



UNLOCKING THE

Healing Power of Your Chakras

YOUR MASTERCLASS WORKBOOK
WITH ANODEA JUDITH

WELCOME TO YOUR WORKBOOK

Tips to Get the Most Out of This Masterclass

1. Print this guide before the Masterclass so you can take notes as you listen. You can also download and type directly in the guide to save paper.
2. Review the contents of this guide before the Masterclass so you know what to expect, and you can best set aside private time before, during, and after the Masterclass to complete the activities.
3. Think of how you can quickly implement the secrets revealed in this session to increase abundance in your life.
4. During the Masterclass, use the dedicated space on the right column to write down ALL interesting new ideas and inspirations you get while listening - that way you won't lose the most relevant information to you.

WHAT TO EXPECT

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- Set your intentions before the Masterclass.

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- The right question can spur your unconscious mind to feed you the right answers.

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- Read what other people said about Anodea Judith.

1. PRE-MASTERCLASS EXERCISE

Start with Intention

Setting intentions is key to stepping into consciously creating your reality. For what reasons did you decide to join this class? What do you hope to leave with?



2. UNLOCKING THE HEALING POWER OF YOUR CHAKRAS

Follow along the Masterclass and fill in the blanks. You may use the column on the right for any additional notes.

Section 1: Anodea's Story

- Healing is a path for _____.

Section 2: Integrated Wholeness

- _____ connects the interface of mind and body.
- Spiritual _____ is a form of escapism from the real deeply seeded issues and trauma.
- The Chakra System is an integrated map for _____.

Section 3: The Chakra System

- Chakras are energy centers; _____ of the energy body.
- The four functions of chakras are to: receive, _____, store, and _____ energy.
- According to Anodea, the seven chakras describe an _____ of your soul, mapping each major human function.

Notes

- Each chakra governs basic human experiences:

First chakra: _____, connection with the physical world, and survival needs.

Second chakra: emotions, _____, and sexuality.

Third chakra: vitality, effectiveness, and _____.

Fourth chakra: _____ and relationships.

Fifth chakra: Communication and _____.

Sixth chakra: Imagination, _____, dream and envision.

Seventh chakra: _____ and real essence.

Section 4: Assess Your Chakra Balance

Chakras can be considered deficient, which results from an avoidant strategy, or excessive, resulting from a compensating strategy.

In order to best function, all your chakras need to be balanced.

Assess you chakra balance below by rating yourself on each scale. Negative five (far left) being extremely deficient, zero being balanced (middle), and five (far right) being extremely excessive. The aim is to be at zero for a balanced chakra.

First Chakra - Rating _____

Live in your head Fearful Financial struggles			Grounded and stable Healthy and Fit Prosperous				Weight problems Sluggish, dense Addicted to security			
-5	-4	-3	-2	-1	0	1	2	3	4	5
Extremely Deficient				Balanced			Extremely Excessive			

Second Chakra - Rating _____

Unemotional Self-denying Inflexible, rigid			Balanced emotions Capacity for pleasure Feel good in body				Overly emotional Poor boundaries Overly Indulgent				
-5	-4	-3	-2	-1	0	1	2	3	4	5	
Extremely Deficient				Balanced				Extremely Excessive			

Third Chakra - Rating _____

Passive Low Self-esteem Weak will			Confident Energized Effective Will				Dominating Constantly active Driving ambition				
-5	-4	-3	-2	-1	0	1	2	3	4	5	
Extremely Deficient				Balanced				Extremely Excessive			

Fourth Chakra - Rating _____

Unworthy Withdrawn Lonely			Self Loving Kind and compassionate Peaceful				Clingy Co-Dependant Possessive				
-5	-4	-3	-2	-1	0	1	2	3	4	5	
Extremely Deficient				Balanced				Extremely Excessive			

Fifth Chakra - Rating _____

Quiet, shy Fear of speaking out Secretive			Resonant, full voice Clear concise communication Good listener				Excessive talking Poor listener Talks too loud				
-5	-4	-3	-2	-1	0	1	2	3	4	5	
Extremely Deficient				Balanced				Extremely Excessive			

Sixth Chakra - Rating _____

Lack of imagination Denial Poor concentration			Strong intuition Clarity Imaginative			Input overwhelm Intrusive memories Obsessive				
-5	-4	-3	-2	-1	0	1	2	3	4	5
Extremely Deficient				Balanced			Extremely Excessive			

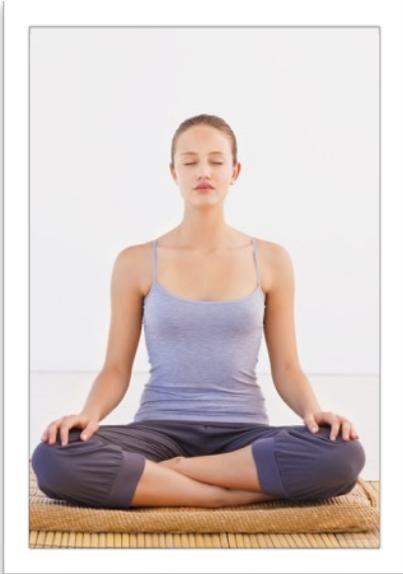
Seventh Chakra - Rating _____

Cynicism Fuzzy thinking Close minded			Spiritually connected Intelligent Open minded			Spiritual addiction Over intellectualizes Know it all				
-5	-4	-3	-2	-1	0	1	2	3	4	5
Extremely Deficient				Balanced			Extremely Excessive			

Section 5: The 2 Chakra Energy Currents

- The upward liberation current is the path for _____ and higher consciousness.
- The downward _____ energy current is the path for bringing consciousness down to Earth.
- Each chakra block corresponds with _____ at each stage of human development.

Section 6: Chakra Healing Meditation



- Make sure you are in a quiet place where nothing can distract you, and that you are not driving any vehicle. Be in a comfortable position so you can fully take part in the guided meditation.
- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.
- Take a deep breath. Breathing deeply slows the heart rate and relaxes the muscles to help you have a comfortable experience during the guided meditation.
- You can use candles and other spiritual tools in the room to further help you feel at ease.

You may use the space below for additional notes.

3. REFLECTION

The right questions can spur your unconscious mind to feed you the right answers. So ask yourself... (Use an extra piece of paper if you need to).

1. Imagine – what would your life would be like if you cleared all your chakra blocks?
2. How can you contribute more to your family, relationships, yourself, and community if you were to live in complete balance with all your chakras aligned?
3. How will your life change when you approach it as your whole self?
4. What is the one thing you can do right now to demonstrate you are dedicated to your process of healing and integrating wholeness into your life?

THANK YOU for joining Anodea Judith's Masterclass!



Rebalance your chakras and get a deep healing into the wholeness of yourself.

Watch through till the end of the Masterclass. At the end of it, the price will be reduced as a gift for attendees who participated in the Masterclass.

4. THE BUZZ

“A beautiful blend of the practice of yoga with the profound wisdom held in your chakras”



Anodea’s penetrating and exciting understanding of the body’s chakra system is brought to life as she shows how [to] activate desired qualities that are associated with each of the body’s energy centers. A beautiful blend of the practice of yoga with the profound wisdom held in your chakras.

~Donna Eden
Author of Energy Medicine and The Energies of Love

“Unlock the secrets of the universe”



The chakras offer us a master key to unlock the secrets of the universe. As the pre-eminent teacher on the chakras, Anodea Judith bridges advanced yogic understandings of the East with depth teachings of Western psychology and visionary philosophy to open up breathtaking new possibilities for our personal and planetary potential. She's a gem!

~ Stephen Dinan
CEO, The Shift Network

“High priestess of sacred depth”



Anodea’s understanding and interpretation of the chakra system blew my mind and heart wide open and deeply influenced my personal yoga practice as well as my teaching. She is the teacher’s teacher, the high priestess of sacred depth work, and a true pioneer in making these ancient practices accessible and meaningful in our contemporary world.

~ Seane Corn
Founder of Off the Mat, Into the World

"Wise woman & deep wisdom"



Anodea's work helps us reimagine the Big Dream for ourselves and the world. She is an exceptionally wise woman whom I turn to for guidance, insight, and answers. She makes her deepest wisdom available to us all.

~ Marcia Wieder
CEO/Founder, Dream University

"I wholeheartedly recommend this essential guide to experiencing your own divine essence"



[Anodea] offers a clear understanding of the chakras in practice, presenting the skills to revitalize and balance our entire being. I wholeheartedly recommend this essential guide to experiencing your own divine essence. An instant classic!

~Nischala Joy Devi
Teacher and Author of The Healing Path of Yoga and The Secret Power of Yoga

"Anodea conveys [a] deeper meaning and power that any level student or teacher can benefit from"



A unique offering that is profound in its content yet simple to read, practice, and understand. Anodea conveys [a] deeper meaning and power that any level student or teacher can benefit from.

~Desiree Rumbaugh
*International Yoga Teacher
Creator of Wisdom Warrior classes*

"Anodea conveys [a] deeper meaning and power that any level student or teacher can benefit from"



[Anodea Judith] masterfully presents and integrates the energetics and spiritual understanding of the chakras. [She] offers us both a path and the means for attaining health, healing, well-being, and awakening to our essential nature, and she offers us beautifully designed practices that are easy to follow yet full of depth and inspiration that will motivate the reader for years to come.

~Richard Miller, PhD
Founder of iRest Meditation
Author of Yoga Nidra: The Meditative Heart of Yoga

"Anodea Judith addresses the very issue that is now coming into focus as the key to a sustainable and humane future"



Anodea Judith addresses the very issue that is now coming into focus as the key to a sustainable and humane future. All the strategies in existence cannot take us to the shores of a better world if they lack the element of love. But love, when informed by practical and realistic strategies, can. This is what *The Global Heart Awakens* shows us, and what we must all take to mind—and to heart!

~ Ervin Laszlo
Philosopher, systems theorist, and author of over 75 books