

GREETINGS!!

Dear students of the 2016 *Psychology of the Chakras 7-Day Intensive*:

Welcome and congratulations on committing to an exciting journey of healing and self-discovery, on the 31st year of offering this program! This letter acknowledges that you have been accepted into the training and notifies you of important things to think about and bring with you to enhance your experience.

This training will be an intimate co-exploration of the way our personal lives and the culture we inhabit influence the flow of life force through our being, and specifically through our chakras. To this end we will move our bodies, open our hearts, and expand our consciousness together in an environment of both safety and excitement.

We will spend one full day exploring each chakra in depth, so the following suggestions help to enhance the experience of immersing yourself in the quality of each chakra. (with the exception of chakras six and seven, which will be on Thursday.)

CLOTHING

It has been a tradition for the last 30 years—not to mention lots of fun—to ***dress in the color of the chakra each day***. This means red for the first chakra, orange for the second, then yellow, green, turquoise, indigo, violet, etc. moving through the rainbow by one color each day. While it is certainly not necessary to invest in a whole new wardrobe for this purpose, thrift stores generally carry t-shirts in every color for a few dollars, and we suggest you do the best you can. Even scarves or ribbons can help accent an outfit. In general, please wear loose, stretchy, and comfortable clothing in which you can do yoga and movement. Avoid tight waists, blue jeans, belts, or skirts.

Also bring something special to wear for the seventh chakra “dance of divinity,” but make sure it is something in which you can move freely for dancing. Choose something that expresses your highest, most beautiful self. (What makes you feel and look divine?)

ALTAR ITEMS

We like to create an altar each morning as we enter a new chakra. You are invited to place something on the altar of the day to have it charged by the energy. *The Sevenfold Journey* contains altar suggestions, or you can just think of the elements associated with the chakras, from bottom to top: earth, water, fire, air, sound, light, and consciousness. You will, of course, have each item returned to you at the end of each day. Placing things on the altar is entirely optional.

JOURNAL

It is typical that you will want to take notes in a training of this sort. You may want to keep a special journal to track your progress through the chakras, or put notes on the more personal aspects of your experience in a journal you already keep. After each trance journey there will be time to journal, and you will want to take notes on the lectures. We do give a free booklet as a handout to each participant.

READING

Eastern Body, Western Mind is the book that covers the psychological aspects of the chakras that we will be dealing with in the class. *Wheels Of Life* gives a good overview, and Anodea has many other chakra products that will be available in the bookstore. We do not require reading ahead of time, but if you are brand new to the chakras, you should familiarize yourself a bit beforehand, at least with *Wheels of Life*. You'll likely want to get *Eastern Body, Western Mind* in any case, since it has more detail than we can fit in the class. Anodea Judith's *Chakra Yoga* will also be useful for remembering the yoga practices that we will do in class each day.

DATES

This training begins Friday evening, July 29, 2016 at 7:30 pm and ends Friday morning, August 5th at about 11:30am. (Saturday will be first chakra day, Sunday, the second chakra, etc.) Our general time frame will be:

First Friday, 7:30-9:30 evening session. Then Saturday - Thursday we will meet from 9:00 – 12:00 and 1:45- 4:45 with two additional evening sessions from 7:00 – 9:00 on Monday and Thursday evening. Please plan to attend all sessions, including the evenings, which are integral to the course. Anodea will probably do a free sampler on another evening, which is for the whole Kripalu community, and entirely optional for this course.

The Kripalu schedule leaves ample time for breaks, yoga classes, healing arts appointments, walks on the land, or lying in the sun. The Monday evening session is a fire ceremony that will take place outdoors, weather permitting, so you might want to have bug spray or a light wrap if the weather is cool.

The general plan for each day begins with a deep trance journey into the chakra of the day, then yoga practice for that chakra, then lunch and free time. The afternoon begins with the only lecture of the day, then deeper exploration or exercises in dyads or smaller groups, followed often by a whole group experience at the end of the day.

This workshop can be transformational and sometimes intense, so come prepared to meet yourself and others on the Rainbow Path of the chakras, and be open to growth.

If you have questions that we have not addressed, feel free to email anodea@sacredcenters.com. Thank you.

I greatly look forward to meeting you all and beginning this sacred journey together.

Bright Blessings,

Anodea Judith

Selene Vega

