

# Hara Healing Level 1

Walking the Bridge  
from the Chakras to Hara



## Week-by-Week Syllabus

### Orientation Week: February 22, 2026

Roles and responsibilities and scope of practice as a Level 1 Hara student.

### Week 1: On-Demand Education: Sunday, March 1, 2026

Historical Orientation (Eastern Roots, Western Healing)

The Hara as the Dimension of the Soul

[Intuition] The 7 Languages of Light

[Intuition] Empathetic Witness

[Demo] Alternate Nostril Breathing Voice Guidance and Demonstration

#### Live Practice: Wednesday, March 4, 2026 (2:30pm – 4:30pm Eastern Time)

[Practice] Client Intake: Empathetic Witnessing using the 7 Ways of Listening to subtle information

[Practice] Voice guide and demonstrate the Alternate Nostril Breathing (Script provided)

Additional time for Q&A.

### Week 2: On-Demand Education: Sunday, March 8, 2026

Triune Mystical Nature of the Hara

Hara Invocation

Qigong Horse Stance

Practitioner Preparation

[Demo] Amplifying Alternate Nostril Breathing Voice Guiding and Demonstrating (Script provided)

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**Live Practice: Wednesday, March 11, 2026 (2:30pm – 4:30pm Eastern Time)**

[Practice] Practitioner Preparation: Invoking the Hara

[Practice] Grounding your energy using the Qigong Horse stance

[Practice] Amplifying Alternate Nostril Breathing Guiding and Demonstrating. (This adaption helps you learn to increase or decrease parasympathetic nervous system states in your clients.) (Script provided)

Additional time for Q&A.

**Week 3: On-Demand Education: Sunday, March 15, 2026**

Mystical Consciousness

Hara Anatomy – The Central Channels

Assessing the Flows in the Central Channel

Assessing the Flows (Pendulum or Intuitive)

**Live Practice: Wednesday, March 18, 2026 (2:30pm – 4:30pm Eastern Time)**

[Practice] Practitioner Preparation: Invoking the Hara, using the Horse stance

[Practice] Assess the Hara Flows (Pendulum or Intuitive)

[Practice] Practice guiding a few rounds of Alternate Nostril Breathing and re-assess the Hara Flows.

Additional time for Q&A.

**Week 4: On-Demand Reflection: Sunday, March 22, 2026**

[Reflection] Questions will be sent on Sunday and due by the end of Week 4.

**Optional Live Practice Make-Up: Wednesday, March 25, 2026 (2:30pm – 4:30pm Eastern Time)**

[Practice] Practitioner Preparation: Invoking the Hara, using the Horse stance

[Practice] Assess the Hara Flows (Pendulum or Intuitive)

[Practice] Practice guiding a few rounds of Alternate Nostril Breathing and re-assess the Hara Flows.

Additional time for Q&A.

## **Week 5: On-Demand Education: Sunday, March 29, 2026**

Embodiment through the Hara  
Hara's Density and Position  
Working with a client's Hologram  
Symbolic Listening  
[Demo] Introduction to Imaginal Healing & Your Imaginal Toolbox

### **Live Practice: Wednesday, April 1, 2026 (2:30pm – 4:30pm Eastern Time)**

[Meditation] Receiving your Imaginal Toolbox  
[Practice & Discussion] Symbolic Listening to a client story and identifying proper Imaginal tools  
[Practice] Assess Hara flows, use an imaginal resource (Script provided) and re-assess Hara flows.

Additional time for Q&A.

## **Week 6: On-Demand Education: Sunday, April 5, 2026**

The Embodiment Anatomy  
Introduction to the Nodes  
Density and Capacity in the Nodes  
Symbolic Listening & Assessing the Primary Nodes

### **Live Practice: Wednesday, April 8, 2026 (2:30pm – 4:30pm Eastern Time)**

[Group Practice] We'll play the Color Game to support intuition development  
[Practice] Listen to a client story using Distant Viewing and Symbolic Listening  
[Practice] Assess the Hara Nodes (Pendulum and/or Intuitive)  
[Practice] Using an imaginal tool or Alternate Nostril Breathing to increase density and capacity in the codes (Script provided)

Additional time for Q&A.

## **Week 7: On-Demand Education: Sunday, April 12, 2026**

Introduction to the Primary Flows (Directionality and Anchors)  
Foundational Mapping of Client Issues to Flows  
[Demo] Using an Imaginal Tool or Alternate Nostril Breathing to Re-establish Channel Flows (Script provided)

**Live Practice: Wednesday, April 15, 2026 (2:30pm – 4:30pm Eastern Time)**

[Practice] Using an imaginal tool or Alternate Nostril Breathing (Script) to Re-Establish Channel Flows

Additional time for Q&A.

**Week 8: On-Demand Reflection: Sunday, April 19, 2026**

[Reflection] Questions will be sent on Sunday and due by the end of Week 8.

**Optional Live Practice Make-Up: Friday, April 24, 2026 (2:30pm – 4:30pm Eastern Time) New Date due to Conference participation**

[Practice] Using an imaginal tool or Alternate Nostril Breathing to increase density and capacity in the nodes and assess the channel flows (Script provided)

Additional time for Q&A.

**Week 9: On-Demand Education: Sunday, April 26, 2026**

Grounding the Hara Line

Introduction to the Scientific Architecture (Newtonian, Complexity, Quantum)

Vibrational Role of Hara

[Demo] Voice Guidance Grounding the Hara

**Live Practice: Wednesday, April 29, 2026 (2:30pm – 4:30pm Eastern Time)**

[Practice] Assess Hara flows, voice guide Grounding the Hara Line (Script) and re-assess.

Additional time for Q&A.

**Week 10: On-Demand Education: Sunday, May 3, 2026**

Physicality: The Spinal Column

Polyvagal and Vagus Nerve Connection

[Demo] Spinal Slide to relax the spine (Distance and In-Person)

[Demo] Chakra Sweep to clear energetic debris from the hara channel (Distance, In-Person, Intuitive Versions)

[Demo] Anchoring the Hara

[PDF Resource] Polyvagal Theory from Deb Dana (Provided with permission.)

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**Live Practice: Wednesday, May 6, 2026 (2:30pm – 4:30pm Eastern Time)**

[Practice] Perform Spinal Rocking to relax the spine (Distance and In-Person)  
[Practice] Perform Chakra Sweep to clear energetic debris from the hara channel  
[Practice] Perform Anchoring to ground the hara

Additional time for Q&A.

**Week 11: On-Demand Education: Sunday May 10, 2026**

Embodied Hara Channels  
Foundational Mapping of the Embodied Channels  
Listening for Embodiment Patterns  
[Demo] Grounding the Hara Line through the Feet ((Distance, In-Person, Intuitive Versions)

**Live Practice: Wednesday, May 13, 2026 (2:30pm – 4:30pm Eastern Time)**

[Practice] Practice listening for Embodiment patterns and ground the Hara Line through the Feet

Additional time for Q&A.

**Week 12: On-Demand Education: Sunday, May 17, 2026**

Nuanced Usage and Sequencing Suggestions for Spinal Slide + Hara Line Sweep + Grounding the Hara Line through the Feet  
Review of Polyvagal States and Hara Mapping (Density and Flow)  
[Guided] Self-Healing Adaption of Hara Grounding

**Wednesday, May 20 (2:30pm – 4:30pm Eastern Time)**

[Practice] Spinal Slide + Hara Line Sweep + Grounding the Hara Line through the Feet (Distance, In-Person, Intuitive Versions)  
[Discussion] Noticing the polyvagal states in your clients' stories (the words they use, the gestures they make, their energy patterns)

Additional time for Q&A.

**On-Demand Reflection: (Sent on May 20)**

[Reflection] Questions will be sent ahead of summer break and due by the end of Week 14.

## **SUMMER BREAK MAY 21– JUNE 14**

**OPTIONAL PRACTICE / MAKE-UP ON JUNE 10 WILL BE HELD.**

### **Week 13:**

#### **Optional Live Practice Make-Up: Wednesday, June 10, 2026 (2:30pm – 4:30pm Eastern Time)**

[Practice] Spinal Slide + Hara Line Sweep + Grounding the Hara Line through the Feet (3 Versions)

[Discussion] Noticing the polyvagal states in your clients' stories (the words they use, the gestures they make, their energy patterns)

Additional time for Q&A.

### **Week 14: On-Demand Education: Sunday, June 14, 2026**

Review of the Hara Still Points

Introducing the Safety Field – a method of assessing the Hara through the chakra system

Review Pendulum Swings and Mapping (Pendulum)

Learn How to Assess and Chart the Safety Field (Pendulum)

Hara Slide - Open the Hara Flows through the Still Points in the Chakras

Assessing and Charting the Safety Field

#### **Live Practice: Wednesday, June 17, 2026 (2:30pm – 4:30pm Eastern Time)**

[Practice] Assessing and Charting the Safety Field

[Practice] Grounding the Hara Line through the Feet, Voice Guiding, or Sliding and Anchoring then re-assess safety field.

Additional time for Q&A.

### **Week 15: On-Demand Education: Sunday, June 21, 2026**

Introductory understanding of the Four Attachment Styles

Hara support for Secure Attachment using Imaginal Tools

[Demo] Hara Weaving for distressed, dysregulated, and disassociated clients

[Guided] Hara Weaving Experience

**Live Practice: Wednesday, June 24, 2026 (2:30pm – 4:30pm Eastern Time)**

[Practice] Assessing and Charting the Safety Field

[Practice] Hara Weaving and then re-assessing Safety Field

Additional time for Q&A.

**Week 16: On-Demand Education: Sunday, June 28, 2026**

Review Tracking Energetically

Review Grounding the Hara Line and Increasing Density

Introducing a Hara Level 1 Sequence:

Step by Step Sequence Grounding the Hara Line with an Imaginal Resource (Steps provided)

**Live Practice: Wednesday, July 01, 2026 (2:30pm – 4:30pm Eastern Time)**

[Practice] Give and receive a full Level 1 Sequence: Grounding the Hara Line with an Imaginal Resource (Steps provided)

Client Update: Listening Symbolically

Practitioner Preparation

Assessing the Hara Line Density, Position, Flows and Nodes

Opening the Channels through the Feet

Invoking the Imaginal Toolbox

Offering an Imaginal Resource

Tracking the energy

Grounding the Hara (Script or Distance by Hands)

Closing Assessment

Giving Homework: Alternate Nostril Breathing

Additional time for Q&A.

**Week 17: On-Demand Education: Sunday, July 5, 2026**

Review Flow, Position, Density, and Node Capacity

Step by Step Sequence: Increasing the Density and Flow of the Hara. (Steps provided)

**Live Practice: Wednesday, July 8, 2026 (2:30pm – 4:30pm Eastern Time)**

[Practice] Give and receive a Level 1 Sequence: Increasing the Density and Flow of the Hara

Client Update: Listening Symbolically  
Practitioner Preparation  
Assessing the Hara Line Density, Position, Flows and Nodes  
Spinal Rocking  
Sweeping the Hara Line  
Hara Slide through the Still Points  
Tracking the energy  
Grounding the Hara (Script or Distance by Hands)  
Closing Assessment

Homework: Alternate Nostril Breathing

Additional time for Q&A.

**Week 18: On-Demand Education: Sunday, July 12, 2026**

Level 1 Sequence: Reweaving and Grounding Distressed Clients  
Reviewing Resourcing Techniques  
Step by Step Sequence: Weaving the Hara (Steps provided)

**Live Practice: Wednesday, July 15, 2026 (2:30pm – 4:30pm Eastern Time)**

[Practice] Give and receive a Level 1 Sequence: Weaving the Hara

Client Update: Listening Symbolically  
Practitioner Preparation  
Assessing the Hara Line Density, Position, Flows and Nodes  
Hara Weaving  
Tracking the energy  
Grounding the Hara (Script or Distance by Hands)  
Closing Assessment

Homework: Alternate Nostril Breathing

Additional time for Q&A.



**Week 19: On-Demand Education: On-Demand Reflection: Sunday, July 19, 2026**

[Reflection] Questions will be sent on Sunday and due by the end of Week 19.

**Optional Live Practice Make-Up: Wednesday, July 22, 2026 (2:30pm – 4:30pm Eastern Time)**

[Practice] If you missed a level 1 sequence practice, please make up that sequence. If not, select which sequence you wish to practice.

Additional time for Q&A.

**Week 20: On-Demand Education and Wrap-up: July 26, 2026**

Video-based answers to outstanding questions.

Considerations and responsibilities as a Hara Level 1 Student

Next Step, Survey, Certificate

*This course provides 120 Hours of Continuing Education through the Vogler Institute.  
Including class, home learning, and reflection writing times.*