

# HASEYA

Haseya means To Raise Up once again, coming from an ancient language of the indigenous people of North America.

To Raise Up once again is a quality you inherently possess. Many a time, the challenges of life can bring your life force/vibration down. Whenever, you are in a place of fear and confusion, it will bring your awareness down. Your feelings may then oscillate reflecting the state of your mind and thinking. This has an effect on the vibrations of your organs and many of the major and minor chakras shut down.

When you are born, you self-design your game plan for the earth life you planned. You also built in your game plan, certain energies which will help you to move through your game plan more easily.

These energies are like guideposts on your journey of self-discovery. One of the energies you have brought forward is the energy of **Getting Up** once again.

*This energy is known by many names  
and most commonly called as  
Resurrection Energy.*

*This resurrection energy is stored in the  
middle of your stomach area. The  
colour vibration of this energy is  
orange. The mathematical frequency  
relating to this energy is 12.*

*This vibration is part of your auric field  
and your exploratory nature. Human  
beings are curious, and this is a positive  
trait as it helps one to discover new  
ways of doing things.*

*When you open this energy, you are  
awakening to two important aspects  
within yourself.*

*Circular Wisdom is one and  
Multidimensionality is other.*

*Circular Wisdom is the ability to look  
at any situation from many different  
angles. Regular wisdom through which  
most humans live are called Linear  
Wisdom. Linear wisdom has limitations.*

We are able to see only one aspect of any situation. In life most things are experienced as linear. Word after word, one step after another in a linear way.

Raise Up energy is part of the Circular Wisdom. There are more choices in all moments, and we can re-create ourselves in a new way. Look at a spider and his web. He is in the center and he can see in all directions - top, bottom and around. He can look at things circularly. Since he can see in all directions, he has the potential to choose from all sides.

Once you awaken this Circular Wisdom, you will have less fear and more possibilities.

This possibility to see more is part of your Multidimensional Aspect. This means, you can raise up once again in all situations and this will give you hope and courage.

## Exercise

Imagine in your belly button area - a soft ball of light in orange colour. Bring the numerical number 12 in the center of this ball of light.

Make the sound OAHAMMMM and the ball of light will expand and will start to encompass your auric field.

Be with this energy for a few minutes. When the energy starts to integrate in your auric field, it will start to flow slowly in your everyday life. You will have hope and courage once again to start anew.

Make this energy as a part of your everyday awareness.

You will feel positive, vibrant and will develop more self-confidence and trusting in yourself.