

Clearing your Crown Chakra and Front Door

3/26/19

Chakra Description: Crown


Known as the Sahasrara in Sanskrit, the 7th or crown chakra lies at the very top of your head, and represents the connection between us and the Universe beyond. This is where you experience feelings of transcendence, bliss, and liberation. The wisdom embedded in our crown chakra is to live in the present moment. If you'd like to read more, check out this post [Exploring the Chakras Part 7: the Crown](#)

Space Clearing:

I cleared the energy at the front door, leading into your home. Ideally, you want an inviting flow, as well as a sense of entering into a safe and sacred space. Since this is the last day, I also cleared any other parts of your home that still contained stressful energy.

Oracle Card: 52. Elemental Embrace

Synthesizing body, mind, and spirit with elemental forces...



52. Elemental Embrace

Elemental Forces • Synthesis

This card speaks of connecting with elemental forces. Molten lava flows into the ocean under a full moon, where two pairs of lovers inhabiting the steam plumes are revealed. They embody the passionate embrace of fire, creating earth and transmuting water into air. There is an atmosphere of raw creative energy emerging from the planet's womb. You know how it feels, though you may never have experienced it. Coming from a primal place in our cellular memory, this feeling holds the power of the elements and speaks directly to the relationship all humans have with these elements and with Mother Earth.

Embedded within this card are two seven-sided stars. Seven is an integrating number and here represents the synthesis of body, mind, and Spirit with elemental forces. Seven indicates stages of transformation and is a self-contained chronicle for quickening creativity.

How can you more fully appreciate your connection with elemental forces?

You may decide to put your hands in the earth and grow a garden. Water it and see how sunlight and air combine to feed you and enhance growth and beauty in your life. You may sit by a fire with your feet on the ground, watching sparks fly into the air on a dark summer's eve. Perhaps you will learn to enhance your living space through a discipline such as feng shui. In any way you choose, find an understanding of the relationships among elemental forces so that you might live in harmony within your environment and merge your everyday life with the magic and mystery of the cosmos.

From Sacred Geometry for the Visionary Path by Francene Hart

Exercise:

According to the bible, the earth was created in 7 days. We have been clearing energy together for the past 7 days, and today opened our 7th chakra. Let's celebrate with this 7/7/7 meditation (from <http://heavenmeetsearthyoga.com/777-meditation/>)

1. Find a place where you will not be distracted for 5-10min
2. Assume a comfortable sitting position with your spine erect, as if the top of the head (crown) is being pulled by a string connected to Heaven.
3. From the base of the body feel a cord that connects into the center of the Earth.
4. With eyes closed begin breathing in for a count of 7 seconds. As you breathe in feel the golden luminous energy of the earth filling your body.
5. Hold the breath for a count of 7 seconds feeling the golden luminous Earth energy saturating every cell in the body.
6. Exhale for a count of 7 seconds. As you exhale feel the white luminous energy of Heaven filling your body.
7. Hold for a count of 7seconds feeling the white luminous heavenly energy saturating every cell in the body.
8. Continue this process working your way up to 7 cycles (repeat steps 4-7 seven times, or more if you wish).