



**Crown Chakra 1<sup>st</sup> Gate**  
**Releasing Distorted**  
**Divine Feminine Energy and Identity**  
**with Cayelin K Castell and Sheridan Semple**



# The Gate Keeper Removing Inanna's Crown





During her Descent Inanna's Crown is Removed by the Gate Keeper at the First Gate.

Representing the release of any distortions and wounds, blocking, disconnecting, or limiting her from an authentic connection to her true divine essence, her inner divine authority, and the truth that she is a divine being.





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

**The Crown Chakra Features:**

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

Knowing everything and everyone is connected

Transcends the Small Unfilled Self, enlivening the Divine 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.





# The Crown Chakra

a.k.a. Saharara meaning thousand petaled as in the Lotus

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This chakra is our connection to the Universe

**Located** at the top center of the head at the midline between the ears

**Color** Violet

**Physical Body**

Head, brain, ears, eyes, pineal gland, skin, skeletal and muscular systems

**Overactive**

Obsessive thoughts, living the past or constantly thinking about the future, obsessive spiritual practices

**Underactive**

Rigid, unhealthy selfish (thinking), spiritually unaware, inability to see the bigger picture, lacking in values and ethics







# Signs of a Healthy, Balanced Crown Chakra

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- 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
- 6<sup>th</sup> Chakra is the seat of Enlightenment and 7<sup>th</sup> Chakra is the seat of Liberation



# Activating the Crown Chakra Through Increasing Prana...Known as the Energy Source of all Life.

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

## Pranayama breathing practices:

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Long Slow Deep Inhale, Hold, Exhale, Hold, Inhale  
(can use count of four or a short mantra)

## Nostril breathing:

Closing one side of the nostril slowly breath in and out  
The close the other side of the nostril

**Humming or chanting** vibrating the Vagas Nerve and enlivening the body



## Nostril breathing:

Closing one side of the nostril slowly breath in and out. Then close the other side of the nostril and repeat.



# Energy is Prana

**This Chakra is balanced when the Energy systems of the Body are functioning in a healthy way. Exercise helps with balance.**

**These systems are:**

**Anaerobic Alactic (ATP-PC)** High Intensity, Short Duration/Bursts

**Anaerobic Lactic** Glycolytic Energy System, High to Medium Intensity,

**Aerobic Energy System** Low Intensity, Long Duration, Endurance

**Phosphagen System (ATP-PCr System):**

Is the fastest source of energy, relying on stored ATP (adenosine triphosphate) and creatine phosphate (PCr) used for short bursts of high-intensity activity, like sprinting or weightlifting, as it doesn't require oxygen. It is stored in small quantities so is quickly depleted within seconds.

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**Glycolytic System (Anaerobic Lactic System):**

Breaks down carbohydrates (glucose and glycogen) to produce ATP anaerobically (without oxygen).

Used for activities lasting from about 10 seconds to 2-3 minutes, like a 400-meter sprint or a short-distance swim. As the activity continues, oxygen becomes increasingly important, and the system transitions to aerobic energy production. A byproduct of this system is lactic acid, often contributing to muscle fatigue.

**Oxidative System (Aerobic System):**

Utilizes oxygen to break down carbohydrates, fats, and proteins to produce ATP and is the primary energy system for endurance activities like long-distance running, cycling, or swimming, as it can sustain energy production for longer periods. The oxidative system is more efficient in producing ATP than the other two systems, but it takes longer to kick in.

All three energy systems work together to provide energy for various activities, with the dominant system depending on the intensity and duration of the activity.





## Foods that Increase Prana are:

Fresh, Raw, Organic Fruits, Vegetables and Honey

Plus: Sprouted seeds, nuts, and beans are nutritional powerhouses ideal for rejuvenating our bodies. Rich in prana, sprouting seeds infuse your meals with life force, as understood in Ayurveda.

Fresh, sprouted seeds are bursting with energy different than the prana in dry seeds or the minimal life force in canned goods.

- Cilantro**: Soak for 8-12 hours; sprout for 7-10 days.
- Broccoli**: Soak for 4-6 hours; sprout for 3-5 days.
- Mustard**: Soak for 6-8 hours; sprout for 3-4 days.
- Mung Beans**: Soak for 8-12 hours; sprout for 2-5 days.
- Alfalfa**: Soak for 4-6 hours; sprout for 5-7 days.
- Radish**: Soak for 8-12 hours; sprout for 3-4 days.
- Lentils**: Soak for 8-12 hours; sprout for 2-3 days.
- Sunflower Seeds (hulled)**: Soak for 8-12 hours; sprout for 2-3 days.
- Pumpkin Seeds**: Soak for 8 hours; sprout for 1-2 days.
- Sesame Seeds**: Soak for 4-6 hours; sprout for 1-2 days.
- Almonds**: Soak 8-12 hours, small tail indicates readiness
- Aduki Beans**: Soak 8-12 hours, sprout 4 days
- Chickpeas**: Soak 8-12 hours, sprout 2-3 days
- Quinoa**: Soak 4-8 hours, sprout 2-3 days
- Wheat Berries**: Soak 7 hours, sprout 3-4 days

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[How to make sprouts](https://wholefully.com/sprouting-101/)

<https://wholefully.com/sprouting-101/>

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



# Sleep Increases Prana and Overall Health

Sleep is essential for a healthy, happy body.

Most people need 7 or 8 hours of sleep to fully rejuvenate and revitalize the body.

Research shows that the quality of our sleep has a greater impact on our happiness than income level or relationship status.

We need the right quantity and quality of sleep.

A powerful way to improve the quality of sleep is to go to bed before 10:00 pm. According to Ayurvedic Medicine every hour of sleep that you get before midnight is worth twice as much as the sleep that you get after midnight.

According to Ayurveda 10:00 pm is when the body moves into the Pitta cycle (until 2:00 am) so according to Ayurveda this is the most vital time for your body to recharge.

If you tend to be a night owl and go to bed in the wee hours of the night, consider committing to going to bed at (or before) 10:00 pm for three nights in a row and see how you feel on the 4th morning?



Remember it takes time to retrain your body to a new sleep schedule so you might also consider going to bed before or at 10 pm for more than 3 nights.

You could also practice going to bed earlier over time until 10 pm feels more natural.



# Increasing Prana with a Sun Practice

## Sunning Practice from Qigong master Gilles Marin.

The two hormones, serotonin and melatonin, work together in our bodies and are necessary in getting good sleep.

The Sun helps increase serotonin and melatonin production.

An easy way to reset your serotonin balance is to go outside, face the Sun with your eyes closed for 2-3 minutes.

Allow the Sun's energy (the Sun's prana) to come in through your closed eyelids.

Imagine the sunlight is stimulating your pineal gland, located deep in the brain behind the optic nerve. This small but powerful gland initiates the process of melatonin production.

If there isn't Sun where you are, you can face the clouds and still receive the Sun's rays and you can also look at something beautiful in nature for 2-3 minutes.





# More Ways to Balance the Crown Chakra

**Visualization Practices** imaging violet light entering your Crown Chakra traveling through your body all the way to the Root Chakra and entering the Earth.

**Meditation practices** involving walking, sitting, dancing, chanting, whatever works for you (Class Page has a Crown Chakra Meditation)

**Seva** (selfless service) and **Kindness** toward others activates feel good hormones for those giving, receiving and witnessing the Service of Kindness.

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**Spend Time in Nature** or other Peaceful Quiet Settings

**Wear Violet** clothes and gemstones

**Mantras:** Chanting Om or Aum or AHHHH activates the Vagus Nerve and feel-good hormones. Also connects to higher consciousness and spiritual awareness.

**Article with Insights and Practices for working with the violet Flame** <https://cayelincastell.com/using-the-violet-flame/>



## Violet Flame Mantra to Chant

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



# Balancing the Crown Chakra with Gemstones

## Gems/Minerals:

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

**Selenite** is also known as **Cell Ignite** activating and igniting your cells in clearing unhealthy energy.

**Selenite** does this for your environment too.

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Selenite Cave



Fluorite



Moon Stone



Amethyst



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.



## Aromatherapy:

Sage, Sagebrush,  
Sitka Spruce

Jasmine, Neroli,  
Violet — all blossom  
essences

Frankincense,  
Myrrh, Spikenard

Lavender (Highland),  
Wild Tansy, Cistus





## **Energize the Crown Chakra as a way to BE**

present, balancing the brain with the body in loving kindness and compassion. Supports healthy sleep, increased joint flexibility and reduces pain in hands and fingers.

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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.**



**Padmasana  
(Lotus pose)**



**Sukhasana (Easy pose)**



**A Sahasrara Mudra**





# Sahasrara

## *Crown chakra*

Spiritual Connection, Unity & Consciousness

**See Class Page for 10-minute Video  
on Crown Chakra Yoga Workout  
Only do poses that work for your body**





## Other ways to Release Distortions around the Crown Chakra

**Notice** where you are not fully trusting your authentic connection with Spirit?

**Ask:** What would it take to clear all distortions, limiting beliefs and misconceptions that prevent me from having a genuine connection with the Divine Spirit that is me?

**Journal** stream of consciousness allowing **the part of you that knows** to inform your answers and guidance.

**Take time to:** Meditate, do crown chakra mudras, practice yoga that helps activate your crown chakra.

**Notice** what messages, symbols, synchronicities show up for you as you release what is in the way of experiencing a healthy vibrant crown chakra.



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# 7<sup>th</sup> Chakra Deepening Practices

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## 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 (who I am) 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.

## Inviting Love, Guidance, Support and Protection:

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





# Using Love and Light For Healing and Uplifting

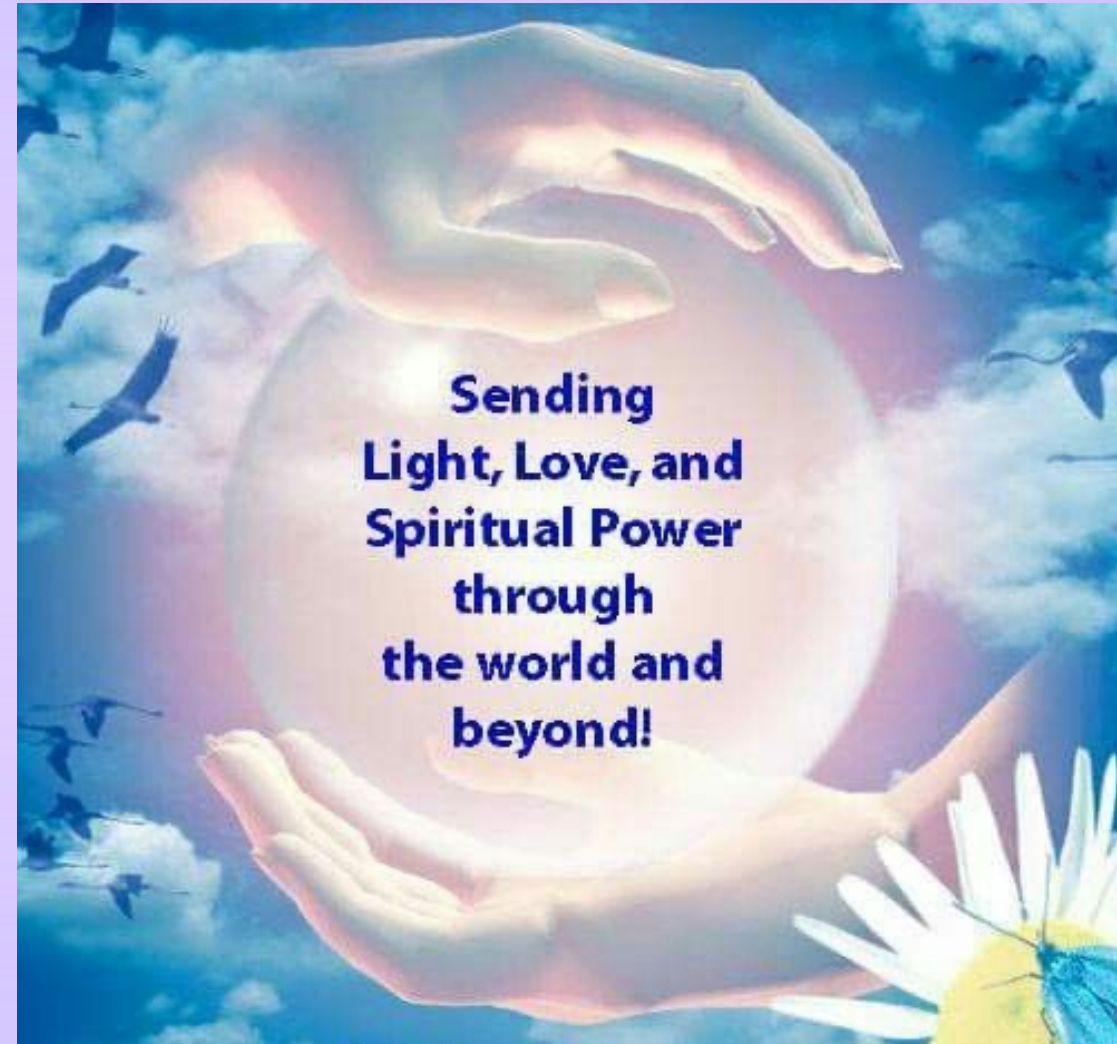
## You Can Send Divine Light and Love To:

- Your physical body for healing
- A situation you are challenged by
- A pattern, habit or addiction you want to transform
- A relationship you are struggling with
- An individual who is struggling or sick
- A situation in the world that concerns you
- The Earth for Her Rejuvenation and Healing

## How to Do It

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- **Set Sacred Space:** Light a candle, incense or smudge, invite the directions, include Helping Spirits
- **Bring Light into your Crown Chakra** and then into your whole body.
- **Complete** by placing your attention, intention and hands on your Heart Chakra while feeling the power of the love light flowing through you as you direct it into the world.
- **Express gratitude** for this healing gift of love and light.





# Questions to Journal on this Month?

What would it take for me to completely release and let go of all the ways I do not 100% trust myself and my connection to the divine?

What would it take for me to completely release and let go of all the ways I keep myself from experiencing divine revelations and knowing as it relates to the divine unfolding of my life?

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What would it take for me to completely release and let go of all the ways I do not fully allow myself to feel completely supported and guided by the divine source within me?

What would it take for me to completely release and let go of all the ways I unconsciously prevent myself from experiencing Divine BLISS?





# Your (Inanna/Venus) Intention for this Ceremonial Journey

Create an Intention Statement that reflects what you are desiring to experience as a result of this powerful initiatory Venus Cycle Journey.

## **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.

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## **Next Step is Forgiveness of Self and Others:**

Find a way to Practice forgiveness:

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.

“Our **intention**  
creates  
our **reality**.”

Wayne Dyer

**Add any other steps that feel right and answer this question:** As I am beginning this descent into a life changing initiatory experience what am I willing to do to be present, so I get the most out of this journey?

\*Maybe it's keeping a Venus Journal? \*Maybe it's being present for the live classes or watching the replay soon after it is complete? \*Maybe it's connecting with a Venus Buddy? \*Maybe it's creating a Venus Altar? \*Maybe it's all of this and more?

**Example:** I \_\_\_\_\_ (state your name) am gratefully letting go of anything and everything that has held me back from joyfully expressing my true, authentic divine self.



# Signs you are Balancing your Crown Chakra

You feel how all your Energy systems are coming into greater Balance

You find it increasingly easy to connect with Your Divine Nature

You feel you have Total Access to the Unconscious and Subconscious

You feel Increasing Faith and Trust in the Ability to Work Miracles



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IF YOU DON'T  
BELIEVE IN  
MIRACLES  
PERHAPS YOU'VE  
FORGOTTEN  
YOU ARE  
ONE.



If you only knew  
how many  
*Miracles*  
you've already  
performed, nothing  
would ever again  
overwhelm  
you, frighten you, or  
seem impossible.

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Notes From The Universe

“

Seeing a miracle will inspire  
you, but knowing you are a  
miracle will change you.

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DEBORAH BRODIE

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