



A Return to Health & Self-Love

## 7th Chakra (Crown)

Color: violet

Spiritual Truth: "I am an extension of the Divine."

Location: Top of the head

Organ systems/ physical areas: Spinal cord, nervous system, pineal gland

Possible associated dysfunctions: Overactive nervous system, anxiety, sleep difficulties

What secrets did your child of the 7th chakra reveal?

Does she believe the spiritual truth "I am an extension of the Divine."?

What fears or emotions came up for you? (Example: Does God really hear my prayers? Am I being heard?)

## Affirmations

- "I am one with the Divine."
- "I trust my divine self."
- "I embrace my fear of being abandoned by the Divine and I lovingly send my child of fear into the light of the Divine."

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## Take action with self-compassion!

Tips to maintain an open 7th chakra

- Visit a place that is sacred to you to help reconnect with the Divine. This may be a place of worship, a loved one's resting place, or somewhere that was dear to you as a child
- During your meditation, openly ask the Divine for guidance and confirmation. Throughout the week, be receptive to serendipity and the signs you receive

### Essential Oils Checklist

- lavender
- rosewood
- cardamom