

ANODEA JUDITH and
LION GOODMAN

CREATING ON PURPOSE

THE SPIRITUAL TECHNOLOGY
OF MANIFESTING THROUGH THE CHAKRAS



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Boulder, Colorado

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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 publicly 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.