

# CROWN CHAKRA – WEEK 7



## INTUITION / DIVINE CONNECTION – DAILY ACTIVITIES

### DAY 1 – LOVE AND ACCEPTANCE OF SELF

Stand in front of a mirror and think about your journey, the things you’ve learned about yourself. Now with as much honesty as you can muster, look yourself in the eye and ask yourself: Do you love me now? Ask your reflection and *really* mean it. Now answer yourself truthfully. After this session record a short video on how you feel.

### DAY 2 – LETTING GO AND BEING GRATEFUL

Go to your quiet place where you meditate. Remember your answer was to yesterday’s question? If your answer was no, you probably spent last night and today thinking about it. Today, examine the lessons you have learned on your journey through your chakras and determine where you still have issues and/or *attachments*. Attachments occur when you feel an emotion about something or someone that has little or nothing to do with you—such as feeling sad because something you perceive as negative happened and you saw it on the news or feeling happy because your favorite team won the game. A person can choose to feel these emotions or not. Where are your attachments? How are they bringing your happiness level down? Can you choose to feel differently about it or simply ‘turn off’ the emotional reaction? Become open to “letting go” and allowing an attitude of ‘everything is well’ to take over. This will significantly lower your stress levels. Once you have determined whether or not all the things causing you grief actually need to cause you grief, and you have let the grief go, move on to the next part.

For those of you who answered yes, and now those who had answered no to yesterday’s question, take a few minutes and think about all the wonderful people and things in your life that you are grateful for. Make your list as long as you can and really feel the reason why you are including that person or thing on your list. After this session record a short video on how you feel.

### DAY 3 – LIGHT BEING

Now that you are more comfortable being human and your vision of self is clearer, it is time to focus on the Divine within YOU. It is time to understand that you literally *are* the Divine experiencing human life. You are a universe unto yourself – You.Are.Divine. Do you cherish and honor this important aspect of your being? The Divine Spark is within us all, and we each have a connection which acts as a guide to Divine/Spirit/Source Energy – it is your Higher Self, which knows *everything*. Do you trust your intuition yet? If you have not yet done so, take this moment to consciously decide that you are now open to messages of Spirit. You will be heard. Now feel the majesty of yourself – You Are a Magnificent Being of Light who hears the whispers of Source. Open your mind to the All and get ready to begin receiving guidance. Let it flow in a meditation as your new Light Self. Record your experience in a video or journal.

### DAY 4 – FINDING GRACE

Do you feel differently today? Do you feel more graceful? If yes, that is Grace. For today’s daily exercise, simply enjoy it for as long as you want. You are feeling your Light within your human body.

But what if you don’t feel that yet? More questions – be like a child asking “Why?” All too soon, you will find that the bottom line is that you carry the spark of life and are, therefore, Divine. It doesn’t matter how imperfect you feel – you are Perfection experiencing Imperfection. Everything is all right. If you were all-powerful and had an eternity, you would want to do something; experiment. Today, look at yourself for the full ten minutes or even the full thirty until you finally see it – your Divinity – acknowledge and accept it. You are no better or worse than any other human being, but we are All One. Take the *whole next day* to feel your connection to everyone and everything

### DAY 5 – TAKE THE DAY TO FEEL YOUR DIVINE CONNECTION

See end of instructions from Day4, above and then record your feelings/experiences/epiphanies by video or journal.

### DAY 6 – YOU ARE LIGHT

For ten to thirty minutes, meditate on the words, “All is well.” All *is* well and in full control of the One Mind of Source. You are safe even in the face of bodily death. Nothing can harm your state of mind of happiness and contentment, if you don’t allow it to. Remember that your life is mostly lived in your thoughts. Whatever your state of mind is your life. Realize that you can *choose* how you want your life to be. Envision what you want, and watch it happen before your eyes. LIVE! The world is waiting for you.

### DAY 7 – WELCOME TO YOUR NEW LIFE

Did you wake up feeling happy today? Did you have that child-like feeling of wonder about what the day might bring? At the end of the day, record a short video on how you feel.