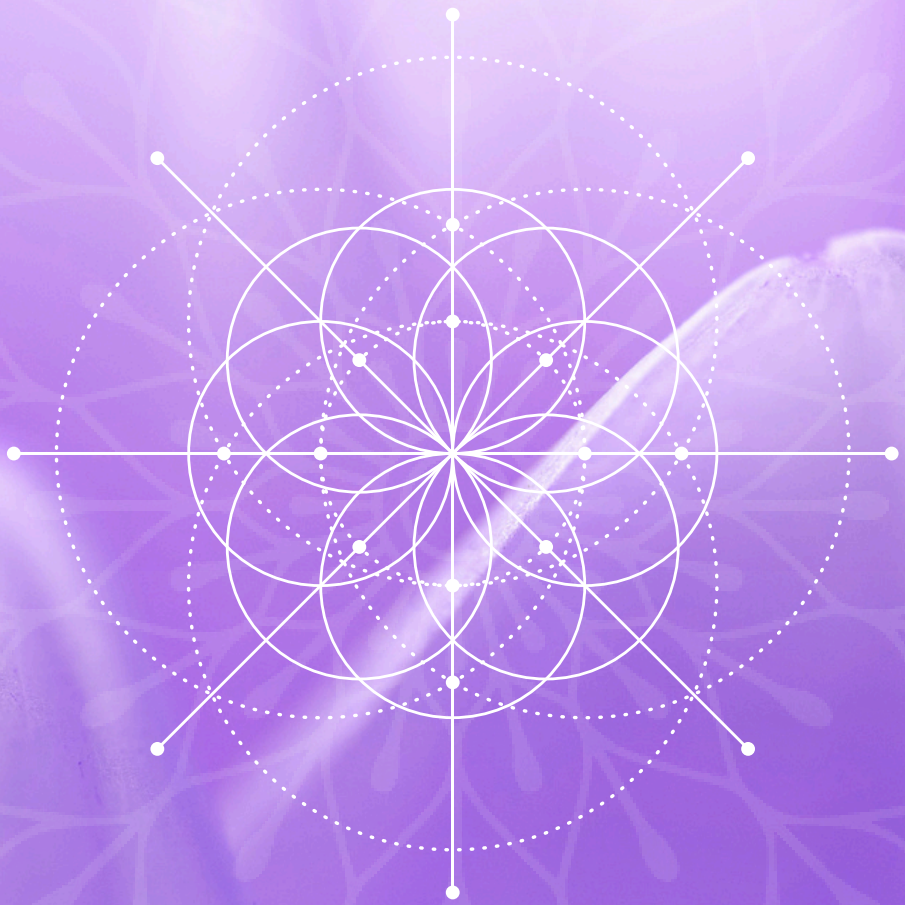
chakradance™



Crown Chakra Activation

Chakra Activations

by Chakradance Founder - Natalie Southgate

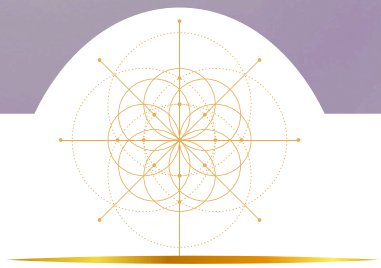


SAHASRARA

crown chakra

The crown chakra is a mystery, yet our relationship with this chakra will determine our relationship with Spirit. For some of us, our crown chakra may be over-active, and we exist in a world dominated by spiritual visions, and a lack of appreciation of the body. An under-active crown chakra could see us struggle to even grasp the concepts of Spirit.

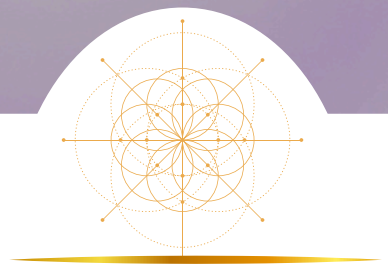
However, when our crown chakra is balanced, we are transformed by this spiritual connection, via our body. When we ground our spiritual expression through our physical body, the transformation that follows is a joyous path of discovery and wisdom to our true selves, body and soul.



Chakra Activations

The crown chakra is our gateway to higher realms of consciousness. This chakra's Sanskrit name, Sahasrara, means thousandfold, a direct reference to the thousand-petalled lotus, sacred to Hindus. According to ancient tradition, this thousand-petalled lotus sits at the crown of the head and represents enlightenment, wholeness and infinity.

By tapping into the crown chakra we can live more spiritually, bringing a sense of the sacred into our everyday life. By connecting with our crown chakra, we can become more aware and mindful of our thoughts, feelings, actions and bodies. As this awareness develops, our sensitivity grows. This increased psychic sensitivity enhances a deeper connection with ourselves and with others, allowing us to live in a more soulful and spiritual way. Through connecting with our crown chakra, we can begin to find value and depth in the most simple of our daily experiences.



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Awakening the crown chakra opens us to what Carl Jung called the Self, the archetype representing wholeness and completion. The crown chakra is the gateway to your own true Self, and working with this chakra can guide us towards self-realisation. When our true Self manifests in this world, we have reached our highest (in this life) potential and unified our personality as a whole. The full birth of the Self via this strong connection and awakening of the crown chakra gives us an entirely different attitude towards life, and a truly enlightening transformation has taken place.

When our crown chakra is truly awakened, life becomes both peaceful and joyful. As we move more fully into the present through mindfulness, the binds of the past and the worries of the future lessen their hold. Every moment is soulfully lived, and life becomes simpler, yet more meaningful.



Chakra Activations

Evaluating your crown chakra

Simply answer YES or NO to each of the statements below. If you score more than four Nos it may indicate that your crown chakra is imbalanced. If you score four or more YES answers, wonderful! You are on the path to balance in your Crown chakra, and hence to fulfilment of your highest potential in this life!

Yes	No	
☐	☐	I regularly meditate or make time for self-reflection
☐	☐	I have a relationship with my own source of spirituality
☐	☐	I have a sense of sacredness in my daily life
☐	☐	I truly know that my soul has a life beyond the constraints of my body
☐	☐	I often slow down and notice the wonder around me
☐	☐	I regularly find gratitude for what I have
☐	☐	I pray or ask for higher help when I need it
☐	☐	I bring my spirituality into my daily life
☐	☐	I feel like I am living my soul's purpose
☐	☐	I feel connected to a universal consciousness beyond that which is mine alone

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Balancing your crown chakra:

Crown chakra crystals

Clear quartz, Diamond, White jade.



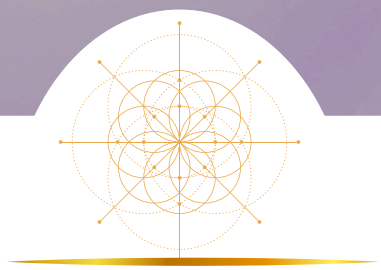
These crystals may be placed on the location of the crown chakra (on the top of your head) for clearing, revitalising and healing. You may even choose to carry one of these crystals with you throughout your day.

Crown chakra oils

Frankincense, Rosemary



These oils can be used in massage treatments, burned in an oil burner or you may even add a few drops in to your bath.



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5 Tips for balancing your crown chakra:

- Practice meditation or relaxation daily (even if only for a few brief minutes). This helps quieten the mind, making the connection to Spirit more accessible.

- Develop your own relationship with Spirit, whether this be with God, Allah, the Universe, angels, spirit guides, or whatever higher source you acknowledge. Trust what feels right for you.

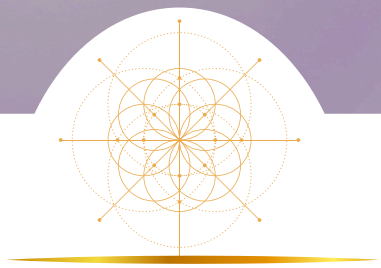
- Regularly ask for higher guidance and let these spiritual forces guide you. Remain open to inspiration (when you become inspired, you are in-spirit.)



5 Tips for balancing your crown chakra:

- Commit to your own personal spiritual practice. Some people find this connection through religion and visit churches or temples to enhance their spiritual experiences. For others, this connection to spirit is found in nature and attuning to the beauty and the wonderment of all that is. Whether you find it surfing a wave as you connect with the vastness of the ocean, meditating in your lounge-room (or on top of a mountain), or by participating in ritual or ceremony, it really doesn't matter! It is experiencing this connection that is important.

- Try to embody spiritual lessons in your every day life, and give regular thanks.



Chakra Activations

Affirmations

"Divine Source lives within me and illuminates every aspect of my being. My energy is high, clear and beautiful."

"I channel my Higher Self into my daily life. I am guided by my ancient heart and soul."

"I am deeply supported and guided by Spirit. Always."

"I live in the frequency of miracles. The light of grace streams through me."

Everyday ways to balance your crown chakra

Wear the colour violet, or pure white, and bring these colours into your home. Try to put some time aside every day to make a connection to Spirit … a simple prayer, thanks, or a request for guidance. Bring a sense of the sacred into your everyday life - light a candle and reflect, give thanks for meals etc. Also take some time this week to find a genuine humility and gratitude – for your life, for your spiritual connection, and for all that you have and enjoy in this life!

