

Module 4 – Soul Embodiment & Transcendence

In this module, you'll learn about and experience:

- The Importance of Embodying your Soul Energy
- Energy Pathways for Soul Embodiment
- The Navel Chakra and the Hara: Gathering Soul Energy
- The Soul Star: Clearing Karma, Activating Soul Gifts
- The Monad and the Soul Embodiment Channel
- Anchoring your 5D Shift: Guidelines for 5D Living

✦ Light Body Activation: The Soul Embodiment Channel ✦

Embodying your Soul Energy

When you are connected to your Soul energy:

- You have a stronger sense of who you really are – enables sovereignty
- Consciousness shifts towards the 'realm of the soul' – initiates 5D expression
- Anchors you into stronger embodiment and commitment to this incarnation
- More life force energy to engage with soul lessons and growth
- More clarity and energy to pursue life purpose and soul mission
- Stronger connection with your soul's guidance and intuition
- Access to multidimensional soul gifts and accumulated wisdom
- Easier to express soul potential and move onto your highest timeline.

Energy Pathways for Soul Embodiment

Light body nodes connecting to soul energy:

- **Stellar Gateway chakra** – Connection point to the Monad. Receives Monadic energy and channels it into the light body.
- **Soul Star chakra** – Direct connection to your Soul, opens access to your Akashic records (history of the soul) and insight into your multidimensional spiritual gifts.
- **High Heart** – Energetic bridge to the transcendent chakras (Causal, Soul Star, Stellar Gateway), and spiritual bridge between personality and soul.
- **The Hara (Tan Tien)** – The Hara is an energetic node within the 5D Navel Chakra. It stores original life force energy and holds your life purpose and 'will to live' in this incarnation.

A note about the Navel chakra & the Hara:

- The Navel chakra is one of the five recently accessible 5D chakras – it is not the Hara.
- The Hara is an energetic point within the 5D Navel chakra, which stores original soul energy.

The 5D Navel Chakra

- **Position** – Between the Solar Plexus and Sacral chakras – about 5cm below the belly button.
- **Colour** – Radiant amber.
- **5D blueprint** – The Navel chakra has always been fifth-dimensional (original 5D chakra column) – lost access to this chakra and its 5D capacity at the fall of Atlantis.
- **Qualities** – The qualities of the Navel chakra were absorbed into the Sacral chakra (creativity and sexuality) and other qualities went deeper into the Hara (in the Haraic dimension) - that's why there is confusion between these energy centres.
- **Light body evolution** – Original 5D Navel chakra is accessible now because enough people have raised their frequency and consciousness to work with its power and lessons.

Navel Chakra Lessons

- Contains Codes of Power and Oneness consciousness.
- Facilitates transcendence – Move beyond the limitations of Mind and Ego to Soul expression.
- Warmth, friendship, community – Relate to others at a soul level & see the divine in others.
- Empowerment at a soul level – Pathway to gather soul energy, draws you to your soul mission.
- Manifestation centre – Manifest for highest good in line with your personal soul purpose.
- Sacred masculine energy – Courage, strength, discipline, focus, devotion.
- New Earth leadership – Enables stepping into spiritual leadership with confidence.
- Enables 5D communities – Heart-based communities, building blocks for the New Earth.

 **When the 5D Navel Chakra is activated, it is easier to access the Hara** 

The Hara or Tan Tien

- **Position** – Located within the Navel chakra core – Quantum level deeper than the auric and chakric fields (Haraic dimension).
- **Appearance** – Transparent rubber ball with a membrane (amber hue of Navel chakra), 4cm in diameter.
- **Power centre** – In martial arts, major point to harness power (e.g. to chop bricks in half):
 - Japanese – Hara
 - Chinese – Tan Tien (“The field of elixir of long life” or “sea of chi”)
 - Vedic – Seat of prana
- **Original chi** – Contains the original spark of ‘chi’ (soul energy) from conception and remains the reservoir for this original energy throughout a lifetime.
- **Unique vibrational note** – holds your body in physical form *until life purpose is fulfilled*.
- **Frequency** – When this note vibrates at the same frequency as the core of the Earth, you are fully grounded in this incarnation. When this note stops vibrating, your body dies. *As you change its vibration, your life circumstances change.*

Functions of the Hara

- Vibrational keynote of existence – Original spark of soul energy and consciousness for your current incarnation.
- Corresponds with intentionality – and the will to live in a physical body.
- Stores life force and soul energy – and holds spiritual purpose and life tasks.
- Connects to Earth's core – Enables a deeper level of grounding. *If you struggle with the spiritual dimension of grounding, work with the Hara together with the Earth Star.*
- Integration and harmony – When activated, the Hara brings deeper integration of soul energy and harmony to all levels of being (mind, body and spirit).

The Soul Star chakra

- **Position** – About 30cm above the top of the head (below the Stellar Gateway).
- **Colour** – Magenta pink – brings in the frequency of higher love and Christ consciousness. *If you're working with the Soul Star, you'll start seeing the number 33 everywhere.*
- **Two chambers** – Lower chamber governs family karma and ancestral patterns. Upper chamber holds soul history and blueprint for spiritual gifts.
- **When activated** – Huge potential for spiritual growth and transcendence. More aligned with your soul purpose and spiritual gifts across lifetimes. The ego and rational mind quieten, and you experience more peace and harmony.
- **When dormant** – Trapped in the illusions of the ego, disconnected from the soul and sense of purpose; disconnected from the Cosmos.
- **Soul Star chakra of the planet** – Taj Mahal in Agra, India – built as a memorial of true love.

Soul Star lessons

- **Major lesson** – Understanding love in all its forms (e.g. family, romantic, agape) – and experiencing higher love (highest vibration of love = Divine Source love).
- Bridges earthly & spiritual aspects – Enables higher consciousness and spiritual awareness.
- Helps you to disengage from the illusions of ego (transcendence).
- Enables clearing of karmic residue (soul, family and ancestral karma).
- Connection with your soul energy and multidimensional soul history (Akashic records).
- Prompts you to remember and access your spiritual gifts (across multiple lifetimes).
- Opens connection to the Cosmos – and enables you to receive Monadic energy and cosmic light codes through the Stellar Gateway chakra.
- Prepares you for the journey of merging with your Monad.

✦ When you master the lessons of the Soul Star chakra, it becomes fully fifth dimensional and you complete the journey of merging with your Monad. ✦

Meditation # 1

The Navel, The Hara and the Soul Star
Gathering Soul Energy, Clearing Karma and
Activating Soul Gifts

The Monad

- **The Monad** – This is the origin of your Soul – the divine spark of pure Source energy formed at the birth of Creation. This original Divine spark still exists on the Monadic planes.
- **I AM Presence** – The Monad contains the true essence of who you are – you carry this light within you – a manifestation of pure unconditional love and the highest version of your soul.
- **Oversouls** – Originally, each Monad sent out 12 souls (Oversouls). Each of these 12 Oversouls sent out a further 12 soul extensions = 144 souls. Your soul is one of these 144 souls (from the original Monad).
- **Monadic group** – This is the group of 144 souls from the original Monad. These souls could be on Earth at the same time, or in spirit world, or in different parts of the Universe. Wherever you are in the Universe, you remain psychically connected.

Connecting with your Monad helps you to:

- Access your Soul essence and channel your highest Soul energy into embodied form.
- Connect with your Monadic group – this accelerates soul growth & Oneness consciousness.

Soul Embodiment Channel

Location – Runs through the centre line of your 5D chakras (approx. 1cm in diameter).

Function – Brings soul energy into your light body, facilitates life alignment and soul embodiment.

Pathway:

- The Monad – Source of original soul energy
- Stellar Gateway chakra – Receives Monadic energy into the light body
- Soul Star chakra – Enables direct connection to Soul energy
- High Heart – Energetic bridge to the transcendent chakras, channels soul energy into the lower energy body
- Hara – Reservoir for soul energy, within the 5D Navel chakra
- Earth's core – The Hara plugs directly into the Earth's core via the Soul Embodiment Channel.

✦ When the Soul Embodiment channel is activated, you start aligning with your life purpose and have more soul energy available for your soul assignments ✦



Light Body Activation



The Soul Embodiment Channel

Guidelines for 5D Living

Walk a Path of Heart

- Anchor 5D frequencies – Keep working with your 5D chakras to embody 5D frequencies.
- Open your Heart chakra – Choose love over fear, “see through the eyes of love”.
- Connect with your Soul – Align with your Soul identity and Soul purpose on Earth.
- Lightworker service – Explore your spiritual gifts and offer them to the world.

Inner Alchemy and Self-Mastery

- Clear trauma layers & outdated patterns (childhood, ancestral & past life wounding).
- Transform thoughts & mental patterns (limiting beliefs, 3D fear programming).

Engage with Life Lessons

- See everything (including setbacks) as an opportunity for growth & transformation.
- Bring a higher perspective to situations (this is what the transcendent chakras teach us).
- Ask yourself: *What does my soul want me to learn? What is the lesson? Why is this happening?*

Module 4 Integration

✦ Energy practice ✦

Repeat the preparation meditation at least once before you do the Light Body Activation.

The Navel, the Hara and the Soul Star:

Gathering Soul Energy, Clearing Karma and Activating Soul Gifts

Use the Audio Recording of the Live Webinar to listen to this meditation

✦ Light Body Activation ✦

The Soul Embodiment Channel

A separate MP3 will be posted in the student portal within 30 hours of the live class.

This is Audio 4 of the 5D Activation Toolkit.

The Emerald Wisdom School

✦ Bonus Integration Q & A ✦

Live Session on Wednesday, August 6th 2025

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✦ Newsletter and Notifications ✦

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Many blessings on your 5D path