

The Dharma Workshop

Aligned Action Sheets

Dear You,

I created this free workshop for you to get clear on your path and your purpose in the next phase of your growth.

Dharma invites you to align, to grow, to change. Dharma demands all that you have been and all that you have learned to be of service to a higher purpose. Usually this requires distillation and refinement.

Attuning to dharma enables you to align your actions based on the understanding that the Universe is dynamic. You are of the Universe... therefore you are dynamic. I call this the 'dynamic principle'.



To presence (or pre-sense)
Dharma is to access next
alignment of your life.

To presence dharma is to invite inquiry into the reconfiguration of who you becoming.

Most likely, you will need to use the best skills, habits and relationships that you have to step into your next configuration. Also, very likely, you will also need better skills, better agreements, and better or renewed relationships to make this next phase of dharma possible. (Otherwise, you would already be experiencing that which you need to grow into.)

Dharma is a moving target. Dharma requires more of us. Dharma speaks through desire, through Raga. As you work through the workshop, don't be afraid of your desire. Embrace your desire. Access divine desire and let this impulse lead the way.

Let us begin.

Cate Stillman

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How to do this workshop:

- Schedule 90 minutes for the workshop.
- Print the worksheets.
- You'll need these worksheets, the audio, a journal or text doc, and somewhere quiet to write.

When to do or re-do this workshop:

- Around New Year's
- Around your birthday
- When you are struggling, at a loss, or don't know what to do.
- When you want to clean up your own act.
- When you feel the pull to step into a bigger purpose.
- Once a month until you're crystal clear on the message and the method.

Define Dharma in your own terms:

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Overview: The three steps to dharma actualization:

You need to sense what is trying to happen next through you. This becomes your vision. Once you presence this, you need specific action steps to enable the vision to become reality. Building the action steps **daily** is part of your new dharma habit. The habit itself enables or actualizes the vision. If you want to upgrade your identity, which is your evolving dharma, you need to upgrade the habits that engender that identity. You also need to cultivate relationships that support your evolving identity and know who you can become. Hiring a coach, joining a mastermind group, and upgrading your relationship agreements are all part of the relationship component to dharma evolution.

1. Clarify your emerging identity/vision (through the journal questions below).
2. Upgrade your Daily Habits
3. Upgrade your Relationships (new agreements/new relationships/mastermind groups/hiring a coach)

All 3 require specific action steps for an accelerated experience of stepping into dharma.

Clear your Center: (Sushumna Nadi Pranayama)

To get clear on your next identity evolution you need to make some space.

Take 5-15 minutes. Sit in silence with your spine elongated between the heavens and the earth. Breathe your spine longer on the inhale and the exhale. Clear the channel between the crown of your head and the root of your perineum. Inhale crown to root. Exhale root to crown. Allow for a natural pause between each phase. Clear your central channel - your big gateway or access point into the next phase of your becoming.

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The 10 Minutes a Day Dharma Practice

10 minutes in the morning. Spend 1 minute Clearing Your Center. Work with a journal question for the next 4 minutes. Finish by writing your small, specific action step that takes less than 5 minutes. Spend your remaining time taking the first action step.*

1. Take 1 minute to Clear Your Center.
2. Take 4 minutes to journal on one of the 12 questions upon arising. Use an egg timer or other timer. Don't go over.
3. Write 1 **SPECIFIC** and **SMALL** actions to take to ACT on what you have written.
4. Take the first action - make the **Specific Action** something you can do in less than 5 minutes.
5. Schedule more actions if desired into your calendar with specific, small to-dos.
6. The next day, check that you have completed your 1 specific action then break your **Specific Action** into a smaller step. Do that step immediately, without journaling before.

* Note

Some action steps will take more than five minutes. Schedule the actions as specific, small to-do's into your calendar. This will only work if you have integrity with your own calendar. If you don't have integrity with your own calendar, that will be your first arena of action.

How to work with the questions over time:

In this 90 minute workshop you'll be introduced to all 12 questions. After the workshop, you begin your 10 minute daily dharma practice, as outlined above. To work effectively with the questions and the actions on a daily basis you have options:

- Work with 1 question for a week or so, and then work with the next question that is at your growing edge.
- Work with 1 question a month - working with the questions over a year.
- Report on the Yogahealer Facebook forum (www.facebook.com/yogahealer) about your process or to find an accountability partner.

The point is to let the questions permeate your consciousness. Remember, the first 3 questions cover the most essential components of dharma evolution. The other questions will help you refine and dig deeper.

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The 12 questions:

1. **Who am I** in the next phase of my life?
2. What **habits** do I cultivate to become the person I envision?
3. What **relationships** do I need to cultivate to execute the plan?
4. **What I will I do** in this next phase of my life?
5. What do **I know** in this next phase of my life?
6. How will **I feel** in the next phase of my life?
7. What is the plan, the stages, or the map to get there? Or, what steps are needed to **reverse engineer a plan** to who I want to become?
8. How can I hold myself **accountable** to the plan?
9. What needs to be **redefined in my core relationships** to become who I want to become or accomplish what I would like to accomplish?
10. How do I need to use my **time** differently to become who I want to become?
11. How can I upgrade **my home and work space** to support who I am becoming?
12. How can I upgrade **my internal space (body, mind, emotions)** to support the person I am becoming?

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Threads and Currents

Over time working with this simple dharma practice you should notice a few effects. You should notice:

- You feel on track in your life.
- You feel more deeply embodied as your self.
- You're more efficient with your time.
- You take better care of yourself.
- You're in love with life.
- You are in a continual phase of co-creativity with the divine.

In my experience and what I've learned in my training is that our dharma evolves in a non-linear manner. The Tantric yogis talk about Shakti, or divine manifest energy, swirling in currents. You'll notice in your journaling and in your action steps reoccurring themes and strong threads. This is where you have the strongest power of co-creativity with the divine or your highest purpose as it's presenting right now into action.

Don't expect your path with dharma to be linear. Invite your path with dharma to swirl and thicken. Periodically in your writing, look for the strongest currents and the reoccurring threads. Make sure your specific actions and how you spend your time is geared towards actualizing these currents and threads.

Free trainings with Cate:

- [On Ayurveda: The Free Ayurveda Video Training:](http://www.yogahealer.com/ayurveda-training)
<http://www.yogahealer.com/ayurveda-training>
- [On Career Design :](http://www.yogahealer.com/career-design) <http://www.yogahealer.com/career-design>
- [Double Your Wellness Income Workshop](#)

[On Body/Mind Detox + Detox Recipe Book](#)

- To apply to be in a Body Thrive group with one of Cate's Yoga Health Coaches: [apply here](#).

