

Magical Mothering Method

Crown Chakra Healing

Month 7: Crown Chakra

Week 26: Healing the Crown Chakra

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Healing Your Connection to Source Energy

There is a powerful universal source that is here FOR you. Do you feel it? Did you once know this? When we feel as though God has let us down or forgotten about us, we try to do this journey on our own. This is when struggle and frustration begin to create a foundation for our lives rather than trusting the flow.

There is a powerful emotional connection that can happen when we allow for our crown to open up to the universal source energy. There is an aspect of no longer feeling alone, separated or isolated, regardless of physical aspects going on.

What is your relationship currently with your higher power?

What was your relationship like when you were a child?

What was your relationship like when you were a teenager?

How was your parents relationship with the spirit world?

Did you see angels, spirits, demons?

Did you feel supported in your relationship with your higher power?

Do you have healing that needs to happen from influence from the church, your parents, school or other influences that told you opposite than what you felt directly from source energy?

Does integrating with your higher self feel possible?

What do you see as a challenge in integrating your higher self?

