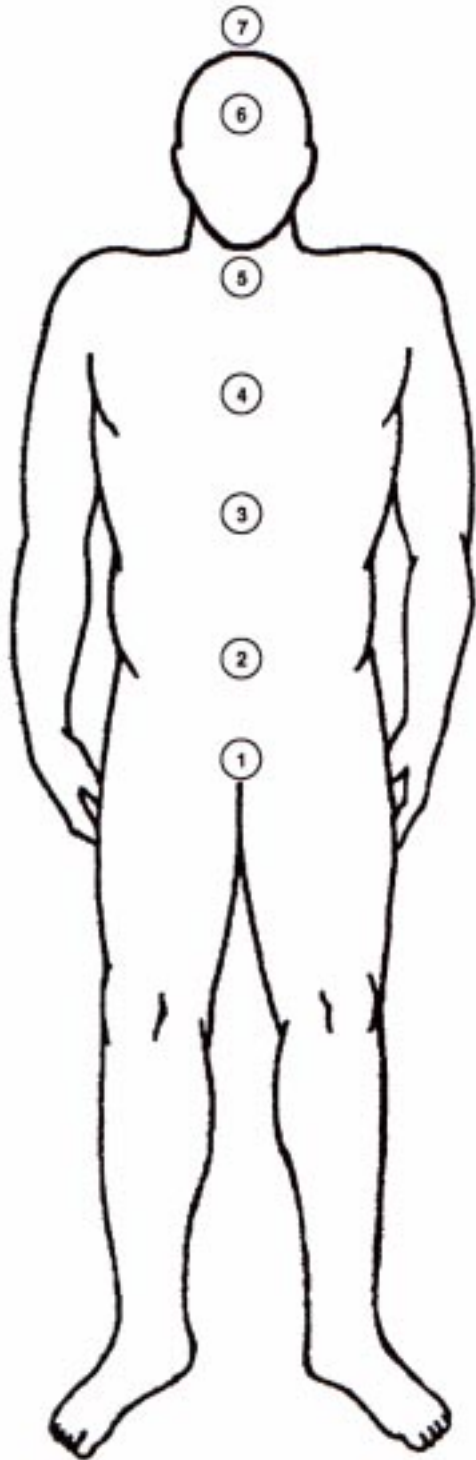
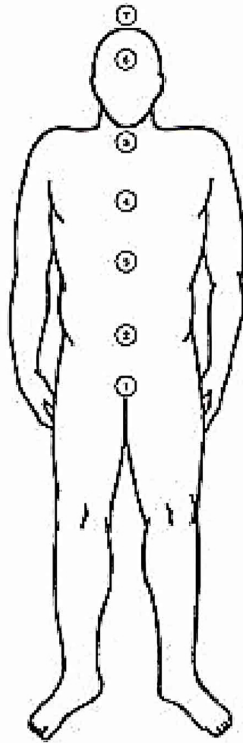
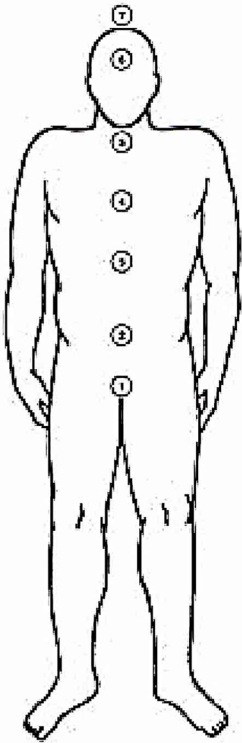


Chakra & Relationship
Worksheet From
A Path To Self-Realization
Workshop #1

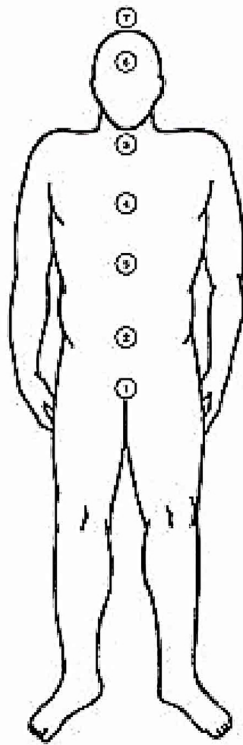
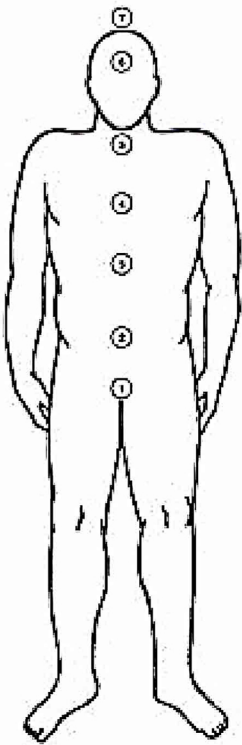
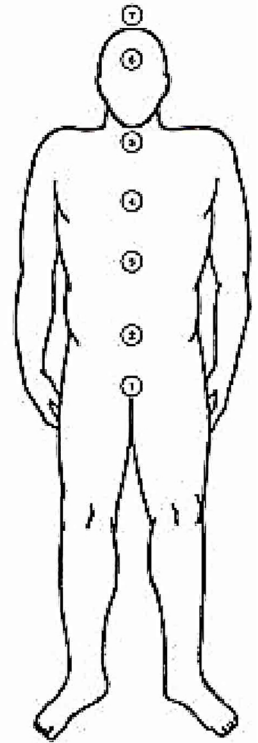
by Ivan W. Stein



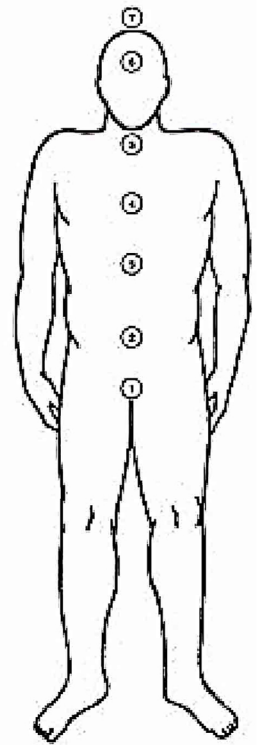
	Name	Color	Element	Astrology Emphasis	Physical Relationships	Psycho-Emotional Relationships	Common Addictions/Problems
7	Crown (Gateway)	Violet	Light	The higher expression of all signs	Pineal gland, hair, top of head, autonomy of nervous system	Peaceful, non-attached, harmonious effect on others	n/a
6	Third Eye (Higher Self)	Indigo	Thought		Pituitary, eyes, hypothalamus, nervous system	Sees overview, psychic ability, visualization, awareness	n/a
5	Throat (Wisdom)	Blue	Ether		Thyroid, neck, ears, sinus, respiratory system	Creativity, self expression, communication, releasing	Nicotine, nasal inhalers, neck aches, difficulty expressing self
4	Heart (Love)	Green	Air	Gemini Libra Aquarius	Thymus, lungs, heart, breathing, immune system, lymph, blood	Compassion, trust, ability to give, open to change & ideas	Jealousy, difficulty healing over loss or expressing love
3	Solar Plexus (Self Aware)	Yellow	Fire	Aries Sagittarius Leo	Pancreas, stomach, liver, small intestine, digestion	Confidence, will power, control, mental energy, decision making	Compulsive, fear, stress, addictions to food, caffeine, etc.
2	Spleen (Conscious)	Orange	Water	Cancer Scorpio Pisces	Spleen, ovaries, adrenal, uterus, kidney, urinary tract	Feelings, emotional needs, reproductivity, intimacy, warmth	Low self worth, addictions to food, sex, alcohol & relationships
1	Root (Existance)	Red	Earth	Taurus Capricorn Virgo	Tailbone, legs, feet, sexual organs, overall vitality	Survival, safety, physical strength, ability to ground self	Use of physical force and exercise to resolve issues



Combined



Combined



Author Biography



Ivan "Evon" Stein is a successful entrepreneur, writer, and speaker whose motivations have evolved through the fields of science and business to those of personal transformation and global sustainability. Recognized as a self-starter and natural leader, Ivan started his first business at the age of eighteen with his career encompassing direct management roles in twelve start-up companies.

In addition to his entrepreneurial endeavors and creativity in business, Ivan is a prolific writer, lecturer, and motivator in the areas of self-empowerment, personal transformation, global awareness, and sustainability. His devotion to helping others is evident through his [various organizations](#), [websites](#), [books](#), [DVD's and videos](#), ["Realms of Reality" radio show](#), spiritual workshops entitled ["A Path To Self-Realization"](#), and [other documentary and media endeavors](#) (see Ivan's [Body of Work](#)). Ivan is also founder of several organizations that focus on raising global awareness and is responsible for writing hundreds of pages of content for his websites and book projects.

Ivan started on the road to responsibility while growing up on a dairy farm in central Wisconsin. The duties of life on the farm instilled character traits that have helped Ivan deal with and overcome challenges throughout his entire life. Besides developing solid work ethics and a glimpse of what it means to harmonize with nature, Ivan gained an understanding of agriculture, animal husbandry and food production. Life in the small town rural environment also instilled a sense of cooperation and community which has served Ivan throughout his business and personal life.

Ivan achieved a Bachelor of Science degree in Electrical Engineering and Computer Science from the University of Connecticut in 1984. His 25 years in the field of technology includes designing integrated circuits for aerospace, cutting edge electronic devices; industrial automation, and computer consulting. Ivan is known as an innovator and inventor with patents in the field of electronics and pre-natal education devices. Besides a long and successful career in business, Ivan has built two homes and has owned and managed commercial real estate.

In the early 90's, Ivan began a journey on the road to spiritual discovery and shortly thereafter, he quit his job and started meditating for up to 10 hours a day. Over the next few years, Ivan's spiritual practices transformed his perspectives of life, the nature of reality and his purpose which became the motivation and inspiration of his future endeavors. Just as he was considering a move to Tibet to live in a Buddhist Monastery, he was shown, through meditation that his path was to return and remain in society. He soon found that people were interested in his message and sought him out as a spiritual mentor, adviser, and teacher. His dedication to service-to-others launched him into a variety of new projects that focus on developing tools that elevate global awareness.

Between 2007 and 2008, Ivan liquidated his real estate holdings and business interests in order to devote his full attention to his interests in the fields of personal growth, sustainability, community and global transformation. Since 2008, Ivan has aligned himself with these interest as founder of [Foundation For Sustainable Living](#), [Alkaline For Optimal Health](#), [Project TriStar](#), [Timeline To The Future](#), [TriStar Media Group](#), [Realms of Reality Radio](#), and a [Sustainable Reality TV Show](#); organizations created to help humanity transition through these times of conscious, physical, and material transformation (see [Ivan's Projects](#)).

Contact Information

For more information about Ivan, his spiritual teachings, work or events, please contact Ivan Stein and TriStar Media Group, LLC at:

pdf@IvanStein.com

<http://www.IvanStein.com>

Video links and description:

[Workshop #1: Positive Manifestation](#)

First in a series of four ground-breaking Workshops that provide both the "Big Picture" and a detailed understanding of positive manifestation. The material presented in these workshops will define the relationship between energy, consciousness, harmonization, and manifestation. You will learn how to recognize and change destructive patterns, heal the past, and attract more positive people and experiences through a greater understanding of your experience. Participants have stated this material bridges the gap between the physical and metaphysical worlds. Ivan "Evon" Stein is a soon to be published author who has been a spiritual advisor, teacher and lecturer for over 15 years. Ivan is known for his ability to ground spiritual knowledge so that it can be understood and applied in the physical world.

[Workshop #2: Breaking Control Dramas](#)

Second in a series of ground-breaking Workshops that provide both the "Big Picture" and a detailed understanding of positive manifestation. Workshop #2 "Breaking Control Dramas" will provide a comprehensive understanding of how breaking control dramas can accelerate your ability to manifest positive experiences. You will learn the four basic control dramas, how to recognize them and how to rid them from your life. This workshop will answer the questions of why people use control dramas, where we learned them, why we get caught in them, and how to break them "permanently". You will be given exercises and tools that you can apply in every day experiences and see immediate results. You will also learn how we have been programmed from birth to use control dramas to take energy from others and why we can get drained of energy when we get caught in control dramas.

[Workshop #3: Learning From Experiences](#)

Third in a series of ground-breaking Workshops that provide both the "Big Picture" and a detailed understanding of positive manifestation. Workshop #3 "Learning From Experiences" will provide a detailed understanding of the blockages to positive growth and how to learn the spiritual lesson in every experience. You will learn how your thoughts and actions have attracted your experiences and how to reprogram your consciousness to break negative patterns. You will be given tools and exercises to assist in healing over past and present experiences. You will learn how to reprogram your thoughts and actions

in order to de-manifest negative experiences and manifest increasingly more positive experiences. This workshop will help you take quantum leaps in your personal and spiritual growth by gaining knowledge and wisdom from everyday experiences.

[Workshop #4: Manifesting Your Thoughts](#)

Fourth in a series of ground-breaking Workshops that provide both the "Big Picture" and a detailed understanding of positive manifestation. Workshop #4 "Manifesting Your Thoughts" will provide a detailed understanding of the relationship between your present thoughts and manifesting future experiences. You will learn how manifesting the positive will de-manifest the negative. This workshop will cover such topics as centering, meditation, dreams and visions, and self-evaluation. You will be given tools and exercises to accelerate the reprogramming of your consciousness and the ability to release at higher levels. You will learn the key to self-healing, the importance of visualization and affirmation, and techniques for centering and meditation. This workshop will teach you how to take an active role in manifesting your future experiences and fulfilling your highest purpose.