

CROWN CHAKRA INTUITION

LOCATION + ASPECTS

--CROWN--

PURPOSE-CONNECTION-FAITH-ALIVENESS-CHANNEL-
DIVINITY-PRESENCE-PEACE



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1.1a Crown Chakra Intuition



CROWN DOMINANCE

WHAT DOES IT MEAN?

When you display crown chakra dominance, your relationship with Source energy guides all insights. The language of signs and synchronicity may be a strong form in which your intuition speaks. One key indicator for crown chakra dominants is that they receive many intuitive confirmations through chills. A crown chakra dominant is able to see the light in all things and may have a hard time identifying or working with shadow energy. Like all things, it is important to acknowledge the spectrum, so this may be an area to intentionally explore to develop your intuitive muscle.

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 REFERENCE

PRACTICE

List out everything you associate with the crown chakra aspects, create your comprehensive crown reference

Your Crown Chakra Strengths

Write them out

Your Crown Chakra Challenges

What are they?

notes



CROWN INTERFERENCE

LAYER EXPLORATION

This is the time for you to work with beliefs, behaviors and patterns associated with the crown chakra and its aspects.

Physical

List any physical disturbances to this area. This may include scars, injuries, physical trauma, etc.

Mental

List out harmful thoughts and beliefs associated with the crown chakra and its aspects

Emotional

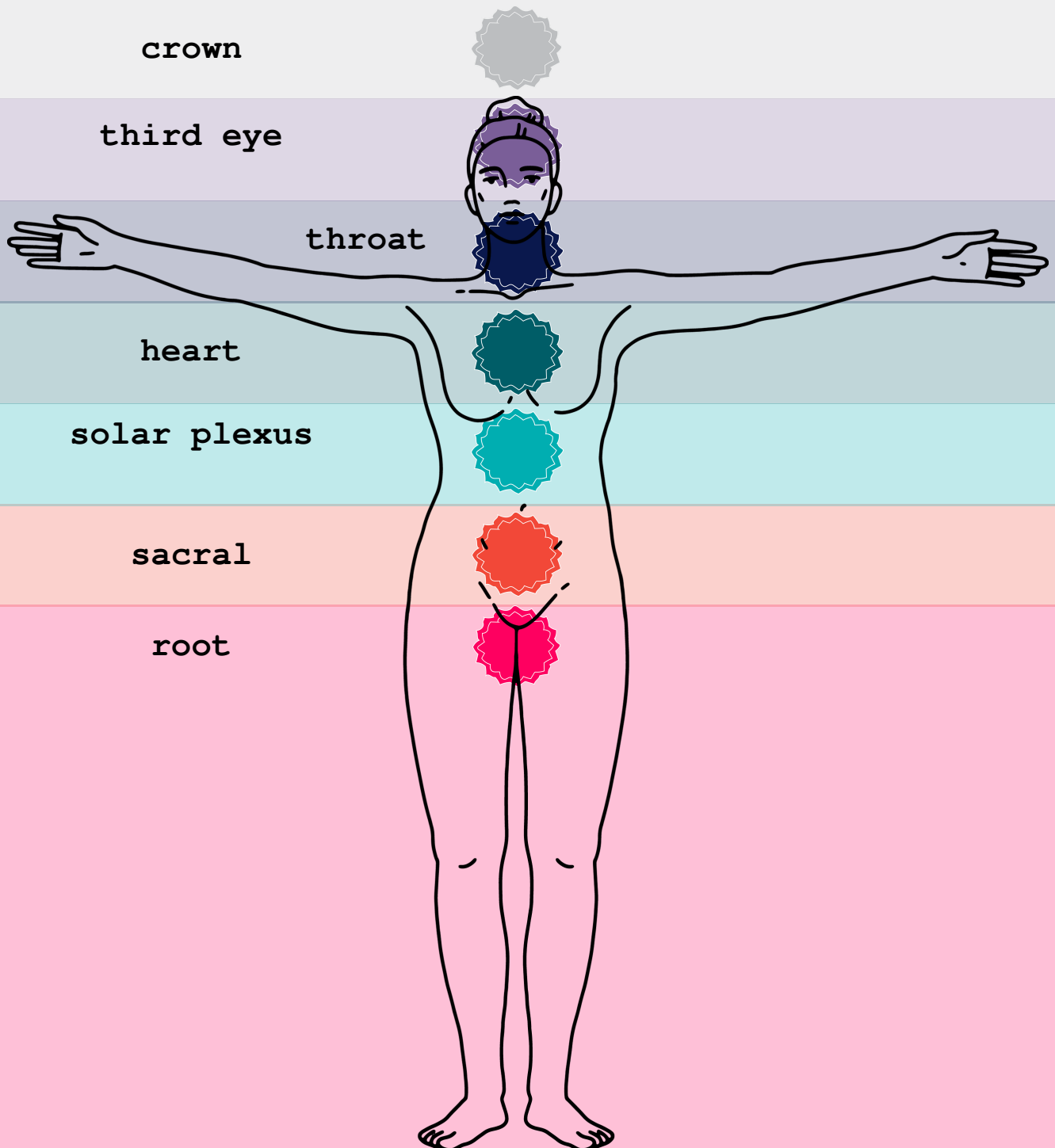
Identify toxic emotional connections and holding patterns related to the crown

Spiritual

Note any spiritual associations in need of support at the crown level

THE CHAKRA SYSTEM

BEYOND SPINNING BALLS OF LIGHT

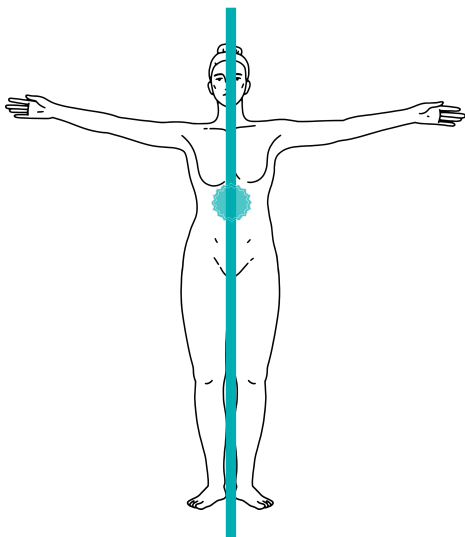


INTUITIVE INDICATORS

RESONANCE + DISSONANCE

INTUITIVE INDICATOR (II)

An Intuitive Indicator is a Chakredy® term used to describe a specific intuitive sensation or impression. We can associate intuitive indicators with directional aspects at each chakra for further intuitive clarity.

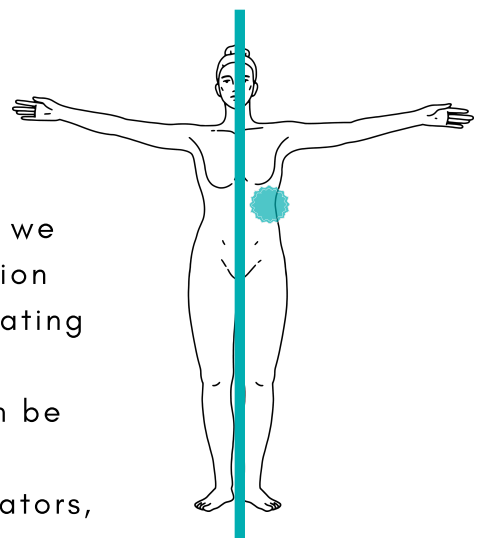


RESONANCE

When anchored and aligned at a particular chakra, energy is fluid. We are able to experience intuitive resonance easily. Information comes and energy flows.

DISSONANCE

When areas of an energy center are stressed, we can identify the specific sensation or impression (Intuitive Indicator) and how this is communicating non resonance/dissonance. This is precious intuitive information. However, because it can be challenging to identify without some sort of context, we often feel blocked by these indicators, doubt surfaces and we override the information.



INTUITIVE INDICATORS

INTUITIVE PATHWAYS + DIRECTIONAL ASPECTS

RESONANT + NON RESONANT INTUITIVE PATHWAYS

Resonant and non resonant/dissonant information are both intuitive pathways. Through the Chakredy® lens, the non resonant information is what signals your system to listen and pay attention. It is the Intuitive Indicators that flag non resonance that we'll be exploring.

When we're aware of how these Intuitive Indicators/stressed expressions highlight points in our energy, we can operate from a place of centeredness and observation. This allows us to receive intuitive information with a sense of fluidity. We can notice the pulls and movement away from a particular energy center without being completely ripped away from our energetic anchors (chakras).

As this skill becomes more refined, the various stressed expressions/Intuitive Indicators can be sensed before they fully manifest. This supports sustainable energetic practices so that you are not disoriented after every intuitive indicator hits. You will not require major energetic recovery as a result.

DIRECTIONAL ASPECTS

We will be working with 6 specific Intuitive Indicators at each chakra. The 6 indicators are each associated with a specific direction (front, back, top, bottom, left, right). The directional pull/movement communicates how we can tap into these indicators through sensation and how the energy generally presents in relationship to the physical body and the 3 planes (frontal, transverse and sagittal).

*This is how the Chakredy® Framework structures intuitive placement at each chakra and provides language for intuitive impressions and sensations.

CHARTING

SENSATIONS + IMPRESSIONS

KEY

Symbol

Indicator/Directional Aspect

front
body



back
body

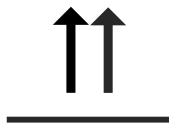
Projection

front
body

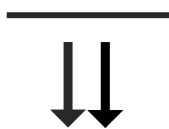


back
body

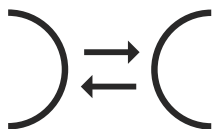
Retraction



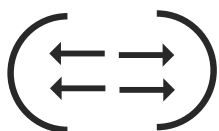
Disconnected



Suppressed



Weak



Forced

CHAKRA ANCHORING

ENERGY ALIGNMENT + RESONANCE

CHAKRA INTUITION + RESONANCE

When an energy center is anchored and centered it indicates resonance and flow within the energy system.

CHAKRA INTUITION + NON RESONANCE

When energy at a specific chakra moves or is pulled in any particular direction away from the center, this indicates non resonance/dissonance. These sensations and impressions of dissonance are intuitive indicators.

