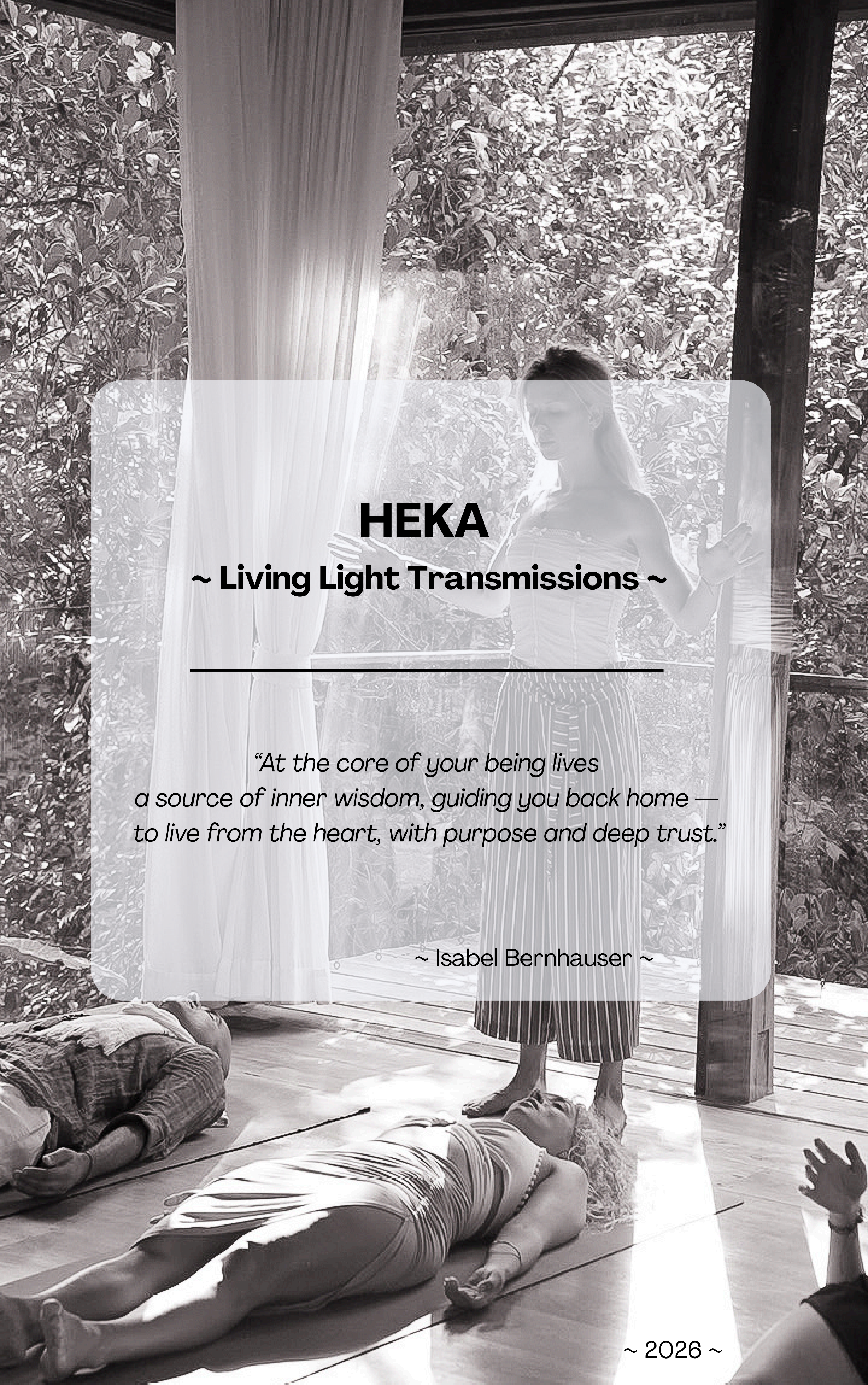




HEKA

~ Living Light Transmissions ~

*“At the core of your being lives
a source of inner wisdom, guiding you back home —
to live from the heart, with purpose and deep trust.”*

~ Isabel Bernhauser ~

Have you ever felt a quiet knowing...
that there is more to life than what meets the eye?

A subtle longing to live a more meaningful life —
aligned with your values, more authentic, more on purpose?

Moments where your heart feels deeply touched,
and you catch a glimpse of the life your soul longs to live.

What if what you seek was never missing,
but quietly waiting within you..?



HEKA is an invitation to gently reconnect & remember
the light and wisdom that have always lived within you.
A quiet return inwards, where you arrive in the safety of your inner home.

This **Living Light** invites you to...

- support greater nervous system harmony, allowing what no longer serves you to gently dissolve.
- reconnect with your heart's wisdom and the deeper guidance of Source.
- live and express your authenticity through deep inner connection.

For lasting integration,
my **heart-centered approach** gently weaves together:

- HEKA Energy Transmissions: held in unconditional love and heartfelt presence.
- Somatics & Trauma-Informed Yoga: supporting nervous system regulation, body awareness and a deeper sense of inner safety.
- Emotional Integration: creating space to meet and integrate what longs to be felt.

This path is for those who feel called to return home —
to live from self-connection, authenticity, and greater trust,
guided by the wisdom that has always lived within.

Does **your heart** feel called to take the lead and guide you towards a life
rooted in deeper self-connection, trust, and purpose?

*Welcome home.
Your journey begins here...*



What is HEKA?

HEKA — an Ancient Egyptian word often translated as ***magic*** — refers to the intelligent Life Force that animates all of life. Within this tradition, it is understood as **Living Light**: life force infused with consciousness.

This current isn't something to reach for or acquire externally — it already resides within us ... woven into the very fabric of our being.

The Living Light

What may seem like a beautiful symbol — the Living, conscious Light — is, in truth, who we are at our core: **beings of light**.

Both ancient mystics and modern science affirm that our bodies carry and emit light in the form of **biophotons** (from *phōs*, “light,” and *bios*, “life”). Without light, there is no life. As the physical representation of this light-bearing source, we have the sun.

At your essence, you are pure light — or *living consciousness*. As you recognize and nurture this inner light, you may begin to experience a **deeper connection with the Divine presence** within and around you. Your soul is a spark of the Divine, carrying the remembrance of this sacred unity.

Due to many aspects in our lives, such as societal conditioning, unresolved emotions, trauma, disconnection from nature, chemicals in our environment etc., we've become **disconnected from this spark of light within us** - which carries our aliveness, our truth, and the innate connection to joy, depth & purpose. Over time, we can feel disempowered, unfulfilled, and cut off from a deeper sense of meaning in life.



However, we are living in times of profound change and transformation. Our collective consciousness is moving from living in fear, separation, and limiting beliefs toward a deeper experience of connection — with ourselves, each other, and the world around us. Reconnecting more deeply with the wisdom and **consciousness of the heart**.

HEKA serves as a soft pathway, supporting **inner coherence** and creating space for deeper reconnection, presence, and remembrance.



HEKA...

- softly recalibrates your nervous system, allowing what's been held (emotionally, energetically) to release in your own timing
- brings harmony into your system, supporting the release of patterns that have kept you feeling disconnected from yourself
- nourishes vitality and life force energy flow
- invites space in your heart for deeper compassion, trust, and unity
- guides you back home the essence of yourself — your inner light
- reveals your innate gifts and supports their expression in the world



This path invites a you into into **deeper connection** with the Light residing within you, allowing your authenticity and uniqueness to naturally emerge.

The deeper you reconnect, the more effortlessly you can **embody the essence** of who you truly are.

What are HEKA Sessions?

In a HEKA session, the facilitator opens a **field of Living Light** through which many layers flow:

- the pulse of Life Force Energy,
- the stillness of Pure Consciousness,
- light language,
- coded geometric forms
- coded sound frequencies

— all moving as one unified current of Divine Intelligence, operating on a multi-dimensional level.

In this space, you are invited to lay down, soften and surrender — beyond effort, beyond thought. This your time to merely be, and receive.



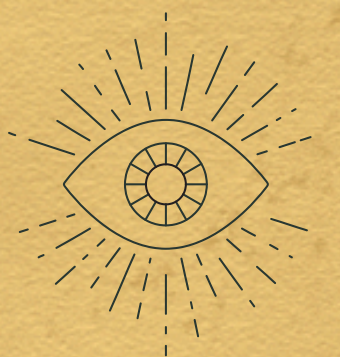
During the transmission, your inner light will begin to resonate with the field, supporting **greater coherence** within your body, heart, and energetic system. What has been held can gently soften, creating space for deeper awareness, connection, and remembrance.

Experiences During a Session

Each journey is perfectly unique. The transmission meets you exactly where you are, offering a space for your body, heart, and inner world to respond in its own way and timing.

You may experience:

- waves of energy, spontaneous movement, breath or sound
- waves of emotions: tears, laughter, vocal expression, softening
- subtle visions, intuitive clarity, memories beyond words
- states of deep presence, vastness, bliss, love, a sense of coming home



The possibilities are infinite. Each session offers an opportunity to expand your nervous system's capacity to hold more of your inner light.

The Role of a Facilitator

As your facilitator, I serve as a gentle anchor of the Living Light frequency. I open and hold the HEKA field while holding space for your sacred process.

- **Energy Resonance:** Within this field, your system naturally attunes to the frequency — like a tuning fork — allowing what is ready to soften and come into deeper awareness. I follow the subtle guidance of the energy, honoring your unique rhythm and capacity.
- **Safety and Support:** You are invited into a space of heartfelt presence, and deep care. Nothing is orchestrated or urged; the intelligence of HEKA moves according to your own timing and capacity.
- **Sacred Reflection:** With deep reverence, I hold the field of Light as a mirror to the light and wisdom within you. This path is not of receiving from another, but of remembering what has always lived within.

In this sanctuary of grace and presence, I walk beside you with devotion, as a humble witness to your light revealing itself.



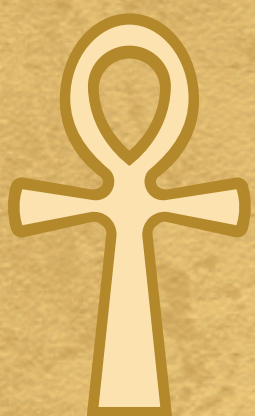
HEKA? Kundalini Activation?

Many associate this path with *Kundalini Activation* or *Awakening*. However, HEKA follows a different lineage and approach.

Kundalini, also called *Shakti*, is one expression of Life Force. It is described in Tantric texts as a coiled current (depicted as a snake) that rises from the base of the spine toward the crown, igniting an inner fire of transformation.



HEKA, however, does not focus on Kundalini and its upward awakening. It emerges from a more primordial origin — a current that connects all expressions of Life Force Energy. In HEKA, there is no single direction, no rise or ascension. HEKA softly permeates every layer of your being — physical, mental, emotional, energetic, spiritual —, supporting coherence and inviting deeper layers of connection and remembrance.



This path is not about striving, forcing, or seeking a certain outcome — it is a gentle unfolding and a return to what has always lived within you.

HEKA transmissions are a **bow of reverence** to the Divine intelligence — the wisdom that knows what is ready to unfold, and when. Whatever your unique experience may be, it is sacred in its own way — a return to the same Light.

HEKA is a path of reverence and surrender — a journey of reconnecting with the light within, allowing deeper awareness and connection to unfold in its own timing.



Benefits of HEKA: A Return To Your Inner Light

Emotional Balance

Old emotional patterns can begin to soften and integrate — not through force or effort, but through gentle presence and allowing. Over time, this supports a deeper capacity to meet your emotions with awareness, compassion, and inner steadiness.

Nervous System Harmony

As your system attunes to the frequency, the nervous system gently regulates, allowing a deeper sense of safety and calm to return.

Heart Connection

HEKA creates space for the heart to gently open — nurturing a deeper and more genuine relationship with yourself and others.



Energy & Vitality

HEKA supports a renewed sense of aliveness as your life force energy moves more freely. You may feel more radiant, vibrant, and inspired — energized from within rather than stimulated from without.

Balanced Body

Layers of built-up tension can gently melt away, harmonizing the physical body and supporting a deeper connection with its innate intelligence. You become more attuned to the body's quiet language — knowing intuitively what supports your wellbeing and vitality the most.

Clarity and Inner Alignment

As deeper awareness emerges and limiting beliefs begin to soften, clarity can naturally unfold. It becomes less about finding the answers, and more about listening, allowing, and moving in alignment with what feels true.

Heart-Based Consciousness

Through a deeper connection with your inner light, feelings of separation and limitation can fade, creating space for greater compassion, connection and unity — approaching life and others from the heart.

Increased Awareness

Over time, your awareness deepens. You may begin to notice subtle shifts in your perception and connection with the world around you. Your intuition becomes clearer and more easily accessible.



HEKA is more than an energetic experience — it is an invitation to reconnect with your inner wisdom and bring more **presence, authenticity,** and **heart** into your life — and from there, into the world. It cultivates the courage and clarity to walk your path with greater presence, anchored in the heart.

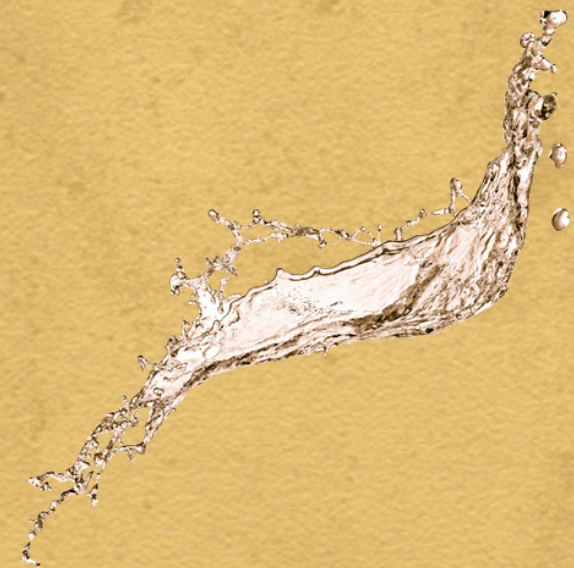


Preparing for a Session

Taking a few intentional steps — for your body, mind, and energy — before your HEKA session can help you feel more grounded, present, and open to the experience. Here are a few heartfelt invitations.

Body Level

- **Stay well-hydrated:** with water or freshly pressed juice.
- **Food:** Keep your stomach light. Avoid eating a heavy meal 2–3 hours before the session. Refrain from alcohol or recreational substances for 48 hours before.
- **Clothes:** Choose loose, comfortable clothing that allows you to move and breathe freely.



Mind Level

- **Move inward:** Take at least 10 minutes before the session to disconnect from the external world and reconnect with yourself through breathing, meditation, or gentle stretches.
- **Intention:** You're welcome to hold an intention in your heart — and then allow yourself to remain open to whatever unfolds during the session.

Energy Level

- **Safe space:** Create a supportive space — an atmosphere where you feel safe, relaxed, and free to simply be. If it feels supportive, you may light sage or palo santo.
- Feel free to dim the lights, **light a candle**, or play soft music that helps you attune to a sense of peace.
- **Affirmation:** Open yourself with a loving intention or affirmation, such as *“I am open to receive what serves my Highest Good.”*



Aftercare (Integration)

After a HEKA session, subtle (and sometimes profound) shifts may unfold through your body, mind, and life. You may feel more open, sensitive, introspective, or deeply peaceful — as all parts of your system are integrating the experience.

Gift yourself time for **loving self-care** and **rest**. The more you honor what arises, the more gracefully your experience can gently integrate.

Here are some ways to nurture yourself after a session:



Body Care

- **Hydrate** with water or fresh juice to support your body's natural integration process.
- **Rest:** Honor your need for sleep and time in solitude.
- **Intuitive Eating:** Listen to what your body is asking for and allow yourself to eat in a way that feels nourishing and grounding.
- **Gentle Movement:** Somatic Yin Yoga or gentle stretches help you reconnect with your body.
- **Cleanse** with a warm shower or bath to ground, refresh, and invite softness into your energy.



Mind Care

- **Quiet Time:** Give yourself space for stillness and solitude to reconnect with your inner world.
- **Journal:** Reflect on insights or emotions that arise — offering them space to be seen and understood.
- **Self-Compassion:** Meet yourself with kindness and patience, allowing what unfolded during the session to settle in its own time.

Energy Care

- **Grounding:** Connect with the Earth — walk barefoot, hug a tree, or lie on the grass or sand to anchor your energy.
- **Honor your sensitivity:** Give yourself space from overstimulating environments and screens.
- **Energy Flow:** Explore gentle breathwork, intuitive movement or dance to move in harmony with your energy.

“Is this type of energy work safe?”

HEKA is a gentle and supportive form of energy work. The **life-giving energy** we work with — often referred to as Life Force, Prana, or Qi in different traditions — is a natural part of every human being. It is an innate intelligence that is already present within you.

Rather than forcing an experience, a release, or an activation, the transmission creates space for you to reconnect with **your own inner essence** and **wisdom**, allowing your system to respond in its own way.

My approach weaves in somatic practices and **nervous system support**, helping you feel grounded and allowing the experience to integrate gently into everyday life.

“What if nothing happens?”

Each HEKA experience is beautifully unique. Some may feel waves of energy moving through the body, while for others, the transmission unfolds subtly over time.

Even if you don't notice much in the moment, the energy is still attuning within you — supporting harmony, balance, and what is ready to unfold.

Every soul opens in its **own Divine Timing**. Trust the intelligence within you. The deepest shifts often happen beneath the surface, revealing themselves gradually. Over time, you may begin to notice subtle shifts in how you feel, respond, and move through life.

Each session meets you exactly where you are — with presence, precision, and grace.

“Can I do this remotely?”

Yes, absolutely. Energy is not limited by physical proximity — it can extend **beyond time and space**. The connection between facilitator and receiver is equally present, whether in person or online.

What matters most in an online session is that you create a **calm and safe space** for yourself, so you can fully open to receive and be held by the transmission.

“How can I live more connected to my inner light and wisdom?”

The most important aspect of living from your inner light and wisdom is **deepening self-awareness**: by noticing your body, emotions, thoughts, and subtle messages from within.

The more we learn to listen inwardly, the more we strengthen our **discernment** — the ability to recognize what feels true, supportive, and aligned for our path. Over time, this allows us to come into greater alignment with our inner wisdom and live from that place.

Supportive practices include:

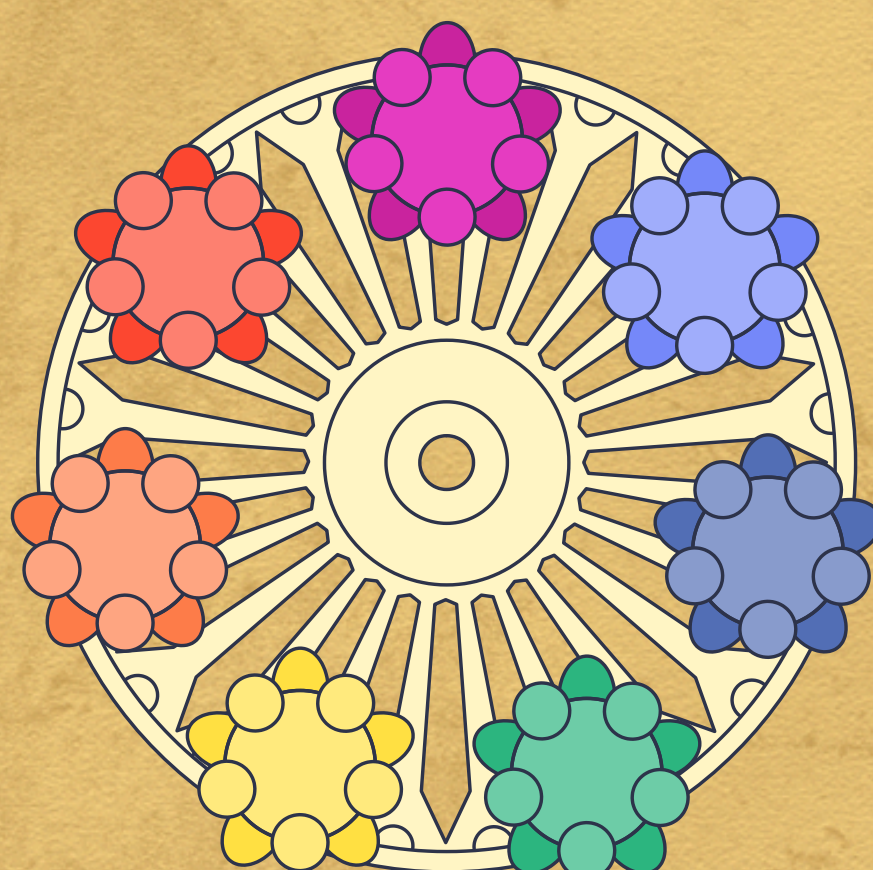
- gentle breathwork, meditation, silent time, self-reflection
- yoga, somatic movement, intuitive dance
- creating small daily rituals, like prayers, intentions, gratitude
- nourishing and hydrating your body with presence and care
- connecting with nature, sunlight, and the elements

How Many HEKA Sessions Are Recommended?

Even a single HEKA session can open the door to deeper connection, awareness, and alignment. Yet, for many, it takes a few sessions to attune to the energy and soften more deeply into the experience. **Regular HEKA sessions** allow you to deepen your connection with this life-giving energy and bring its qualities more fully into your life.

Each person's journey is unique. There is **no set number** of sessions, nor an endpoint. Every session offers an opportunity to reconnect with yourself, soften old patterns, and cultivate greater awareness, inner safety, and harmony within your system.

The **true essence of HEKA** reveals itself not just during the session, but especially in what unfolds afterward: through your connection with your inner guidance and the way you meet yourself and your life — from greater presence and inner alignment.



About Isabel

For as long as I can remember, I have felt deeply. And often different from others. Unsure how to hold the **intensity of my inner world**. As a teenager, perfectionism, comparison, and the urge to control my body and life took over. I hit rock bottom and was diagnosed with anorexia.

For many years, I lived through **protective patterns** like hyper-control & constant busyness — out of mistrust: in myself, others, and life. Beneath it all was a deep longing for inner safety, trust, and a sense of belonging.

My search for answers led me to study Nutritional Science (M.Sc.), explore Holistic Health, and discover Yoga — which became a profound path of devotion and self-inquiry. Over the past 9 years, I have regularly returned to Asia, completed **3 Yoga Teacher Trainings** in India, a Meditation Teacher Training in Thailand, and experienced deep shifts in my awareness and relationship with life.



Yet, the more awareness I developed, the more clearly I felt that my body was asking for deeper care: losing my menstrual cycle for 15+ years, chronic digestive struggles, and living in constant high alert.

I began to understand that this journey invited me to look beneath my protective patterns, and learn how to **truly care for my body & inner needs**. Not just through spirituality, but through the full human experience.

I was guided into somatics, emotional healing, and energy work. Through these three pillars, I learned to cultivate greater safety within my body, build a compassionate relationship with my emotional world, and reconnect with my intuition and purpose.

From this journey, the heart of my work was born....

The Heart of My Work

Today, my work weaves together:

- Somatics and Trauma-informed Yoga
- Emotional Awareness, Self-support & -Guidance
- HEKA Energy Transmissions



...offering a holistic approach to rebuilding safety, connection, and trust within yourself.

SOMATICS · Body Layer

We start working with the **body** as the doorway to our inner world – creating a greater sense of **safety** within. As the nervous system starts to feel safer, the body can gradually soften its protective patterns, allowing us to reconnect with our inner world.

EMOTIONAL AWARENESS & GUIDANCE · Emotional Layer

From there, we can begin to meet our **emotions** and unmet **needs** with more openness and compassion instead of resistance.

HEKA · Energy Layer

As this relationship with ourselves deepens, our **intuition** becomes clearer, allowing us to move through life with greater trust, authenticity, and inner alignment.

HEKA beautifully complements this path by supporting **mind-body-heart coherence** and strengthening the connection with our inner guidance. Of all the energy modalities I have experienced, it has been the softest, most integrated, and yet one of the most profound.

My **highest intention** is to meet you exactly where you are — with deep reverence for your unique story, needs, intentions, and unfolding.

Explore more about my approach and ways we can work together:

www.isabelbernhauser.com

If this guide resonated with you,
you're warmly invited to continue this journey together —
here are the ways we can journey together:

✨ **Group Experiences** ✨

Monthly Online Circles:

- **Deep Rest Circle** - a deep exhale for your nervous system
- **Soften, Move & Feel Circle** - a tender reunion with your body and inner world
- **HEKA Energy Circle** - meet yourself beyond words

🌿 **1:1 Support** 🌿

- 1:1 Session “Melt Into Safety”
- 1:1 Program “Inner Home”

Heart-led support, tailored to your unique needs and intentions.

🦋 **Self-Paced Journeys** 🦋

A growing collection of guided practices, online courses and resources to support your path at your own pace.

Explore all offerings: www.isabelbernhausner.com

Connect via Instagram: [@isabel.bernhausner](https://www.instagram.com/isabel.bernhausner)



Thank You for Being Here

I'm deeply grateful that you've taken the time to explore this guide and learn more about **the magic of HEKA**.

Thank you for your open heart,
curiosity, and presence.

May these words land softly in your heart and inspire you to **nurture your inner light** — reconnecting with the wisdom, aliveness, and authenticity that already live within you.

I look forward to walking this path of **coming home** to the wisdom within you, together.

With heartfelt gratitude,
yours Isabel!

***A Note of Gratitude
to my HEKA Mentor, Sophie Sun***

HEKA Living Light Transmission entered my life through the guidance of my mentor, Sophie Sun, whose devotion to this work and the path of Living Light has deeply inspired my own journey.

In my work, I weave HEKA together with Somatics, Trauma-informed Yoga, and Emotional Guidance to offer the human beings I support the best support. At the same time, I hold **heartfelt gratitude** for the lineage, teachings, and mentorship that made this journey possible.

If you would like to learn more about HEKA Living Light and explore Sophie's work, I warmly invite you to visit:

[Sophie Sun - Living Light Temple](#)