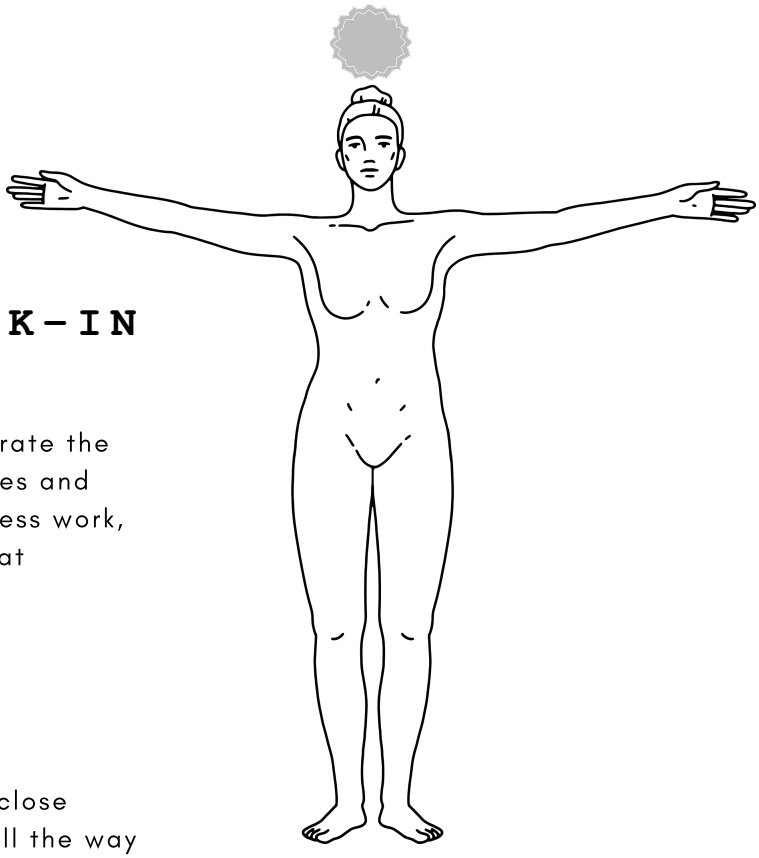
CROWN

INHABITING THE CROWN



PRE CHECK-IN

Before you incorporate the Chakredy® Remedies and directional awareness work, mark where you're at

SCALE

0=Least/Not even close
10=Greatest/Yes all the way

0 5 10

I experience a direct and clear connection with Source

0 5 10

I feel aligned with my Higher Self and purpose

0 5 10

My energetic awareness fully inhabits my crown chakra

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CROWN CHAKRA DOMINANCE

WHAT DOES IT MEAN?

The language of signs and synchronicity may be a strong form in which your intuition speaks. **You have a heightened ability to perceive energy at the crown center. You are crown chakra intuitive!** One key indicator for crown chakra dominants is that they receive many intuitive confirmations through chills, surges at the crown and goosebumps. A crown chakra dominant is able to see the light in everything and may have a hard time identifying or working with shadow energy. It is important to acknowledge the spectrum in order to support healthy discernment. This may be an area to intentionally explore and develop your intuitive muscle around. I

STRENGTH = CONFIRMATIONS, SIGNS + SYNCHRONICITY

Your intuition speaks through the form of confirmation through chills/goosebumps. You experience a beautiful language of signs and synchronicity all around you to affirm your intuitive knowing. It can be quite magical living from this place.

CHALLENGE = EGO DOMINANCE + ENERGETIC SPECTRUM

When the crown chakra is vulnerable, it is much easier to shift into a place of ego dominance. We all have an ego as human beings, the importance is establishing awareness around when the ego is leading and noticing when it dominates. Acknowledging the shadow part of the spectrum is essential to crown chakra health and discernment.

CROWN CHAKRA ASPECTS

Some energetic aspects connected with the crown chakra include:

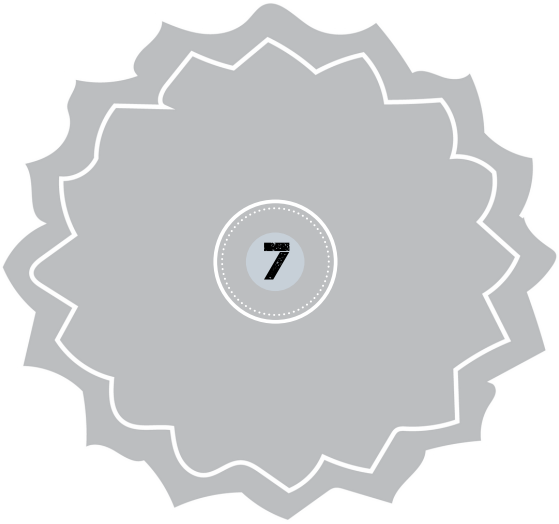
- Connection
- Guidance
- Purpose
- Divinity
- Faith

STRENGTHS

What are some of your strengths at the crown level?

CHALLENGES

What are some of your challenges at the crown level?



CROWN CHAKRA

INTENTIONS

INTENTIONS FOR CLEARING:

What would you like to let go of at the crown center?

INTENTIONS FOR REPATTERNING:

What would you like to reclaim and repattern at the crown?

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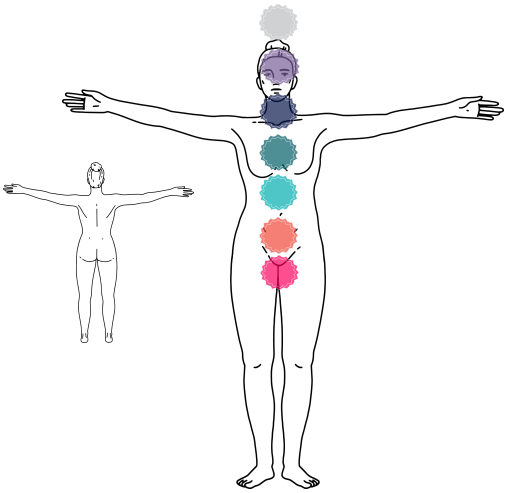
DIRECTIONAL ASPECTS

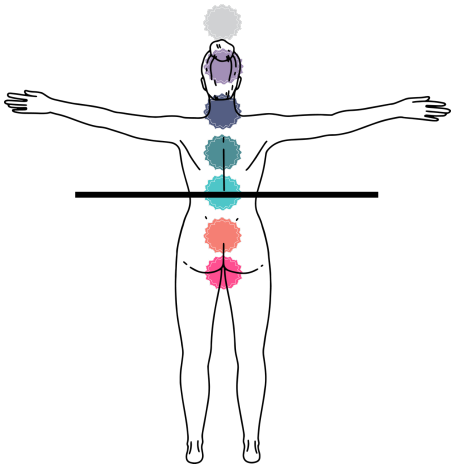
THE 6 ENERGETIC LINES OF COMMUNICATION



FRONTAL PLANE

This plane divides the body into:

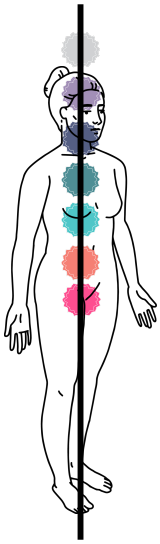
FRONT
BACK



TRANSVERSE PLANE

This plane divides the body into:

TOP
BOTTOM



SAGITTAL PLANE

This plane divides the body into:

LEFT
RIGHT

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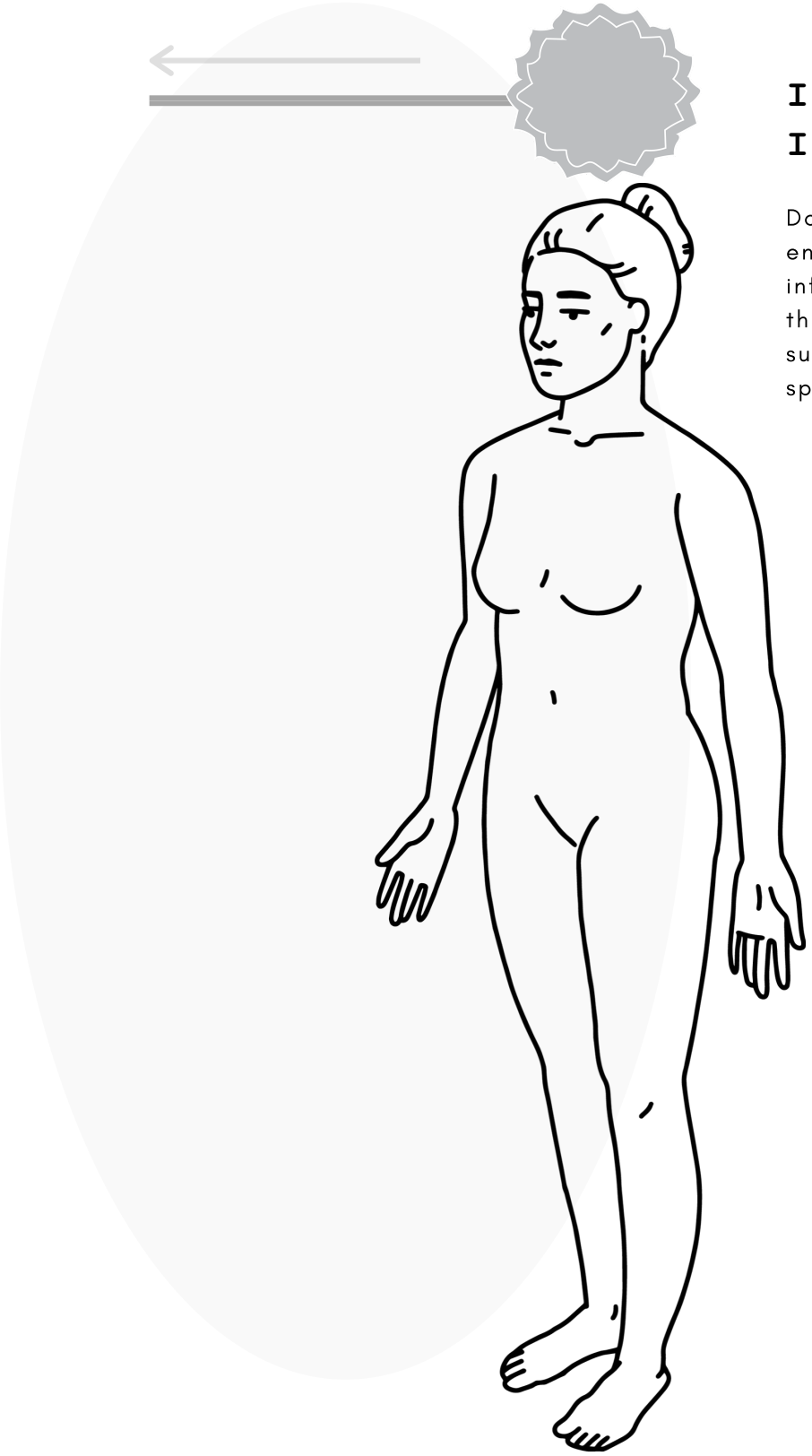
FRONT

LINE 1: CLEARING



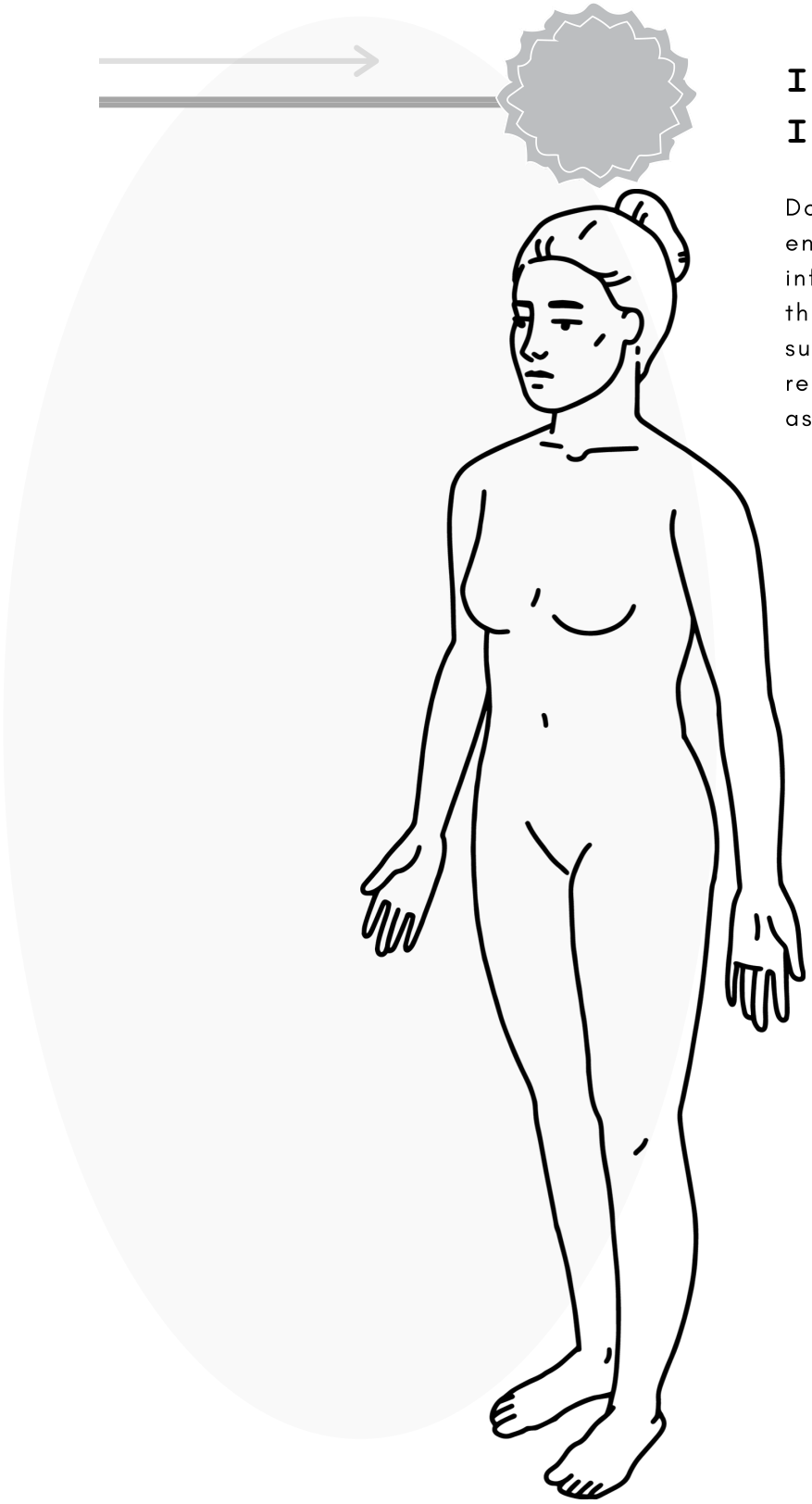
INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing for release? Get as specific as possible.

© CHAKREDY®

FRONT

LINE 1: REPATTERNING



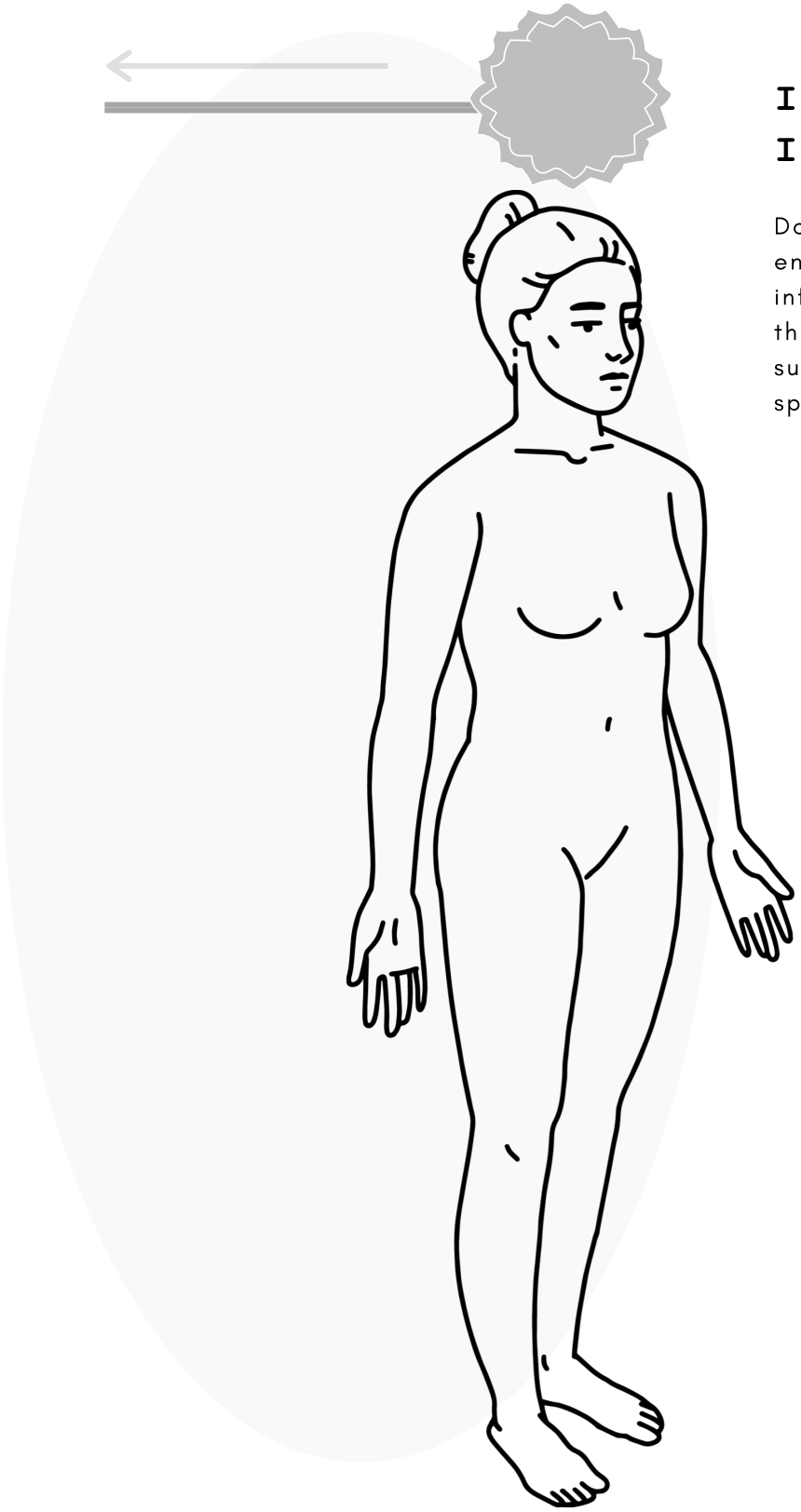
INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing to be reclaimed and repatterned for healing? Get as specific as possible.

© CHAKREDY®

BACK

LINE 2: CLEARING



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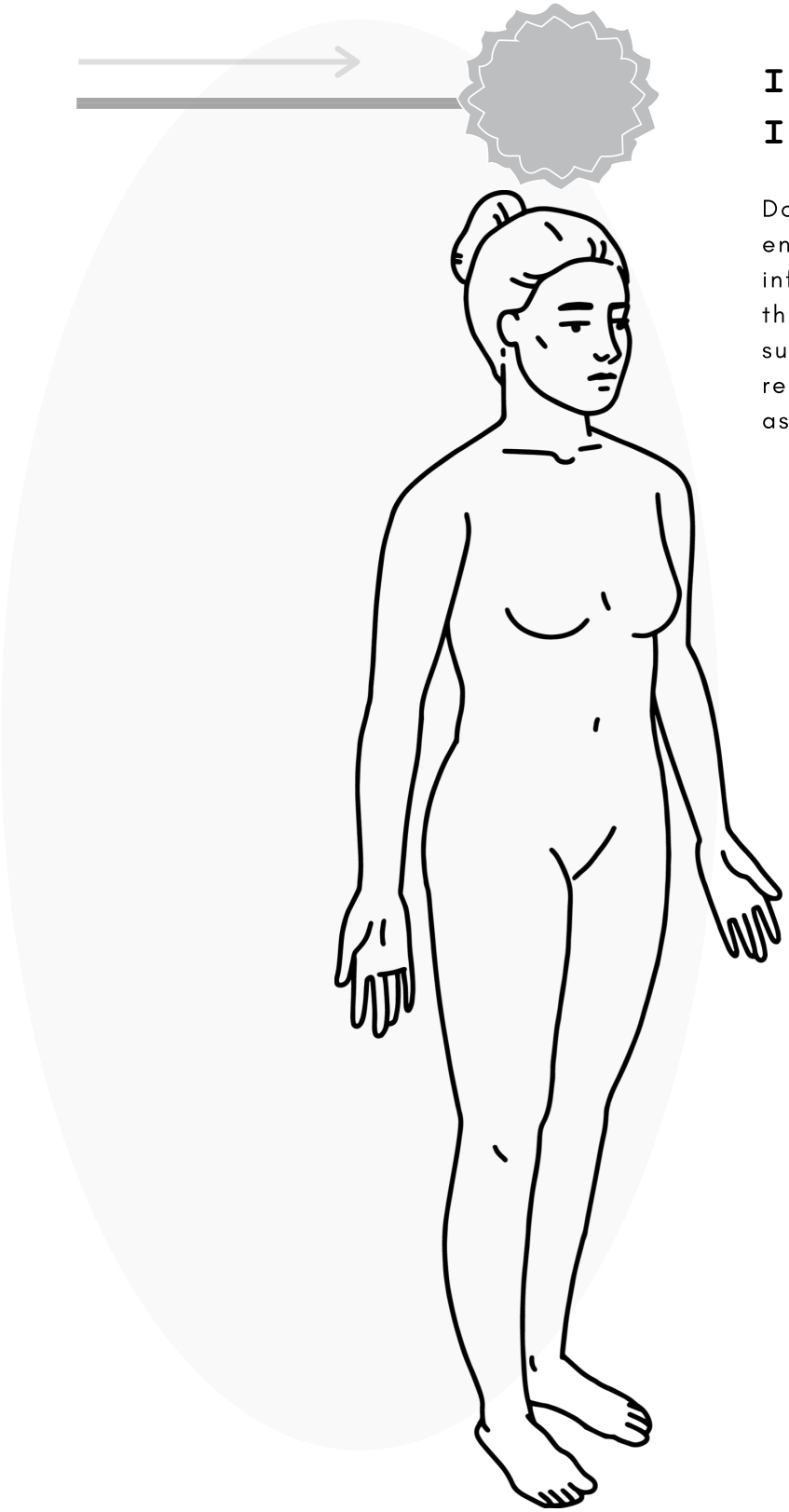
© CHAKREDY®

BACK

LINE 2: REPATTERNING



INTUITIVE IMPRESSIONS

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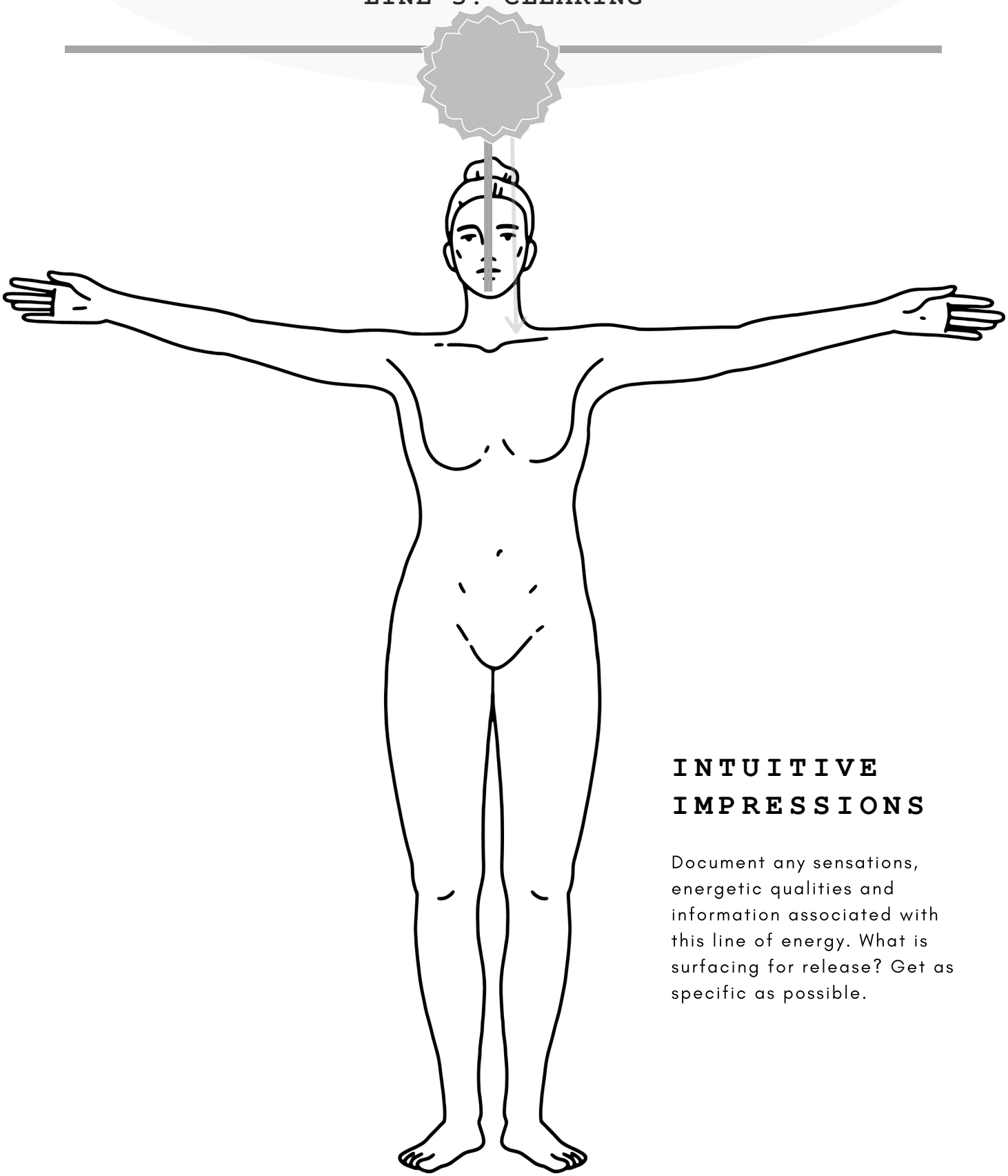
© CHAKREDY®

TOP

LINE 3: CLEARING



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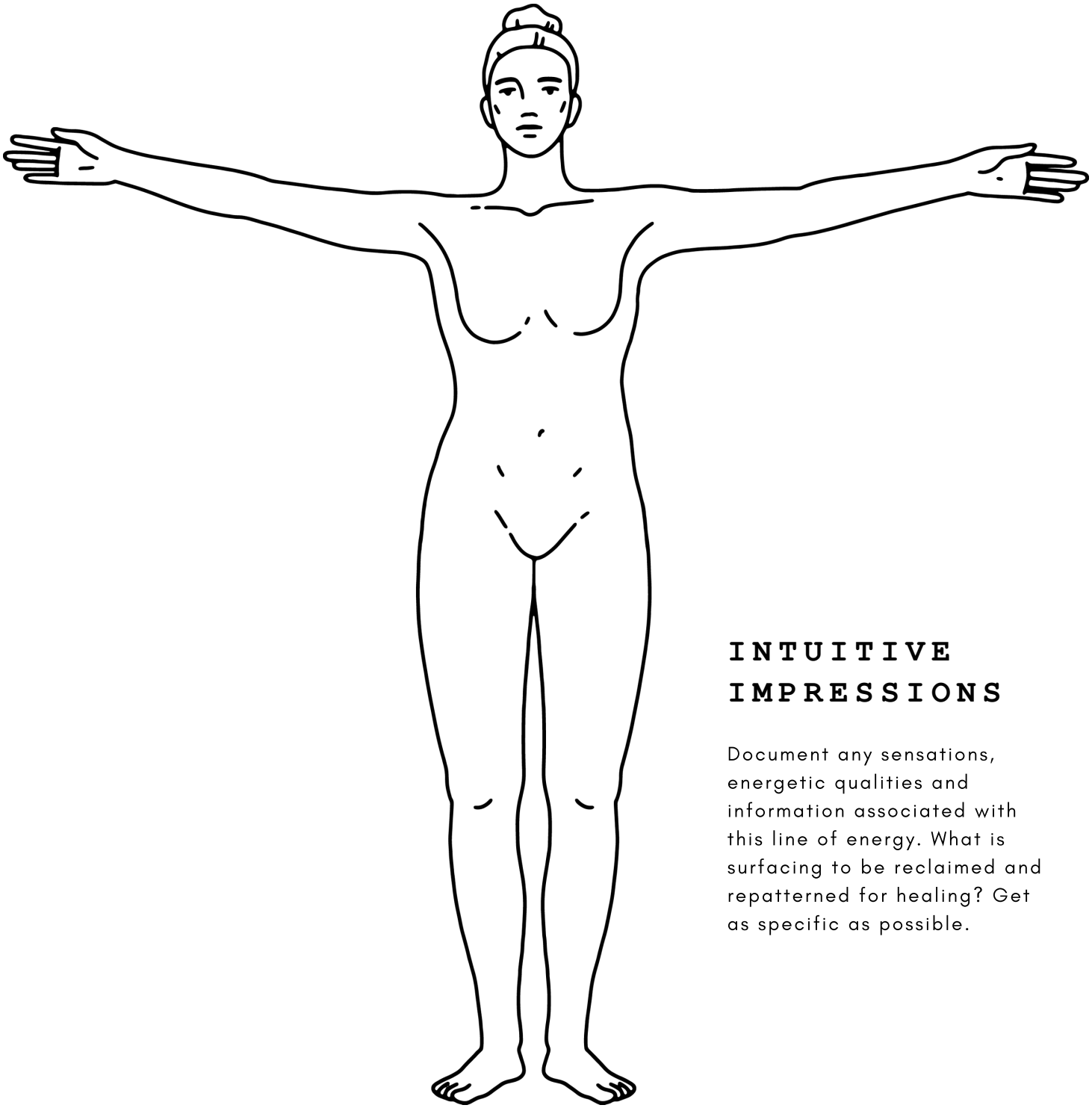
© CHAKREDY®

TOP

LINE 3: REPATTERNING



INTUITIVE IMPRESSIONS

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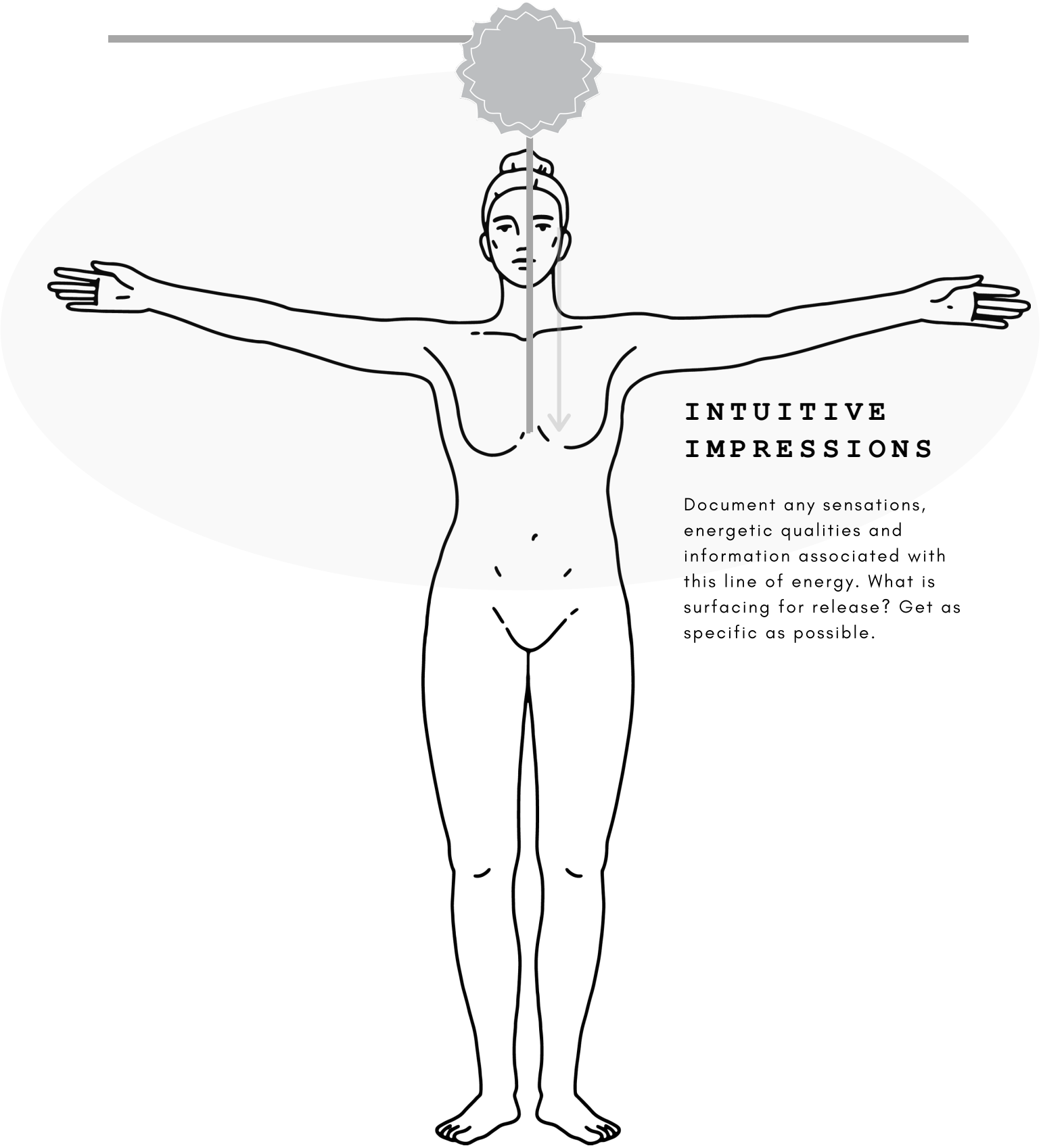
BOTTOM

LINE 4: CLEARING



INTUITIVE IMPRESSIONS

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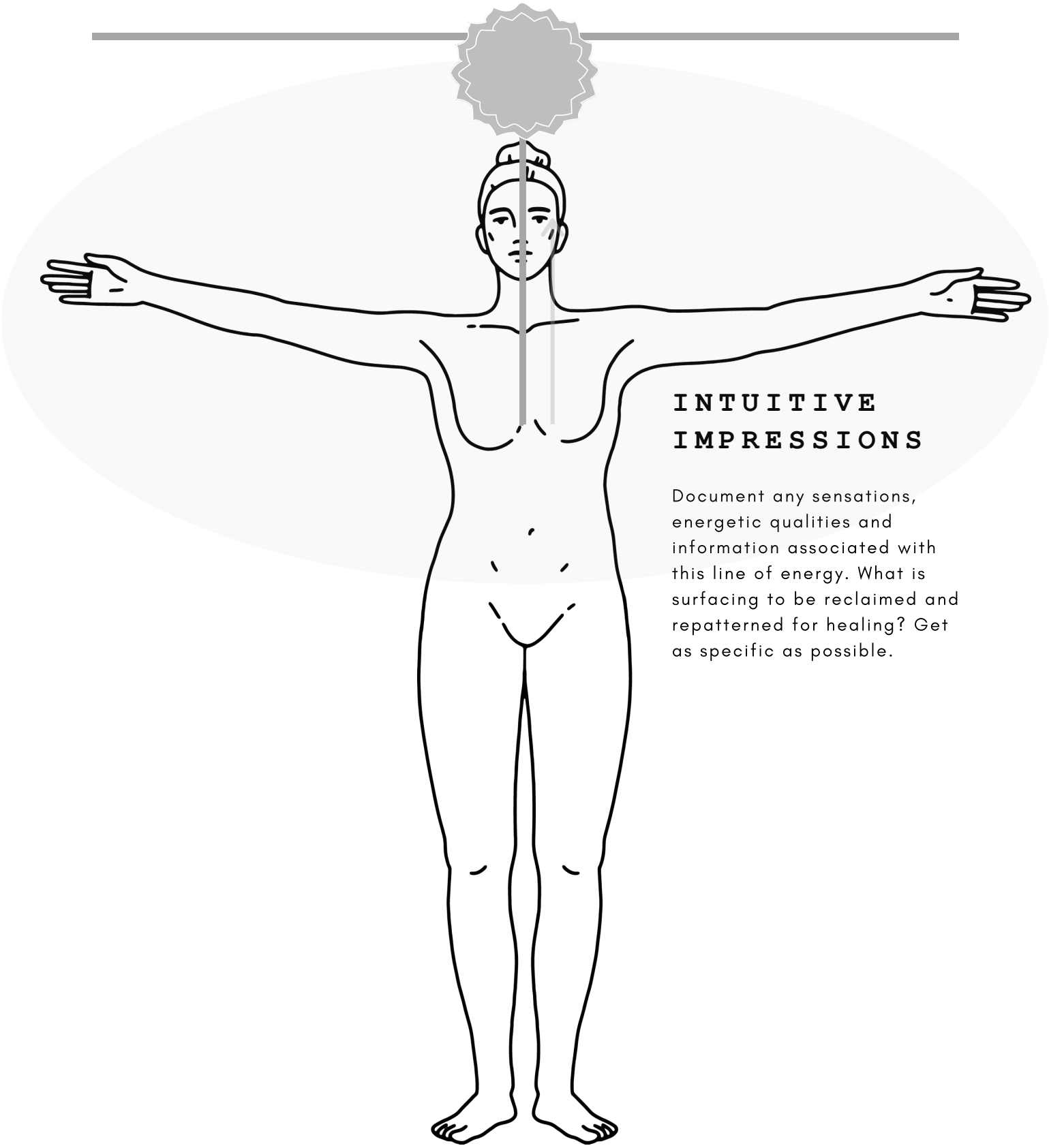
BOTTOM

LINE 4: REPATTERNING



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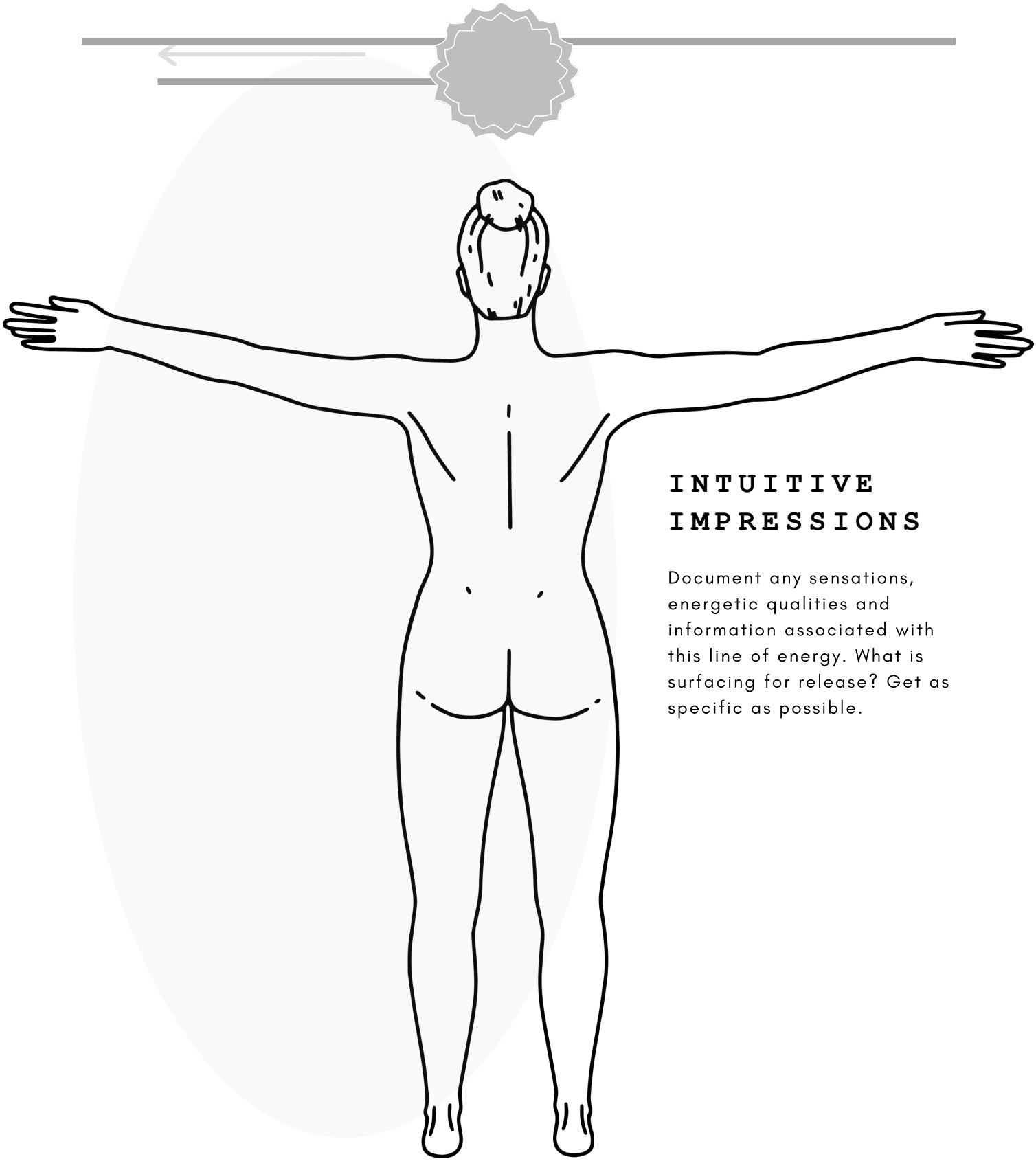
LEFT

LINE 5: CLEARING



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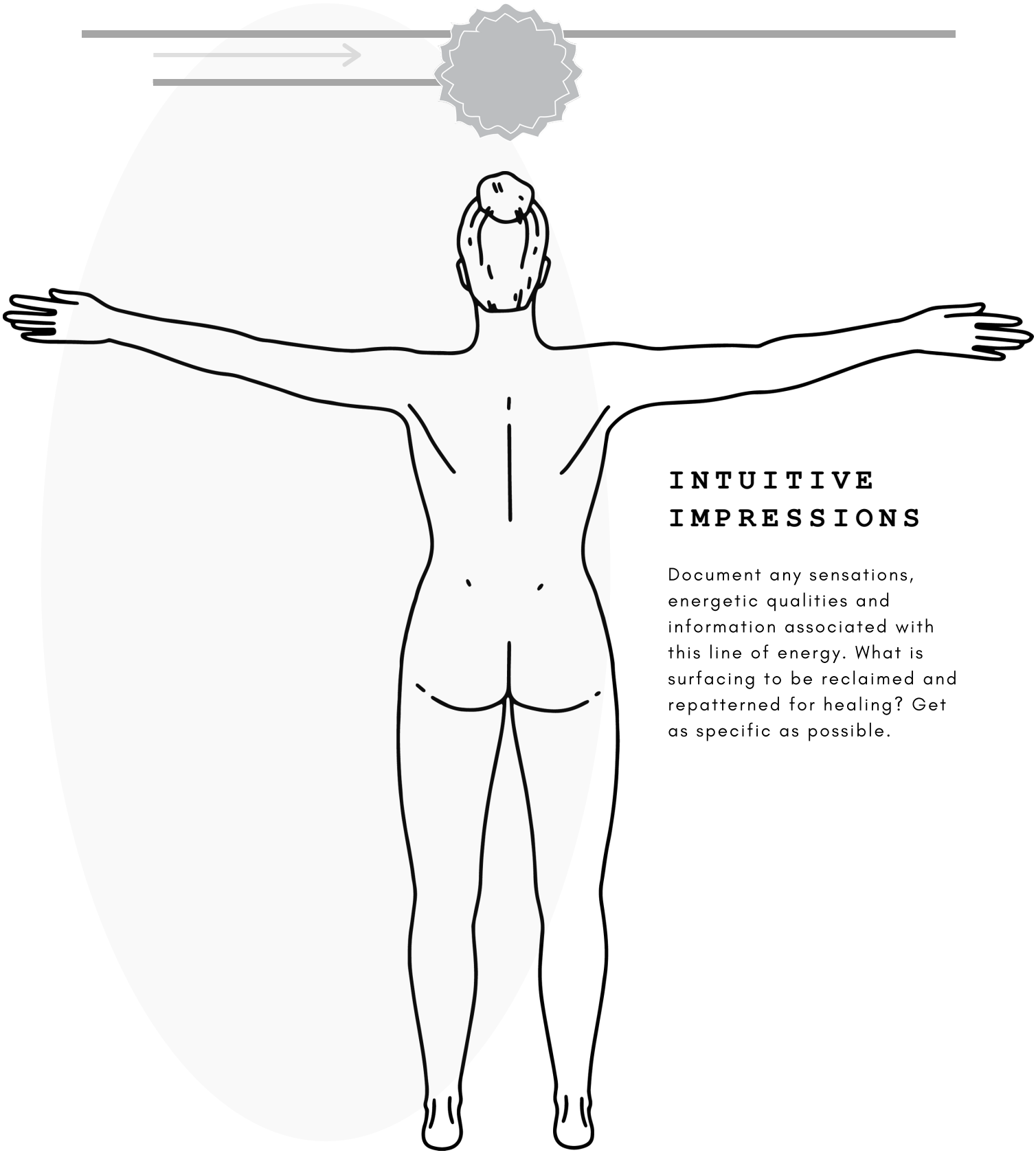
LEFT

LINE 5: REPATTERNING



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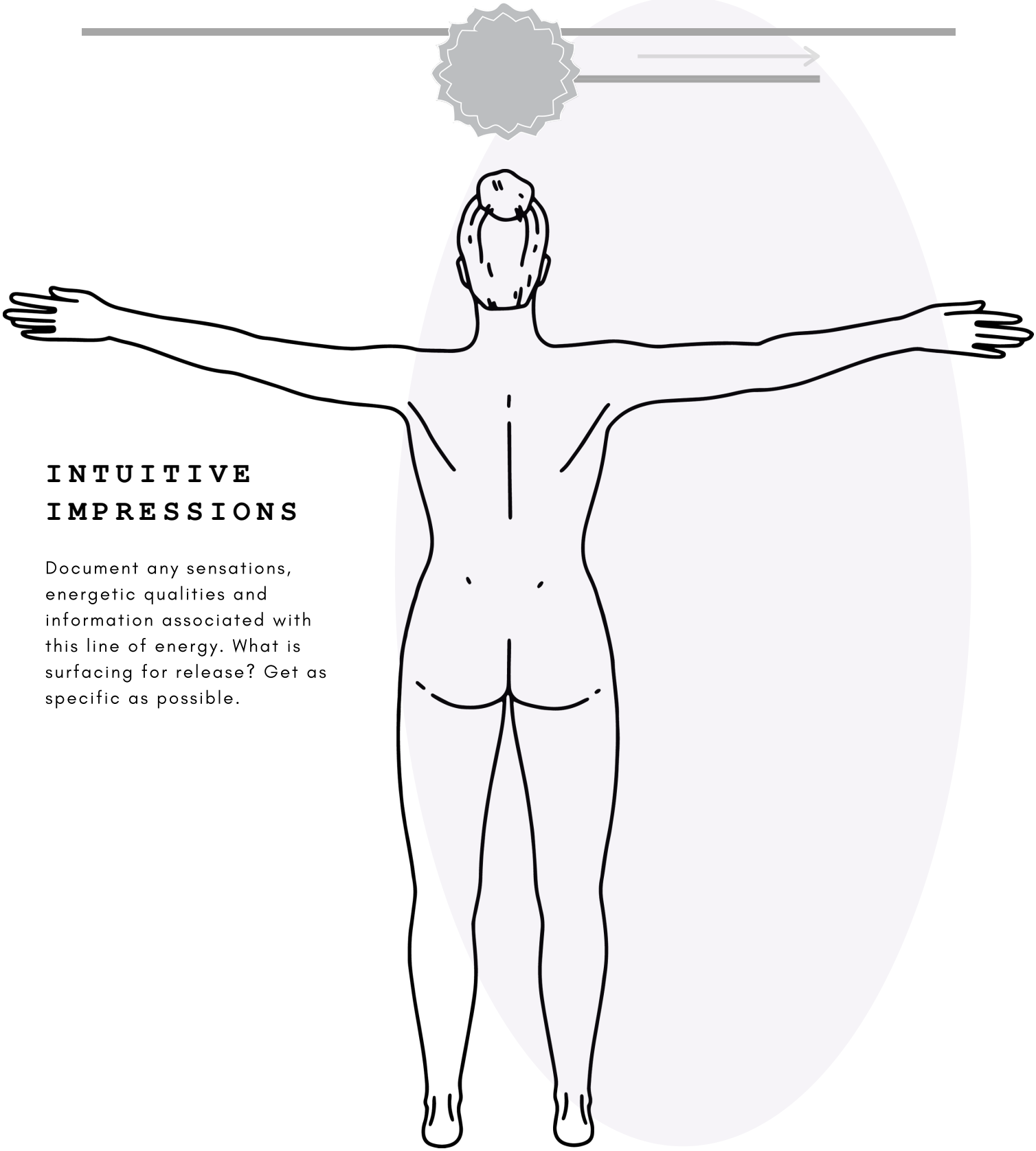
RIGHT

LINE 6: CLEARING



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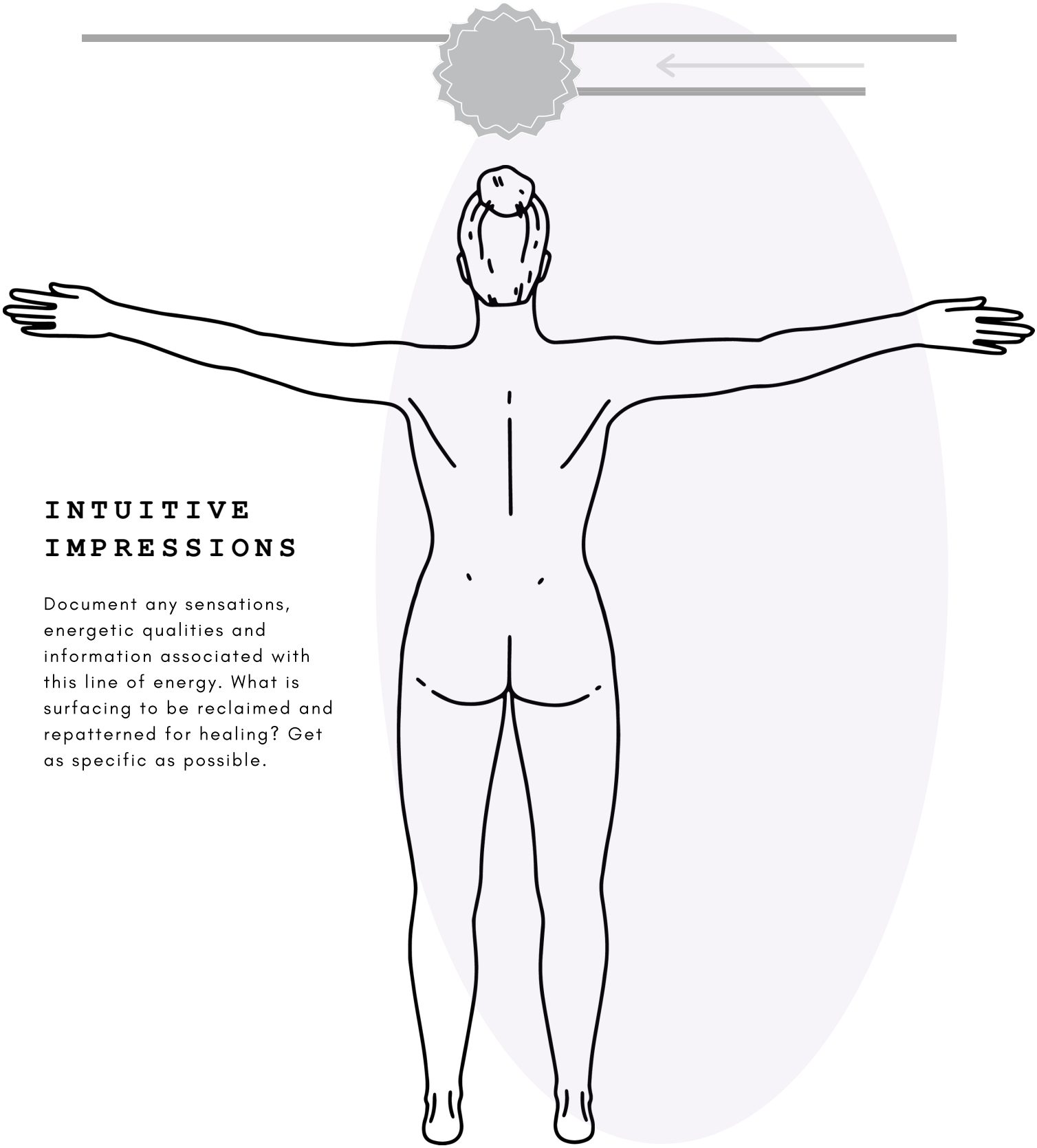
RIGHT

LINE 6: REPATTERNING



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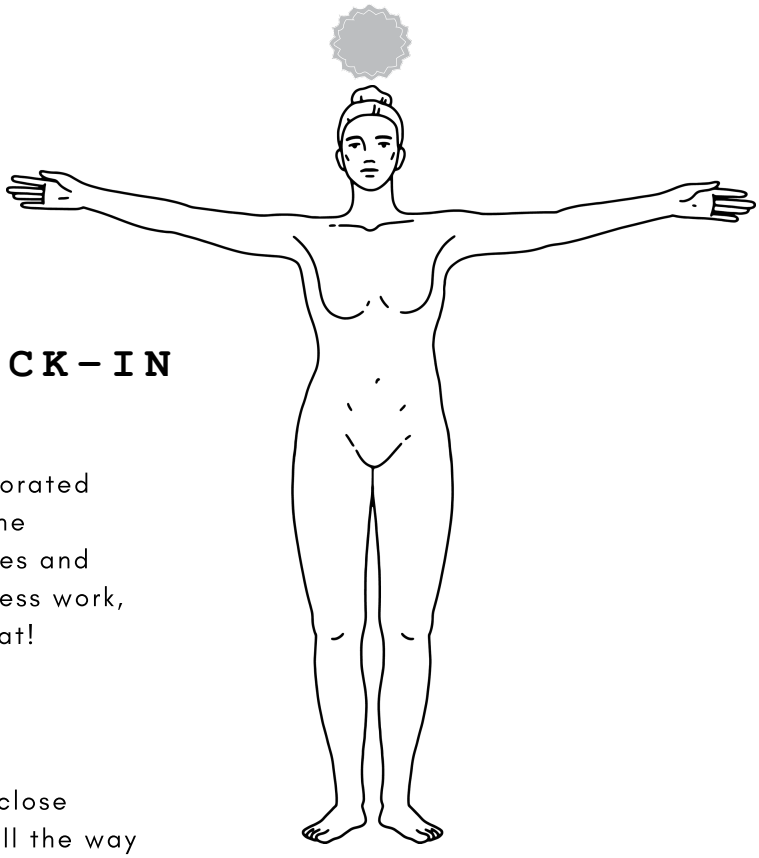

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