



Session Report

Sample Report

Sample Client

January 2026

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1. Synopsis

Your Hara line — the “central power column or Hara line—your energetic anchor and vertical axis” — had been kinked for some time. This type of disruption does not happen overnight; it builds gradually under sustained stress.

As you entered a physical cleanse, you were doing the work of detoxification, but your energetic system did not have the capacity to process and distribute what was being released. The chakra–meridian system, where “frequency flows into the corresponding endocrine gland... and is transported through the meridian network,” was not able to metabolise the load. Toxins that should have been cleared were instead held in the system, creating a herxheimer reaction of overwhelm.

During this process, your system entered a state where energy became “frozen, fragmented, or locked in the nervous system.” Although energy was still entering through the upper centres, it was no longer being distributed through the body. The root chakra was not receiving energy, reducing your access to “groundedness and vitality” and “will to live in physical reality.” At the same time, the Solar Plexus lost access to its function of “connection to universal identity and purpose.”

This is why your system produced the experience of “What’s the point” — not as a thought, but as a direct reflection of disrupted energy flow through the system.

2. The Repair

We worked together to restore your system at its core structural level. We performed a Soul Seat retrieval, restoring your connection to “purpose and meaning.” We repaired the Hara line — re-establishing your “central power column... energetic anchor and vertical axis.” And we rebuilt the root chakra, restoring your access to “groundedness and vitality” and “will to live in physical reality.”

3. Integration

As this vertical flow was re-established, your system regained the ability to move energy through the full bio-circuitry. Energy can now enter, distribute, and metabolise through the chakra–meridian network, rather than accumulating or fragmenting.

This allows movement out of collapse, depletion, and overwhelm — and back into coherence, embodied presence, and regulated energy flow. Where there is flow, there is ease. Where there is distribution, there is restoration.

4. Pre/Post Chakra Diagnostic

Chakra	Center Function (HOL)	Before	After	Shift
1 Root	Quantity of physical energy; will to live... groundedness and vitality	H4	C5	Holding → Fully open
2A Sacral (F)	Emotional flow / relational pleasure	C2	C4	Open → Increased function
2B Sacral (W)	Quantity of sexual energy... libido and vitality	H2	C3	Holding → Open
3A Solar Plexus (F)	Pleasure... universality... emotional regulation	CC4	CEH3	Strong counterflow → Mixed/processing
3B Solar Plexus (W)	Intentionality toward health... healing capacity	H4	C4	Holding → Open
4A Heart (F)	Love and openness... compassion	C4	C4	Stable open
4B Heart (W)	Ego will; action in the physical world	H4	S	Holding → Stillness/reset
5A Throat (F)	Self-expression... ability to receive and ask	C5	C5	Stable open
5B Throat (W)	Sense of self within society	CEH2	C2	Mixed → Opening
6A Third Eye (F)	Mental clarity... insight... visualization	C4	C5	Opening
6B Third Eye (W)	Carry out ideas practically	H4	CEH4	Holding → Activated/mixed
7 Crown	Integration... connection to purpose and meaning	C5	C5	Stable open

5. Chakra Diagnostic Flow (CDF)

CDF Snapshot

Primary disruption: Hara line kink → blocked distribution. Primary symptom: 3rd chakra collapse (“what’s the point”). Root cause pattern: Energy not reaching root → system depletion. Repair sequence: Soul Seat Retrieval (purpose) → Hara Line Repair (vertical axis) → Root Reconstruction (embodiment).

A. Presenting Behaviour + Energetic Defence

Field Observation	Source Mapping
Reported: exhaustion, overwhelm, “what’s the point,” no will to continue	Energy “becomes frozen, fragmented, or locked in the nervous system”

System state: collapse / depletion	Enduring pattern — energy sinking into the lower body
Functional impact: loss of available life-force to mobilise action	Disrupted chakra–meridian distribution; root not receiving

B. Core Question → Chakra Mapping

Prompt	Your Field Response	Chakra Mapping
“If you let go, what happens?”	“What’s the point”	3rd Chakra (Solar Plexus)
Function impacted	“Connection to... purpose and meaning”	Loss of universal identity

C. Chakra ↔ Behaviour Mapping

System Layer	What Was Happening
Hara Line	Your “central power column... energetic anchor and vertical axis” was kinked at the 2nd chakra
Energy Flow	“Frequency flows into the corresponding endocrine gland... transported through the meridian network” was disrupted
Root Outcome	You lost access to “groundedness and vitality... will to live”
Solar Plexus Outcome	Your system could not access “connection to... purpose and meaning”
Lived Experience	You felt overwhelmed, depleted, and unable to continue

D. Why You Experienced These Symptoms

Mechanism	Explanation
Blocked vertical flow	Energy was entering but not distributing through the system. Toxins could not leave.
Root not receiving	Loss of “groundedness and vitality” created depletion
Solar Plexus offline	Loss of “purpose and meaning” created “what’s the point”
System effect	“Disease — meaning without ease — occurs when there are blockages... no flow of energy”
Result	Overwhelm + collapse + loss of will

E. Intervention Path (What We Repaired)

Intervention	What We Did	System Effect
Soul Seat Retrieval	We restored your connection to “purpose and meaning”	Reintroduced directional coherence into the system
Hara Line Repair	We repaired your “central power column... energetic anchor and vertical axis”	Re-established vertical energy distribution
Root Reconstruction	We rebuilt your access to “groundedness and vitality... will to live”	Anchored energy into the physical body

System Result	Energy can now flow through the chakra → meridian → body system	Return toward coherence and embodiment
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6. 3-Point Prescription

1. Physical / Energetic — Hara Line Anchoring Practice

Reinforce the “central power column... energetic anchor and vertical axis.”

Total Time: 6 minutes.

Instructions: Stand or sit upright. Bring awareness to a vertical line from Heavens → crown → throat → heart → solar plexus → sacral → root. Breathe slowly and track the line downward. On each exhale, send the energy down to the 13th Chakra (centre of the Earth). 2 minutes. Then reverse: pull from the 13th up to crown, exhale into the heavens. 2 minutes. Then BOTH simultaneously. 2 minutes.

Focus: Re-establish flow so energy does not remain in upper centres.

Why: Your system requires consistent reinforcement of vertical distribution so that “frequency flows... and is transported through the meridian network.”

2. Emotional — Somatic Grounding + Sensation Tracking

Resolve states where energy becomes “frozen, fragmented, or locked in the nervous system.”

Instructions: Place both hands on lower abdomen (2nd chakra). Track sensation (heat, pressure, numbness) without changing it. Stay present with the sensation for 3–5 minutes.

Breath Integration: Use Somatic Breath — slow inhale through nose, long exhale through mouth.

Focus: Allow energy to move instead of holding or collapsing.

3. Mental / Spiritual — Purpose Reorientation (Solar Plexus)

Restore “connection to universal identity and purpose.”

Journal Practice (choose 1–2 daily): Where in my life do I feel “what’s the point”? What would feel meaningful if energy was fully available in my system?

Command / Anchor Statement: “My energy moves through my system and supports my purpose.”

Focus: Reconnect meaning to energy flow — not force.

7. Integration Frame

This protocol follows the sequence: Anchoring (Hara) → Release (Nervous System) → Direction (Solar Plexus).

Without root → no “groundedness and vitality.” Without flow → no metabolization. Without purpose → system defaults to “what’s the point.”

Your 3-Point Prescription mirrors this architecture. Follow the sequence. Trust the process. Your system is restoring.