



Crown Chakra

Sahasrara (Ultimate Source of Awakening) Thousand Petal Lotus flower

On a Spiritual level: Crown Chakra represents transcendence & universal consciousness. This is where we disconnect from illusion & attachments found in the lower chakras and open up to our Universal Identity. It's here where we merge with Source, God, Spirit, Divine Intelligence ... or what ever you call it. This is where we expand & merge into oneness with all that is.

On a Physical level: Crown Chakra governs the brain, the master organ of your Central Nervous System. This energy center is intricately connected to the cerebral cortex, which influences your ability to have mental powers & intellectual capacity.

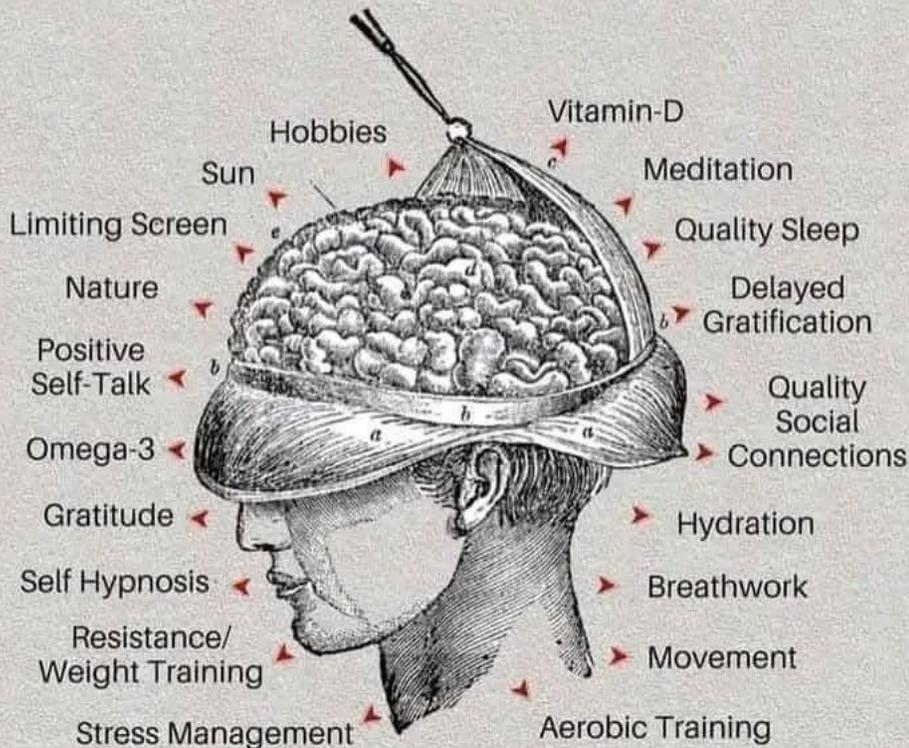
On a Mental level: Crown Chakra deals with dimensions of the mind. The element for the Crown Chakra is Thought, which is one of the most powerful elemental forces to gain mastery over. Thoughts are not just ideas that pass through us, they are energetic patterns that shape our perception, guide our choices & construct the reality we live in.

Mind Magic

Working with the Crown Chakra calls for you to witness the quality of your mind and be curious about the beliefs that shape your perceptions. It calls for you to notice where you may be clinging to inherited ideas or outdated narratives that no longer serve your expanded fullness. Honest, on-going evaluation of your thoughts & belief patterns supports you with identifying areas of your mind ready for healing, release or expansion.

1. **Witness:** observe your mind without believing every thought
2. **Choose:** decide what thoughts deserve your attention and energy
3. **Create:** plant thoughts that support clarity, courage & possibility

Take Care of Your Brain



THE MIND IS A
POWERFUL FORCE.
IT CAN ENSLAVE US
OR EMPOWER US.
IT CAN PLUNGE US INTO
THE DEPTHS OF MISERY
OR TAKE US TO THE
HEIGHTS OF ECSTASY.
LEARN TO USE
THE POWER WISELY.

DAVID CUSCHIERI

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