



The **Belief**Closet Process™

Transforming Lives – One Belief at a Time

Clear Your Beliefs Bonus Session 2

Manifesting With Beliefs with Anodea Judith, Ph.D.

Lion:

Welcome everyone. Thanks for joining us. I am very, very happy to have as my guest Anodea Judith. She's going to be talking about manifestation and the beliefs that either support you or interfere with you creating what you want in life.

Anodea is very dear to my heart. We have a long history. We met about ten years ago and became partners. I learned about the chakras from her, and she learned about belief change from me. We ended up creating a course, combining our wisdom and turning it into a course that we've taught all over the world called "*Creation is Ecstasy*." We had hundreds of people go through it. We saw people create miracles in their lives, manifest their dreams.

Although we transitioned out of a personal relationship, we preserved a very, very dear friendship and turned our manual for the course into a book, which we're very excited about, called "[*Creating on Purpose: The Spiritual Technology of Manifesting through the Chakras*](#)." It's a complete course in manifestation. Anodea and I worked very hard to create this book and make it available to the public.

I'll tell you a bit about Anodea. She is an awesome author, philosopher, a doctor of archetypes and history. She holds both a masters and doctorate degree in Psychology and Human Health. She's a yoga teacher. She's studied mythology, history, sociology, and systems theory. She's one of

the brightest women I know, and probably one of the brightest women on the planet. She's the country's best-known expert on the chakras, especially where the chakras are interfaced with psychology and therapy and also history.

She teaches worldwide. She's got six books and five other audio and video products. She's sold more than half a million bits of herself and has been translated into 15 languages. She and I, as I said, have traveled the world to teach our manifestation course.

I'm very, very excited to have you here, Anodea. Welcome to this program.

Anodea: It feels so perfect to be on this with you. It's great. Thank you.

Lion: Anodea, we are here to talk about the chakras, about manifestation and about all things that have to do with creating the life of your dreams. Why don't you start with telling us what manifestation has to do with the chakras?

Most people associate the chakras with meditation, spirituality, liberation, enlightenment, the kundalini rising and causing an explosion at the top of your skull and becoming infinite oneness of peace and harmony and everything perfect. How does that have anything to do with manifestation?

Anodea: That aspect doesn't have too much to do with manifestation. That aspect is only half the story.

The chakra system maps on to the human nervous system and aligns along in front of the spine, so what you have is a linear system from bottom to top. Most people think that, as you just described it, it's a system for gaining enlightenment and elevating your consciousness, emphasis on elevating, which means getting higher and higher until you reach the crown chakra.

We call that the "current of liberation." It's a very important because you do get liberated from your fixed form, your unconscious habits, and the things that don't work in your life. You get liberated through coming to higher consciousness. But we have to ask the question, "What then?" Like I say, that's only half the story.

Once we reach higher consciousness, which many people who have been practicing various spiritual practices and new age things and therapy and all that have been getting to higher states of consciousness, I really feel that the evolutionary trajectory right now is to turn around and come

back down and actually actualize that consciousness through what we manifest in the world and make a change in this world and help it evolve to its next stage.

In that way, we come down the chakras, which, in the old text, was called gupti or the "journey of enjoyment." In my work and in our work together, we have called it the "journey of manifestation," where it begins in the highest thought plane and you get denser and denser and denser until you have a finished, tangible product or manifestation on the physical plane.

Lion: You reminded me that in Buddhism they talk about enlightenment, the choice of becoming oneness with everything, becoming a Buddha, but that there's a choice at that moment to either stay a Buddha, stay in the heavenly realms or to come back on earth and help others achieve their own enlightenment, which makes you a bodhisattva. It seems like that would be a good use for this downward current, come back down to earth. Is that what you were talking about?

Anodea: Yes, you could take it as a bodhisattva. Some people might think well, I have to get to total enlightenment before I can do that. I think that we are always working towards enlightenment, that that never stops. There's no point at which we get there and it's done. We are always manifesting; so, we may as well become conscious about what we're manifesting. I think that's where your belief process comes in.

Lion: I'd like to quote Stewart Brand, who started the Whole Earth Catalog, who said: "We are as gods; we might as well get good at it."

Anodea: Exactly. This is about manifesting that divine consciousness down here on earth, really to co-create heaven on earth.

Lion: So there's a lot out there about the law of attraction and if you just focus on the things you want, they will happen. A lot of people have tried it. Some people seem to be successful because they sell their classes on it. But a lot of people have tried it and not found it very effective. Can you say why that might be?

Anodea: I think you and I have both seen the law of attraction is just one small law among many, many magical or metaphysical laws about how things manifest. Actually, the law of attraction, as its stated, is that like attracts like. Well really, we know how attraction happens in the world, it's that opposites attract, so like attracts unlike.

I think what they really talk about in the law of attraction is the first law that we talked about in the chakras, the crown chakra law,

"consciousness creates" -- that what we have going on in our mind, our thoughts, our beliefs are the beginning of what we create with. This is why the beliefs are so important and why I love your work with that. Because if you're really working your tail off to try to manifest more money and you have a belief in there that you're not worthy or that you'll never make money no matter what you do and you're still trying on a conscious level to work hard, unconsciously you're going to deflect that money from you. We need to get into our consciousness to see what we're creating.

Lion: That aligns with what I'm teaching in the course, which is that all beliefs are always creating whatever experience they were designed to create. If I believe that the world is unfair, for example, even though that belief is in the subconscious mind, it will continue to create the experience of unfairness and I won't get what I want. If consciousness creates, then all of consciousness is always creating, which is why probably most of our lives look like a mess.

Anodea: Right. That's where the upward journey to higher consciousness is important because the more we clear our consciousness, the clearer our creating can be. It behooves us to do that clearing so that we create from a new place, a clear place.

Lion: I was talking to a client today who was saying, "I really don't know what I want and there's all these shoulds in the way and ought-tos and suppose-tos." I said "Well, you can't know what you want if your mind is filled with all the shoulds and suppose-tos and can'ts and shouldn't's." It's too crowded a field. You need to clear the field in order to even feel what you want, even know what you want.

Anodea: Exactly. All of those are beliefs. "What you should do" is just a belief. It may even be a cultural belief. In 1812, they believed you should do something else or what you ought to do or what you can't or could. One hundred years ago, if you were a woman, you were probably right to believe that you couldn't become a doctor or do something. And now, that belief doesn't work.

Lion: Take us in a brief form down through the chakras and tell us how they relate to the process of manifestation. Can you give an example of how that works?

Anodea: Sure. First of all, the chakra system is a map for consciousness. The word "chakra" means wheel or disk, and you can think of them like floppy disks that are on your hard drive, the programming end. As we come down, we're actually talking about different states of consciousness, different states of manifestation.

In the top-down, of course, we begin with Chakra 7, and we mentioned the principle there already, "consciousness creates." Its location is the top of the head. It's associated with God and consciousness and ideas. Taking something in from spirit, from the cosmos, from all the possibilities that exist in the cosmos, some of those possibilities will pop into your brain, which means you'll have an idea or you'll have a conception.

A conception is merely a thought. You have to conceive of something before you make it. In the creation of a being, you have a sperm and egg come together, that's a conception. It's really too small for the naked eye, but it's full of information.

An idea is a thought form that begins the manifestation process. Everything that exists began as someone's idea. Maybe it was a good idea, maybe it was a bad idea, but it began as a conception. That's where we begin.

That's not quite enough, of course. Conception is like a blueprint. It's like the genetic code, for example. The mother receives that information, and then she puts the flesh on according to that genetic code. When we have an idea, we have the blueprint.

The next step is we need to sort of color in the lines. Here, we come to Chakra 6, which is about sight and vision and the element, light and being able to see your way and intuition. Here, the principle is "vision vitalizes." That means that once we have the conception, as we imagine it, we fill it in with details and we actually create a denser form on the thought plane.

Maybe you have this idea that you want to build a house and you start thinking about it. And as you do, you start looking at houses and you visit people and you notice how they did their kitchen and what kind of windows they have. You start to visualize your own house. You're bringing in more details. You're bringing it another step down into the realm of manifestation through the vitalization of repeated visualization. We use our imagination to bring it down to that level.

Lion:

In the BeliefCloset Process, of course, we use the visualization of our ideal house as the place to go to work with our beliefs. We create an imaginal house and we fill in the details. You start with an idea of the ideal house and you begin filling in details from the outside in. So that's that same process.

Anodea: Yes. And in your BeliefCloset Process, you also use the visualization when you work with an outfit that you get out of the closet in that it's not just an abstract belief, like "This is too hard" or "I don't have what it takes." You actually create the visualization. When you create an outfit, you're creating a visual form of that belief. It becomes more real that way, right?

Lion: Yup, good. So we're at the Sixth Chakra and we've envisioned the house. And then what?

Anodea: At seven and six, it's still nothing but something that's going on inside your own head.

When we bring it down to Chakra 5, which is about communication, our principle here is "communication catalyzes." If vision vitalizes, the communication actually brings it from the inside of your head to spread that consciousness to someone else's brain or to take it into the social world. Through communication, we talk about what we're thinking of. If we, again, use the example of a house, then you've been thinking about your house, you've been looking at houses.

At Chakra 5, you would go to an architect and you would sit down and the architect says, "What kind of house do you want to make?" and you say, "Well, I'm thinking of a brown shingled house that would be two stories and have gable windows and a whole back porch that is enclosed," or whatever you're thinking of. And, in that, you're giving even more detail.

Through the process of communication, the person you're talking to will continue to ask refining questions, like how many bedrooms do you want and how many square feet and what kind of building materials are you thinking of and what's the land. So we get more details.

Were you going to say something?

Lion: I just said they'll ask, "Can you afford this?" or "How much can you afford?"

Anodea: "You can't get that much house for that amount of money," which might be true, unless you're really good at your visualization. I think you even got your own house that way. That's another story.

The other thing that happens as soon as you communicate your vision is that you are actually communicating to another being so you're bringing it into relationship. Nothing is created outside of relationship. You're the product of your mother and father, however brief that relationship might have been. Even if it was a one-night stand, there was a relationship

there. A book or a product or a restaurant or even a healing practice, even if you think you're the only one creating this private healing practice, you're actually relating to your clients, or you want to create a product, you have a relationship with customers. Everything really comes through relationship, and bringing it down into the social where you're involving other people takes it into another level of manifestation.

Now you might have other people that hold you to it and say, "Hey, you told me you were going to get this paper to me by Wednesday." When we wrote our book, we had to commit to the publisher that we would have the manuscript in by a certain time; and we needed to fulfill with that relationship. It brings us into another level of specificity.

Lion: And if we're building a house, then we're going to have a relationship with a mortgage broker and the planning department and maybe an attorney and an accountant and bankers and banks.

Anodea: And the carpenters and the bricklayers and relationship to the neighbors that you're going to build your house next to and all that. So there's many series of relationships that are part of every manifestation. It's good to become conscious of those. So that's one of the things we do in the Fourth Chakra.

We also look at how one's dream or vision serves more than themselves. I know you and I have both said that what serves the greater good puts the wind at your back

Lion: Even if you're building a house for yourself, it's actually also for your family and for your friends and neighbors. Every house is really a community.

Anodea: Yes. How does that relate and add to the neighborhood? Do you make something beautiful? It beautifies the neighborhood. Are you going to have a garden in front that people will see as they go by? All of that. Do you want a place to entertain? How do you use that in terms of relationship?

Anodea: Love enlivens is the principle here. Just to recap, we have consciousness creates, vision vitalizes, communication catalyzes, and love enlivens.

When we do what we do with love, we bring life to it. What we do with love lasts.

Lion: People are complicated, so with all the joy, we also get the troubles of being with other people, people that may have qualities or characteristics we don't like and people who say "No" to us. If the planning department

says, "No, you can't do that," it generates all kinds of troubles, along with the glory of creation.

Anodea: Yes. This brings in the fact that a lot of what we wrote about in our book is that at each chakra level, we encounter obstacles. In fact, because we're coming from the abstract plane down into density, at each level down, as we take another step into density, we experience a little bit of resistance. Sometimes the resistance can be, on the part of the planning department, saying "You're going to do what?" Or it can be on the part of your partner, saying "You're going to go there?" or "You're going to do this?" Or resistance that you've got kids to think about and you can't just go off to Australia for six months.

Resistance is real, and we call those obstacles. Even though it's real, there are ways to deal with the obstacles. Obstacles can occur at each chakra level.

Lion: I've said that the difference between successful people and people who are not successful is that they both have obstacles coming up and both have resistance coming up and both have barriers coming up, both externally and internally. Successful people know that they're coming up and have ways of dealing with them. Unsuccessful people quit because of the obstacles and the barriers or the resistance.

Anodea: Exactly. It's really because people don't know how to handle the obstacles. If you have a big rock in your way, you need a particular tool to handle that rock. If you've got the right tool, then it's easy to handle the obstacle. If you don't have the right tool, then it remains an obstacle.

Lion: Right. You can bring in a backhoe, which is sometimes needed.

Anodea: Yes. This is no more true than when we come to the next level of the chakras, which is Chakra 3, the power chakra. Here our principle is "power produces." This is the place where I think a lot of people get stuck.

They can imagine it. They can visualize it. They can talk about it. They've got lots of friends. They can find the right people to talk to. But, in every manifestation, there's things -- you got to get up in the morning, get out of bed and go do. Some of those things are difficult, some of those things aren't fun, and some of those things are really challenging.

We have to be able to send our will in harmony with what we want to create. We have to kind of regale our will, like the wind, and get it going into our sails so that we can do the things we need to do and use our power to actually produce what we need to do. That's Chakra 3.

We often get a lot of obstacles in our wheel, and some of that is belief. Any of the obstacles can be beliefs. I think we're going to get to that a little bit.

After the hard work of getting our wheel going where it needs to go, the next one is a little easier. We're starting to get into the stream of things now as we come down to Chakra 2, which is the element, water. Here, the manifestation principle is that "pleasure pleases." After the hard work of Chakra 3 and Chakra 2, we make it fun, we make it pleasurable.

Here's where the law of attraction comes in in my mind. People are attracted to what is going to bring them pleasure or fun. If I say there's a really lousy movie, you ought to go see it, or I know a restaurant that serves terrible food. It's just not the way we work. If I say this is a beautiful movie, the imagery is fantastic or go to this restaurant, the dishes are so tasty and the atmosphere is so pleasant and the service is great, you're going to have a pleasurable experience, then people are attracted to that.

Whatever we want to manifest, we need to make it attractive. We need to make it fun. We need to make it pleasurable, which means we need to have fun while we're doing it and not take it so darn seriously all the time and remember that it's play. When we're having fun with what we're doing, it's easier to go do it, we look forward to doing it. People have a good experience when they interact with us. Your clients, your customers, if they think they're going to have a good time and get a pleasurable result, they'll come back for more.

Lion: This is marketing to the desired body or spreading the word that something is great. So if you have a fence to whitewash and you can convince people that it's a privilege and it's a pleasure, you can get a lot of help.

Anodea: Yes, exactly. And if you're having fun doing it yourself, that's going to spill over. Let your little kid come out and play.

Lion: Yeah, play is key for me for everything I do. If it's not playful, I don't feel like sticking around.

Anodea: Exactly, nobody does. Making it playful will allow us to stick with something until it's done.

That brings us down to the first chakra, the base of the spine, element earth, where the principle here is "matter matters." This is where we get down to literally the nuts and bolts.

This principle and this plane of manifestation is very exacting. It says if you're building a house and we got the blueprints and we got the lumber on site and everything, we've got to cut that lumber to a very specific length and nail it together in a very specific way or it's not going to hold together.

It matters what we put in our foundation. It matters what we put in our body. It matters what agreements we make. It matters what purpose is behind what we're doing. All of these things matter as we bring our manifestation into matter, into the material world.

This is where we make commitments and we put things on a calendar and we stick to it until it's done and we complete things. If you complete every step along this process, you actually will get your manifestation. Most people, when they don't get their manifestation, they stop somewhere along the way.

Lion: The first chakra is connected to our legs and our feet. It states where we stand, "I'm taking a stand for myself" or "I'm taking a stand for my dream and now I'm moving forward step by step." That grounded step-by-step formula is what works here in the first chakra.

Anodea: Yes. Sometimes when people say, "I don't know what my path is," I look at them and think well, your feet aren't touching the ground then because if your feet are touching the ground, you're already walking on your path.

Lion: Let's talk about these obstacles and barriers and resistance that can come up. The work in the belief closet is about the beliefs. There can be beliefs at every level.

At the first chakra, it could be "I can't do that" that was the belief that would interfere with actually getting things done, or "I don't know enough to do that, I'm not capable."

In the second chakra, in passion and pleasure, "That's not fun." There's certainly beliefs that would interfere with that one.

Anodea: Yes. Or "Who would be attracted to what I'm offering?"

Lion: Yes.

Anodea: You know? "There's so many good healers out there, who would be attracted to my practice?" is a kind of belief somebody would have. Or a woman might feel, like I can't attract, I can't attract a man, I'm too old,

I'm too fat, I'm too this or that. Or a man could have his own beliefs about the lack of attractiveness or failure to be able to attract.

Lion: Right. But then, you look around and you see people who you may not consider attractive; but yet, they're vibrant and they're sexy and they have a full life because they see themselves that way and they're able to create beautiful, attractive energy no matter what their shape or size or hair color is.

Anodea: Yes. So you really see how that can be a matter of beliefs.

Lion: In the power center, "I have no control over that" would be a belief that would certainly interfere with the ability to manage the world.

Anodea: "I have no control, it's too hard, I don't know how, nobody fights city hall," it's the kind of belief that people have in the third chakra, in the more connective level, or "You can't fight city hall" or "It's no use," often a belief that people don't realize they have -- it's no use saying anything to my husband, he never listens; it's no use saying anything at work, that's just how it is; it's no use writing your politician, they don't read the letters -- that kind of thing.

Lion: "That's how it is" is a really insidious belief because just because it is that way, doesn't mean it has to be that way, it's just the way it is right now. Yet, that one belief probably stops more forward movement than anything.

Anodea: Yes. "It can't be changed. It's no use." That's a belief in a futility.

Then we come up to the heart. What's a belief there?

Lion: "Nobody loves me, I'm not lovable."

Anodea: "Relationships don't work. "

Lion: "Even if I tell them about this great idea, they'll probably just make fun of me."

Anodea: Yes. "People have better things to do than talk to me." Those are the kinds of beliefs we have about relationship. Of course, that's a rich field for examining our beliefs. They come out no more strongly once you get into a relationship.

Lion: In fact, because previous beliefs reassert themselves when you try to create something new, as soon as you go into a relationship, all the old beliefs will come back and reassert themselves -- she can't possibly love

me, I'm not worthy of love, this will never work out, why would she want to be with me anyway?

Anodea: "You're actually not my partner."

Lion: Say that again?

Anodea: Belief that you're my father not my partner or somebody's your mother instead of your partner.

Lion: Right. All kinds of beliefs about relationships, the popularity of relationship workshops and books proves that there's a rich minefield there, a minefield like an explosive mine, and also, a gem minefield.

Anodea: Yes. As you uncover that, it gives you more freedom.

Then, in the fifth chakra, we have a lot of beliefs about what is okay to say. "I can't say that to so and so, they'll react" or "They'll not believe me" or "They'll think I'm stupid if I open my mouth" or "They don't want to listen to me" -- those are common beliefs that block our ability to communicate. What are some that you know of?

Lion: I've just gone silent here. I guess I don't have anything to say. That would be a belief that would be interfering, wouldn't it?

Anodea: Yeah. "Nobody listens to me, my voice doesn't matter," things like that.

Lion: "What I have to say doesn't matter," that's a real killer.

Anodea: "Nobody listens, it's all lies anyway, I can't tell" --

Lion: I like remembering that the fifth chakra is hearing as well as speaking. Some people talk and talk and talk and they don't bother listening. Some people listen and listen and never speak up for themselves. Either of those can happen where it's kind of one-way instead of two-way.

A healthy fifth chakra is both listening and speaking and interacting with others because that's the only way communication really works.

Anodea: One thing that interferes with our listening is the value judgments we have about something. If we're really caught up in a lot of shoulds and somebody is telling us that we're not doing what we should, we may not want to hear it, we may get really defensive around that, but that's just a set of beliefs as well. If we can just take away the value judgments that that means I'm good or I'm bad and just listen to whatever is true, we're more able to hear it.

Lion: Right. Or to listen first and then measure it to see internally, is that true? That's what I recommend to people. As you listen to whatever feedback you get, rather than reacting to it and saying "No" immediately, just listen. Don't take it in without questioning either. Take it in, sit with it, investigate internally and say, "Is that true inside of me?" That's a good way of dealing with any feedback you get, rather than just responding "Yes, it must be true" or "No, it can't be true."

Anodea: Right. That's another level of listening. It's sort of like listening to your body, listening to your feelings, listening to your intuition. Those are also levels of listening that have to do with the fifth chakra, but they might not be in words.

Lion: Good. Sixth chakra.

Anodea: Beliefs in sixth chakra, they're a little harder to get at. They're beliefs that something should look a certain way. Certainly, almost all of us believe that we ourselves should look a certain way -- I should look like the models in the magazines, I should look better than this at my age, I should be thinner, I should be brighter, I should be making more money by this age, my relationship should look like this, my job should look like this.

It's beliefs that keep us from seeing clearly what something is because we think it should look a certain way. What would you add about beliefs in the sixth chakra?

Lion: Since beliefs act like filters on our perception, they act like a lens in front of our eyes, so if we believe life is hard, then we're looking out through that lens, and what it looks like is everywhere you look is life is hard. By changing the lens, we look out through that belief and have a different experience of the world.

Anodea: Yes. We actually see the world differently when we change our beliefs.

And then, finally, in the crown chakra, consciousness itself, well that's really made of beliefs. The way I look at that is that one thing the crown chakra is doing from every experience we have is it creates meaning out of that experience -- so and so spoke to me in a cross voice, that means they're unhappy with me. This happened on a certain day that means I'm fated to do something.

We take meaning out of every experience. The meaning that we take from all those experiences adds up to beliefs which become the structure of consciousness.

Lion: Right. Self-definition and self-esteem are here too, so whatever follows "I am" is a belief that's here in the conception of who I am. Our very first belief is "I am this, I am not that." That's our first separation, our first identity.

Then, we begin layering it with all the things that I am -- my name is Lion, I am a man, I am a father, I am a husband, I am this, I am that -- every one of those is a belief that is, in essence, limiting because really we have infinite possibility in each of us. But every belief is a limit, is a bubble that we put around ourselves and say "I am this, I am not that."

I am not a pianist, I don't play the piano, doesn't mean I can't learn. But if I say, "I can't play the piano," I'm putting a limitation on myself.

Anodea: People say it all the time, like "I'm not a dancing person" or "I'm not a beer person, I'm a wine person" or I'm not --

Lion: I have wine all the time.

Anodea: Wine all the time, right? "Having a wonderful wine, wish you were beer. "

Lion: That's very funny! I know that you have a quiz that we can invite people to partake in. We can find out whether you, the listening audience, have some of these beliefs in different chakras. Why don't we do that?

After each question or each set of questions that Anodea asks, you can press 1 if one of them sounds familiar, 2 if you have two of them, and 3 if you have all three or if you recognize all three inside yourself.

We'll just do a quick poll. This will give you a sense of which of your chakras are very active in your particular system. This will help you identify some of the beliefs you can work with this week in class or in the coming weeks or on your own in the belief closet.

Are you ready for that, Anodea?

Anodea: Yes, I am.

I would just say we're asking three questions for each chakra. To repeat what you said, just so people are clear, you may have a strong "Yes" to the question, you may have a strong "No," that would be the easiest, and it may be somewhere in the middle. If it would fall more than 50% toward the "Yes," then you would answer "Yes" for that question and just hold the thought until we've asked all three.

If you say "Yes" to all three questions in a particular chakra, then it's pretty safe to say that you've got a block in that chakra and you probably have some beliefs that are blocking your way.

If you get two, well there's still something to work on.

If you get one, you're probably pretty average and you would be really clearing that chakra to work on that particular area.

It's a way of assessing each chakra. If you get zero, then great, you are not blocked in your manifestation process in that particular area. I hope that that's pretty clear.

Lion: Good. For those of you who are listening to the recording, you might want to get a piece of paper and pencil out to take some notes for yourself.

The first thing is to choose something that you really want to accomplish or do or have but you haven't been able to create in your life. Maybe it's an ideal relationship or maybe it's a particular kind of work in the world or something about your health or your money flow and prosperity -- whatever it is, whatever you have tried to manifest in your life but been frustrated by.

Take a minute and visualize the desire you have for it. Feel the desire. Visualize it. Also, feel the frustration you have about not having it right now, or the frustration you've had about trying to get it and not getting it.

Remember the attempts you've made to create this in your life. Maybe you'll remember a moment where you gave up or the feeling of frustration as you feel like you're beating your head against a wall.

You're going to be focusing on this particular creation throughout the exercise that Anodea takes us through.

Each of the questions that she asks, compare it to this visualization, this feeling and the desire of actually having that in your life. Let it be okay that you can have it. That it's okay that you want that and that it's something that you could create if you could get around the barriers and the resistance.

Is that a good setup, Anodea?

Anodea: Great setup. What we're going to look at is what chakra you might be most stuck in the process of manifesting that particular dream or vision.

With that, we will start. Because it's manifestation, we'll start at the top, with consciousness.

Chakra 7, "consciousness creates." Because we're coming from the internet, the first question here is, do you have a hard time choosing between your many options in life, perhaps fearing out that you'll miss out if you don't do everything? A lot of people in their manifestation, "I could do all this and this, but I don't know which one to choose." Do you get a yes, a strong yes or a no on that one?

The second one has to do with attention. Do you have a hard time keeping your attention focused on one thing until you complete that task? Yes or no.

The other one has to do with opening to guidance, spiritual guidance, higher self-guidance, however you define that. Do you feel blocked in receiving spiritual guidance that helps you make difficult decisions?

Lion: People are voting in. Great. Right now, it looks like we've got a bell curve on this one, about 10% or less on 1 and 3 and almost 50% on 2.

Anodea: Okay. Most of them have two out of three. There's always a lot of work in consciousness. I can't imagine that everybody can keep their attention focused in this day and age when there are so many distractions; but some people really are focused.

Now we come down to Chakra 6, "vision vitalizes." First has to do with imagination. Do you find it difficult to imagine life as different than it is now? It can also be our world, could be a personal world or our world in general. That's question one.

Do you have a hard time visualizing the path towards your goals? A little different than imagination, actually visualizing your end product.

The third question is, are you confused about your life purpose? Yes or no.

Lion: We didn't recommend if you had zero, so we'll just say press 5 if you got zero, want to be fair to everybody.

Great. This time we got about 15% with one, 21% with two, 10% with three, and another 12% with zero. Thank you.

Anodea: The ones with zero, you're really good in that chakra.

Now we come down to Chakra 5, communication. Do you have lots of ideas but find it difficult to communicate them to others?

This is probably one you've already dealt with on this. Do you have voices in your head that tell you you're not good enough or that criticize everything you do?

Third question, do you find it difficult to align your words and actions?

We had about a third of the people with one, a quarter with two, under 10% for three, and we have a couple of people with zero.

Anodea: Okay, good.

Now Chakra 4, "love enlivens." Do you often think that you could do anything if only you had the right relationships, like it'd just be great if I just met the right man or the right woman or the right investor? Yes or no.

Do you lack consistent support from others to achieve your dreams?

The third question, do you find it difficult to work with others collaboratively?

Lion: It's kind of even. One has got about 12%, three 9%, two 6%, and then zero 9%.

Anodea: A little higher zero, a little higher number of people with zero on that one, a clear chakra

Okay, Chakra 3, power chakra, "power produces." Do you often fail to follow through with your will? For example, staying on a diet, returning phone calls, cleaning your house or exercising, fail to follow through on what you set out for yourself as an intention. Of course, probably everybody does that "some," the question is really "often."

Second question, do you feel confused about how to break your dream down into manageable tasks, bite-sized chunks of things to do?

The third question, do you get waylaid by common obstacles, such as phone calls, emails, TV, kids, friends, or other distractions? Or actually saying, are you easily distracted?

Here's a bell curve again. We've got 12%, 34% and 15% on one, two and three. And then we've got, again, a couple of people who said zero that one. Good for you guys.

Anodea: Good for you guys on the will. Woohoo!

Okay, Chakra 2, "pleasure pleases." Do you often want to give up on your dream, your project, because life just isn't fun anymore?

Second question, do you have difficulty attracting what you need, such as customers, clients, collaborators, investors?

The third question, do you lack passion in what you're now doing?

Lion: That's pretty much straight across the board. We've got 12% to 20% on one, two and three, they're pretty evenly divided. Again, a couple of people who pressed 5.

Anodea: Great. This means that all the people that didn't press 5 could be having more fun. That's the good news.

Lion: Good. Let's have more fun.

When I was a headhunter, people always had objectives on the top of their résumé; and I realized that really everybody's objectives for their next job could be translated into four words: more money, more fun.

Anodea: Yeah. More money, less time.

Okay. Chakra 1, "matter matters." First question, do you struggle with money and finances, living in a state of not enough?

Question number two, do you fail to complete things even when they're almost finished? Could be completing a degree, completing a book, completing a project.

The third question is, do you struggle to keep your body healthy and fit, living more in your head than living in your body?

Lion: I have to raise my hand on that one.

Anodea: And yet you're quite grounded, Lion.

Lion: Very grounded.

Anodea: Yeah. It just shows we can be grounded in some parts of a chakra and not so much in others.

What's our tabulation on that one?

Lion: This one we've got 10% one, 21% two, 18% three, and 9% five. A lot of people are very grounded and got pretty even spread on those others.

Anodea: Okay, great. I would say that behind each one of those "Yes" questions, whether it was you only answered to one, two, or three, that there are some beliefs.

Lion: That was going to be my next recommendation is that you take a look at what you said "Yes" to and you ask the question, what belief is in there? What belief is underneath that experience I'm having?

Because if, as we posit, there are beliefs underneath every experience, even if your experience appears to be out in the world, like "I don't get enough support, they won't let me" or "I can't seem to break through that thing out there," it's actually a reflection of something in here. It's a wonderful opportunity to look deeply into yourself and ask the question, what do I believe about that?

Sometimes it's just one of those filters that allows you to see some things and not others. If you believe there are no opportunities out there and you're looking at the world through that belief, then the belief itself will filter what you see and you won't be able to see any of the opportunities that are out there. This is a great way of examining yourself inside yourself.

It's nearly six o'clock and we have a couple of more things that we thought of doing. I think this would be a good time to take some shares from people and ask them what they've discovered today. Would that work for you, Anodea?

Anodea: Absolutely.

Lion: Good. And you can stay on for a while and interact? Good.

If you would like to share a discovery you had, or if you have a question for Anodea about manifestation and the chakras, we'll take your calls.

Participant: Can you please repeat the essential principle of Chakra 5 and 4?"

Anodea: Sure. The principle for Chakra 5 is "communication catalyzes." To be a catalyst is to make something happen, like sometimes a particular chemical can catalyze a process. Our communication will catalyze a process.

Chakra 4 is "love enlivens," it brings life to whatever you're doing.

Lion: That's the chakra of relationships and establishing relationships, maintaining relationships, getting rid of the relationships you don't need and creating new ones where you do. Thank you. Next?

Participant: Hi. How do you clear this, the chakra that you're aware of, how do you start clearing all that into a better place? Is that the correct wording?

Anodea: Yeah. There are different processes for each chakra. I think what's pertinent to this course that Lion is teaching is that for each chakra, there are also beliefs that pertain to that particular chakra, so beliefs about our communication, beliefs about our power, beliefs about our relationships, beliefs about our body. The first step is to clear the beliefs we have that are in the way.

Participant: Okay.

Lion: In our workshops that we conduct, we use many different techniques for clearing the different chakras. For example, in the power chakra, you can clear beliefs, which really helps. But then, at some point, you need to actually stand up and move in order to express your power. You can sit back and clear all the beliefs you want; but then, at some point, you need to move because Chakra 3 is about movement. It's the chakra of fire, and fire is constantly moving.

There are bioenergetic exercises that we use in workshop. There are psychological exercises we do. There's physical movement. There's yoga. Yoga's another great way of clearing the chakras and clearing the knots or the granthis that are in the chakras.

It's really important to embody the shifts as well as do the headwork. Some people have called the BeliefCloset Process "heady." To me, it's very experiential because we're actually going into the belief closet and feeling the belief and it's not just a head trip. But it's equally important to get your body engaged and to move your body and to do the things that clear the knots inside the physical part of you, as well as the psychic, mental, psychological, and emotional parts of you.

Participant: Are we going to be able to do this through the seven weeks?

Lion: If you continue to come to the classes and clear your beliefs, things will open up for you. We don't promise miracle cures because the FDA wouldn't let us. But who knows? You might have the miracle cure.

Participant: I want one please.

Anodea: Plus we have had real miracles occur. The first step is clearing the beliefs. Even if you do the movement and you haven't cleared the belief, the belief will still be in your way. This is a step in the path.

Lion: I highly recommend getting our book, *"Creating on Purpose."* That actually has our whole workshop in a book. It has many of the exercises we use in the workshop right there. In many of the exercises, you need a partner so it's good to get a partner to do the reading and the exercises with you; but there's a lot you can do on your own. I highly recommend it.

Okay, good. Anyone else like to share an insight that they got during this hour that we've spent with Anodea about your own chakras?

Participant: Hi. In terms of the numbers one, two, or three, it seemed pretty even throughout the chakras. It seems like there's a lot of beliefs that need to be worked with. Is that fairly typical that it's not necessarily just one or two of the chakras that are blocked?

Can you speak to also a little bit how the energy is moving through the chakras when these blockages are occurring?

Anodea: Sure. Let me take that question first.

When a blockage occurs, and I talk about blockages and the chakras can be either an excessive chakra means it's like a traffic jam, it's stuck because there's too much in it, or a deficient chakra means it's so contracted that nothing can get through -- two different states of being, one is very closed and one is so open that everything gets stuck in there, the energy will have to travel around some other way.

For instance, if you have a deficient chakra in one place, another chakra will be excessive to balance that out. If you're not in your body, you're probably really in your head. That would be the simplest thing.

If you suppress your emotions and you don't let yourself cry or have emotional feelings, then you might compensate for that by talking too much. That would be another kind of example.

If you're not grounded, you might try to ground through having an excessive will that controls everything.

These are ways that the patterns come out into the excess and deficiency of the blocks. The energy will try to take an end run, it will try to move around something and that creates sort of a groove in the psyche that

then we always start to do an end run and then, it's even harder to get in the chakra.

What was your first question again?

Participant: I was just noticing that I kind of had two for every chakra basically. I'm quite interested in what you're talking about right now in terms of the compensatory or the alternative grooves that are happening. If you could say a little bit more about that and how to work with that, that would be very helpful.

Anodea: I think how to work with it is really noticing with each element of the chakras, with each aspect of what that chakra is about, whether it's about communication or relationship or your will or your pleasure, is to look and say, "Do I do too much of that?" or "Do I do not enough of it? Do I compensate there or do I avoid? Is one chakra compensating for the avoidance in another?" and to look at your overall pattern and say, "What do I need to do to become more balanced?"

As you asked your question about being evenly distributed in your partial blockages, that's pretty typical because I don't think anybody is totally clear in all seven chakras. All of us have -- even I, who's been working with the system for 40 years, I have to answer "Yes" to some of those questions, and there's still work to do. It's more really about showing you where the work is and where you're probably likely to have a pile of beliefs that are part of that blockage.

People do ask, "Is this pattern typical?" in my travels. I don't know what's typical. People are all different and it's just our pattern. I think that, if you're evenly distributed, it's not a particular chakra you're stuck, it's just there's a little work to do in each one.

Lion: From a belief perspective, to the best of my estimating ability, we have tens of thousands of beliefs inside of us that we have picked up along the way, from our earliest childhood and infancy, all the way through to the news you got yesterday that reinforced a belief.

Also, when you look at a person's psychological complexes, what are the big things that really bug them, really mess with their lives, most of us only have three, four or five of those. Those come as clusters of beliefs. You can work on the clusters. If you get those out of the way, if you clear the clusters, pretty much life kind of loosens up and you get more flexible, more easy and life goes more positively.

I don't think it's an infinite set of beliefs that you have to clear, you really only need to clear the ones that are interfering with you. And depending

on what you're doing, some beliefs will interfere and others are sitting there, dormant in the subconscious. You don't have to worry about them because as soon as you decide to do something new or create something new or change your environment, they'll pop up and remind you they're there and that's the time to bring out the belief closet, use it to clear them, and then get back to work.

Participant: Thank you.

Anodea: A belief is something that served you once upon a time and was probably true once upon a time.

Participant: Can I ask one more spin-off question? When you're describing certain behavioral patterns, if you're not grounded, you will be more excessively wanting to control things and those types of behavioral patterns. Is it useful to know about those different elements? If so, where would that information be available? Would that help to focus on what some of the beliefs are?

Lion: Absolutely. I want to highly recommend Anodea's book, *"Eastern Body, Western Mind,"* which takes the chakras and looks at human psychology from the chakra perspective and really takes apart and makes sense of so much of our own human psychology. That's one place I would go.

The other place I want to highly recommend is Anodea's video called *"The Illuminated Chakras."* If you want to know more about the chakras, there's just no better way than taking a look at her half-hour award-winning video. Both of these are available on her website, www.sacredcenters.com.

Anodea: *Eastern Body, Western Mind* goes into the psychological makeup and the things that happen to us that create blocks in our chakras -- the power dynamics of our family, the way we were talked to, the early bonding patterns of childhood.

Lion: Great. Thank you. We've got a couple more questions.

Participant: Hi. I was wondering, I know there's something called a "sacred wound," so I'm imagining if that's true, that there are maybe certain patterns or blocks that are there for a reason because they're helping us create whatever we came to create or travel whatever path we're meant to travel, I'm wondering how much -- I don't know, probably a general question -- how much are we supposed to be healing? Or is some of that supposed to be there? How do you think of that, I guess either of you or both of you?

Lion: I've got a good take on that. I do work with people's purpose, their life purpose. What we've noticed is that whatever circumstances you were born into, whatever traumas and troubles that you had as a child, are actually purposeful in the sense that they will cause you to develop certain strengths and abilities as you respond to them that would be useful later in your life when you manifest your purpose.

This seems to be pretty universal -- in fact, I haven't seen any case in which it's not the case -- that even people with the most horrible childhoods -- I talked to one today who was just over-the-top, terrible childhood, that that strength, in turn, gave her such courage and such heart that she's now this for good in the world.

I don't know about people who are criminals. My take for them is that they have sort of fallen off the wayside, that they haven't found a way to use their wounds for manifesting their life purpose.

The sacred wound is that which causes you to become strong. That old saying, "That which does not kill us, makes us stronger," could be said as that which does not kill us, allows us to fulfill our purpose.

Is that helpful to hear?

Participant: Yeah. I was wondering if Anodea could say her piece also. I'm sure I'd like that.

Anodea: I think the sacred wounds are there for us to heal, and that healing may very well bring us an awareness that is part of our life purpose. I think the sacred wounds can be figured into the life purpose. It's not just the positive things that happen in life. For instance, your own wounding from childhood may make you a great therapist because you've actually worked through them.

They're not sacred wounds if we're not working to heal them. I think it's a process that actually directs our life.

Lion: That what's actually doing the work that makes it sacred.

Participant: But it's not like you want to, like they're sacred so I don't have to work on them? I'm supposed to --

Lion: That would be called an excuse, I think.

Anodea: Yup.

Participant: Okay. Thank you.

Lion: Thank you very much. We have one last question.

Participant: I actually just wanted to comment on Eastern Body, Western Mind and say that it's fabulous. It's the best chakra book that I've ever read. I'm reading it actually for the third time now because every time I read it, I get a little bit more. I just wanted to give -- definitely get that book if you're interested in chakras.

Anodea: Thank you for the plug on the book.

Lion: Yes, wonderful. I want to thank everyone for being here, those of you on the webcast, those of you who called in on the phone, and those of you listening to the recording. I really appreciate your being here, appreciate your involvement and your good work inside yourself.

Anodea, I thank you so much for everything that you have contributed to my life. And now, we're about to launch this book and we've got even -- our baby is born, so we've got a lot to do together.

Anodea: Yeah. It's been great. Thank you for having me on the call.

You guys, if you work with your beliefs, you're really in for some radical transformation in your life. This stuff works. I've seen it in action. Stick with it.

Lion: Thank you all for showing up, showing up in your life and showing up with your beliefs, your willingness and your courage that it takes to clean out your belief closet.

Once again, thanks to everybody. Have a good night.

Participants: Thank you. Good night. Thanks everyone.

Lion: Bye now.