



7th Chakra 7th Gate or Crown Chakra Gate
Reclaiming Authentic Connection with the Divine
with Cayelin K Castell and Sheridan Semple

Inanna Reclaims her Crown



Sanskrit name for the Crown Chakra is Sahasrara (thousand petaled) lotus.

Mystical Oneness, Unity Consciousness
Self-Realization, Gratitude, Grace, Trust

Knowing everything and everyone is connected

Transcends the Small Self so Life is filled with
Joy, Serenity, and Peace

Access to the Akashic Records where Divine
Intelligence (a.k.a. the Zero Point Field or
Unified Field) Underlies all Existence.

When Healthy this chakra gives off high
vibrational energy activating collective
consciousness and receives energy
in return to sustain physical life.



Balanced 7th Chakra

All Energy Systems are Actively Healthy Including:

Anaerobic Alactic (ATP-CP) Energy System (High Intensity, Short Duration/Bursts) ...

Anaerobic Lactic (Glycolytic) Energy System (High to Medium Intensity, Uptempo) ...

Aerobic Energy System (Low Intensity, Long Duration, Endurance)

- **Connected with Essential Divine Nature**
- **Total Access to Unconscious and Subconscious**
- **Where the Body meets the Soul from the Inside Out and Everything is Connected**
- **Gives and Receives life sustaining energy uplifting Collective Consciousness**
- **Where Death and Eternal Life Meet beyond Time**
- **Easy Access to the Zero Point Field (Akasha) where anything is possible**
- **Trusting there is a Divine Plan for All Life**
- **Faith, Trust, and Ability to Create Miracles**
- **Gratitude, Serenity, Joy and Deep Peace**
- **6th Chakra is the seat of Enlightenment, 7th Chakra is the seat of Liberation**



Balancing the Crown Chakra

Meditation walking, sitting, dancing, yoga, whatever works for you

Seva (selfless service)

Organic Ginger, Garlic, Onion, Coconut

Guided Visualization (See Class page)

Invoking the Violet Flame

Peaceful, Quiet Surroundings

Spending Time in Nature

Gems/Minerals:

Tanzanite, Diamond, Sugilite, Selenite, Clear Quartz Crystal, Blue Kyanite, Purple Fluorite, Moonstone, Amethyst



Selenite Cave



TANZANITE



Blue Kyanite helps balance all the Chakras, especially the Crown Chakra. It bridges any energy gaps caused by emotional and physical trauma, including loss, abuse, betrayal, broken bones, illness, surgery. Kyanite stimulates the pineal gland and activates dormant psychic abilities.



I am a Being
of Violet Fire
I am the Love
The Light Inspires

Aromatherapy:

White Sage, White Spruce, White Pine, Sitka Spruce, Cypress

Jasmine, Neroli — all blossom essences

Frankincense, Myrrh, Spikenard

Lavender (Highland), Wild Tansy, Cistus



Energize the Crown Chakra as a way to BE present, balancing the brain and the body in loving kindness and compassion. Supports healthy sleep, increased joint flexibility and reduces pain in hands and fingers.

Sit in the Padmasana (Lotus pose) or Sukhasana (Easy pose) and touch the tips of the index and middle finger to the thumb, while keeping the other fingers extended outwards. Gaze down at your hands or raise about 6 inches above your head and chant OM. See more mudras in short 1 min video on Class page.



A Sahasrara Mudra



**Padmasana
(Lotus pose)**



Sukhasana (Easy pose)



Sahasrara

Crown chakra

Spiritual Connection, Unity & Consciousness

See Class Page for 10-minute Video
on Crown Chakra Yoga Workout



Activating the Crown Chakra Through Increasing Prana

Pranic energy is the source of all life.

Prana is subtle, high vibration, universal life force energy, or the total collective energy in this creation.

Pra means *constant* and **na** means *movement*

Therefore, Prana means *constant movement* describing the vibrational nature of energy.

Prana is further activated via the Breath, Yoga, Meditation, Daily Prayer, Positive Thoughts and Positive Pranic foods and Self-Love

Foods that Increase Prana are: Most Fresh, Raw, Organic Fruits and Vegetables, Honey, Soaked Raw Organic Sunflower Seeds and Nuts, and Legumes like Lentils, Mung Beans, Yellow Split Peas, Chickpeas, Beans. They are packed with protein, fiber, and essential nutrients and are ideal when combined with Soaked Whole Grains Like Rice, Buckwheat, Barley, Millet, Oats, Spelt, Coconut, Organic Greens, Sprouts, Spices (especially black pepper).

Foods to avoid that Decrease Prana are: Refined Sugar, Soda, Margarine, Alcohol, Artificial Sweeteners, Processed Foods, Nerve Stimulants, Drugs, Meat, Coffee, Caffeinated Teas



We are Entitled to Miracles

All we need do is claim them.

A Healthy 7th Chakra graciously receives
Miracles and Magic.

Miracles are based on our point of view.
How are You a Miracle?

What Miracle will show up for me today?

Do you see Miracles in
The Sun Rise and Set, Rainbows
Plants, Animals, Stars in the Sky
Personal Connection with Others
Compassion, Kindness, Caring
Generosity

As shared at the 6th Chakra Gate Miracles
Often Happen when we least expect them.
It helps to be open to receive them.



An Unexpected Miracle Rainbow in Tucson

**Magic (and Miracles) is not a practice.
It is a living, breathing web of energy (prana)
that with our permission,
can encase our every action.**

~ Everyday Magic
by Dorothy Morrison

The Power of Blessing

In general, people do not know their function as human beings and it never occurs to them that their job is actually to bless the world.

To bless means becoming conscious that you are alive and that spirit is flowing through you. This realization allows you to see that Spirit is flowing all around and that what is coming through you is coming through everything and that it is all the same.

When you see or sense or feel this you merely say something like, I am Spirit. Let us awake. Let us awake Spirit in everything I see.

While saying this you can look around and bless with your hands and arms outstretched, waking everything up to the incredible power of spirit that flows through everything with great passion and peace.

In response, everything receives a boost, everything celebrates, everything is grateful, and everything forgives its slumber.

If you want to add a little something else to your blessing, you may bestow upon everything that you are experiencing or witnessing the gift of well-being from the bottom of your heart. ~Sandra Ingerman



Remembering How To Pray

*There are a hundred ways to kneel
and kiss the ground ~ Rumi*

*For I have learned that every heart
will get what it prays for most.*

~ Hafiz

Praying

It doesn't have to be the blue iris,
it could be weeds in a vacant lot,
or a few small stones;
just pay attention,
then patch a few words together
and don't try to make them elaborate,
this isn't a contest
but the doorway into thanks,
and a silence where
another voice may speak.

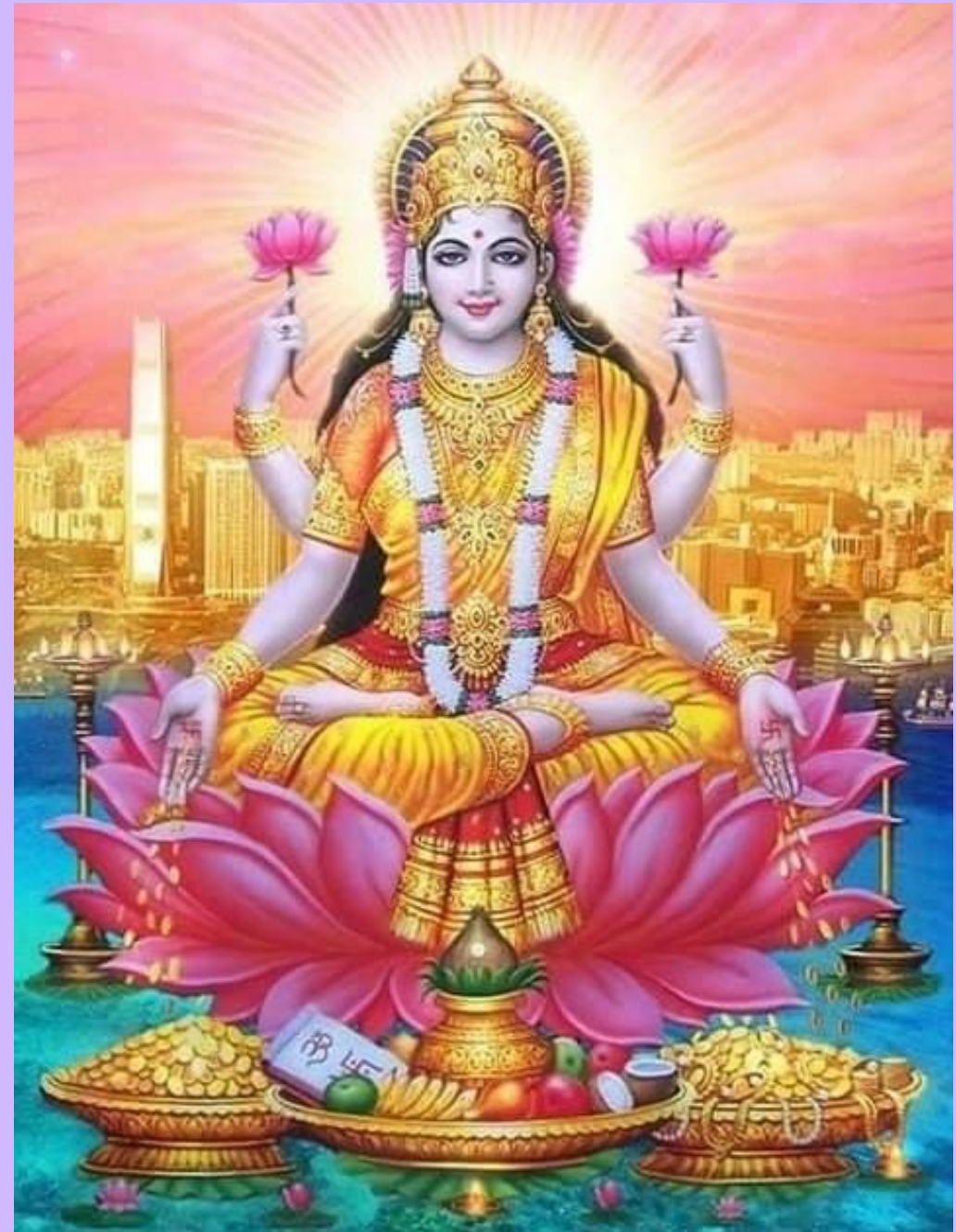
~ Mary Oliver, *Thirst*

Loving Kindness Meditation

May I be peaceful.
May I be happy.
May I be well.
May I be safe.
May I be free from suffering.
May all beings be peaceful.
May all beings be happy.
May all beings be well.
May all beings be safe.
May all beings be free
from suffering.

Updated Personal Version of the Loving Kindness Meditation

I am peaceful.
I am happy.
I am healthy, wealthy, wise.
I am safe, supported, accepted
and Valued with Love and Joy...



Do not worry about living your dream.

End the habit of imposing a goal on your life.

What we achieve is less important than how we live. Life is a play, not a race. Our goals express mostly out of our fear about what life will fail to provide.

Love is the source of all worthy dreams and the power to live them. So, let faith connect you to your body's original and only intent and let your dreams emerge from there.

As you surrender to the passion of love, you will find anything is possible and all good things inevitable.

~ Relentless Love by Edwin Carl Smith

EDWIN CARL SMITH



THE POWER OF A TRANSFORMATIVE LIFE

RELENTLESS LOVE

Transmit Love and Light Designed to Heal You and The World

Transmit Blessings of Divine Light and Love To:

- Your physical, mental, emotional and spiritual bodies for healing.
- The Earth, The Sky and the Cosmos.
- A challenging situation including relationships or any patterns, habits or addictions that are being transformed.
- To your Loved Ones. Be sure you have no agenda when transmitting Love and Light to others. Rather trust the Universe is guiding this energy in the most helpful and beneficial ways possible.

Ways to Transmit Divine Love and Light:

- Create Sacred, Safe Space: a specific altar, smudging, lighting a candle, inviting help from your spirit guides and allies, etc.
- Imagine a Pure Love Light entering your Crown Chakra and Filling your entire Body and blessing all life around you.
- Intend this transmission is aligned with your personal divine design.
- Ask for this Divine Love and Light to be what is most beneficial and supportive to you and the people, places and situations you have in mind.
- Release any attachments to a specific outcome or outcomes.
- Trust the Universe has your back



Transmitting Pure Love and Light

Activation for the Crown Chakra

Make Your Own Crown:

Use Crystals, branches, flowers, or craft a paper crown!

Wear it regularly and when you do, feel the energy of your inner queen fill you.

Put a Goddess Bowl on Your Altar and use it regularly, as a way to focus prayers and practice giving worries to your inner Goddess or Higher Power.



Crown Chakra Demons

Depressed Demon

Self Doubt Demon

Self Destructive Demon

Feeling Enslaved Demon

Refusing to Trust Demon

Divine Discontent Demon

Tired and Exhausted Demon

Fragmented and Scattered Demon

Disconnected from Source Demon

Overworked and Underpaid Demon

Pushing Away Divine Support Demon

Name Yours _____



Re-claiming the Crown Chakra

- **Feel and Express Gratitude and Appreciation for your connection to the Divine within you**
- **Open to receive messages from your crown chakra by meditating, chakra breathing, engaging an intentional ceremonial **walk or dance**.**
- **Journal** stream of consciousness tuning into the Divine Essence seeking expression through you.
- **Watch and notice what synchronistic messages show up for you.**



Journal Questions

What would it take for me to further claim and fully live with 100% trust in myself and my connection to spirit?

What would it take for me to further claim and fully live from a place of divine revelation and knowing as it relates to my life?

What would it take for me to further claim and fully live from the feeling of being completely supported and guided by spirit?

What would it take for me to further claim and Fully LIVE Daily Miracles including Ecstatic BLISS?



Deepening Practices for Reclaiming the Crown Chakra

Celebrate Yourself List

Create a written list of things you are celebrating about yourself, your life and those who share your life. Celebrate your accomplishments, no matter how small you think they are.

- Perhaps you had an important, though challenging conversation with someone that deepened your connection?
- Maybe you completed a project: de-cluttering, writing an article, reading a book etc.?
- Maybe you have kept up an exercise or diet routine for a number of days, weeks etc.?
- Maybe you have been journaling more regularly?
- Maybe you have been taking greater personal responsibility for your experience and are no longer blaming others or projecting blame less often?
- Maybe you have been taking time to appreciate the beauty around you?

Consider body, spirit, emotions, relationships, work, etc. Be specific and detailed, as often as possible. Avoid repetition. Read your list out loud daily for the next month (or more) to fully celebrate and energize this awareness within you.

I am celebrating and appreciating myself for:

Enjoying deeper personal relationships especially with myself.

Making progress on one BIG project. (Name it)

Stepping into greater radiant health having completed a 5 day fast or 2-week detox.

Having successfully added additional yoga practices into my daily routine.

Successfully showing up for a community project I am helping to further.

The more you praise and
celebrate your life, the more
there is in life to celebrate.
-Oprah Winfrey



Inanna's Coronation Proclamation

Create a Coronation Statement that reflects what you are proclaiming going forward from this point.

Begin with gratitude. For Example:

I am grateful for all the precious time, energy, and resources I am embracing, embodying and expressing that are supporting me in fulfilling my true heart's desire and divine soul purpose.

Next Step is Forgiveness of Self and Others:

I compassionately forgive myself for any mistakes I have made that have affected me and those around me. I compassionately forgive those who have harmed or hurt me in anyway.



Add any other steps that feel right and answer this question: As a Fully Initiated Goddess in service to all life are you willing to show up and shine your love light in ways that bless your life and all life around you?

An example of a proclamation statement: **I _____ (state your name) commit to living my divine essence in service to all life as Queen of My World deeply connected to my divine guidance within and all around me.**

7th Chakra Deepening Practices

Bless your World

Consider Cultivating a daily blessing practice where you are actively blessing your self, your living space, your family, your community, the land, the sky, all of life.

Examples:

I love and bless myself with pure love and light and pure source energy.

I love and bless my willingness to embrace my divinity.

I love and bless my family, friends, co-workers, community.

(Be even more specific)

I love and bless the precious gift of my life as my life loves and blesses the world.

I love and bless __*add names of what or who you are blessing – perhaps children, partner, other family or friends* with pure love and light and pure source energy.

Thank you for all the love, guidance support and protection within and around me, my home, my family, and our world...

Create Your Own Coronation Proclamation

Start with noticing how you honor your sovereignty?

List the ways you are honoring yourself as a sacred being sharing your light and love with the world around you in ways that are self-sustaining, fun and productive.



If all you did was just look for things to appreciate you would live a joyous, spectacular life. If there was nothing else that you ever came to understand other than just look for things to appreciate, it's the only tool you would ever need to predominantly hook you up with who you really are. That's all you'd need.

ABRAHAM-HICKS | @DWELLINMAGIC

