

Part Seven - The Crown Chakra Awakening our Spiritual Divinity

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Last of a seven-part series

Our journey through the chakras has taken us up a beautiful spiritual mountain. We now stand at the top of the mountain, integrating all of the energy centers and all of the elements within us and around us. We stand on the foundation of the earth. We see the water flowing through the rivers. We feel the warmth of the sun shining on us. We breathe the clean and fresh air and listen as it whispers through the trees. We hear the sounds of heaven and earth through the birds and other land creatures. We send out thoughts and affirmations to the universe with gratitude for what has been created. Finally, we embrace the light within us and around us, feeling a strong connection to the wisdom and beauty of all creation.

We have reached the summit of our spiritual journey through the chakra system. The crown chakra, located at the top of the head, is the final energy center within the physical body. The crown center holds the highest vibration and frequency of light, sending the color vibration of violet or white. Imagine a lotus flower opening at the crown center with a thousand petals holding all the colors of the rainbow within it. This center is our connection to our own divinity and source of creation. The element connected to this chakra is light, the highest and most pure vibration that we can reach.

The crown chakra is grounded and anchored in the physical world through the root chakra. Without the anchor in the physical world our spirit would be ungrounded and unable to sustain life in the physical form. So we find ourselves at the top of the mountain, where we are grounded and connected to the earth. At this place we can look out into the vast earth and sky. We can breathe in life and feel the open and expanded connection to all that is. The physical and spiritual energy within us is balanced in the heart center, which holds a compassionate place for healing and love.

The crown chakra awakens our own spiritual divinity, teaching us that there is oneness or wholeness, rather than duality in our lives. The main source of duality is thinking that we are alone and separate from others in our life. This also leads to the feeling that we are separate from our divine source. The lesson here is to remember our whole journey, and to remember that we originated from divine light. We are on a spiritual journey taking residence in our beautiful human form at this time. As human beings, our physical and spiritual bodies are integrated and are not separate. We are connected to all that is through the divine light. Our journey is to remember that we are divinely human.

Meditation for the Crown Chakra

Imagine yourself surrounded with a cocoon of white light all around you. As you inhale, breathe in light and love. As you exhale, breathe out light and love. Imagine a column of light shining from your crown center all the way through your body and into the earth. Feel yourself supported and nurtured by the energy of the earth. Opening your crown center, imagine a beautiful white light pouring into you. Connect to your divine source and your higher self. Begin to awaken the spiritual divinity within you. Send the divine light to each of your energy centers, opening, cleansing and balancing each one. Notice the light as it moves down through each center and turns indigo, turquoise blue, emerald green, golden yellow, orange and red. As you inhale, move the energy up from the base of your spine to the crown center. As you exhale, imagine a rainbow mist of light showering your body and the cocoon of light around all you. Continue several times breathing the light up, and breathing the rainbow mist all around you. Finally let the rainbow mist cleanse and clear, moving into the earth. Now that your entire physical and spiritual bodies have been cleansed and cleared, feel your connection to all of life. Notice your awareness and consciousness as it opens and expands into the universe. Bring toward you any wisdom and information to help you on your path of healing and growth. Allow yourself to stay with your awareness as long as you are comfortable. Namaste - the divine light in me connects to the divine light in you.

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