



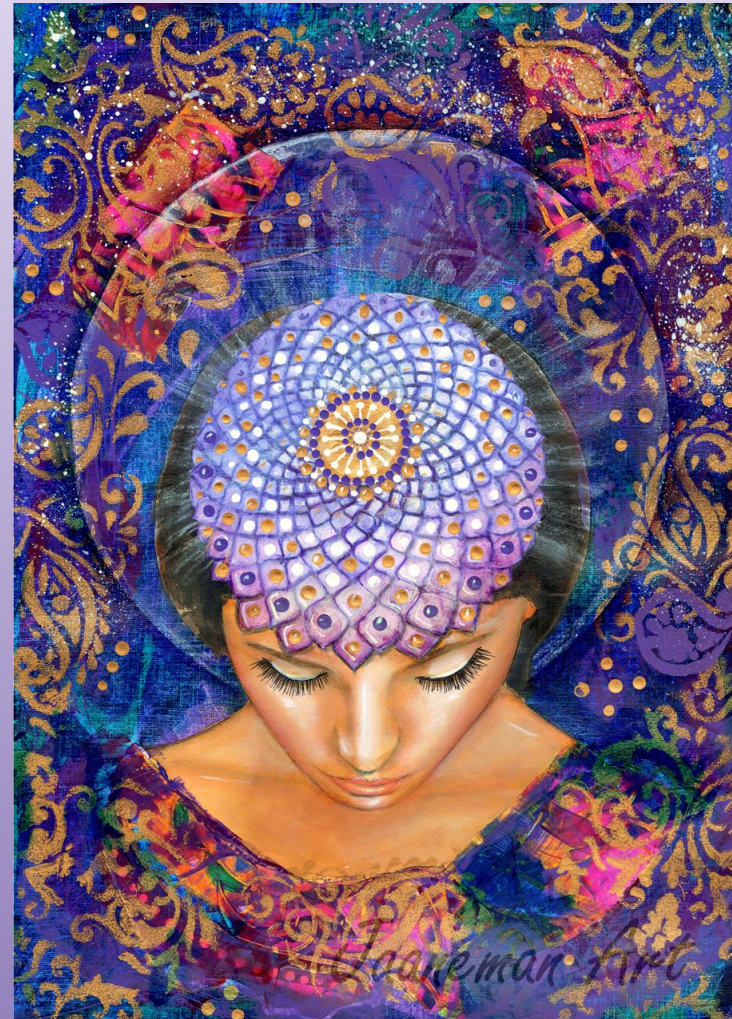
CROWN CHAKRA

The connection to the Crown energy is beautiful and vast. Our association to this energy center is through knowledge, mindful thought and understanding. We learn to truly be present, trust our heart and intuition to guide our walk in life. The understanding that every being has a purpose in life and that everything we witness and experience is to grow our knowledge. We are given the gifts to learn, the curiosity to connect deeply to ourselves, to others, to nature and to source. We have the opportunity to bring ourselves into awareness at a very young age. We develop our curiosity through our open minded nature and the ability to question what we are presented with through life. It is our choice to choose the path of easement and curiosity or an experience of hardship. Attachment tears us away from the grand opportunities in life.

What is it that you are attached too? Your parents? Your children? Your spouse? Your expectation of life? Your religion? Your political views? Your money and possessions?

What would you do in this life if you knew you were completely supported and let go of fear?

Meditation offers us the connection to our observation of life. We can greet our selves in the meditative state, nourish our whole self and experience our ancestral knowledge. This connection shows us that we have everything we need within, that everything else we obtain and learn is a bonus to life! We are an infinite energy. Give yourself the power to grow and continue to improve everyday. Each day is a new day, each day you can choose a new version of yourself, forgive more, worry less, teach what you know and know it well and learn more along the way. You are the peace the world craves.



POSITIVE AFFIRMATIONS

“IF YOU ARE BREATHING, YOU ARE AN
ABUNDANT BEING!”

I UNDERSTAND.

I AM PART OF THE DIVINE.

I HONOR THE DIVINE WITHIN ME.

I SEEK TO UNDERSTAND AND LEARN FROM MY LIFE EXPERIENCES.

I CHERISH MY SPIRIT.

I SEEK EXPERIENCES THAT NOURISH MY SPIRIT.

I LISTEN TO THE WISDOM OF THE UNIVERSE.

I TRUST MY INTUITION.

I AM OPEN TO LETTING GO OF MY ATTACHMENTS.

I LIVE IN THE PRESENT MOMENT.

I AM GRATEFUL FOR ALL THE GOODNESS IN MY LIFE.

I LIVE FOR A PROCESS OF GRATITUDE.

I LOVE AND ACCEPT MYSELF.

I KNOW THAT ALL IS WELL IN MY WORLD.

I AM CONNECTED WITH THE WISDOM OF THE UNIVERSE.

I AM OPEN TO DIVINE WISDOM.

MY LIFE MOVES WITH GRACE.

I AM AT PEACE.

CROWN CHAKRA



Sahasara Crown chakra

Thousand fold life

- Iridescent, white, violet, sparkles
- Bij seed: Silence or om or Ong
- Element: Consciousness
- Purpose: To understand
- Identifies with: Universal codes
- Orientation: self understanding/ self knowledge- just rest your awareness in the knowing
- Senses: energetic touch, reiki, shamanic healings, vedic thai, all senses combined
- Symbolism: 12 lotus petal/ circle with two dots (Atman and Brahman) and flowing veil of petals underneath
- Celestial/ Planet: Uranus
- Affirmation: I understand
- Yogic Path: meditative yoga/ Jnana yoga
- Governing gland: Pituitary gland
- Building into:
 - Constant hunger for knowledge- do not deprive mental nourishment by withholding knowledge
 - Opening from human body, connection to devotion and trust, symbolism of life, being able to connect to all the elements seen and unseen
- Development: builds the cognitive structure, sense of beliefs
- Offers ability to: question in lieu of expansion, deeper understanding, deeper consciousness, broader perspective/ understanding of life and purpose
- Internal trust/ Understanding
- Key note B
480hz- you can hear
963hz- you cannot hear, dolphin/ dog level
- Meditate/ mantra/ sing hymns

CROWN CHAKRA

- Shadow work:
 - Attachment- desired outcome, emotional expectations where as Commitment is based off of intentional growth, the journey COMMITMENT BASED ON INTENTION RATHER THEN RESULT
 - Lower chakras rely on commitment and consistency-
 - Attachment keeps our mind cluttered (monkey brain) prevents us from releasing, limits us from our potential, creates energetic blockages in the emotional body;
 - Releasing from attachment, our attachment becomes our beliefs
 - Functional vs mechanical: What do i need right now vs rigid schedules

- Ask the self:
 - What am i attached to, the who the why
 - How do i release the attachment so there is freedom
 - Does this belief system serve me or does it hinder me
 - What might be more productive in the belief system
 - Reprogramming and reparenting ourselves, letting go of sensory experiences and tuning into soucrery experiences



CROWN CHAKRA

- Balanced
 - Larger identification comes from expansive consciousness; Sense of oneness, the ability to transcend physical laws: channel spirit, astral travel, communicate with non ordinary reality, greet higher self, become comfortable with earth presence and psychic presence, inner wisdom, ability to perceive, ability to analyze and assimilate information, in a state of learning and growth, creating mindfulness, knowing and understanding, awareness and thoughtfulness of the people around you, open minded, connect to the questioning without harm, broad understanding of cultural aspects, knowing the individual with universal connection- meeting someone who creates challenge helps us to fine tune our shadow self
 - Forced vs natural psychedelic experience: plant medicine vs breathwork and meditation
 - Re-establish physical body and emotional connection, tapping into energetic connections, reestablishing your spirit, continuing to learn and study to things that are of interest of you, connecting to books, self discipline and self care
 - Work on the shadow to heighten the light, develop the witness
 - Quietness tuning in to hear your breath, your heart beat, your blood and energy moving through your body



CROWN CHAKRA



DEFICIENT 7TH CHAKRA –

- Spiritual cynicism
- Learning difficulties
- Apathy
- Excess in lower chakras – materialism, greed, domination of others
- sense of separation/isolation
- trouble trusting the universe
- lack of belief in a higher power
- Anxiety and depression,
- disconnection to be able to listen to the truth of the self,
- rigid thoughts of universal belief, religion,
- the inability to learn or to retain information,
- constant confusion or fears

EXCESSIVE 7TH CHAKRA –

- Spiritual addiction
- Confusion
- Dissociation from body
- Overly intelligent
- spiritual addiction
- overly concerned with humanity
- confused

Physical manifestations

- Deep rooted migraines, comas, near death experiences, brain traumas, amnesia, dementia, alzheimer's, cognitive delusions, seizures, cluster migraines, auratic migraines
- Transcendence of energetic bodies, offering energy and things to the earth, connecting to our highest and best self, to the divinity, connecting to our vision, letting go of our past hurts
- Basic learning rights, to know and to learn
- Developmental stage: our whole life
- Developmental tasks: Assimilation of wisdom
- Trauma: education that stops your curiosity, Withholding information and lying, invalidation of one's beliefs, blind obedience- constant state of agreeance, conditions (i will love you if, you will only learn if), manipulation, misinforming, teach what you know, know it well and continually learn, blatant lies, spiritual abuse/ cult like behaviors, harsh criticism throughout developmental stages