From the author of
WHEELS OF LIFE and EASTERN BODY, WESTERN MIND

ANODEA JUDITH AND
LION GOODMAN

CREATING ON PURPOSE

THE SPIRITUAL TECHNOLOGY OF MANIFESTING THROUGH THE CHAKRAS

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Boulder, Colorado

Sounds True, Inc.
Boulder, CO 80306

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Cover design by Rachael Murray
Book design by Lisa Kerans
Cover image © argus, shutterstock.com

Printed in Canada

Library of Congress Cataloging-in-Publication Data

Judith, Anodea, 1952–

Creating on purpose : the spiritual technology of manifesting through the chakras / Anodea Judith and Lion Goodman.

p. cm.

ISBN 978-1-60407-852-7

1. Chakras. I. Goodman, Lion. II. Title.

BF1442.C53J78 2012

131—dc23

2012012375

Ebook ISBN 978-1-60407-915-9

10 9 8 7 6 5 4 3 2 1

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The Invitation

The greater danger for most of us lies
not in setting our aim too high and falling short;
but in setting our aim too low,
and achieving our mark.

—Michelangelo Buonarroti

Joseph was unhappy in his job as a middle manager in an investment firm. His salary was sufficient to cover his bills, but he felt like he was running on a hamster wheel. Something deeper kept calling to him. He felt the pain of all the people out of work—millions of good folks whose jobs had simply vanished. He wanted to do something—anything—to improve the situation, but he didn't know how. He wondered, "Even if I figured out how to do that, how would I find the time to pursue it with two kids about to enter college?"

Mary finally felt ready for her dream relationship. Divorced a few years earlier, she had taken time to clear away the past, learn from her mistakes, and get crystal clear on what she wanted. She longed for a partner who shared her passion (she worked as an environmental attorney); but as a single mother with two children, she could barely find time to date, let alone find the man of her dreams.

Jonathan had lots of ideas, but money was a constant stumbling block. Forever in debt, he felt like he was always behind, running to catch up. He was a dedicated social justice activist, but every time he started a new project that was in line with his passions, the bills would

pile up, and he'd have to change gears to earn money in a job he didn't like. Then his projects would grind to a halt. He couldn't figure out how to combine his passion for social justice with a reasonable income; the nonprofits he approached only paid minimum wage.

Patricia was a superb healer. She had great results with her clients, but she didn't know how to get paid at the level she deserved. She was afraid that if she raised her prices, she'd lose her clients. Jerome wanted to get his art into a gallery, but he couldn't handle all the rejection that gallery owners could dish out. Martina wanted to buy a house, but she didn't have a down payment, and her credit score had deteriorated during the economic downturn. Thomas, an adoptee, wanted to make adoption easier for racial minorities, but he didn't know where to start.

What did all of these people have in common?

They could hear their heart's desire. They had an urge toward something more. Yet they weren't able to bring their dreams into reality. They faced obstacles they didn't know how to overcome. They each wanted to give something back, to make the world a better place. But they had difficulty bringing the gifts of their hearts into the reality of needing to earn a living. They longed to fulfill their life's purpose but couldn't bring it to fruition. They could feel their higher calling but didn't know how to answer it. They wanted to work with others, to be part of a team, working for the greater good. They wanted to help create heaven on earth.

These descriptions depict just a small sampling of the people who have attended our workshops around the world, representing the millions of people who have a dream but don't know how to create it on purpose, step by step.

Some people don't know what their dreams are, and they feel the frustration of not living up to their own potential. Many people know that their lives have a purpose, but they have no idea what that purpose is or how to find it. Some suffer from having too many dreams; they spin their wheels, confused about how to narrow down their options and focus their energy. Most people have been plagued by negative inner voices, doubts, and fears, all of which

stop them in their tracks. And everyone has faced obstacles that seem overwhelming.

Have you come to a place in your life where the frustration is simply untenable? If your answer is "yes," we have good news. This book can help you find your way to a life of vision, inspiration, and action—to creating on purpose. Together, humankind can create a world that reflects its highest aspirations, a world we refer to as *heaven on earth.*

This book is an invitation for you to step up to who you really are and to manifest your magnificence in the world. Our intention is to help you co-create a better world by bringing your purpose, your vision, and your true gifts to the world—a world that sorely needs you. This book is an urgent call to everyone to step up and take responsibility for our precious world. Every individual has the potential of becoming an agent of change, a *conscious evolutionary.*

A Call to Awakening

The trajectory of evolution is entering its next great awakening, a time when we are being asked to claim our divine nature and take responsibility for creating our future. Never before have the stakes been so high, the challenges so perilous, or the possibilities so glorious. We live at the cusp of the greatest awakening humanity has ever experienced.

We also have access to more information than any civilization has ever had before. The world's greatest spiritual traditions, many of them once hidden and esoteric, are now available through every media source. Political, economic, and scientific information comes in overwhelming flows, along with trivia, celebrities' status, advertising, news, and entertainment. Yet, at the same time, we are being called to grow up, stand up, and speak up. It is time for us to take power into our own hands and use that power in service to something greater.

Our friend and political humorist Steve Bhaerman (a.k.a., Swami Beyondananda) has often said, "It's time to stop being children of God and start being adults of God." Children have little say

about where they live or the rules they live by. They do as they're told and adjust to their surroundings, one way or the other. They either perish or prosper, depending on their choices and their circumstances. People carry this childhood passivity into their adult years, believing that Big Daddy (now in the guise of the Company or the Government or God) will take care of everything, and that Big Mama (now in the guise of the earth or the economic machine) will provide sustenance forever. This concept extends to politics, in which many people believe that if we elect the right president or empower the right leaders, then everything will be OK. We would be able to go peacefully back to "normal" life, where everything is taken care of by someone else.

But these times call for more than that. The dangers we face call for us to awaken as adults and become *active participants* in the creation of our reality. According to Stewart Brand, futurist and founder of *The Whole Earth Catalog,* "We are as Gods. So we might as well get good at it." In democratic countries, the tools of power, which at one time were only in the hands of the elite, are now in the hands of common people. Anyone can write and broadcast their ideas publically on the Web. Every printer is equivalent to a printing press. Video cameras and videophones allow anyone to make a film with impact. We are able to travel and see the world. The entirety of human knowledge is available to anyone through the Internet.

You are not a passive bystander, helplessly watching the world self-destruct. You are an active agent in the creation of reality. When everything is rapidly changing, you can't be certain what life will look like in ten or twenty years, but you can become an expert at manifestation to fulfill your life purpose and your destiny. Now is the time.

It *is* possible to create heaven on earth, but it won't happen by itself. It will take millions of people learning how to co-create with the Divine and with each other, through inspiration and vision, potent truth, open hearts, strong wills, passionate involvement, and the tools of manifestation. It's time to create a magnificent world worthy of the planet we've been given. It is time for you to create the world you want. It is time to create on purpose.

Co-creation and Evolution

Of all the creatures on earth, only human beings can change the pattern of their behavior. Man alone is the architect of his destiny . . . Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.

—William James

All creation is actually *co-creation.* We co-create with what is already here. We co-create with each other. And we co-create with the source of creation, which we call the Divine or Source. The good news is that you don't have to do it alone (and none of us can). You don't have to create out of nothing. Since you are part of evolution, you are co-creating with the evolutionary impulse. Nothing is actually separate from the Divine, so you are *always* co-creating with the Divine. This is the natural state of things. You can create something new, but it's likely you will use some of what already exists.

When we look backward and trace millions of years of human evolution, we see that it moved very slowly for the first two million years. It then picked up speed during the Neolithic era, when plants and animals were first domesticated, around 10,000 years ago. When humans gathered into towns and cities a few thousand years later, life became much more complex. Humans became more dependent on their culture rather than on the natural world around them. When the Industrial Revolution took off, life began to accelerate like crazy, and these past hundred years have turned everything traditional into everything modern. Tom Atlee, founder of the Co-Intelligence Institute, said, "The world is getting better and better and worse and worse faster and faster, simultaneously."[1]

The evolution of life is often seen as an arrow that began with single-celled creatures and moved its way, over billions of years, to multicellular life, sea creatures, land creatures, mammals, apes, and finally human beings—as if we were the end of the evolutionary impulse. Imagine for a moment that it is not an arrow shot from some ancient bow; instead, imagine that some extraordinary force in the future is pulling

life forward. Our potential is drawing us inexorably forward toward a more integrated, healthier, and more evolved reality. The philosophical term for this idea is *teleology,* a theory that explains the universe in terms of its end, or its final cause. It's the proposition that the universe has design and purpose, and it is unrolling toward that purpose, pulling us along with it.

Jean Houston, one of the founders of the human potential movement, called this process *entelechy* —the pull of the future toward its manifestation.[2] The French Jesuit Pierre Teilhard de Chardin (1881–1955) coined the term *Omega Point* to describe this idea—a point in the future toward which we are drawn by a supreme point of complexity and consciousness. Our evolution toward higher levels of material complexity and higher consciousness is the inevitable result of this pull. Imagine that the Divine is pulling us toward itself, toward an Omega Point of heaven on earth. Evolution, then, is God's way of making more gods. You are part of this plan, and your destination is clear: to become a god or goddess in your own universe, a master co-creator doing your part in a larger system that evolves us all.

Two powerful evolutionary forces are at work simultaneously—one from the top down, and the other from the bottom up. Spirit, or the light of consciousness, is evolving *downward* into embodiment, infusing matter with Spirit. At the same time, matter is evolving *upward* into Spirit, into conscious awareness. You are a rainbow bridge that ties these two forces together. You stand between heaven and earth as both a co-creation *of* these two forces and a co-creator *with* these two forces. You are being trained to become a more capable co-creator with the Universe. You have the ability to draw down your own vision of what you want to create in your life and to manifest it here in the physical world. Your soul has a purpose for being here. (You wouldn't be reading this book otherwise.)

When you align your heavenly wisdom with the love in your heart and combine your future vision with your unique skills and abilities, you can begin to drive your vehicle toward your destiny, giving the gifts you have to offer for the benefit of all beings. The Divine plan wants to be birthed into reality on earth—through *you.* You can do your part by

being who you are and doing what you came here to do. This journey toward wholeness and fulfillment is a long and winding road, with many twists and turns along the way. It is similar to a great expedition, such as mountain climbing in the Himalayas. You wouldn't start your journey until you had everything prepared: food, water, oxygen, climbing companions and guides, sherpas, equipment of all kinds, and a map of the territory, with a route well laid out. When you are completely prepared, you take the first step. There will be obstacles, barriers, and difficulties, but in your heart, nothing can stop you. You are ready. The mountain is here. Adventure awaits.

This guidebook maps out the manifestation process, the journey toward your fulfillment. It describes the territory—as well as the hazards and challenges—that awaits. We are your guides, for we have climbed this mountain before, and we know the way. We want you to succeed, so your success can be shared by many others. We will guide you from where you are now to where you want to be.

We offer many exercises and practices throughout the book to help you move your dreams into reality. Some exercises will be more meaningful and powerful than others. Try each practice at least once to test the value it may have for you. If an exercise has a positive result, either internally or externally, it's a good bet that repeating it will create even better results. If you don't feel much impact, you can safely discard it. Do give one hundred percent effort when you try an exercise for the first time. In any activity, if you don't make a full commitment, you miss out on the great results you would have gotten had you given your all.

To make the exercises easier, we've recorded and posted them on our website, creatingonpurpose.net. On this page, you'll find free access to the audio and video recordings, as well as free membership in our Creating on Purpose community. On the community forum you can request help and support from others on the path, and serve others with your own wisdom.

To begin, you need an accurate map. Our map for this journey of manifestation is based on the ancient system of human energy called the chakra system.

The Path of Manifestation

If you have built castles in the air,
your work need not be lost;
that is where they should be.
Now put the foundations under them.

—Henry David Thoreau

The Chakra System as a Map for Manifestation

Chakras are organizational centers for the reception, assimilation, and transmission of life-force energy. They are the stepping-stones between heaven and earth.

—Anodea Judith

The chakra system describes the architecture of the human soul. It is a profound formula for wholeness, a template for transformation, and a map for manifestation. Its seven major energy centers correspond to nerve ganglia along the body's core. As a whole, the system forms a bridge that connects universal polarities: spirit to matter, heaven to earth, and mind to body. The chakras are stepping-stones along that bridge, bringing those polarities into union. "Union" is the meaning of the word *yoga,* the system from which the chakras originated. Used as a map, the chakras show us a path to follow. They function as doorways, or portals, that lead to the journey's next level. By following this map, you can ensure your success along the path.

Everything alive has a core: every blade of grass, every animal, and every tree. The trunk of a tree has a core, as does every branch and every leaf. Even planets and stars have cores. You have a core running through the middle of you, from your crown to your base, from heaven down to earth. Creation proceeds from the core. We grow outward from our core, and our core is our sacred center.

The seven chakras are embedded into our nervous system. When aligned, they form a vertical channel along our core. Within this channel, two major currents of energy move upward and downward: the currents of liberation and manifestation. This guidebook focuses specifically on the *current of manifestation*, the downward current from crown to base. This current moves step-by-step from ideas to reality. As a map, it can guide you in creating the life of your dreams—*on purpose.*

The chakras can be thought of as jewels along a necklace. When you hold the necklace in your hands and pull the two ends vertically, upward and downward, the jewels line up, one on top of another. When you align your chakras vertically, they enhance the flow of universal energy and move this flow through your body in the most efficient and direct way possible. With this opening, you have the most direct access to Source, the universal creative energy (you may call it God, Goddess, Higher Self, Holy Spirit, and so on). The chakras act as portals between the inner world of your experience and the outer world of your environment. When your chakras are aligned and open, your mind and body work in harmony, making your actions more effective in the world.

Like any gateway or channel, chakras can become blocked, crimped, or closed. When you take the time to remove blockages from within the chakras, your life-force energy flows in and out in a more harmonious and productive manner. It becomes easier to relate to your environment and achieve your dreams. In this guidebook, we share methods for clearing the blocks that prevent you from moving forward in the manifestation process.

The chakra system is a map of the broad vertical terrain between heaven and earth. It shows the way up to the heights of pure awareness and the way down to the realities of the material world. Most treatises

on the chakras emphasize the journey upward. This journey begins with the body and the material world, entering subtler and higher planes with each step upward. The ancient texts called this upward journey *mukti*, or freedom; we call it the *current of liberation*. This current allows you to liberate yourself from fixed forms and attachments. It enables you to break free from limitations that hold you back from spiritual realization. This is the path most closely associated with the chakras and is described in great detail in my (Anodea's) other books.

Less understood is the downward path, which the ancient masters called *bhukti* (meaning "enjoyment"). In this path, the flow of creation begins in the vast plane of pure awareness. It enters our individual consciousness as a thought or idea. The chakras act as condensers, giving thoughts shape and form, moving them into words and then into actions, until they are dense enough to manifest on the material plane. We call this energetic path the *current of manifestation*. It is by this path that we enjoy the play of life, the myriad ways the Divine can manifest into the world.

Most living things grow upward, expanding toward the light. A tree reaches for the sky; a child grows continually taller until he or she becomes a "grown-up." Buildings are constructed from the ground up. The liberating current moves us toward greater consciousness.

Meanwhile, the earth's gravity pulls everything downward. Leaves fall to earth in autumn. The tree pushes its roots downward in order to grow tall. A building must have a solid foundation, connected to solid rock beneath the ground, to support many floors.

As upright creatures, we walk with our feet on the earth and our heads in the sky. We are led by ideals and intentions, but our feet carry us along our path. We sit up, stand up, grow up, and wake up as we move through life. But we also let down, get down, and fall down many times as we go. These two polarities of *up and down* make us vertical beings, standing on our hind legs, with our consciousness organized along the spine. Branching out from the spinal column are seven major nerve ganglia, or bundles of nerve fibers, that process energy on different planes of manifestation. These nerve bundles correspond to the seven chakras (see Figure 1).

As you travel the upward path of liberation, you move from dense matter to pure consciousness. Your focus on each chakra is to clear away the *granthis,* or knots, that create blockages. These knots restrict the flow of energy in the same way that old beliefs can limit our possibilities.

Blocks in the chakras can take many forms. A chakra may be deficient in its functioning, meaning there is constriction that results in too little energy flowing in and out of that chakra, or it may be excessive, meaning there is too much energy flowing. The goal of chakra healing is to balance the energy flow through each chakra and, subsequently, through your whole mind-body-energy system. Blocks

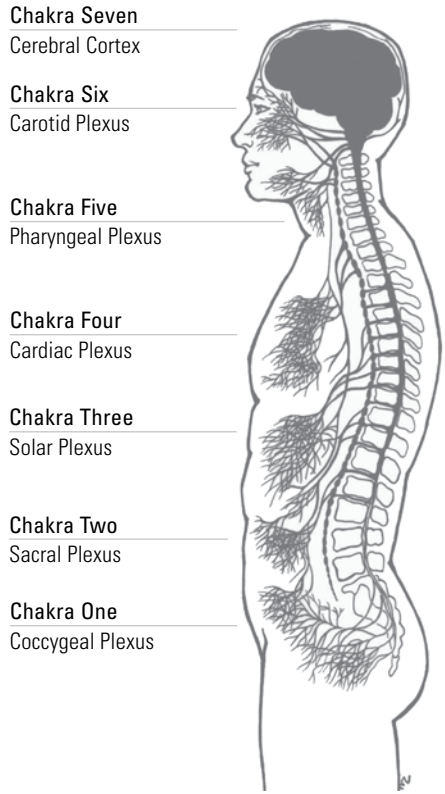

Figure 1 The major nerve ganglia corresponding with the chakras

in the chakras impede your ability to manifest, because they impede the flow of energy. To manifest anything, you need all of your energies available and flowing. Trying to bring a dream to reality with a blocked chakra is like trying to paint a masterpiece without having one of the major colors of paint.

The chakra system is a master map and an elegantly profound system for understanding the links between the Self and the world. The chakras have been used to identify states and stages of consciousness, developmental periods of human growth and maturity, and eras of human history. I (Anodea) have written extensively about the philosophy, psychology, and collective sociology of the chakra system in my books: *Wheels of Life* describes the basic philosophy of the chakra system, *Eastern Body, Western Mind* charts the system's inner psychology, and *Waking the Global Heart* looks at the history of human civilization through the chakra lens.

Each chakra has been associated with particular colors, sounds, deities, mantras, yoga postures, and psychological complexes. We've created a chart of correspondences (Table 1) to show you various ways of understanding the chakras. If you are unfamiliar with the chakra system, we suggest you check out my (Anodea's) other books while working through this book.

Transcendence and Immanence: The Liberating and Manifesting Currents

We didn't rise up from mud. We fell from the stars.

—Neal Rogin

Most people believe that being spiritual means transcending the realms of the body and the material plane and rising up into the higher planes of existence, ultimately to the infinite emptiness of pure consciousness. This idea can be traced from Patañjali's *Yoga Sutras* (written around 200 BCE), through Saint Augustine's writings in the fourth century CE, and to René Descartes's philosophy in the 1600s. This movement up toward mind or spirit and away from the physical realm has

Table 1 Chakra system correspondences

Chakra	Location	Central Issue	Goals	Rights	Developmental Stage
7	Top of head, cerebral cortex	Awareness	Wisdom, knowledge, consciousness, spiritual connection	To know	Throughout life
6	Brow	Intuition, Imagination	Psychic perception, accurate interpretation, imagination, seeing	To see	Adolescence
5	Throat	Communication	Clear communication, creativity, resonance	To speak and be heard	7–12 years
4	Heart	Love, Relationships	Balance, compassion, self-acceptance, good relationships	To love and be loved	4–7 years
3	Solar Plexus	Power, Will	Vitality, spontaneity, strength of will, purpose, self-esteem	To act	18 months to 4 years
2	Abdomen, genitals, low back, hips	Sexuality, Emotions	Fluidity, pleasure, healthy sexuality, feeling function	To feel, to want	6 months to 2 years
1	Base of spine, coccygeal plexus	Survival	Stability, grounding, physical health, prosperity, trust	To be here, to have	Womb to 12 months

been a thrust of major spiritual and philosophical traditions. Integral philosopher Ken Wilber said, "In the West, from the time roughly of Augustine to Copernicus, we have a purely Ascending ideal, otherworldly to the core. Final salvation and liberation could not be found in this body, on this Earth, in this lifetime."[3]

Science and industry took a parallel path, denying spirituality and consciousness because there was no proof that they existed in the world of physical reality. Anything not provable was discounted as merely "subjective experience." Denying the validity of consciousness and

Table 1 continued

Identity	Demon	Excessive Characteristics	Deficient Characteristics	Element
Universal Identity (Self-Knowledge)	Attachment	Over-intellectualism, spiritual addiction, confusion, dissociated body	Learning difficulties, spiritual skepticism, limited beliefs, materialism, apathy	Thought
Archetypal Identity (Self-Reflection)	Illusion	Headaches, nightmares, hallucinations, delusions, difficulty concentrating	Poor memory, poor vision, inability to see problems, denial	Light
Creative Identity (Self-Expression)	Lies	Excessive talking, inability to listen, over-extendedness, stuttering	Fear of speaking, poor rhythm, aphasia	Sound
Social Identity (Self-Acceptance)	Grief	Codependency, poor boundaries, possessiveness, jealousy, narcissisism	Shyness, loneliness, isolation, lack of empathy, bitterness, criticalness	Air
Ego Identity (Self-Definition)	Shame	Domination, blaming, aggression, scatteredness, constant activity	Weak will, poor self-esteem, passivity, sluggishness, fearfulness	Fire
Emotional Identity (Self-Gratification)	Guilt	Over-emotionalism, poor boundaries, sex addiction, obsessive attachments	Frigidity, impotence, rigidity, emotional numbness, fear of pleasure	Water
Physical Identity (Self-Preservation)	Fear	Heaviness, sluggishness, monotony, obesity, hoarding, materialism	Frequent fear, lack of discipline, restlessness, emaciation, spaciness	Earth

interior experience has spawned a materialistic view of the universe. The central idea of materialism is to get as much as you can, using any means necessary. Materialism is disconnected from the upper chakras, treating them as if they were of no importance. This philosophy leads people to exploit the earth and its inhabitants, with dire consequences.

In this book, we promote a philosophy and way of life that leaves nothing out; instead, it integrates mind and body, above and below, and heaven and earth in a tapestry of wholeness. When we use practices such as yoga and meditation, we expand our consciousness to include

everything, creating the highest possibilities by integrating spirit and matter, transcendence and immanence (or embodiment of the Divine). Wilber continued, "And in that radiant awareness, every I becomes a God, and every We becomes God's sincerest worship, and every It becomes God's most gracious temple."[4]

The Tantric philosophy of yoga, from which the chakra system originated, is based on a similar integration of polarities. Following the yoga philosopher Patañjali, the Tantric period (roughly 500 to 1000 CE) produced most of the texts that we have on the chakras. The word *Tantra* means "to stretch" and can also mean "loom." Tantric teachings *weave* together many different philosophies and principles. The purpose of Tantra is liberation and higher consciousness, but it achieves this goal through weaving together both the upward and downward currents—both liberation (the ascending path) and embodiment (the descending, or manifesting, path).

Consider the craft of a weaver. On her loom, she creates a fabric by pulling thread in a back-and-forth pattern, from front to back; she then weaves a complementary thread, over and under, from one side to another. We create the fabric of our existence by weaving archetypal polarities together, giving life texture and strength. When the warp and weft are uneven, or when a thread doesn't make it to the other side of the loom, the fabric is no longer strong and whole, and it can fray. Likewise, when we give unequal value to abstract spirit or pure materialism, we lack wholeness and integrity. The web of life gets fragile and frayed, and it ultimately unravels.

What is needed most at this time is a philosophy of wholeness. When you follow only the upward current, denying your body and the material world, you may become spiritually strong but physically weak or ineffective. Temporary withdrawal from the material world is important from time to time, as it offers the ability to gain wider perspectives. But eventually, you must come back down to earth to apply what you've learned to the real world and deal with the situation around you.

The chakras are the stepping-stones between the poles of heaven and earth. In yoga philosophy, the two poles are called *purusha* and *prakriti*. *Purusha* is the upper realm of pure consciousness—your true and eternal

Self. It is the force of creation, the intelligence that shapes reality, and the limitless mind that is at one with Source. *Purusha* is associated with the god Shiva, the destroyer of illusion and the master of meditation; it is the masculine pole of the chakra system. *Prakriti* is the feminine field of creation. In alchemical terms, *prakriti* is the *prima materia*, the primordial substance from which all things are created, including matter, form, and energy. These primordial forces are given form by the masculine force of *purusha*. The currents of liberation and manifestation integrate these two poles into union through each act of creation.

When you bake a cake, the idea of the cake and the knowledge of how to bake it are the domain of *purusha*, and the raw ingredients are *prakriti*. The finished cake is the result of combining the raw ingredients according to the information in a recipe. Without consciousness and will, flour and sugar remain as they are, unchanged. But without the raw ingredients, the most sophisticated wisdom can't bake a cake.

For some people, spirituality is something to think about only on Sundays in church. For others, it is limited to the yoga mat or meditation cushion, or perhaps to backpacking in the wilderness. The rest of the time, spirituality is placed on a back burner, separated from daily life. Some people feel lucky if they have a few minutes to consider spirituality *after* dealing with the mundane matters in life—going to work, cooking meals, and putting the kids to bed. There are important requirements in life to take care of!

Our philosophy is that spirituality cannot be separated from the mundane world. Manifestation is the process of bringing the spiritual and material together to create a good life for yourself, your family, and your community. It begins with your best ideas for your life—your true desires and dreams, how you want life to be. All ideas are conceived in the infinite pregnant void, which we call Source, just as babies are conceived inside a mother's womb.

If you could create anything, what would you create? Open your mind, free yourself of limitations, and open your heart to your own truth. The path of manifestation begins here, in the realm of pure possibilities. If there were no restrictions, and you could manifest the life of your dreams, what would you choose? When you allow your thoughts

to expand in this wide-open direction, you have already begun the journey. What powers would you harness? What tools would you need to bring your ideas down into reality, to create the kind of world we all deserve? When you create from this open space, from Source, you're creating in alignment with your life purpose.

Working from the Top Down

This book will guide you step-by-step through the top-down process of manifestation. It takes you from the realm of pure idea and your connection with Source, down to the bottom, or your day-to-day reality, your connection to the real-world physical reality. This is how to manifest a dream: Move it downward through the chakras, one step at a time, leaving nothing out, integrating mind, body, and spirit along the way.

The manifestation path begins in the sea of infinite awareness (chakra seven). An idea arises, and it moves down into consciousness—*your* consciousness. You receive it as guidance, a good idea, a dream, or a vision. This is the *conception* of an idea. Next, you check to see whether it's aligned with your life purpose. If it is, you set an intention to bring it to fruition so it can be shared with the world.

You examine your beliefs to see whether any of them would interfere with the fulfillment of your intention, eliminating internal conflicts. You flesh out your dream in detail, using your imagination (chakra six) to visualize the fulfillment of your dream at a specific point in the future.

Then you step it down to the realm of communication (chakra five), where you tell others your dream and inspire them to join you or to have them provide you with feedback, information, and support. This step then brings you into the realm of relationship (chakra four), where you find others to work with, to serve, and to supply what you need along the way.

Using your will (chakra three), you begin to move yourself and others toward your desired objectives. You have broken down your dream into specific goals and objectives, projects and tasks; when obstacles appear, you have ways of dealing with each one.

At this point, your dream takes on a life of its own. You begin to see results, which further fuels your passion (chakra two). Naming and asking for what you want, you attract what you need. You make your daily actions fun and emotionally fulfilling, so your passion can sustain you to the end. You are heading, step-by-step, toward your destination.

Finally, through *completion* of all these steps (chakra one), you have brought your dream into reality. You have a fully functioning new business, an ideal relationship, a community project, a finished book, a movie ready for distribution, or a new home. Your thriving vision brings value to others and makes a contribution to the world around you.

This process of manifestation isn't a secret, and there's nothing mysterious about it. It simply follows the downward path through the chakras—the path of manifestation—through which you become a master manifestor, a creator of miracles. This is sometimes called the Path of the Avatar. In Sanskrit, an *avatar* is a god who can create a world (or universe) and then incarnate inside of it. When you consciously create the world you prefer, you are acting as a god or goddess in your universe.

Each chakra points to specific actions and activities along the path of bringing your dream into reality. Manifestation isn't just about thinking the right thoughts or becoming attractive to what you want; this simplistic idea is why so much manifestation advice today is ineffective. To move the world, you must *engage* with the world. To bring something into reality, you must work with the reality in which you want it to land. Here are the essential *core manifestation principles:*

Chakra Seven:	**Consciousness Creates**
Chakra Six:	**Vision Vitalizes**
Chakra Five:	**Conversation Catalyzes**
Chakra Four:	**Love Enlivens**
Chakra Three:	**Power Produces**
Chakra Two:	**Pleasure Pleases**
Chakra One:	**Matter Matters**

Table 2 Stepping down through the chakras

Kosmos 7	6	5	4	
Be One with Universe and Consciousness	Know Your Life Purpose	Visualize Your Dreams	Choose Specific Goals and Communicate With Others	Find and Create Relationships
Om	Why	What	How	Who
Awaken to who you are as Source, Spirit, God.	Awaken to who you are as a unique embodied being.	Awaken your power to dream.	Awaken your ability to choose and express.	Awaken your connections with others.
It is.	I am.	I envision.	I intend. I share.	I love.
Be	Know/Choose	See/Plan	Discover/Share	Love/Relate
Kosmos	Personal Universe/ Kosmos	Personal Universe	Personal Universe/ Social Universe	Social Universe
Meditate. Explore and change your beliefs. Discover how your beliefs create your reality.	Know thyself. Remember your life purpose. See the possibilities for manifesting your purpose.	Define your dreams in each arena of life: health, love, community, family, leisure, work, career, finance, money, relationships, learning, spirituality.	Refine the dreams into specific goals and project plans within each dream. Communicate your goals to others. Find aligned teammates.	Bring your passion to others through enrollment, promotion, and alignment. Use Communication for Action.
Who am I? What is God? What is Universe? What do I believe?	What is my life purpose? How do I want to live? Who shall I serve?	How do I align with my life purpose? What kind of world do I want to live in?	How do I communicate my dream? What are my SMART goals?	How do I want to be in relationship and with whom? To whom shall I bring my love and gifts?

In the ensuing chapters, we detail each principle and its corresponding activities. We also provide exercises and practices so you can strengthen your ability to handle whatever comes up along the way. Remember that this is an expedition, requiring great awareness and a healthy body, mind, and spirit. The principles in this book are the keys that will unlock the portals between your inner world and the world you want to create—the world of your dreams.

Table 2 continued

3	2	1	0 Earth
Create an Action Plan Move from Ego to Possibilities	Move with Passion	Complete Steps	Have, Enjoy and Celebrate Rest and Open
When	With	W.O.W.	Ahhh . . .
Awaken your will through actions.	Awaken your passion.	Awaken your power to complete.	Awaken your willingness to have, receive, celebrate, and rest.
I shall.	I am with you.	I complete.	I have.
Will/Do	Connect/Move	Complete Parts Handle Counter-Intentions	Receive and Feel Gratitude
Personal Universe/ Social Universe	Social Universe	Physical Universe	Personal Universe/ Kosmos
Remember your way back from the future. Use project planning with timelines and resource requirements.	Make commitments to the plan and calendarize the actions. Identify ego motivations and love possibilities.	What will you do within one week? Take action each day, moving forward step by step. Acknowledge each small move forward.	Celebrate each victory. Rest and enjoy the process of creation. Feel the joy of your connections and accomplishments.
What shall I and others do to accomplish my goal? What are my commitments?	How do I continue to move things forward? What other resources do I need?	What counter intentions are coming up? How shall I handle them? What needs to be completed?	How do I feel now that it is complete? How shall we celebrate? What shall I create next?

The upward current of liberation is different from the downward current of manifestation in one significant way: When you are liberating yourself, moving from chakra one to chakra seven, your work is to clear blocks within each chakra, opening the chakras so that the energy of consciousness can more easily free you from limitations. In the downward current, blocks tend to prevent manifestation energy from moving from one chakra to the next chakra down. For example,

one person may have a clear vision of a dream (chakra six) but may not be able to articulate it clearly and inspire others (chakra five). Another person may be very articulate and inspiring but not able to establish lasting relationships that result in partnership and support (chakra four).

In Table 2, we have identified multiple elements involved in the manifestation process, especially focused on the movement *between* chakras. A careful study of this table will illuminate the complex relationships between the chakras and the movement of energies from heaven to earth and from idea to reality.

This book will act as your guide as you move your creation downward from idea to reality, from chakra seven to chakra one. Our goal is to break down the process into bite-sized steps so you can study your own process in detail and find effective ways to move your project forward. The following example demonstrates more concretely how this process works in the real world.

Imagine that you're ready to build your dream house. You began in the seventh chakra with a thought or idea, and you set your *intention:* "I'm going to build my house." It begins as an abstract dream of something you'd like to do, but the more you think about it, the more you find yourself imagining what the house should look like. You've now moved down into the sixth chakra stage of *visualization.* You envision a great view, a sunken living room, and a big, modern stainless-steel kitchen. Detailed pictures fill in your vision. You've painted a picture of this dream house in your mind.

After you've spent time dreaming up the design, you *communicate* your vision to others. This brings you into the realm of the fifth chakra. You talk to an architect about your idea, and she asks you specific questions: Where will the house be located? What style of house do you want? How many windows do you want, and how big will they be? How many bedrooms and bathrooms do you need? What size will the sunken living room be? What kind of cabinets do you want in the kitchen? How much money can you spend? What materials do you want to use? This process of communication and feedback turns vague ideas into clear pictures. Communication begins to crystallize your vision.

The architect then brings your ideas into the physical world through drawings and architectural renderings, visual representations of your vision. These plans exist to *inform others* about what the house is to look like and what they are to do when the construction starts. The architect helps you apply for a permit, communicating with the county's planning department, contractors, and others with whom you'll have ongoing *relationships.* You've moved down into the fourth chakra—the social realm of people, organizations, and institutions. Your architect will also compute how much money you'll need (a social convention) and how much time it will take to get through the bureaucratic process. You have to establish relationships with a banker, a real estate agent, building inspectors, contractors, decorators, landscapers, and neighbors. It's all about relationships at this point. The house must fit with or relate to the surrounding land and community. In addition, parts of the house must relate well to each other. Even the cement, wood, nails, and glass enter into very specific relationships. They aren't placed just anywhere; they follow a detailed *plan*—a description of the entire set of physical relationships.

Still, planning and preparation are not enough to get the house completed. There are things that have to get *done* (chakra three). The will of many people must be exercised. Someone has to show up at the building site and use *energy* to move and cut lumber, hammer nails, pour the foundation, and conduct the many tasks that actually construct the house.

You can't do things randomly; each step requires expertise, even mastery. The pieces have to fit together in *harmony* (chakra two). The windows have to fit the openings designed for them. *Aesthetics* also comes into play. You want the colors and interior design to look attractive, to feel good sensuously. As the house goes up, you'll *feel* your way into the details, choosing paints, materials, and decor. If you don't like what you're building—or even more important, if you don't have a certain amount of passion for your project—you won't enjoy the process, and this lack of enthusiasm will create resistance and frustration. At this point you may change small details, such as colors of paint or carpet, but you can't change the big details anymore.

The size of the foundation is set. You've brought your idea down to a particular piece of the earth (chakra one). The land you chose to build upon cannot be moved.

You also need *deadlines*—dates on a calendar when each phase of the house must be completed. You count backward from that date to schedule other steps along the way. You know by what date materials need to be on the jobsite, and you make your plans accordingly. Based on the flow of events in time, your workers must be paid, the inspectors must be satisfied, and your painters must have the right colors. You work around the inevitable slips, errors, and problems that occur along the way. And you set a date to move in, letting go of your other house. Being *specific* makes things happen in a timely fashion.

Finally, the house is *completed,* and you get to have it. You can move in, have a party, kick back, and celebrate. Congratulations! You applied all the steps and brought an idea into completion. You brought your dream into reality.

If these steps are diligently applied, a result will *always* occur. The goal of the manifestation game is to get the result you want. Then, your manifestation matches your intention and exceeds your expectations. The result: your happiness and the happiness of those around you.

Being, Doing, and Having

Being, doing, and *having* represent three basic modes of relating to the world. Everything we do employs all three modes, yet we can choose the most appropriate one to start with, depending on what we want to create. How we work with these three modes has a profound impact on our outlook on life and what we can create.

Most people begin with what they want to *have.* They say, "If I could *have* the money I want, I could *do* everything I want to do, and then I'd *be* happy (fulfilled, successful, satisfied)." Or they might start with *doing,* by saying, "If I could *do* the thing I want to do (drive race cars), then I would *have* an exciting career, and I would *be* fulfilled."

A more powerful way of creating is to begin with *being* and ask the question, "Who or how would I have to *be* in order to create what I

want to *have* and *do?"* The answer results in a state of empowerment: "I need to *be* disciplined and organized in order to *do* the writing I need to do, so I can *have* my book published by the end of the year."

Being, doing, and having relate to three different realms of existence. Being relates to the realm of your *personal world*. It represents what goes on inside you as a person: your experiences, beliefs, sensations, feelings, thoughts, dreams, and states of consciousness. Inside yourself, you can create any state you prefer. You can create happiness or sadness, peace or excitement. You create within your personal world by deciding, choosing, declaring, and creating. (For example, declare "I am happy" to create the feeling of happiness.) Because this realm is personal, it does not depend on what anyone else says or does. The only obstacles to creating a state of being are the ones within—your personal blocks, habits, and beliefs. Therefore, a being state is the easiest and most direct state to achieve.

When you go about doing, however, you usually enter the *social world.* (We say "usually" because some activities, such as meditating, are still largely personal experiences.) The social world involves other people who may have their own agendas. If my dream of doing involves going on a date with you or driving your car, you'll have a say in the matter. If my doing involves practicing vocal exercises in the middle of the night, you might have objections if you live in the same house. In the social world, we create through communication, negotiation, agreements, contracts, exchanges, requests, and promises—or at worst, through dominating, bullying, coercing, or pleading. We have power over these actions, but we don't have ultimate power over other people's realities.

The state of having usually involves the *physical world.* "I want to have apple pie for dessert." "I want to have a nicer home." "I want to have a new dress for the party." The physical world, which is even bigger than the social universe, operates by physical laws. We have to work with gravity and limitation, timing and cycles. Sometimes this state also involves the social world; for example, you buy an apple pie in a store or ask a waitress to bring one from the restaurant kitchen. We create in the physical world by moving and shaping, cutting and

joining, planting and harvesting, decorating and transforming, or otherwise acting upon something that already exists. The wood already exists, but you can cut it and join it to create a table.

Since being is the easiest realm in which to create, it's wise to start the manifestation process there. If you want to have a thriving business, then you must create within yourself the kind of being state required to build it. You have to *be* focused, disciplined, centered, grounded, and organized. When you create the appropriate being state, you are more likely to *do* the work of organizing others and creating a business plan in order to *have* the thriving business.

Manifestation Tip: Be first.

By "be first," we don't mean that you push others out of the way to get your own way. We mean that you should begin with the being state you want to create. If you want to *be* happy and you begin by creating that state of happiness, you may not need to *do* and *have* the things that you believed would make you happy. The right being state will allow you to do things more effectively. Later in this chapter, we'll show you a technique for creating a being state.

Dealing with Resistance

Whether you think you can or you can't, you are usually right.

—Henry Ford

As we have said, in the downward path, chakras operate as condensers, making things more solid and more real at every stage. The elements associated with each chakra become denser and denser, from ethereal thought to solid matter:

Chakra Seven: **Pure awareness or thought**
Chakra Six: **Light**
Chakra Five: **Sound**

Chakra Four: **Air**
Chakra Three: **Fire**
Chakra Two: **Water**
Chakra One: **Earth**

With increased density, there is more *resistance* at each stage. Consider a meteor flying through outer space. In the vacuum of space, there is no resistance. When the meteor hits the earth's atmosphere, it encounters air, which provides some resistance, and this resistance slows the meteor's speed and heats it up until it burns. Water is even denser than air, providing more resistance; when the meteor hits the ocean, it slows even more. But the meteor continues its descent. At the bottom of the ocean, the earth is completely dense, creating so much resistance that the meteor stops moving. In the same way, each chakra provides more density than the one above it. More resistance occurs at each level of manifestation, from crown to ground.

It's easy to dream big dreams and fantasize about their fulfillment. It's more difficult to bring those dreams into manifestation. Imagination is easy compared with doing the hard work of writing a book or advertising copy, and those tasks may seem easy compared with organizing a team and managing a meeting. When someone asks you to be more specific about your goals or plans, you may feel resistance coming up. When you see a long list of to-do items, you may feel resistance to doing them all. Resistance comes in many forms. The most common is the inner voice: "Why should I have to do that?" "I don't wanna!" "Isn't there some other way to make that happen? Like saying the right affirmation?" Or you might hear resistance coming from another person: "You're going to do *what?*"

One difference between people who are successful and those who are not successful is that the former—the manifestors—have learned ways to deal with their resistance, while others let their resistance stop them somewhere along the path. You can be sure that every mountain climber hits resistance at some level of the climb. There's nothing wrong with failure—not everyone reaches the peak. But stopping and turning around because you're experiencing some resistance is tragic.

Whatever you choose to be, do, or have, you will meet resistance. If you decide to go on a diet, you will immediately hear voices in your head that counter your intention: "You never stick to your diet," one voice says. "It's going to be really hard to diet right now—the holidays are coming up," says another. The chocolate cake in the refrigerator calls out to you, "Eat me!" Your inner child gets pouty and says, sniffling, "I want some cake!" This chorus of counterintentions can get very loud, until a diet really does sound like a bad idea, and you find yourself thinking, "Where's that chocolate?"

Resistance is defined as "a force that tends to oppose or retard motion." "Resistance happens" is as sure a law as "gravity exists." Nothing new can be created without encountering resistance along the way. Here's a little known fact: Creation actually *creates* its own resistance. If you allow resistance to stop you, you're stuck with how things already are. If you resist resistance when it comes up, you're really stuck! You might as well give up and go eat some cake.

There are two major resistance forces to contend with: internal resistance, which occurs inside yourself, and external resistance, which occurs in the world around you. We usually call these forces *obstacles.* Let's begin by examining the internal force, since it's the one that stops too many good people and good ideas from manifesting. If you want to master the art of manifestation, master the art of dealing with resistance. In this section, we start by providing some important background about resistance and how it operates. Then, we offer some practical ways to deal with it in your life.

It can be said that every creation has a beginning, a middle, and an end. Each creature has a birth, life, and death; a civilization gets organized, rises to a peak, and then collapses; a star is born, burns brightly, and explodes in a supernova; a feeling of sadness arises, is felt, and disappears. We call this sequence the *creation spiral.*

You've probably heard the aphorism "What you resist, persists." When you resist something and push against it, it gets stronger. Think of lifting weights in the gym. The weight provides resistance to your muscle, pushing or pulling against it. Your muscle builds in response to the challenge. Matter itself provides the strongest resistance. Try

pushing against a big tree and see what happens. The tree provides more resistance than any force you can muster (until you bring out a chainsaw—a tool for dealing with the tree's resistance to being moved).

Internal experiences also go through a creation spiral. Although we live in a stream of multiple simultaneous experiences, you can identify a particular experience, such as a feeling of sadness, and identify its cause for arising (for example, upon hearing news of a friend's illness), the feeling itself (a heaviness in the heart and chest, tears behind the eyes), and its ultimate disappearance at some point in time.

You could say that experiences *want* to be experienced. If you resist an experience, it persists inside your mind-body system, waiting to complete its cycle. It gets stuck—usually just beneath the surface of awareness. If you push hard against it, it will push back even harder in return. Resisted experiences accumulate in the body like plaque in your arteries, limiting the flow of joy and happiness through your system.

Most of us welcome pleasurable experiences and resist unpleasant ones, but the mind tends to resist any feeling that's overwhelming or threatening. There are dozens of excellent strategies for not experiencing an unwanted experience or not feeling an unpleasant feeling, such as the following:

- **Suppressing:** Not feeling the feeling—pushing it down, ignoring it, or withdrawing from it
- **Thinking:** Moving from body sensations to mental calculations—figuring it out, analyzing it, building a case against it, or comparing one experience to another
- **Dissociating:** Separating yourself, or a part of yourself, mentally, emotionally, or spiritually from the experience, so it doesn't seem to be happening to you
- **Substituting:** Feeling something else (such as fatigue, hunger, or anger) in place of the emotions of the experience
- **Distracting:** Finding something else to put your attention on (such as emails, kids, TV, housework, shopping, or exercising)

- **Controlling:** Attempting to manipulate, manage, or change the situation that is causing the feeling in order to take control of the situation
- **Verbalizing:** Talking about the situation (often endlessly) to someone else, especially to find validation or empathy for your point of view
- **Somaticizing:** Shifting the problem into the body, where it produces symptoms such as headache, stomachache, rashes, fever, or pain
- **Fantasizing:** Daydreaming or coming up with pleasant (or unpleasant) scenarios other than what is actually taking place
- **Remembering:** Focusing on previous similar incidents and stories from the past
- **Role playing:** Responding to a situation by taking on a role, such as teacher, parent, or police officer, rather than just being present with the feelings
- **Playing victim:** Feeling like a victim of the circumstances and identifying a perpetrator who caused the experience, rather than taking responsibility and feeling what's true
- **Perpetrating:** Attacking another person physically, emotionally, or intellectually as a way to override unpleasant feelings, such as vulnerability, confusion, or shame

Do any of these strategies feel familiar to you? What other methods do you use to avoid feeling what you're feeling or experiencing what you're experiencing?

Embracing Your Experience: A Key Element in Healing

If you allow yourself to experience something fully, it will move through you, complete its purpose, and disappear back into

nonexistence. Here's a set of little-known rules that can transform your life by eliminating the feeling of being stuck:

1. If you're experiencing or feeling something you don't want to feel, embrace it instead and feel it fully, just as it is. Within sixty seconds, it will either disappear completely or change in some way.
2. If the experience disappears, allow it to be gone. If you want it to come back, you can always re-create it later.
3. If it changes in some way, feel the new experience fully. Within sixty seconds, it will either disappear completely or change in some way.
4. If you want an experience to go away completely, repeat Step 3 until the experience is completely gone.

Here's a practical example of this principle at work: Remember a moment when you banged your shin on a piece of furniture. If you're like most people, you immediately started cursing: "Damn! I'm so stupid! Who the hell put that there? Oh—I did. What a stupid place for a table!" You may have hopped around and rubbed your shin, but most of your energy was focused on your own (or someone else's) stupidity.

The next time something like this happens, do an experiment: Feel the pain fully, with all of your attention. Press the part of your body (your shin, in this case) back onto whatever object it contacted (the table, in this case, wherever it made contact). Allow the excruciating pain to move all the way through your body. (Screaming is encouraged.) You may find, strangely, that it will bruise less or not at all. When all of your attention is offered to a sensation, without resistance, a bad experience will move through you and out of you. The attitude that works best is embracing the experience and welcoming the pain as a testament to your aliveness. When *fully experienced,* a sensation or feeling lasts only thirty to sixty seconds. Then it subsides

and disappears. (There are exceptions to the sixty-second rule, such as deep grief over the loss of someone close. The feeling of grief can last for weeks or months, even when fully experienced. But even grief will move faster when welcomed.) A resisted experience, on the other hand, can last hours, days, or years. Experiences *want* to be experienced, and they will be—one way or the other. You have a choice: Either you can experience something unpleasant very intensely for a short period of time, or you can experience it as a subtle, annoying feeling for a very long time. Remember that whatever you resist, persists.

The word *emotion* comes from the same root as *motion,* which means "movement." An emotion is like a weather system moving across a landscape. When you were young, powerful emotions overwhelmed you. You were little; they were big. They felt dangerous, and you figured out ways to not feel them. The good news is that you're no longer a child. You're now bigger than any feelings. But you must be willing to experience those feelings *fully.*

Resisted experiences create a variety of symptoms: circumstances that keep repeating in one's life, persistent pain, recurring nightmares, fixed or intractable attitudes. When repressed emotions get stacked up and stored in the body, the body reacts to them as if they were foreign objects. Hardened resistance can turn into heart disease, immune disorders, or cancer.

Some people have avoided so many experiences that their ability to feel becomes compromised or deadened. They become numb to the world and depressed about life. They feel separated and isolated from others. Their resistance to past experiences is so strong that they live behind impenetrable walls, hoping one day to be rescued.

Healing begins with *willingness*—willingness to confront the past, willingness to feel old hurts, traumas, and injuries. Become willing to explore your shadow places, the dark and scary places where dangerous creatures may lurk. Be willing to dredge up the buried past: old experiences that you couldn't handle at the time or repressed emotions that got hidden in the basement. When you tell the truth about the past, you free your soul for the future. Allow every experience, sensation, pain, and problem to complete its creation cycle. Take off the

resistance and dive in. Wallow in it, if you must, until it is complete. Enjoy even uncomfortable feelings and sensations. They are the proof that you are alive! You will survive them. We promise.

You don't have to face all those old experiences all at once. Relax. Take a gradual approach. Only do a little at a time, as you are ready. Life itself will bring up old wounds and hurts that are still waiting in the background to be handled. As they come up, face them with full-frontal acceptance and the willingness to experience them as they emerge, in the present moment, just as they are right now. The more willing you are to dig down and clean up the stuff stored in the basement, the more rapid your progress will be.

Your willingness to experience resisted experiences is the key to clearing up what's in your way. It's the way out of pain and the way back to freedom, health, and happiness.

Dealing with Obstacles

An obstacle is anything that gets in your way, slows you down, delays or distracts you, or causes you to stop or give up. Here's an important secret that can transform your ability to manifest:

> Obstacles are natural, normal, and predictable. They are the world's natural response to your creation.

Obstacles do not appear in your way in order to stop you. Rather, they appear in order to strengthen and hone you and your plans. They are not your enemy. They are your secret ally, but only if you treat them as friendly forces of nature.

In physics, Isaac Newton's First Law of Motion states, "An object that is at rest will stay at rest unless an unbalanced force acts upon it *[inertia].* An object that is in motion will not change its velocity unless an unbalanced force acts upon it *[momentum]."* In other words, objects (and processes) tend to keep on doing what they're doing unless something forces them to change their state of motion. Whenever you create something new, you become the unbalanced force that acts on the world's inertia and momentum: "Things have been going along

just fine, thank you. And now you want to change them? Hold on a minute." There's a similar law of inertia inside the human psyche: You tend to keep doing what you've been doing unless some other force (such as pain, intention, or conscious choice) motivates you to change your direction or your habitual behavior. Thus, the saying, "If you keep going the direction you're going, you'll end up where you're headed."

The bigger your dream, vision, or project, the more obstacles you'll encounter. Again, the biggest difference between successful people and everyone else is that successful people have ways of handling obstacles so that those obstacles don't stop forward progress. Master manifestors learn how to deal with obstacles effectively, moving them out of the way, one by one. Those who ignore obstacles will later trip over them; likewise, those who focus too much attention on their obstacles will get mired in them, and their dreams will sink into a sea of problems.

The most powerful success strategies we teach are the specific techniques that deal with resistance and obstacles when they come up (as they inevitably will). We don't meditate them away or cover them with positive affirmations; rather, we apply specific, effective tools that are matched to the actions required at each chakra level.

If you had absolutely no resistance, then all of your intentions would manifest effortlessly. This is illustrated in the biblical quotation, "God said, 'Let there be light,' and there was light." This is what happens when a powerful being declares an intention into the clear open space of possibility: The intention manifests effortlessly.

Why don't your intentions manifest all the time? Because of resistance. As we said earlier, resistance can come from deep within your own psyche (your old programming and beliefs) or from the world (external obstacles). At some level, you actually do manifest every one of your intentions, beliefs, thoughts, and desires. The problem is, you keep changing your mind about what you want, think, and intend. At any one moment, you want, think, and intend many different things at once. The Universe does its best to grant your wishes, but you're sending mixed messages, so you get mixed results.

If every one of your thoughts and desires manifested instantly, what would your life look like? You may have opposing intentions that work

directly against each other. For example, "I want to lose weight, but I don't want to stop eating desserts," or "I want that job, but I don't want to work for that boss." One part of you is saying, "Yes, yes!" and another part is saying, "No, no!"

Whenever two opposing or competing intentions are trying to manifest at the same time, it creates tension. One of your desires is to lose weight; another real desire is to eat that delicious chocolate cake in the refrigerator. The tension creates experiences of conflict, discomfort, guilt, shame, upset, uncertainty, or frustration. Some people live inside *constant* conflict and discomfort. In a high-tension, high-stakes situation, you may have three, five, or even ten competing intentions, commitments, and desires! You are probably aware of some of them at the conscious level, but most of them lurk in your subconscious.

Here's a little-known, but very important, law of manifestation: Whenever you decide to create something new in your life, whenever you declare a new intention or belief into existence, this act *automatically stimulates all previous conflicting intentions and beliefs to reassert themselves.* You've no doubt experienced this in your own life. You make a commitment, such as, "I'm going to lose ten pounds by the end of the year," and that simple intention unleashes a torrent of responses from within. They appear most often as internal thoughts or voices, loud protests or criticisms: "That's going to be hard." "You've tried that before, and it's never worked." "The holidays are coming, and it's impossible to lose weight during the holidays." "You have to exercise to lose weight, and you don't exercise!"

We call these responses *crosscurrents.* They're also referred to as *counterintentions, doubts, fears,* or *second thoughts.* Your intention is to move yourself toward your new goal. But as soon as you state your intention, your old beliefs are stimulated to respond. They cross your path, interfere with your forward movement, or knock you off course.

Crosscurrents are nothing more than intentions or beliefs that existed before you made up your new intention. They exist in the physical world, too. If you intend to build a road, the boulders or trees that are already there could be called crosscurrents. You could say that the rocks and trees have a previous intention to continue existing

where they already are. You have to handle them and get them out of the way in order to build your road. You expect them to be there, and you have your bulldozer ready to deal with them.

One of your intentions may be to become well known in your field. This is in conflict with another intention from the past, which is to avoid attention by withdrawing and hiding. This was a successful strategy that you developed in the past to stay safe, but it's now in conflict with your current intention. Your successful strategy of hiding is now your crosscurrent.

Your mind holds thousands of previously created intentions. When you declare a new intention, those older intentions rise up and reassert themselves: "Hey! What about me! You created me first!"

Crosscurrents can appear in many different forms, including the following:

- Internal voices
- Body sensations
- Doubts or second thoughts
- Habitual or addictive behaviors
- Physical movements (tics)
- Urges
- Feelings such as fear, anxiety, or confusion
- Reactions to someone or something
- Thoughts
- Judgments or criticism
- Dissociation (going blank or spacing out)
- Desire for validation or approval
- Attempts to assert control over or change something

Crosscurrents can appear as anything that shows up in response to your declaration—anything other than what you intended, that is.

Crosscurrents are natural, and you can expect them to show up. They are simply obstacles to handle—nothing more and nothing less. Think of them as pebbles in your shoe rather than barriers that stop your forward movement. Simply stop, take off your shoe, remove the

pebble, put your shoe back on, and take the next step. Learning to deal with crosscurrents is essential to success. If you know that crosscurrents are certain to show up and you expect them, they won't waylay you. If you have tools for navigating through them, they become interesting features on the grand journey toward your goal.

Most people get stopped by their crosscurrents. If they start a diet and get a sudden urge to eat a pint of ice cream, they say, "Oh well, I guess I can't lose weight. Might as well not even start." How many projects have you begun and given up somewhere along the way because of your crosscurrents? Don't allow your crosscurrents to stop you from reaching your goal. If you ignore them, minimize them, deny them, push them away, or attempt to outrun them, they will find other ways to express themselves. Instead, find ways to move through them. There are many choices: You can push hard and move them out of the way, walk along their edges until you find a way around them, rise above them and get over them, dig down and tunnel beneath them, use dynamite to blow them up, learn to move through their solid walls, get help to figure out alternatives, make friends with them, or offer them new jobs. Or, you can do the "Declare Your Intentions" exercise (below).

If you want to manifest more in your life, find the sources of resistance inside you and remove them. This guidance sounds simplistic, but it's actually the easiest path to getting what you want. It requires some work, but it's the most effective way to move your life toward your dreams.

Exercise: Declare Your Intentions

First say to yourself what you would be;
and then do what you have to do.

—Epictetus

When you declare an intention and put the full weight of your commitment behind it, you initiate a magical process that works invisibly in the background of your life. But when you have conflicting intentions or beliefs, the process gets muddled. The universe doesn't know what you

want, so it gives you a little of this and a little of that. When you clear away the conflicts and hold only one clear intention with no resistance, that invisible force can work in the background to help you create what you intend. This exercise will enable you to sweep the conflicts out of the way and clear the path so your intention can manifest.

Step 1: Identify Competing Commitments and Desires

Write down the major goals you have for your life and what prevents you from achieving them. Instead of using *but* ("I want to lose weight, but I love eating sweets."), use *and.* For example:

- "I want to lose weight, and I want to eat sweets."
- "I want to earn more money, and I want to have more time off."
- "I want to travel, and I want to pay off all of my debts."

Writing down your goals is a good way to acknowledge the truth—you have many competing commitments, needs, desires, and beliefs. That's okay. We all do. The first step is allowing them all to be true, without resisting any of them.

Step 2: Identify Competing Beliefs

Pick one of the following subjects, and spend five minutes writing down every belief you've ever had about it:

- Money
- Sex
- Power
- Religion
- Your body

For example, "I believe money is the root of all evil. Money is good. Money gives me freedom. Money is dirty. Money is the key measurement of success." You may find that you can list thirty or more beliefs.

Next, notice how many of those beliefs compete directly with each other. The key is to expose unconscious competing beliefs to your con-

scious awareness. In "The Belief Process" exercise later in the book (page 70), we'll show you how to eliminate beliefs you don't want anymore.

Step 3: Release Crosscurrents

To complete and clear a crosscurrent, you have to be willing to *experience it fully* and *express it fully.* One of our favorite ways to do this—and certainly the most fun—is to exaggerate it. This technique has evolved out of theater games and drama therapy, where it's used to help people fully express a particular character or emotion. It works equally well when applied to crosscurrents (which behave like character actors) that operate below the conscious level.

To *exaggerate* means "to make bigger than it is." You see exaggeration in character actors, stand-up comedians, and cartoon characters. What makes them funny is how they express normal human characteristics in a way that's over the top, outside the norm, beyond what you usually see. Many shows and movies use exaggeration for comic effect. One of our favorites is the animated film *Who Shot Roger Rabbit?* Both the cartoon characters and the real people act in over-the-top ways. That's the spirit we're talking about.

Thoughts and voices inside your head sound just like you, so you mistakenly believe they *are* you. But they're not. They're crosscurrents reasserting themselves. How can you tell? If they repeat the same messages over and over, they're not you. They're part of the mind's automatic machinery, but they are trying to get your attention. In fact, when they're active, they're competing for your attention. Until you give it to them, they will continue to assert themselves. They act like a messenger who's been hired to personally deliver a message to you. He raps on your door to let you know he's there. If you don't answer, but he knows you're there, he knocks louder. If you continue to ignore him, he rings your bell, then shouts—louder and louder—until you finally open the door, and say, "What?!" He hands you the message, and when you say, "Thank you," he turns around and disappears, having completed his duty.

When you exaggerate a crosscurrent, you allow the message to come through—fully and completely. Then, both the messenger and the message can complete the cycle of their creation, and they can go away. You'll prove this to yourself when you do this exercise. We've taught this

method to hundreds of people, and every one of them has been surprised at how easy it is to eliminate thoughts and feelings that have been present in their consciousness for years—even decades.

You can do this exercise by yourself or with a partner. Be ready and willing to look and act silly. The more fun you have, the better the technique works.

To begin, choose an intention that you want to manifest. Start with a *being* intention—one that starts with "I am." The simpler it can be said, the better. Here are examples:

- "I am happy."
- "I am peaceful."
- "I am healthy."
- "I am worthy."
- "I am organized."

Write down your intention as simply and as clearly as possible. Put your intention in present time and as a statement of the positive. If your intention is to be without pain, say, "I am vibrantly healthy." If your intention is to be debt free, say, "I am living in abundance." Take time to craft a powerful intention—one that stirs you up and produces immediate reactions. As you clear the crosscurrents, one by one, you will get closer and closer to the state you desire.

If you're working with a partner, sit facing each other. If you're working on your own, it helps to face a mirror. In the example below, we'll use the intention, "I am happy."

1. State your intention out loud as a declaration: "I am happy." Say it as if you are declaring a new reality into the Universe. Making a declaration is a creative act. Bring your full energy and intention to your declaration. Faith can move mountains; say it as if it were already 100 percent true. At this moment, you are the creator of your life.

2. Notice whatever response comes up first. It might be an internal voice, a doubt, a feeling, a sensation—anything at all

that you notice in your space. Name it; then describe it briefly. For example, "I noticed that I heard a voice saying, 'You are not happy! You're miserable!'"

3. If you're working with a friend, he or she listens with interest from a neutral place, without reacting, and says, "Okay, exaggerate that." If you're working on your own, give yourself the same instruction.

4. In an exaggerated manner, act out the voice you heard. Exaggeration removes resistance to what came up and gives it freedom to exist. It allows the crosscurrent to fully express itself. Exaggeration can be done in many different ways, but imagine how a very bad actor on stage might express himself or a cartoon character might speak with her own particular voice. Or simply make the voice louder than it sounded in your head: "You're not happy! You're miserable! You are a sorry excuse for a human being!" Exaggeration means that you *increase* the amount of energy that already exists. If your voice or body movements are at the same energy level as what you heard or felt inside you, amp it up! This exercise should get loud and funny. If you and your partner laugh at your exaggerated expression, you're going in the right direction.

5. Return to your intention and state it again, as you did before, from a place of declaring it to be true: "I am happy."

6. Check to see whether the crosscurrent is still there. Do you still see, feel, or hear it? Look for the same energy, voice, sensation, urge—however the crosscurrent originally appeared. Look to wherever the crosscurrent came from. It will either be (a) gone (meaning you no longer feel it), (b) still there but with less intensity, or (c) still there with the same intensity.

7. If it's no longer detectable, don't spend time looking for it. It's gone. Don't re-create it. It really disappeared! That's the point of the exercise: to make crosscurrents disappear. Acknowledge whatever is true by stating the condition:

a. "It's gone."
b. "It's still there, but it's lighter/smaller/less intense."
c. "It's still there."

8. If it's still there (b or c), exaggerate it some more. Amp up the energy of your exaggeration. You have to get bigger than the crosscurrent in order to make it disappear. If it's a voice, stand up and take on the character behind the voice (such as a critical mother, wagging her finger, speaking to your empty chair as if you were still sitting there). Silly imitations (even of Mother) are welcomed! Act it out and have fun.
9. Continue to exaggerate until the crosscurrent is gone completely.
10. When you feel complete, return to your chair and restate your intention: "I am happy."

Repeat the process, working with the next crosscurrent that comes up when you say your intention. If many crosscurrents come up all at once (a common occurrence), work only with the *first* one that appeared. Tell the others, "Stand in line and wait your turn."

At the end of each cycle and in between each step, state your intention again clearly. Doing so transfers the energy from your crosscurrent to your intention. We say it "harvests the charge" of the crosscurrent. It's like righting your sailboat after the wind pushes it over. You'll learn that your intention is more powerful than your crosscurrents.

Every crosscurrent has a particular energetic signature. It has some form and location inside your body or mind; at times it can appear outside of your body. It may have a direction and movement, or it might be still. Some crosscurrents come with sounds, urges, or movements. Let them come; exaggerate them. When you're looking and listening for crosscurrents, look for anything that comes up *other than* what you stated as an intention.

When a *sensation* appears, find a way to make fun of it. If you have a slight headache, you might pound your head with your fist, saying, "Oh, my aching head! A thousand-pound sledgehammer is whacking me!" If

you feel sad, make it like cartoon crying, like Betty Boop wiping her eyes, saying, "Oh, boo-hoo-hoo!"

There are many ways to exaggerate any particular crosscurrent, so have fun! You'll know it worked when that particular crosscurrent has disappeared. If the crosscurrent doesn't disappear in one or two tries, try a different way of exaggerating it. Continue with the process as long as you like—or until you feel clear, present, and powerful.

This is an amazing technology that works to remove any internal resistance that comes up and gets in your way. You may be surprised to find out how easy it is to make a thought, emotion, voice, or sensation disappear—especially those that have been annoying you your whole life.