

## **CROWN CHAKRA – Crown chakra activities**

### Worksheet 1

After activating your crown chakra by reading the crown chakra handout, **list** everything that resonates with you or you can relate to from the past and present.

Balanced characteristics

Physical Disorders

Traumas/Stresses

Emotional Aspects

Mental aspects

Specific Emotions

Negative Beliefs (which beliefs can you relate to feeling)

Spiritual Aspects

Goals and affirmations (When you read each one, which goals don't resonate with you but would like to!)

## **Crown Chakra**

The crown chakra is about the right to know and to learn. It is about thought, information, understanding, consciousness and meditation.

The main goal of the Crown Chakra is to expand consciousness and spiritual connection.

Transcendence and immanence are also characteristics associated with the crown chakra. Going beyond the physical and belief in the divine within, bring us closer to liberation and joy.

When in balance, characteristics of the Crown Chakra are faith in a divine energy source, ability to perceive, analyze and assimilate information, intelligent, thoughtful and aware thinking, open mindedness, ability to question, spiritually connected to self and the universe, wisdom and mastery, broad understandings, ability to see the larger pattern, ability to trust life, selflessness and psychic development. When in balance, energy flows easily.

Consciousness by definition is to become aware of one's own existence, sensations, thoughts and surroundings. It is awareness of the thoughts and feelings, collectively, of an individual or of an aggregate of people and even awareness of being aware. Expanding consciousness is to increase your consciousness.

Increasing your connection to your own spirit, higher self, the universe, Divine Source or Spirit is a key aspect of the Crown Chakra. Having a connection, belief and feeling that 'the universe has my back' is a comforting up lifter even if we don't feel it all the time.

Attachments, fixations and addictions hinder the expansion of growth in the crown chakra.

Stresses and traumas such as forced religiosity, excessive authoritarianism, misinformation or withheld information, education that thwarts curiosity and invalidation or shame of one's beliefs, all block energy flow to the crown chakra.

Apathy, over thinking, disconnection towards your own self, rigid belief systems, self-pity and despair also bring the crown chakra out of balance.

Meditation is one of the most important aspects of the crown chakra as it allows our crown chakra to expand our awareness even wider without getting overwhelmed. It helps us retain our centre.

"Meditation is as essential to nourishing the spirit as eating and rest are to the body." Wheels of Life, Anodea Judith

In the next audio, we will be using our Bush Flower Essence, so have the bottle handy!

## **Crown Chakra Goals** Worksheet 2

I know what is right for me.  
I am successful.  
I am in charge of my life.  
I follow my life path.  
I trust the wisdom in me.  
I am true to myself.  
I am free to choose what I love.  
I live my passion in life.  
I am at peace.  
I think clearly.  
I am motivated.  
I am connected.  
I look within where I am safe and loved.  
I use my psychic abilities

List the goals you would like to resonate with more?

**(Continue with crown chakra audio 1) You will be needing your Bush Flower Essence at the end of the audio**

## **Crown Chakra - Releasing attachments**

### Worksheet 3

In Eastern healing, attachment is seen as the basis of suffering.

We stay attached because we are defending our suffering. Sometimes suffering becomes so 'normal' in our life that it becomes part of our identity. We get used to defending this part of our identity.

Attachments come in many forms; fixating on something external, our need to control, our desire for a certain outcome, the reward.

Attachments can also be addictions. We become attached because it serves a purpose. Attachments cause pain and keep us anchored in time, unable to move forward and expand.

What is the purpose of the attachment, fixation or addiction?

To avoid pain, to avoid some aspect of growth? How would you suffer if you did not have it?

Avoidance is also a form of attachment. Being attached to not doing something/having something. Being attached to avoiding, or our unwillingness to deal with something that we feel inadequate about.

Letting go of an attachment is to release our fixation upon something external, to relinquish control of how we feel and relinquish control of a desired outcome.

Surrendering, releasing or handing over our attachments, lifts us into a higher space for our best and highest good. By doing this we grow and expand our universal identity.

## **ATTACHMENTS**

**Attachments cause suffering and keep us anchored in time.**

### **Attachments we identify with -**

People

Situations

Things

Injustices/events/hurts – past/present

Any 'same' thing that charges you up on a regular basis

### **Addictions**

Alcohol

Drugs

Nicotine

Sugar

Food

### **Fixations**

On an outcome

Control

### **Identity**

Risky behaviour

Victim mentality (why me)

**Any I AM statement – being attached to something we identify with**

### **Body (physical)**

I am fat

I am unfit

I am the clown, I am a victim, and I am single

### **Emotions**

I am sad [you are actually experiencing sadness}

I am anxious (you are actually experiencing anxiety)

### **Thoughts/beliefs**

I am not good enough

Life wasn't meant to be easy

Nothing works out for me

I am poor

I am suffering

I am unworthy

I never get what I want

### **Avoidance**

Being attached to avoiding, or our unwillingness to deal with something that we feel **inadequate** about

What are your attachments, addictions, fixations, and avoidances? List some here.

Choose one priority attachment from your list. What is the **reward** you receive from this attachment, what good feeling does this attachment make you feel? I.e. comfort, familiarity, closeness, control, importance, relief, distraction from my issues, pleasure, peace, fun, certainty, feeling safe and protected, strength, defending or honouring an injustice, reminds me to look out for myself, or others, staying connected, reinforces a belief or thought (the universe keeps prompting me to deal with this belief and so provides me with situations that reinforce this belief).

Is your attachment an avoidance of something you need to do, but haven't done?

When did your attachment/fixation start? How many years/months ago?  
What was going on in your life at this time? Was there uncertainty,  
disconnection, anger, an injustice? Why do you think you started this  
relationship with your attachment?

When we think about releasing an attachment there is initially some kind of pain or feeling we feel. What would you feel, or what is the pain you would feel if you gave up this attachment? E.g. uncertainty, disconnection, fear, grief, despair, emptiness, anxiety, irritation, boredom, insecurity, exposure, being vulnerable, loss of part of my identity, my injustice would be in vain, the unknown, being alone etc. or what is it?

Did you experience any similar feelings (from the above question) around the same time as you started or noticed your attachment?

Is there anything you are missing out on by having this attachment? What are these things? E.g. health, intimacy, time, energy etc. Would you like to have these things or do you fear having these things?

List some feel good **healthy** practices that you enjoy doing today that you could do more of (when you have more time and energy) instead of engaging in your attachment. They could be as simple as walking barefoot on the grass, sitting reading in the sun, creating things from your passion, vigorous activities, yoga, meditation, meditative activities, me time.

If you were to release the attachment you've written about, what positive changes may happen in your life? What may you feel?

**Continue with Crown Chakra audio 2 Releasing an attachment**