

THE CROWN CHAKRA



CROWN CHAKRA MUDRA

Your crown chakra is balanced if you are: spiritually connected; have wisdom, intelligence and grace; the ability to question, analyze and assimilate information.

You are running too much energy in this chakra if there is dissociation from the body, spiritual addiction, confusion, over intellectualizing, living in your head and/or disconnection from spirit.

Energy deficient in this chakra shows up as spiritual cynicism, closed mindedness, learning difficulties and/or a rigid belief system.

Organs or body systems which are affected by a crown chakra imbalance are the upper skull, cerebral cortex and the pituitary gland. (Some information says the pineal gland is connected to this chakra and other information states it is the pituitary gland. I have asked the "Medical Experts" on my God Team and they affirm it is the pituitary gland.) Health issues one may have are headaches, unclear thinking, dementia, foginess, head injuries, tumors or Alzheimer's.

Some questions you can ask yourself to help you determine if your crown chakra is out of balance are:

1. Do you have attachments to material things or even people?
2. Is the "Monkey Mind" a good friend of yours?
3. Does your conscious awareness focus on the past or the future?
4. Do you have difficulty being fully present?
5. Are you constantly looking at your belief systems, wondering how you know things?
6. Are you obsessed with your spiritual connection and your conscious awareness?
7. Is working on your conscious awareness and creating a positive, happy life an intermittent thought process?

Below are some tools to assist you in bringing your crown chakra into harmonic balance and then creating a clear energetic, spiritual channel to your other chakras.

EXPANDED CHAKRA HEALTH

The color associated with the crown chakra is violet and/or white. Visualizing violet/white light flowing into your crown will begin to bring it into balance. Chanting or toning the sound EEE as in me is also of huge benefit.

Wearing purple or violet colored clothes, bringing violet or white flowers into your living or work space or even changing your home décor can assist in elevating and clearing the energy in your crown chakra.

Foods one can incorporate into the diet to not only facilitate clearing and balancing of this chakra, aid in the physical health of the body systems associate with this chakra are food rich in purple pigment such as purple grapes, purple cabbage, spring onions, red onions, eggplant and/or plums.

Affirmations:

I am always aligned to the Divine.

I am conscious of my thought processes.

I am experiencing positive, kind, loving thoughts all day, every day.

My thinking is clear and focused.

I am relaxed, connected and moving forward in a positive and healthy way.

Energy flows in and flows out in harmonic balance.

I am light, I am love, I am.

