



BALANCED

Feeling spiritual connection, deep awareness, strong faith, trust in divine, enlightened, connected to a higher power

UNBALANCED

Emotional Symptoms: disconnection, lack of faith, close minded, narcissism, feeling of no purpose

Physical Symptoms: autoimmune disorders, nerve pain, light/sound sensitivity, chronic fatigue

AFFIRMATIONS

- I am divine
- I am a spiritual being
- I am one with all that is
- I am infinite & boundless
- I am at peace
- I surrender to the loving will of the universe

REASONS FOR IMBALANCE

- negative religious experiences
- trauma
- shame
- materialism
- holding on to the past
- lack of support

THE CROWN CHAKRA



consciousness, unity, spirituality, oneness

CRYSTALS & GEMSTONES

- amethyst
- moonstone
- crystal quartz
- selenite
- ametrine
- lepidolite

JOURNAL PROMPTS

- How do I communicate with my higher power?
- How does my higher power communicate with me?
- Reflect on this statement, "I am a spiritual being in a human body." What does this mean to me?

HEALING PRACTICES

- clean out storage - get rid of what you don't need
- energy work - reiki, polarity, tai chi etc.
- talk to your higher power
- color therapy- surround yourself in violet or white (clothes, flowers, food, etc.)

- foods - mushrooms, garlic, ginger, onions, lychee & coconut
- aromatherapy - cedarwood, jasmine, lavender
- yoga poses - headstand, corpse pose, lotus pose, fish pose, back bend