

The Sound Within Us

Awaken the sound within to restore harmony and balance in your life

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CROWN CHAKRA

The crown chakra is situated at the top of the head. It is the meeting place between the body/mind complex and divine connection to higher consciousness. This chakra connects us to the source of all creation and can only be realized once the other chakras are balanced and active. The energy of this chakra allows us to experience mystical oneness, or the Christ consciousness, with everyone and everything in nature. You have a sense of knowing that there is a deeper meaning to life and that there is an order that underlies all of existence. It goes beyond the limits of your own ego and governs our access to higher guidance, wisdom, soul-level memory, spiritual beliefs, and our higher self. The gift of the crown chakra is experiencing unity and the selfless realization that everything is connected at a fundamental level. It is knowing that we are all one and come from the same creative source. When we realize that everything is interconnected and that we are part of the larger scheme of life, we begin to experience life with gratitude, faith and trust, rather than being filled with fear and anxiety.

Crown Chakra Affirmations

We are all on this Earth to make a difference.

I seek to understand and learn from my life experiences.

I trust my intuition.

I am open to letting go of my attachments.

I live in the present moment.

I am grateful for all the goodness in my life.

I love and accept myself.

I know that all is well in my world.

My life moves with grace.

I am at peace.

I embrace the unity of all beings.

My thoughts are peaceful.

