

Magical Mothering Method

Crown Chakra Initiation

Month 7: Crown Chakra

Week 25: Initiating and Activating the Crown Chakra

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Being Connected to the One

There is an aspect when we have a whole crown chakra that we see or know our connection with everything else in the universe. Yet, it is also vital to remember that us as an individual is just as important to the whole. Just as our finger is vastly different than the heart, we as a unique individual is vital to the whole of the universe. Our job when activating the crown chakra is not to become unite ourselves and change who we are, or to drop our egos, but to integrate our uniqueness selves into the oneness of all that is. To feel that we are an important part of the whole is a sign of a healthy crown chakra.

We are best when we are a part of the unity of the one, rather than working against it thinking we are alone in this journey. We have a vital relationship to cultivate with the great spirit, source, God, or higher power. This is a relationship that takes trust, healing, and openness.

Crown Chakra

Sanskrit name: Sahasrara

Location in the body: Top of the head

Color: White/ Rainbow of Colors or light spectrum

Symptoms of Closed, blocked or injured chakra: Disconnected from spirit, constant cynasism regarding the sacred, disconnection from body, living in your head, disconnected from earthly matters, head in the clouds, obsessive attachment to spiritual matters, closed-mindedness, Isolation, inability to connect with others, lack of direction, inability to set or maintain goals, feeling

disconnected spiritually, Neurological disorders, Nerve pain, thyroid and pineal gland disorders, alzheimers, recurring headaches/ migraines, schizophrenia or delusional disorders, insomnia, depression

Stones: Clear Quartz is by far the most powerful crystal for healing the crown chakra as it connects us to ancient wisdom and frequency. But Lepidolite, Selenite, Clear Calcite, and White Agate can also be used.

Foods: Fasting and detoxing are associated with the crown chakra more so than food. Allowing the body to be purified with water and hydrotherapy. The crown chakra potion offered by the Magical Mother is made with the purpose of clearing out toxicity and blockages in the body.

Activating the Crown Chakra

Opening our minds to all wisdom, unconditional love and acceptance is one of the most powerful messages of our higher selves. Our higher self is the whole version of ourselves. The crown chakra is a way to integrate our higher selves and live our purpose through the use of our physical body. The integration process is what we will be going through in this activation process. Seeing our higher self as a possibility for ourselves is the fastest way to activate our crown.

Initiating the Crown Chakra

As we become our higher self through the activation we will then see that we are one with all else in the universe. We are a vital part of the whole. When we see this clearly we can love not just ourselves unconditionally but everything else in the entire world!

If you have unresolved issues with your higher power, booking a personal session or utilizing the group sessions will be a vital aspect to your healing of the crown chakra. If you are interested in the crown chakra potion, please visit: <https://magicalmothering.com/shop>