

Anodea Judith - The Seven Chakra Initiation

About The Seven Chakra Initiation Modules

While the initiation program will adapt to the unique needs of participants, we will be covering the activation, integration and alignment of all of your seven chakras in a systematic way. A total of fourteen teaching sessions, during the course of seven modules, will guide you on this exquisite journey through what Anodea calls, “the sacred architecture of your soul.”

Module 1: First Chakra Activation

Grounding Yourself to Receive Abundance

(January 14 and 28)

The root chakra is located at the base of the spine, and forms our foundation – connected with grounding, home, work, finances manifestation and being in a body. It is therefore related to our survival instincts, and to our sense of grounding and connection to our physical bodies. Activating and integrating this chakra brings you:

- Greater health, wellness, endurance and resilience
- Better finances and a more relaxed relationship with the physical world
- A sense of security and being safe, protected and “at home” in the Universe
- A foundation for attracting more money, prosperity and entrepreneurial success
- A more magnetic and dynamic physical presence, radiating into a room
- Greater self-esteem and confidence in how you show up in the world
- Better grounding through your legs on a physical level

Module 2: Second Chakra Activation

***Liberating Your Emotions & Enjoying Your Sensuality* (February 11 and 25)**

The second chakra is based in the lower back, abdomen and sexual organs, and is connected to your emotional identity, sexuality and self-gratification. It connects us to others through feeling, desire, sensation and movement. Practices in this module include the “Serpent Breath” to activate your cerebrospinal fluid. Activating and integrating this chakra brings:

- More powerful, fluid depth of feeling, which enhances your enjoyment of your body and life
- Expanded sexual desire, appeal, energies and fulfillment
- More joy, excitement and passion for your lifework
- Enhanced ability to entice clients, in all of your marketing
- More satisfying and profound emotional connections with partners, family, friends and allies
- An ability to navigate life changes, without upset
- Freedom from old emotional wounds, issues and fears from your family of origin and past relationships
- Greater opening to your senses

Module 3: Third Chakra Activation

Accessing & Focusing Your Power

(March 11 and 25)

This third chakra is known as the power chakra, located in the solar plexus; and is connected to fire, energy, ego, power, will, risk, digestion, motivation and action.

It rules our personal power, will and autonomy, as well as our metabolism. Practices in this module include the “Woodchopper” and the “Breath of Fire.” When fully activated, healthy and integrated, this chakra brings us:

- Stronger will and willpower for whatever we set our minds to
- A virtually unlimited supply of energy for our work and mission – the drive to make things happen
- Enhanced effectiveness, discipline and focus
- Freedom from social structures, giving us more spontaneity, free will and independence
- A capacity for inspiring, non-dominating leadership that others respect and rally behind
- An experience of whole and sovereign beingness
- Improved motivation for your true lifework.

Module 4: Fourth Chakra Activation

Opening to Love & Juicier Relationships

(April 8 and 22)

The fourth chakra is called the heart chakra, and it is related to love and the integration of opposites in the psyche: mind and body, male and female, persona and shadow, ego and unity. This chakra is concerned with relationships, balance, breath and nurturing. Practices in

this module include forgiveness, gratitude and heart resonance practices. An activated, integrated and healthy fourth chakra allows you to:

- Love more deeply and unconditionally
- Feel more compassion and connection to other people, enhancing your empathy for the world
- Create a deep sense of peace and oneness with the universe, by integrating polarities and balancing opposites in your being
- A healed relationship between the masculine and feminine dimensions of your life
- Subtly integrate the ascending and descending energies of the chakras, and unite earth and sky qualities in your heart
- Open to living in sacred reverence, with an enhanced appreciation for beauty.

Module 5: Fifth Chakra Activation

Fully Expressing Yourself & Your Creativity

(May 13 and 27)

The fifth chakra is located in the throat and is related to communication, creativity, sound and self-expression. Here, you experience the world symbolically through vibration, such as the vibration of sound representing language. An activated, integrated and healthy fifth chakra allows you to:

- Express yourself clearly and powerfully to inspire others
- Access your inner artistry in a more profound way
- Own and stand in your truth in a way that creates space for other people's truths
- Access your creativity and gifts, spontaneously and dynamically
- Experience music and sound on another level, as a tool for vibrational healing and awakening
- Shift the vibratory pattern of your own body more profoundly
- Create resonance between yourself and others

Module 6: Sixth Chakra Activation

Connecting with Your Vision, Intuition & the Higher Mind (June 10 and 24)

The sixth chakra, known as the brow chakra or third eye center, is related to seeing – both physically and intuitively. This chakra is associated with light, perception, visualization, insight and dreaming. It opens our psychic faculties and understanding of archetypal levels. An activated, integrated and healthy fifth chakra allows you to:

- See more clearly your path, and how your work and creativity can serve others
- Perceive the bigger picture of your life, and your place in the Divine unfoldment of the human story

- Tap your psychic abilities and apply this wisdom to your work and your relationships
- Gain more direct and more consistent access to your intuition when making decisions
- Recognize the archetypal aspects of your journey at this time in your life
- Deepen your dream life, which teaches and guides you in your waking life
- Perceive that everything is, in fact, an expression of sacred patterns of light
- Deepened understanding of the myths that govern our lives

Module 7: Seventh Chakra Activation

Designing Your Life from Your Soul & Experiencing Unity Consciousness (July 8 and 22)

The crown chakra relates to consciousness as pure awareness. It is our connection to the greater world beyond, to a timeless, spaceless place of all-knowing. When activated, integrated and healthy, the seventh chakra brings you:

- Heightened spiritual perception and a unitive sense of identity
- Stable connection to the Divine that gets you off the “seeker treadmill”
- Higher wisdom for guiding your life path and others more effectively
- A steadier connection to bliss and a sense of deep peace
- Clear-eyed, holistic wisdom for your own path and for advising others – useful in work as a therapist, healer, consultant, teacher or coach
- Greater patience for the unfolding of work on the human plane, and understanding it through the lens of divine timing.

Your Seven Chakra Initiation Program Bonus Collection

In addition to Anodea Judith’s transformative 7-month intensive, these powerful bonuses will deepen your understanding and practices:

The Chakra Awakening Video Series

10 hours of Live Workshop sessions with Anodea Judith

Valued at \$380 – delivered digitally

Take advantage of this rare opportunity to be present in a live workshop setting with Anodea, through this 7 Chakra video series that takes you to the heart of each of your own chakras. Spend approx. 90 mins on each chakra systematically addressing your life on each chakra level for a complete transformation. Each session begins with a meditation and focuses on one chakra, detailing its key attributes and qualities, ways to strengthen, deepen, and balance.

Anodea taught Chakra Awakening: Journey through the Chakras: A Seven Month Intensive to Change Yourself and Your World in Berkeley in 2013. All the classes were filmed and in this bundle, you will get all 7 chakra classes as well as the intro video.

These videos will cover:

- chakra based asana practice
- bioenergetic exercises to dissolve blockages
- pranayama for activating the chakras
- psychological wounds and healing
- guided trance journeys to your own unconscious activation
- group ceremony
- chanting, art, music, and more

The Illuminated Chakras DVD

28-minute, award-winning DVD

This open-eyed meditation is a multi-sensory journey into the transformative beauty of the inner world. Follow Kundalini-Shakti, the mystical serpent of awakening, who drives the vital force that opens each chakra. As you journey from base to crown in this fantastic sound and light extravaganza, you will see and experience the elemental reality of each chakra as Earth, Water, Fire, Air, Sound, Light and Transcendent Consciousness.

Hard copy mailed to you!

Sacred Centers: 7 Keys to Transformation

Full Color Chakra e-Booklet

Each month you will focus on one chakra, and to support this, you'll receive a digital booklet that will help to keep you on track. This booklet will deal with each chakra and look at:

- The psychological aspects of that chakra
- Physical practices and information about the body
- Spiritual practices to take it to a higher level
- Activism for taking your awakened chakras out into the world

This bonus will help deepen and enhance your chakra awareness and your mastery of applying each chakra to Mind/Psychology, Body/Health, Spiritual Practices and Environment/Activism. In it's entirety, this booklet is valued at \$100.

Creating Thriving Relationships with the Chakras

Live Dialogue with Anodea, Harville Hendrix Ph.D. and Helen LaKelly Hunt Ph.D.

In this special dialogue, Anodea will be joined by renowned relationship experts Harville Hendrix and Helen LaKelly Hunt. Drawing on their decades of working with thousands of couples, these three will share insights into how you can create thriving relationships

throughout your life, while weaving in the teachings of the chakras to explain some of the subtle (and not so subtle) challenges and opportunities many of us face.

Harville Hendrix, Ph. D. is a Clinical Pastoral Counselor who is known internationally for his work with couples. He and his wife Helen LaKelly Hunt, Ph.D. co-created Imago Relationship Therapy and developed the concept of “Conscious Partnership.” Their partnership and collaboration has resulted in nine books on intimate relationships and parenting. Harville holds a Ph.D. in Psychology and Theology from the University of Chicago, and has received an honorary doctorate and two distinguished service awards. Harville has appeared on many national television shows including seventeen guest appearances on *The Oprah Winfrey Show*. Harville is the author of *GETTING THE LOVE YOU WANT: A Guide for Couples* and *KEEPING THE LOVE YOU FIND: A Personal Guide*, both New York Times best sellers.

Helen LaKelly Hunt, Ph.D. was elected to the Women’s Hall of Fame for her dedication to the empowerment of women as an author and activist. She is founder of The Sister Fund, a small, private foundation that supports fullness of life for women and girls. She is co-founder of the Institute for Imago Relationship Therapy and coauthor of several bestsellers with her husband, Harville Hendrix. They have six children and live in New Jersey.