

Hathor Suggestions for Care and Feeding of the Ka

Who Are the Hathors? They are energetic and multidimensional beings of an ascended civilization that originated from another universe (4th dimension). Masters of sound, energy and love, they came to this universe by way of the Sirius portal. They are associated with the Hator fertility goddess in 10,000BC Egypt.

In ancient Egyptian alchemy the Ka was called the etheric or spiritual twin of the human body. This complex energy field is slightly larger than the physical body and is capable of bilocation. In other words, it can be separated from the physical body and be seen in another location. It can also retain its beingness after the physical body dies. It is not the immortal soul.

The Ka is one of many inter-penetrating energy fields that participate with the human body. Each of these energy fields is luminous and egg-shaped. They emit a sound and a color whose frequency is too high to be perceived physically. They can, however, be perceived psychically.

There is a bi-polar magnetic field around the human body in the shape of a tube torus. The various energetic bodies are also in this configuration, including the Ka, with the central column of the tube torus as the pranic tube in and by which one's prana is transferred and absorbed. The prana tube is also known as central channel, middle column, and antakarana. Although it roughly corresponds to the sushumna (pathway of kundalini and chakras), the pranic tube is a straight channel that extends up through the crown chakra and down through the perineum while the sushumna follows the curvature of the spine. The pranic tube extends beyond the body and connects to the heaven above and as far down as the core of the earth, depending on the level of one's awareness and development of one's consciousness. The pranic tube is the middle conduit of an electromagnetic field that is the basis of life. Proper absorption of prana through the pranic tube is directly related to how much energy is available to one's organs and bodily systems. The Ka determines the clarity, power and impact of one's thoughts, as well as the quality of one's emotions.

Let us explore the Ka body and the relative position and relationships to the various subtle body fields. The Ka is essential for life, for existence. It is key for the process of ascension. So the Ka inter-penetrates the physical body. It is the second energy field, the physical body being the first. The Ka has an auric field called the 'pranic body'. Prana was described in the ancient yogic traditions. Prana is the life force in oxygen. It is amplified in large areas of vegetation and in

large bodies of moving water. The prana moves through the physical body and amplifies the Ka. The Ka/pranic body is the life force.

When Ka life force is present in high levels you have health in the physical organ and body systems. Your thoughts are clear and emotions balanced.

If the Ka is disturbed, the physical, emotional and mental fields also become disturbed. This is because the layers are inter-penetrating. They are embedded in each other.

The pranic body is a few inches to several feet from the physical body. As a being evolves spiritually it extends outward. The emotional body is slightly bigger than the pranic body. The mental body is slightly larger because it holds memory holographically. The next, slightly larger and more subtle, is the astral body. And the last of the luminous eggshaped fields is the etheric body. Above these listed bodies is a point of light. This point of light is the least dense of all and is called the causal body.

As mentioned before, each of the bodies emits a sound and a color. During health these sound and color frequencies are harmonious. In times of disease the frequencies are disharmonious. And if carried to the extreme, a subtle body field can fragment. The disease may come from self-limitation of thoughts and emotions. Now, knowing how important the Ka body is to the process of life and living, we must support its health and deter its destruction or depletion.

There are many things we can do to strengthen the Ka:

1. Eating live foods. Eating as purely and cleanly as possible.
2. Drinking pure water.
3. Exercising.
4. Getting enough rest.
5. Being in nature as much as possible.
6. Breathing fresh air.
7. Exposure to sunlight.
8. Tantric sexual practices (Egyptian Alchemy).
9. Intention to elevate oneself in consciousness.
10. Associating with positive, uplifting people.

It is a balance of rest, exercise and movement, wise choices about what to eat and drink, and consciously maintaining positive thoughts and actions. Finding your own balance is vital. There is no one perfect way for everyone.

Healers should be aware of the potential dangers of energy depletion. It is important not to give away your own energy, but to be very clear that you are a

channel for the prana – that it simply flows through you and not from you. Then you are not giving away your own energy, but merely channeling the energy from a higher source.

Thank you for this wonderful school

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While the Hathor's true form is light, their physical manifestation in this dimension is 10' ~ 14' tall, big heads, big ears, hair pulled back. Long hands and limbs.

II. The Ka / Self Mastery Exercise No. 1 Part A, B, C

Humans are made of multiple fields: the physical body, the Ka (pranic body), emotional body, causal body and astro body.

The physical body is not as dense as it seems. When observed with eyes from another dimension, the human aura resembles vast spaces containing galaxies of stars, each atom as a solar system with the central sun as the nucleus and planets as electrons spinning around. "As above, so below." The macrocosmos and the microcosmos.

The Ka, a.k.a. pranic body, is filled with the essential life force in oxygen called prana, life-force energy (the same prana as referred to in yoga). Prana is amplified in large areas of vegetation and in large bodies of moving water. The Ka interpenetrates both the physical body and the pranic body, and is actually the source of life-force moving through the physical body. Sometimes also referred to as the spiritual or etheric twin. Egyptian Alchemy would recognize the Ka as the energy twin that can temporarily survive the physical body after death, though different from the immortal soul.

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If the Ka is disturbed, other bodies will have diminished energy as a consequence, thoughts will diminish and emotions become perturbed. Below is an exercise that helps one bring more prana into the Ka so that it radiates out into the physical galaxy of one's body and into the other subtle bodies as well.

Exercise 1A: Absorbing Prana

Get acquainted with your Pranic Tube, begin to sense the subtle flow of energy (prana) that moves both up from the Earth and down from the celestial realm. Cultivating the relationship between yourself and your Ka is like laying the ground work. Get familiar with your Ka so that you become fully aware of how your actions affect your Ka, for everything (e.g. food, drinks, company, thoughts, emotions....) will have an effect on the Ka, be it a diminishing or strengthening effect. Calculate your actions to reinforce your life force.

1. Inhale through the pranic tube that is connected to the Earth. Breathe up into the pranic tube from the Earth with one breath then relax and exhale (let it go) with a sigh.
2. Inhale through the pranic tube that is connected to the Above. Breathe down into the pranic tube from the the Above with one breath then relax and let it go with a sigh.
3. Continue to alternate step 1 and step 2 until you clearly sense a flow of energy into the pranic tube.

Exercise 1B: Moving Prana into the Physical Body

1. As from step 1 in the previous exercise, draw prana up from the Earth. Hold the breath for just a moment, focus attention on the pranic tube and then let go / exhale with a sigh.
2. As from step 2 in the previous exercise, draw prana down from the Above. Hold the breath for just a moment, focus attention on the pranic tube. When you are ready to exhale with a sigh, shift your awareness to your entire physical body. Radiate the prana out from the pranic tube into your body by the Law of Attraction (i.e. "Energy follows awareness").
3. Continue to alternate step 1 and step 2 until you sense a flow of energy from the pranic tube out into the physical body.
4. Try this in different places and take note of the difference.

Exercise 1C: Moving Prana into the Heart Chakra

1. Place your awareness in the heart chakra (the center of the chest or the higher heart by the thymus). Recall a feeling of unconditional love and acceptance. Make sure you're actually feeling this state; thinking about it will not do. Remain in this state throughout every single step of this exercise.

2. Inhale and draw prana up from the Earth into your pranic tube. Hold your breath for a moment as you focus on the pranic tube, the heart chakra and the feeling of unconditional love and acceptance. When you exhale, shift your awareness into the physical body and allow the “qualified prana” to move out from the pranic tube into the entire body.
3. Inhale and draw prana down from the Above into your pranic tube. Hold your breath for a moment as you focus on the pranic tube, the heart chakra and the feeling of unconditional love and acceptance. When you exhale, shift your awareness into the physical body and allow the “qualified prana” to move out from the pranic tube into the entire body.
4. Continue to alternate step 2 and 3 while holding the state described in step 1. The heart chakra and the feeling of unconditional love and acceptance combined act as a “filter” for prana. In this exercise you are essentially drawing in and purifying the prana before you circulate it into your physical body. At the same time the prana is also carrying unconditional love and acceptance into your physical body.

Eat clean (live) foods. Drink pure water. Exercise plenty. Be around nature as much as possible. Breathe fresh, unpolluted air. Safe exposure to sunlight, especially through the eyes.

III. Emotions: Self Mastery Exercise No. 2 Part. A, B

Feelings = The physical sensations in one's experience (Physical sensations of the sensory world + physical sensations of the inner or subtle worlds).

Emotions = Feelings + Thoughts about those Feelings

True emotions are neither positive nor negative. they are simply neutral reports, a kind of barometer about what is happening in one's own energy-responsive, energy-attuned world. The emotional body is a field of energy that surrounds and interpenetrates one's physical body. When something activates the emotional body it begins to vibrate in specific ratios, setting off energy flows which stream around and through the physical body. When strong enough, these flows can be physically felt within the tissues of the body itself. Stronger the emotion = stronger the physical sensation. One of the keys to the ascension process, from an energetic standpoint, is to allow one's energy fields to open and move as freely as possible. The ability to move more energy and to master positive movement of that energy comes through cultivation of one's feeling nature.

Emotions have an effect on health. Unconditional love and acceptance is a vital, specific and positive resonance that sets up an intercellular resonance that positively affects the DNA, making it stronger, helping it code information more precisely. Be neutral and free of polarity as much as possible when working on your

emotions, allow yourself to experience all feelings and emotions as it is a powerful means to move energy through the Ka. Often a difficult or challenging situation is labeled as “bad” mentally, and one puts up resistance for the resulting emotions. When you resist feeling or emotions, the emotional body cannot vibrate properly and freezes / locks up. As a result of a stagnant emotional body, one becomes less aware mentally and thoughts become fuzzy, unclear and muddled.

Ancient mystery schools had initiation rites, where the initiates were exposed to intense experiences in order to get on the oath to higher consciousness. In today's world, one's daily life is this process of initiation. The key is allowing yourself to be aware of your feelings and emotional responses to situations so they can be noticed and balanced. Because the emotional body and the Ka are energetically connected, by strengthening your Ka and by bringing your emotions and feelings into full and positive awareness, you greatly accelerate your own evolution.

Exercise 2A: Getting Acquainted with Feelings

1. Make yourself comfortable, lie down or sit comfortably.
2. Recall an emotional response to a particular situation from the past. Once located, let the situation drop away and focus on the emotion. Where do you sense the energy of the emotion in your body? Take note. If you don't sense the energy of the emotion, you haven't chosen a feeling that is strong enough. Keep looking, choose something more obvious and stronger.
3. Be aware of the physical body. Sense whatever that strong emotion is. Ask yourself and take note of the following:
 - Does this feeling in my physical body have a pattern? What and how big is this pattern?
 - Is this feeling pulsing? How fast is it pulsing? Is it pulsing forward? Backward? Side to side?
 - Is this feeling moving? Still?
 - Is there any other emotional characteristics involved? Where are they located in your body?
4. Go back and retrieve another situation with a different feeling / emotion and repeat step 3. Identify all the different characteristics you can, and specifically notice where in the body the feeling energy is located. Get to know yourself better by doing this on a wide range of feelings, e.g. joy, anger, fear, love, peace... etc.

Exercise 2B: Holding the frequency of Unconditional Love and Acceptance

1. Take a moment in the day and recall loving, accepting feelings and then maintain them for two or three minutes.
2. Recall the moments intermittently throughout the day.
3. Intensify the feelings so the emotional body vibrates with these feelings.

4. Intensify the feelings so that the Ka responds and the physical body follows.

This is a wonderful, pleasurable experience and it strengthens one's ability to hold coherent emotion which is crucial as one moves into the higher dimensional spirals. It also helps one's DNA.

IV. Ka and Emotions: Self Mastery Exercise No. 3

The Ka and the emotional body are very closely intertwined. By allowing yourself to experience deep feelings, you are allowing the Ka to vibrate at a faster rate. This does not mean become hysterical, volatile or over-emotional. It simply means that the capacity to feel deeply, whether it is expressed or not, allows the Ka to vibrate at a faster rate.

Feelings give you a very clear barometer, and emotions give you a very clear feedback about what you are honestly experiencing and telling yourself about the experience. If you allow yourself to experience these with openness and acceptance, these deep feelings will create, in you, greater awareness. **The emotion and feeling energies that move through you are fuel for the fires of transformation.**

Earth is moving into higher consciousness octave right now, and as a result time is speeding up. More events and experiences are occurring in shorter durations of time, creating more feelings and more emotional reactions. Understand clearly that these are opportunities for accelerated growth and evolution if you accept them. If you reject the experiences, if you reject your own emotional feeling reactions and polarize them into blame, then you have missed the point. Your feelings and emotions are reactions to situations based upon your interpretation of the events. They are mirrors that allow you energetically to respond to and become aware of your own calibration to an event or experience. Fundamentally you are creating your reaction, your experience of each and every event. Whatever the event is, whatever its ultimate truth is, will elude you until you understand that what you are experiencing in all events is your own projection, interpretation, and creation of it.

Exercise 3: Open the Petals of the Heart Chakra

1. Move your awareness into the pranic tube. Breathe into the tube as you did in exercise 1B.
2. After a minute or two of breathing step 1, move your awareness into the heart center, the center of the chest, the Great Transformer or the Central Sun.
3. Hold your awareness at the heart chakra, breathe in the prana both up from the Earth and down from the Above, letting it circulate through the heart on the exhale.
4. Repeat step 2 and step 3, feel the petals of your heart unfold and blossom.

