

SEVENTH ENERGY CENTER: CROWN

Pages 164-82

Keeping in Touch: Will you miss the group meetings? What did you appreciate most about the book study?

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### 1. The crown chakra (pp. 165-67)

Points to consider about the crown chakra:

- Inner reality
- "I am awake"
- Compassion and sharing
- Others?

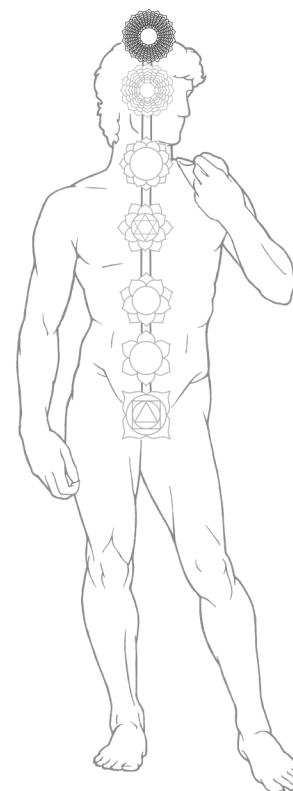
### 2. Reaching beyond the intellect (pp. 167-70)

Why do you need to go beyond human intellect?

- Questions, not answers
- Divine intelligence
- Breeding ground for pride
- Purpose of Zen koans

What are some ways to access higher intelligence?

- Intuitive leaps
- Chalice for God to work through
- "I am the pope!" Unlimited access to all knowledge and creativity



### 3. Taking time to slow down (pp. 171-75)

What does it mean to have a galloping mind?

How can you still the mind to receive impulses of divine intelligence?

- Care for the body (e.g., sleep, exercise, diet)
- Meditation and study
- Solitude and communion

What are some signs of not having enough priority time for yourself?

What are some possible benefits of not sharing spiritual experiences with others?

#### 4. Embracing unity (pp. 175-80)

What does it mean to live in a sense of duality?

Where can you discover your oneness with the Divine?

What leads to the full flowering of the crown chakra?

What things show unbalanced energies in the crown chakra?

- Non-recognition of indwelling Spirit
- Pride
- Spiritual ivory tower



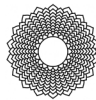
What signs in today's world show an emerging awareness of unity?

#### 5. Making this a reality (pp. 181-82)

##### Activating the Crown Chakra

This affirmation can help strengthen intuitive faculties and increase perception of spiritual dimensions.

1. See your mind filled with the crown chakra's brilliant golden light.
2. Imagine this golden light increasing in intensity as you repeat this affirmation.



O flame of light bright and gold  
O flame most wondrous to behold,  
I AM in every brain cell shining,  
I AM light's wisdom all divining.  
Ceaseless, flowing fount of illumination flaming,  
I AM, I AM, I AM illumination.

**PERSONAL WORKSHEET**

**Seventh Energy Center: Crown**

Life Lesson: Create Unity out of Diversity



*Through knowledge of the inner Self,  
I attain wisdom (wise-dominion), enlightenment and oneness with all life.*

**Self-Reflection and Discussion**

Your own thoughtful reflection on the following concepts, as you carry them with you into daily life, will deepen your understanding of how to accelerate, balance and clear the energies of your seventh chakra to express more of your inner power:

Balanced Expressions (positive): illumination, wisdom, self-knowledge and Self-knowledge, understanding, humility, cosmic consciousness, open-mindedness

Unbalanced Expressions (negative): intellectual and spiritual pride, vanity, intellectualism, ego-centeredness, narrow-mindedness, ignorance

*I strive to reach beyond the limitations of the human intellect.* (pp. 167-70)

1. Do I tend to rely too much on my human intellect, or do I try to tap into my higher creative mind?
2. When I receive insights and inspiration that can help others, do I share them?

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*I take time to slow down, still my mind and spend time in solitude.* (pp. 171-75)

- 1. Do I spend enough time in solitude?
- 2. During my day, do I consciously try to slow down, still my mind and attune to my higher mind?

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*I embrace the unity underlying the diversity.* (pp. 175-80)

- 1. Do I honor diversity and try to learn from it??
- 2. Do I seek to find the common bond that can bring me and others together, or do I dwell on our differences?

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


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*ABC's of Developing Your Energy Centers*

Accelerate, Balance and Clear your crown chakra to increase the light flowing through it by giving the following affirmations:

*I AM a being of violet fire, I AM the purity God desires!*



*My crown chakra is a lotus of violet fire,  
My crown chakra is the purity God desires!*