

Anodea Judith - Mastering Your Charge 2022

What You'll Discover in These 7 Modules

Anodea will guide you through a proven 7-step process of understanding the nature of charge — and learning to track and harmonize it to heal your mind-body. If you're a therapist, coach, or healer, the insights and practices you'll receive can also be used in your work with clients.

Each teaching, discussion, and training session will build harmoniously upon the next so you have a complete, holistic understanding of the practices, tools, and principles you'll need to work effectively with your charge, and to share that knowledge with others.

Module 1: Discovering the Nature of Your Charge



Charge is the key to your basic life force... a.k.a. prana, chi, or libido. Most of us are completely unaware of our charge until it gets imbalanced with too much or too little, which can lead to anxiety and depression.

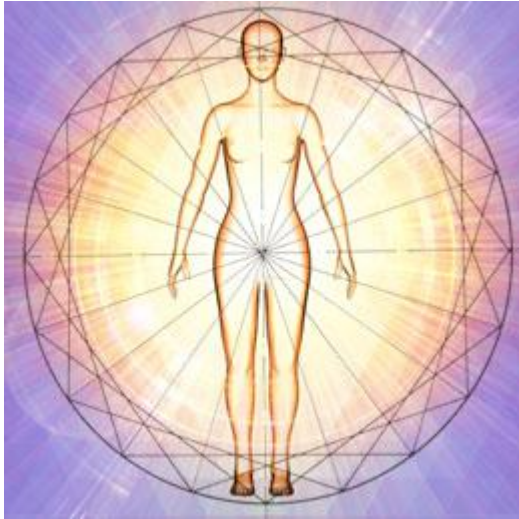
Understanding the *nature* of your charge can revolutionize the way you think about yourself, your emotions, your actions, and your relationships. This module introduces the concept of charge, and how it works in your body and life.

You'll discover:

- The ways your life force, or charge, is affected by your inner psychology
- That charge is the connecting interface between your mind and body, helping you integrate the two
- The difference between emotional charge, sexual charge, and the charge needed to get work done
- How to discern between positive and negative charge
- How to use the natural charging and discharging that happens in your body throughout the day to create more balance

- How the way you “bind your charge” contributes to body shape — weight, muscular tension, and pain
- A simple morning practice to generate more charge for your day... that’s more effective than coffee!

Module 2: Tracking Your Charge’s Movement



Charge arises for a reason. In order to master your energy, you first have to discover how to track your charge — noticing where it is, where it isn’t, where it may be blocked, and where it’s trying to go.

This session will guide you to uncover and liberate original impulses deep within the core of your body that have been trying to get free for a long time. Tracking charge in yourself and others is an important skill in all healing processes.

You’ll discover:

- The charge/discharge cycle — where you might be blocking your flow and how to unblock it
- Daily techniques for tracking the increase and decrease of your charge
- Signs and symptoms of too much or too little charge
- Your charge comfort zone and learning how to comfortably expand it for more freedom and a bigger life
- What’s really happening when you get triggered — and how to see all triggers as a gift
- Why harvesting your charge, as opposed to binding or discharging it, can create energetic wealth

Module 3: Liberating the Energy in Your Blocks & Defenses



Defenses are pockets of stored charge that work against you in innumerable ways. Just as people in an argument tend to get stronger in their respective positions, charge tends to reinforce your defenses.

Defenses rob you of your vital life energy, to say nothing of blocking the process of receiving and letting go. Learning to release the charge in your defenses gives you more energy and empowers you to be more vulnerable and receptive.

You'll discover:

- How to let go of the charge in any situation and lower your defenses so you can be more open and receptive
- Why you experience a “double return” of energy when you free yourself from defensive activity
- A simple process you can do most anywhere to unbind the charge that's become “body armor”
- A guide to honor your natural resistance and need for safety, yet still be able to liberate the energy trapped in your defenses

Module 4: Igniting Your Core Through Balancing Your Chakras



The chakras, which are energy centers aligned along the core of your body, manage charge at different levels of consciousness. Each chakra has an important job to do to enable you to

live a full-spectrum life — related to everything from your earthly instincts to your loftiest ideals.

Balancing the chakras brings you deeper into alignment with your sacred core, the most direct connection between Heaven and Earth — and the central channel for charge. In aligning your chakras, you align with important principles that can transform the way you take care of yourself, perceive the world, relate to others, and fulfill your highest purpose. You'll discover:

- How to be at the center of your charge, for direct access to the sacred core that activates your chakras
- How to diagnose chakra imbalances through the concept of excess and deficient charge
- Charging and discharging techniques to bring balance to your chakras for healing and spiritual alignment
- How anxiety and depression trap energy in the third chakra — and what to do to release it
- A charge-calming technique for entering meditation and experiencing transcendence
- The nature of kundalini, which is condensed charge

Module 5: Releasing Fixed Patterns of Character & Personality



As children, we are full of charge. The process of growing up teaches us how to manage our charge, either appropriately or dysfunctionally. Some of this programming shapes the deep grooves of who we are — in body, mind, and spirit.

Austrian psychoanalyst Wilhelm Reich identified these patterns of held charge and called them Character Structures. In this session, you'll learn about the five basic character patterns and how you can move beyond your character pattern and into your true essence. You'll discover:

- Each character pattern's gifts and challenges... and how to maximize the gifts and master the challenges
- The ways each character pattern handles charge — and how this literally shapes the body
- Practices for transforming character patterns and experiencing more presence
- How the five character types can help you in all your relationships

- The “schizoid” pattern, which describes people who tend to “live in their head”
- The character pattern that makes people good lovers
- The trap of being too perfect or having too much power

Module 6: Clearing Trauma & Regulating Turbulence



Most of us have experienced trauma, whether mild or severe. Trauma involves charge that is trapped while in a highly activated state. This leaves the energy body strongly dis-regulated, which results in a kind of internal turbulence that can create discomfort, pain, illness, and emotional imbalances.

Because the nature of trauma can be overwhelming, it's important to discharge trauma carefully. Whether you work with others as a psychotherapist or healing professional, or you're managing your own trauma, this module will show you how to work with trauma safely, harvesting its charge without getting overwhelmed or re-traumatized.

You'll discover:

- How to recognize a trauma vortex and steer yourself away from shame and fear
- That trauma blocks the flow of charge — and how you can release and harmonize your charge for optimal energy flow, opening the way to healing and freedom
- A simple tapping technique to quickly bring you out of discomfort and back into self-regulation
- How to “titrate” the energy of the trauma vortex and release it safely and comfortably
- A more expansive comfort zone as a result of releasing trauma-related charge

Module 7: Harmonizing Your Relationships & Keeping Them Juicy



The charge of attraction is what initially pulls us into relationship, yet it can work against us later on. Inevitably, your partner, friends, or co-workers will do something that triggers you, and the result may be damaging.

Some people just close up and lock down on their charge when this happens, while others dump their emotional charge on others. Both patterns erode intimacy. This module looks at how to dismantle the difficult patterns of charge in your relationships for more growth, trust, and intimacy.

You'll discover:

- How to regard your triggers as valuable gifts
- A simple process to handle your triggers and harvest their gifts
- How to come back after a rupture in intimacy and restore connection
- Differentiation... a key to sustain the charge of attraction over the years
- A technique to use when your partner gets triggered
- The nature of "charge dynamics" in groups and politics

The *Mastering Your Charge* Bonus Collection

In addition to Anodea's transformative 7-part virtual course, you'll receive these powerful training sessions with leading visionaries and teachers. These bonus sessions complement the course and promise to take your understanding and practice to an even deeper level.

Charging Up Your Chakras: A Standing Meditation Practice

Video Meditation With Anodea Judith



In this peaceful guided video meditation, Anodea shares with you a relaxing *and* energizing practice which can be done any time you need an energy lift. She'll guide you on a gentle journey through the chakras, from the root chakra up. Say hello to that sacred center that lives within you!

From Pattern to Presence

Audio Dialogue With Anodea Judith and Steven Kessler



We are all “run” by personality patterns we adopted during childhood. Yours have probably been running most of your life. Join psychotherapist and author Steven Kessler for his unique look at what these patterns are and how you can break their hold, regain control of your life, and move from limiting patterns to greater presence.

Steven Kessler, MFT, has been a licensed psychotherapist for almost 30 years, studying many different healing modalities and maps of personality, including Character Structure, the Enneagram, NLP, energy work, Thought Field Therapy, and EFT (Emotional Freedom Techniques), as well as spending 16 years in the Diamond Heart meditation school. For over 10 years, he's been a student of Lynda Caesara, studying Character Structure, the direct perception of energy, and shamanism in the lineage of Grandfather Two Bears and the Southern Seers tradition. He's the author of *The 5 Personality Patterns*. Since 1984, Steven

has taught hundreds of groups and workshops in the U.S. and internationally, helping men and women heal their wounds and grow into their full adult selves.

Charge & Tantra

Video Dialogue With Anodea Judith and Margot Anand

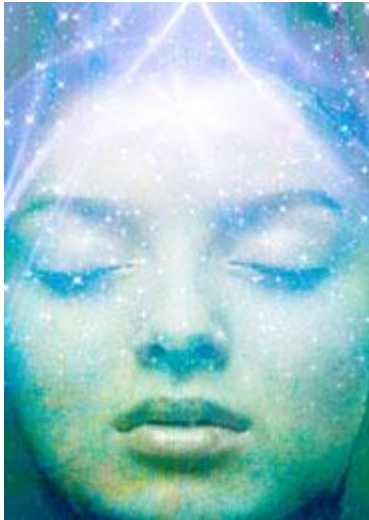


In this lively conversation, Anodea and renowned author and global Tantra teacher Margot Anand discuss charge, sexuality, Tantra, and the chakras. Margot is known for her seminal teachings on integrating spirituality and sexuality, and on cultivating the art of ecstatic living. Not to be missed!

Margot Anand is an internationally acclaimed authority on Tantra, bestselling author, and much-beloved teacher and founder of SkyDancing Tantra®. Margot's books, videos, CDs, and DVDs are widely regarded, as are her seminal teachings on integrating spirituality and sexuality, and on cultivating the art of ecstatic living. Her popular books, which are available in numerous languages, include *The Art of Everyday Ecstasy*; *The Art of Sexual Ecstasy*; *The Art of Sexual Magic*; *Sexual Ecstasy: The Art of Orgasm*; and her latest release, *The Sexual Ecstasy Workbook: The Path Of SkyDancing Tantra*. Margot just released her 3-disc DVD trilogy, *The Secret Keys to the Ultimate Love Life*, to inspire a whole new generation of lovers as well as offer a refresher with some fun new twists to longtime students of her classic methods.

Charge! The Inner Psychology of Your Life Force

PowerPoint Presentation From Anodea Judith



In this pictorial, narrated slideshow, Anodea Judith outlines the basics principles for understanding “charge.” What is it? How do we use it? How do we charge and discharge? What is the comfort zone? What are the chakras? Discover all this and more in this visually entertaining presentation.

Charge Exercises Demonstration

Video Teaching From Anodea Judith



Watch as Anodea Judith takes you on a visually demonstrative journey through the chakras. Move from the bottom up through each of the seven chakras, discovering useful exercises you can do anywhere to balance and tune into each one. Break through blocks, open and expand your body, charge and discharge energy, and discover wellness.