



CROWN CHAKRA

Hello, and welcome to the crown chakra.

I'm so happy that you're here and perfect timing with the rainbows in the background. It's going to be some interesting lighting.

So, congratulations. You have connected with being crown chakra dominant and that is quite a fun energy to work with. Like all of the energy centers, each one is intuitive. There is the potential to tap into as well as the common challenges that are experienced when you do have this heightened ability to perceive energy from the center.

The crown is located right above the crown of the head, and it is the energy center that connects us with the divine, with source energy, with spirit. While it has all of these beautiful qualities and abilities, and governs energies such as purpose, connection, peace, faith, there's so much to explore here. It can also be a challenge area when it comes to feeling disconnected or lost, or really getting stuck in the ego.

Crown chakra deviation or a spiritual bypassing can show up here, where there is resistance to actually being in this physical body and physical reality. There can also be, I would say one of the really common energetic ailments that I see at the crown chakra is feeling disconnected from the mystery and the magic. There's a lot to explore here.

Some of the ways in which you may experience intuitive information coming through at the crown are through signs, through synchronicity, through confirmation chills as I like to call them, those divine surges of energy where you just get that confirmation that something is true. So, these are some of the ways that the crown chakra speaks, and some of the ways in which we can get engaged in dialogue with the crown.

In order to support the crown chakra, I want to talk with you today about the primary energy of this center from the [chakraty 00:02:28] perspective of course. This energy is connection. Connection is to the crown, what grounding is to the root. So, the root and the crown are a little bit different as far as the energetics of embodiment go, in that the other energy centers, we're really looking at the way that these primary energies fully encompass the center and radiate out. These are, each of the primary energies that we explore can be perceived in that way.

The root chakra and the crown are slightly different in that the root is helping us connect down to the earth and really be present in the physical body. The crown chakra is helping us connect up and really tap into our direct divine connection. You can see that there can be all of these different dynamics around push and pulls. That's what we'll be going into more as we explore lines of energy at the crown chakra.



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Connection is the primary energy of focus that we'll be working with. I want to just take you through a process of connecting in. Connecting in with connection. So, if you want to get comfortable and just close your eyes, you can do that.

But notice your energy at the crown. Because this energy center is not housed in the physical body, it can be slightly different. Pay attention to what sensations you may experience at the crown of the head, and what you might notice about your energy directly above the crown of the head.

We're going to work with connecting at the crown in this way of really calling in your awareness, calling in your energy, and beginning to sense through what you experience in the body. There are six directional lines of energy that we'll be exploring today, all of which offer insight around how to be centered at the crown. Centering your energy here is very important when you are dominant at this energy center because like I touched on at the beginning of this video, the primary intuitive chakra or your dominant discernment center can be this point of ease and really heightened connection, and it can also be a point of struggle because there can be so much information that comes through that center, or it may just be really challenging to get centered and really stabilize your energy at that point of the system.

So, as you connect in with the crown, just notice where your energy tends to go. Do you feel like it's just immediately you're connecting up? Maybe you're looking down at yourself from 50 feet above. Maybe you feel like you're projecting forward. Maybe it feels really hard to connect with this part of your energy. Whatever that is, I want you to just take note of it, and definitely utilize the resources below because they've been created to support all of these different components in working with the crown dynamics, and learning how to center yourself at the crown through this energy of connection.

As you notice what's happening at the crown chakra, see if you can call in the energy of connection, and experience what that feels like. What does that feel like at the center? And what does that feel like in your body? It could feel like... and I'll just give you some examples, because part of this work is really learning how to connect with things that are subtle, and to articulate them to the best of your ability so that you're establishing context and vocabulary for things that often go unnoticed. Because you are experiencing this intuitive information all of the time, you just may not have the context or the vocabulary to articulate what it is that is happening. But it is happening. It's very empowering to connect with that language for yourself so that you can pay attention to the information coming through. And this point of the energy, as a dominant part of your energy, is a powerful access point and portal to working with harmonizing all of the other energies in your system.

Connect with connection. What does that feel like? What does connection feel like for you at the crown? Maybe it feels like it helps you to expand in all directions. Maybe it feels like you are just really supported and connected at the bottom and the tops of your energy. Whatever it feels like, take note of that and write it down.



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Then we're going to connect with the different directional lines. When it comes to the crown chakra remedies, when it comes to the [chakraty 00:08:41] remedies in general, these salts are going to support the process of energy moving out. Oftentimes they can stir up, they can shake up, they can get things and disrupt things and get things moving, to bring unresolved energy to the surface.

That process on an energetic level can be very uncomfortable. It can feel unsettling, it can feel even a bit chaotic. I encourage you to really be with whatever surfaces. Because as you invite these different things that are unresolved to surface, different interferences that may be blocking your ability to really open up and connect at the crown chakra, that there is a process of shedding. In order to release, let go, shed things that are no longer supportive of you, there must be a willingness to really allow those things to surface.

So be with the discomfort if there is discomfort, and invite that energy to release. So, the salts are going to help you do this. The salts work with the clearing, the salts work with helping to shift energy out. There are resources to support this process in intentionally connecting with that. What I'm going to encourage you to do is to take some of your crown chakra salts before you go through this practice so that they can support you in doing this.

All right. You're connecting at the crown, you're connecting with the center of the chakra. Really experiencing what the energy of connection feels like for you at the crown. What does it feel like for you at the body? Then you're going to follow the energy out front. So, really do your best to experience this. To invite those sensations forward. To follow that line of energy out the front of the crown. The mind may get involved in this process, it's very powerful to work with the mind.

It can also serve as an interference if you get locked into the head. Rather than trying and efforting to visualize energy moving out the front of the crown, really do your best to practice noticing sensation in your body, and see if you can follow that line through your awareness and through sensation.

This is a bit more challenging to do with the crown because it's not... at the throat, it's different because you can connect with that physical part of your body. Same throughout the other chakras. At the crown you're working with straight up energy. You're working with straight up energy peeps. That's what's going on.

So, energy moving out. As you connect with this line of energy moving out the front of the crown, notice the quality of this energetic line. Some of those qualities could be that the energy feels really smooth, that it feels like there's integrity to that line of energy, that you have the awareness of the front part of the crown chakra. Maybe it feels really challenging. Maybe it feels like it's hard to access that point of energy. Whatever it is, notice that and see if you can connect with following that energy out to see, is there any type of interference? What comes through for you? This could be any type of intuitive information. It could be a sensation, it could be a word, it could be an image, it can be any way in which you receive intuitive information. If you're crown chakra dominant, that may be through some type of



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divine inspiration, some type of synchronicity, sign, surge of energy.

After you've connected with that part of your energy moving out through the front, then you're going to bring your awareness to the back of the crown. So, first center. Center yourself in this energy of connection. What does it feel like to be connected? And then go ahead and connect with the back of the crown and follow the energy line of the crown chakra out the back and how far out does it go? Really just go with your first impression because we can question so much and second guess any information that comes through. Just practice trusting that first impression, write it down, pause this video, come back to it, and really do your best to articulate this in incredible detail, because it's going to paint a picture for you of what is happening at the crown chakra, and how you can really, really support the energy of this center.

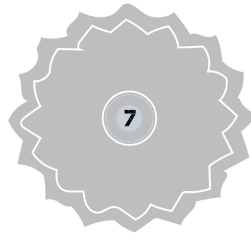
Since we're following these lines of energy out and we're connecting with the salt, so we're connecting with releasing, letting go, shedding and connecting with any type of interference that may be blocking you from the ability to let something go. So, when you're connecting with the back of the crown, see is there anything that comes through around, maybe you get an image of a person, or you have this flashback to some type of memory or some type of story or some type of trauma that you've experienced that wants to show itself to you and reveal itself to you, so that it can be seen for what it is in order to release some type of energy connected to it.

This is where things can get uncomfortable. Just being present with what surfaces in order to see it for what it is, and then allow that energy to release. If something comes through for you that feels like it's important to follow, pause this. I'll keep saying that. Pause this video. Take the time to allow that information, that insight in, and write it out. And maybe this inspires a lot of writing and that's great. That is a great form of release too. This is an opportunity to trust your body and to inquire into the energy through sensation, through the body's ability to reveal what's surfacing for healing. Because clearing and releasing and shedding is a huge part of the healing process. It creates space to then bring in, to repattern, to anchor in other healing energies.

There's so much to touch on. You've connected with the front, you've connected with the back. Now you're going to connect with the top line of energy. You are just going to bring yourself back to that centered energy of connection at the crown, and follow that line of energy up with the intention to release whatever is no longer in alignment with the potential of your crown chakra.

Following this line of energy up, noticing the quality, the energetic integrity of the top part of the crown chakra. Does it feel like it's just, whew, you can go up, no problem? Does it feel like maybe there's some resistance, or it can be a little scary to connect up? Whatever comes through for you, anything, any flashes, any information, go with that. Write it down.

Once you've connected with that, you're going to go back to centering yourself in the crown. Connection, embodying that energy of connection, and then following that line of energy down.



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Opening up to the insight that's held at the bottom of this energy center. We're exploring the bottom hemisphere of the crown chakra. What does that reveal to you? How do you experience the energy at the bottom of the crown? What surfaces as you hold this intention to let go and release and shed? What surfaces in relationship to the bottom of the crown chakra?

Then you will come back to the center and connect with connection. Then explore the left line of energy that moves out through the crown chakra. Bringing your awareness to the left part of the crown center. What is in store for you there? What comes through for you there? What do you experience? How do you experience the quality of the energy at this part of your crown chakra?

If it's hard to connect with any of these directional lines, that's information in itself so write that down. You'll take your time to connect with this, and go back to that intention of releasing whatever it is that you are working with to release, and see what messages surface in relationship to that in the left part of the crown.

When you've taken your time with that, you'll come back to the center. Connection at the crown, and then follow that directional line of energy out to the right and see what is in store for you on the right side. What is the quality of the energy there? Does it feel expansive? Does it feel tight? Does it feel stagnant? What does it feel like? What intuitive information resides for you here?

If you feel yourself getting really stuck in your head, then just go back to that energy of connection. I find that it's easiest to, once you have connected with an energy, and it's funny to say connect with connection, but once you've connected with an energy and you know what that feels like in the body, then it's much easier to go into that energetic space, rather than trying to access that energy through the mind, rather than trying to think your way into connection and trying to think about, what is connection like? Accessing it through the head that you're going into the space of, what does connection feel like? Then it becomes more automatic that you can access that energy of connection.

Once you've gone through this, awesome, you've got a wealth of information to work with. Why even explore these directional lines? Well, now that you've gone through the front, the back, the top, the bottom, the left, and the right, you can see that there may be parts of your energy where you feel very dominant. Where you feel dominant in this chakra dominance. It could be the front part, it could be the top part.

What happens is when your energy is dominating in a way that can pull you off center, it's really helpful to bring your awareness to the opposing part of that energetic line. I like to visualize or connect with this as reigns. You've got the reigns to the front and the back. What happens if you get pulled forward at the front of the crown chakra? Well, you engage and activate the back. What does that do when you're actively and dynamically engaged with this plane, with this align of energy that runs in both directions? Then that helps to really get you centered.



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We can operate from one part of our energy for all of our lives and that can create a very linear way of being. So when we become more aware of all of these directional poles, then we can engage and dialogue with our own energy and the information coming through from a much more centered place. When we're centered in a particular center, we are present.

Presence is presence. We're able to access presence by being centered in all of these different directional poles. Front and the back, when we're centered, we come into present time. The top and the bottom, heaven and earth, help to center us into this physical body and experience.

There's so many ways to connect with your energy. Getting in direct dialogue in this way where you can see where one area may be having a lot of say, or a lot of pull, that it's powerful to get engaged and to activate the areas that may be more dormant, or may be more challenging to be in communication with.

That is the magic of connecting in with all of these lines of energy, is that you can learn how to be more centered and present at the crown. When you are more centered and present at the crown, then you are more aligned to receive information, and it creates a greater sense of ease all around. Doesn't change your circumstances, but it will support you in your ability to respond differently, and experience a greater sense of ease in your physical body and in this physical reality. Because the challenge with crown chakra dominance is to operate from way out there. It's important to bring it in. You're a human being having this spiritual experience, and so having your energy fully inhabit your physical body is absolutely essential to your health. When you bring your energy into your body, your body knows what to do and it can heal.

Then with the rollers, when it comes to the crown chakra roller, the rollers support bringing in healing frequencies. They support a reclaiming of parts of your energy that may be scattered out and all around. They support the anchoring and the embodiment of healing energies.

When you work with a roller, I recommend that you go through this practice of connecting with the directional lines, but that rather than following those lines out, rather than connecting with how your energy is extending out from you, connect with where your energy is out there. Then work to actively engage and bring it back into the center. You're following those lines of energy, but you're following them inward. You're noticing what intuitive information comes through around reclaiming this part of my energy.

For example, if beginning with the front line of energy at the crown, I know I'm... this is all, there's a lot of hand movement going on. When you are following the front line of energy forward from the crown chakra, and you're doing that going out, you can see what interferences show up. If you're really out there a lot, connect with where your energy is, and then start to follow that energetic line back. Notice what stands out to you about the quality of energy going in this opposite direction back towards the center. Are there any interferences to really reclaiming parts of your own energy? Or allowing healing energy to come through and anchor itself in, where might there be resistance? You hold all of this



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insight within you. Just simply setting that intention and beginning to move into this place of inquiry and getting really specific through these directional lines, is an amazing way to connect with the wisdom that your body has in store for you, that is always present for you, and to engage with that information directly.

So go ahead and follow each of the lines. I encourage you to do this once you have applied the rollers. Go ahead, connect with the front, connect with the back, see how that information may differ from following those lines of energy out, and the process of releasing and clearing. And definitely take advantage of your resources below.

If this is exciting to you, if it's exciting for you to connect with all of these directional aspects, there are so many ways to deepen your awareness and knowledge in that area. The opportunities are endless.

I am so grateful that you've taken the time to connect with this information, to work with these powerful remedies, and to really connect with the wisdom that your body holds.

Thank you so much for being here, and wishing you powerful crown chakra connections. Bye.