which we view the world and our human energy system dictates what we see, along with the connection and the experience of it. Does our view of the chakra system come from the desire to leave this earth or come from the desire to use it as a vehicle to experience oneness? When we view our chakras from an embodied perspective, the form of our heart of hearts and the key to unlocking is within our grasp.

Perception of use of the chakra system as a vehicle for embodiment can create the sacred space of our heart of hearts. Our aura is created by the flow from the chakras and it supports our heart of hearts.

If we see our brain as central, we will look for the beginning point there. Modern psychiatry is based on this brain paradigm. The brain certainly deserves much attention and praise – its ability to record, process, and stimulate expression and feeling states is remarkable. The brain releases a chemical mix that flows throughout our mind and body, influencing the creation of hormones that send information back to our brain in a constant feedback loop.

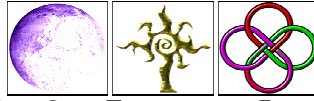
The biochemical mix in our brain's communication with DNA.

Neuroscientists have learned that our DNA, when influenced by the chemical mix discharged by our brains, begins to take on a life of its own. This DNA signaling can potentially lock the body and mind into what can become a degenerative state of being, unless assisted by other checks and balances in our body.

Accessing the energy center of our heart of hearts holds the potential to free us from disease and create our dreams and desires.

Our hearts are uniquely positioned in the center of our chakra system, radiating the whole of our being. Our heart sits slightly to the left of the center of our chest, placing it in an ideal position to “listen” to hormonal signals from the lower and upper chakras. Our heart can then make judgments and work to create balance in the hormonal system.

Our heart of hearts is the sensing sacred space for communication in balancing all aspects of our being.



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Our heart of hearts is created by an energy band that flows out of the back of our spine in the mid-thoracic section. This energy band then flows through the fascia insertion point at the bottom of the “V” in the trapezius muscle. This part of our fascia tissue is the first tissue to respond in the uterus and it is this point in fetal development that the flow (from a body experience standpoint) begins, establishing the energy band for the space for our heart of hearts.

In moving through the spiritual stages of development (from birth to ages 17-21) the band is created that allows for the space to connect to our heart of hearts through our human bodies. Our heart of hearts then lends energy support to our physical hearts, along with our ability to be well and to connect with our life purpose. When the band is strong enough, the space is created wherein our soul essence can experience clear communication with the aura of the universe, the oneness of being, our heart of hearts.

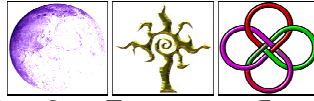
The Embodied Chakra System

The first chakra resides at the base of our spine. It is this chakra that we ground through. Grounding is defined as communication with universal source, supported by flow. This process occurs via the properties of water. Water, as Masaru Emoto’s work has begun to demonstrate, is a wonderful conduit of signals that can fluctuate and change in a moment. It is this flow of easy communication (that is always there for us) that is adjusting, vibrating, and moving us into the knowledge of the wise water. This connection provides key information to us, creating our bodies and supporting us in being. It is associated with our bladder, the container of the water of life.

The second chakra is located two to three fingers below the navel. The bottom of the second chakra is the charged field that allows us to stay grounded through the energy of water to the earth. Our abilities for sensing in our body reside in this chakra. This second chakra supports our body in taking in and having, and energetically allows for our sexual experience and psychological support of our personality traits. Our body’s sensing is the powerhouse of what makes life experience and it is the energy behind how we present ourselves in the world.

The third chakra is located two to three fingers above the navel. The third chakra is the four elements (earth, fire, air, water) as well as the breath vortex. Breathing is a four-part process that mirrors the four elements: pause (water), inhale (air), pause (ground, earth), and exhale (fire). The extent to which our body can vibrate with each phase and element will determine our breath.

The fourth chakra is located at the base of the breastbone. The bottom three chakras flow to the fourth chakra (heart). The first chakra communicates with the source of life (water) and grounds through our powers of the ability to sense. This then balances



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through our breath to the heart to organize and contain – moving us into communication with our heart of hearts (the pure space between).

The fifth chakra is located at the base of the throat. The fifth chakra (throat) is our key to open up to influencing and working with vibrations. The power of vibration, once mastered, is the easiest way to create. When in communication with all of the chakras, the fifth chakra can speak things into being.

The sixth chakra is located in the center of the forehead. The sixth chakra (brow, the third eye) holds the ability to see, along with the ability to create when connected energetically to our optic nerves and in communication with our fifth chakra.

The seventh chakra is located at the crown of top of the head. This chakra is the vortex that is in vibration with the electromagnetic field of the earth. Through this field connection, the knowledge of our present moment of being is brought in.

Throughout this described flow, the seventh chakra brings the knowledge of life that fills our container and creates life, filtered through the perception of being, and vibrated through what is spoken and into the container of the heart.

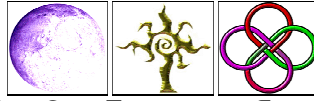
The inter-relation of the chakras is key to the power of our heart of hearts. Once communication comes through water, grounds in the earth, and charges by the four directions, our heart of hearts is fueled to act in our dualistic manifest reality. As our heart of hearts responds and acts, it supports and fuels the abilities in our fifth and sixth chakras. When the chakras align, pure communication through the seventh chakra (via the electromagnetic field of the earth) becomes crystal clear.

Tips for readers:

When you find yourself unclear about what to do or say in any of life's amazing circumstances, look for the support of first, second, and third chakras. Let yourself know and experience the flow of wise water, key into what your body is telling you via your lower belly or gut (most of the time, the only reason we do not “know our gut” is because we are not listening to it). You can put your hand on your lower belly, just to bring your awareness to what that part of your body is telling you.

Begin with the pause before the inhalation. In that pause, give permission for communication with the wise water – do not worry if you feel a little floating, it will pass when you inhale.

Inhale. This allows the power to ground on the pause between inhalation and exhalation. This connects us to our own mind. End as you finish exhaling. Breathe out if breathing fire and claim your right to act on your own information.



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