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## **Creating on Purpose: A Chakra Map for Manifesting Your Dreams Into Reality**

February 15–19, 2016  
Kripalu Center for Yoga & Health  
Stockbridge, Massachusetts

### **WELCOME AND INTRODUCTION FOR PARTICIPANTS**

**Welcome** to our 2016 workshop on manifestation, *Creating on Purpose: A Chakra Map for Manifesting Your Dreams Into Reality*. I am excited that you will be joining us. This letter contains the information you need to prepare for the workshop, including **important preparatory planning to do prior to your arrival**.

This workshop clarifies the process of **manifestation** – the process of bringing your dreams into reality. We will provide you with practical, step-by-step procedures and practices for moving your attention and energies down through the chakras—the seven stages of concentration and condensation—from the realm of non-physical idea into physical form. Stewart Brand (author and founder of The Whole Earth Catalog) once said, "We are as Gods, so we might as well get good at it." I will show you the methods and practices that enable you to get good at being a creative god or goddess in your own life. Yes, you can create what you truly need, want, and desire, in alignment with your own highest values and the natural forces around you.

In the ancient Tantra yoga texts, the upward channel of energy through the chakras (from base to crown) was called *mukti*, or *liberation*. The downward channel of energy was called *bhukti* or *enjoyment*. I call it the *Current of Manifestation*. In this workshop, I will show you how manifestation happens, and how to use this step by step process to accomplish your goals.

An idea or dream begins in consciousness (Chakra 7), and is clarified through the power of your vision (Chakra 6). It then gets clearly articulated (Chakra 5) to others through love and relationships (Chakra 4). By focusing your will (Chakra 3), you find the right connections, movement, passion and balance (Chakra 2), and take specific grounded actions in the physical world to bring your project to completion (Chakra 1), step by step.

During our five days together, you will focus on your most cherished life dreams, moving them through an organized, practical, and methodical process. You will learn effective techniques and practices that you can use for the rest of your life. You will experience your own manifestation power directly. When you leave the workshop, this technology will be firmly in your grasp. This is a practicum for big dreamers -- people who want to create something spectacular in their lives and in the world.

**Please note** Our new book, *Creating on Purpose*, is designed to assist you during and after the workshop. Your materials fee paid for a copy of the book, which we will provide at the beginning of the workshop. For more information, visit [www.CreatingOnPurpose.net](http://www.CreatingOnPurpose.net).

## **HOW TO PREPARE FOR THE WORKSHOP**

### **1) Foundational Preparation**

This is not a beginning level workshop. We assume you are already familiar with the chakra system. If you haven't read any of Anodea's books (*Wheels of Life*, *Eastern Body/Western Mind*, *Sevenfold Journey*, etc.), we strongly recommend that you read at least one before the workshop. (See list at the end of this document.) These books outline the various issues that arise within the chakras to block both your liberation and your ability to manifest. We won't be lecturing on the basic material. Familiarity with the chakra model and with your own issues are important preparation for the practices we teach that help you clear your path and manifest your visions and dreams.

### **2) Envision Your Dreams**

Think about what dreams you have for your life, and write them down. **Writing your thoughts onto paper** moves your ideas, visions and dreams from the Mind (a non-physical realm) to the physical realm of 3-dimensional words on paper. **This is one of the secrets of manifestation.**

Contemplate your life in each of the following areas and **write down your DREAMS** in each of the following areas. This is the answer to the question, "How would I like my life to be?" Take the time—right now—to consider, envision, dream, and write down as much detail as possible in each area:

1. Health and Body
2. Career and Work
3. Money and Finances
4. Relationship and Marriage
5. Family and Children
6. Social and Community contribution
7. Leisure, fun, recreation, and play
8. Personal and psychological growth or healing
9. Intellectual Stimulation, Learning and Teaching
10. Artistic and Creative Expression
11. Spiritual and Religious Fulfillment
12. Home and local environment
13. Any other arena in which you have dreams for your life.

Then...

### **3) Identify the Obstacles**

Now list all of the **obstacles and barriers** that you believe are in the way of achieving each of your dreams. This includes the reasons you haven't already accomplished them (not enough money, not enough knowledge, not enough time, someone didn't let me, I'm not good enough, smart enough, etc.) or the potential obstacles that you see ahead (I'll never get over my low self-esteem, my old beliefs keep haunting me, the circumstances will never be right, it will be difficult,

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etc.). Write these barriers next to each dream. Identify which specific obstacles are in the way of your achieving each specific dream.

## **About Obstacles and Barriers**

**Obstacles happen.** If there were no obstacles in life, we could immediately manifest whatever we wanted. Obstacles and barriers are a normal part of the creation process. They can stop us completely. They can get in the way and prevent us from reaching our full potential. Or, they can be dealt with as a normal part of life. We teach exciting and creative ways to clear away each obstacle and barrier that inevitably comes up so they don't prevent us from manifesting what we want.

### **Your obstacles and barriers may include**

- limiting beliefs
- self-doubt
- self-criticism and self-judgments
- distractions
- counter-intentions from self or others
- internal or external resistance
- communication problems
- problems in relationships with others
- difficulty keeping commitments to others
- difficulty keeping commitments to yourself
- judgments or negative opinions of others
- lack of resources, time, money, etc...

### **You will learn these practical techniques for handling obstacles:**

- Move energy and attention *Down Through the Chakras*, step by step
- Clarify your intentions through the *Declaration Exercise*
- Eliminate old beliefs in *The BeliefCloset® Process*
- Plant the seeds of your heart's desire with the *Kalpataru Meditation*
- Plan your projects by *Remembering Your Way Back from the Future*
- Ease internal conflicts by *Amplifying Internal Voices*
- Dance your manifestation current down from *Heaven to Earth*
- Get cooperation from others through effective *Communication for Action*
- Create support for your creations by forming a *Dream Team*
- Transform your life by *Completing Incomplete Cycles*

I have a personal goal to make learning as much fun as possible, so there will be laughter and joy as you and the other participants get in touch with your true nature, and discover that you can create absolutely anything you want. When you have the right combination of imagination, love, will, truth, and the tools of manifestation, nothing can stop you from creating the life of your dreams.

### **REMEMBER TO BRING ALL OF THIS PREPARATORY WORK WITH YOU.**

**Dress** for the workshop is casual and comfortable. We will be doing some movement and yoga, so wear clothes that are comfortable to move and stretch in. Be sure to wear layers that can be added or subtracted easily.

**Things to bring:** Your completed homework assignments; a journal or notebook and pens; an attitude of openness, willingness to explore and expand; and your dreams for your life!

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## **Class Schedule**

Monday, February 15	7:30–9:30 pm	<b>Opening Program</b>
Tuesday, February 16	9:00 am–12:00 pm	1:45–4:45 pm
Wednesday, February 17	9:00 am–12:00 pm	1:45–4:45 pm
Thursday, February 18	9:00 am–12:00 pm	1:45–4:45 pm
Friday, February 19	9:00 am–12:00 pm	<b>Completion</b>

If there is sufficient interest, we may offer an optional evening program on Wednesday from 7:30–10:00 pm. This would be a demonstration of the deeper personal work that Anodea does with her clients. The other members of the class are invited to observe the work. It is a rare opportunity to see deep healing at the core of the psyche. Those who have taken previous workshops or are part of Anodea's Certification Program will have priority in getting selected to do the deeper work. All who are interested may participate through observation, however. This is an optional offering—it is not a required part of the class.

Each day, optional yoga classes are offered by Kripalu before breakfast, at lunchtime, and in the afternoon. Our class schedule may conflict with some yoga classes. Because our training is so content-rich, please schedule any yoga classes, healing arts treatments, or other services during meal and evening times so you don't miss any of the class time.

Please **arrive at least 10 minutes before the start times of each segment** so you can get settled and be seated and ready to begin at the start time. Our goal is to end each segment on time, but we have a lot of important material to offer. During some segments, we may ask to extend our ending time slightly so we can fit it all in.

Because we are not able to go into depth with each exercise and concept, we offer a follow-up Manifestation Teleseminar a few weeks after the course. This program consists of seven 1.5-hour seminars by teleconference, which you can participate in by phone. They will take place in the evening every other week. There is an additional cost of \$150 for participation. More information will be provided during the workshop.

**Questions? Special needs? E-mail Anodea's assistant, Shanon**  
at [office@sacredcenters.com](mailto:office@sacredcenters.com)

WE LOOK FORWARD TO SEEING YOU THERE AND  
TO SUPPORTING YOU IN MANIFESTING YOUR DREAMS!

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## A Final Note on the Homework

**Please take time to complete the preparatory work prior to arriving at the workshop.** It is an important part of our process and will make the workshop more effective.

If you are feeling resistance to doing the homework, look into the source of your resistance. Does it remind you of earlier times when you were a student in school? Does it feel like a push against an authority figure who tells you what to do? Does it feel like sloth? Anger? Self-importance? Being different?

We will examine the many faces of resistance in detail during the workshop, since internal resistance—fighting against yourself—is one of the main things that prevents people from creating the life they truly want. See if you can overcome any resistance in this case and get it done. You will have much more fun in class if you do so. Decide now to have a great time, to manifest your greatest dreams, and to create a life that you love. And remember—these are YOUR DREAMS that you are choosing to create!

With warmth and joy,

**Anodea Judith**

## Suggested Reading

**If you are not already familiar with the chakras, you may wish to read one of the following books in preparation for the course:**

*Eastern Body, Western Mind* (our strongest recommendation)  
*Wheels of Life* (basic text on the chakras, the most popular book on the chakras)  
*The Sevenfold Journey* (the easiest read, short and to the point w/ simple exercises)  
*The Chakra System* (Sounds True audio 6-CD set)  
*Chakra Balancing Kit* Workbook and CD's (Sounds True) (another way to learn the basics)  
*The Global Heart Awakens* (Where we are now in the world)

And watch: *The Illuminated Chakras* DVD (**HIGHLY RECOMMENDED!**)

These books and products are available on Anodea's website: [www.sacredcenters.com](http://www.sacredcenters.com), or at the Kripalu Bookstore. You can also order *Creating on Purpose* here if you want to read it ahead of time.

We also recommend reading Lion Goodman's multimedia eBook, *Transform Your Beliefs*. You can download a free copy by registering on his website, [www.TransformYourBeliefs.com](http://www.TransformYourBeliefs.com).