

Vibrational
MASTERY

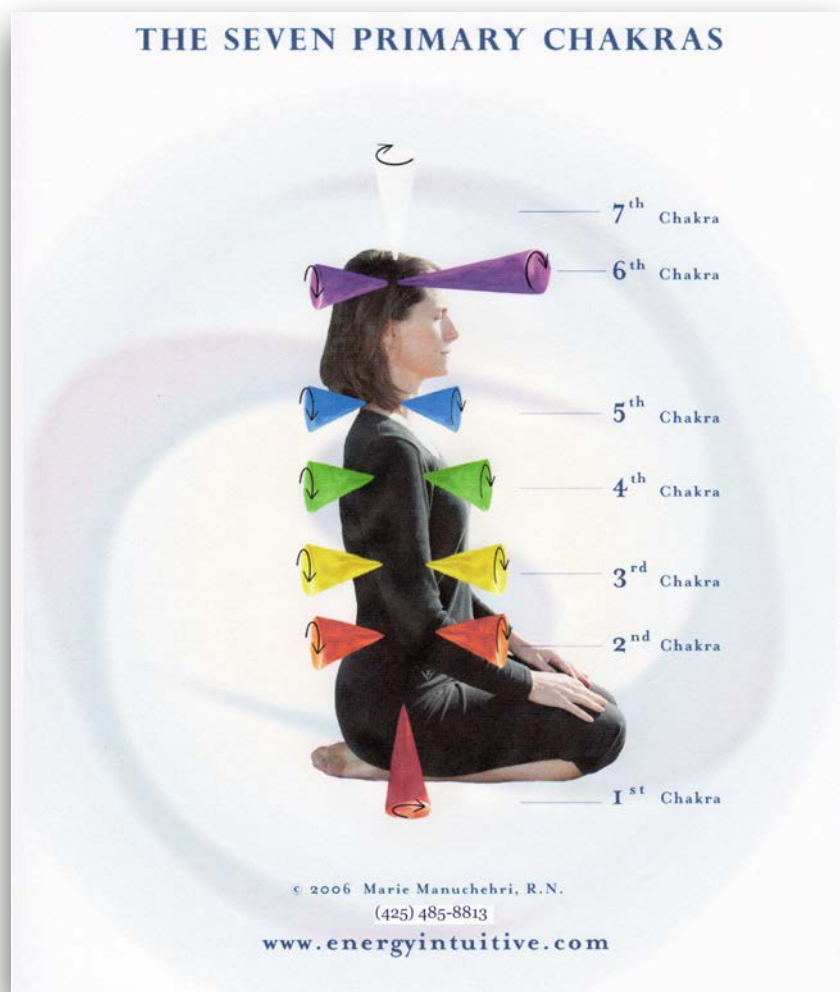
7



Module 7

Seventh Chakra

Seventh Chakra-crown chakra



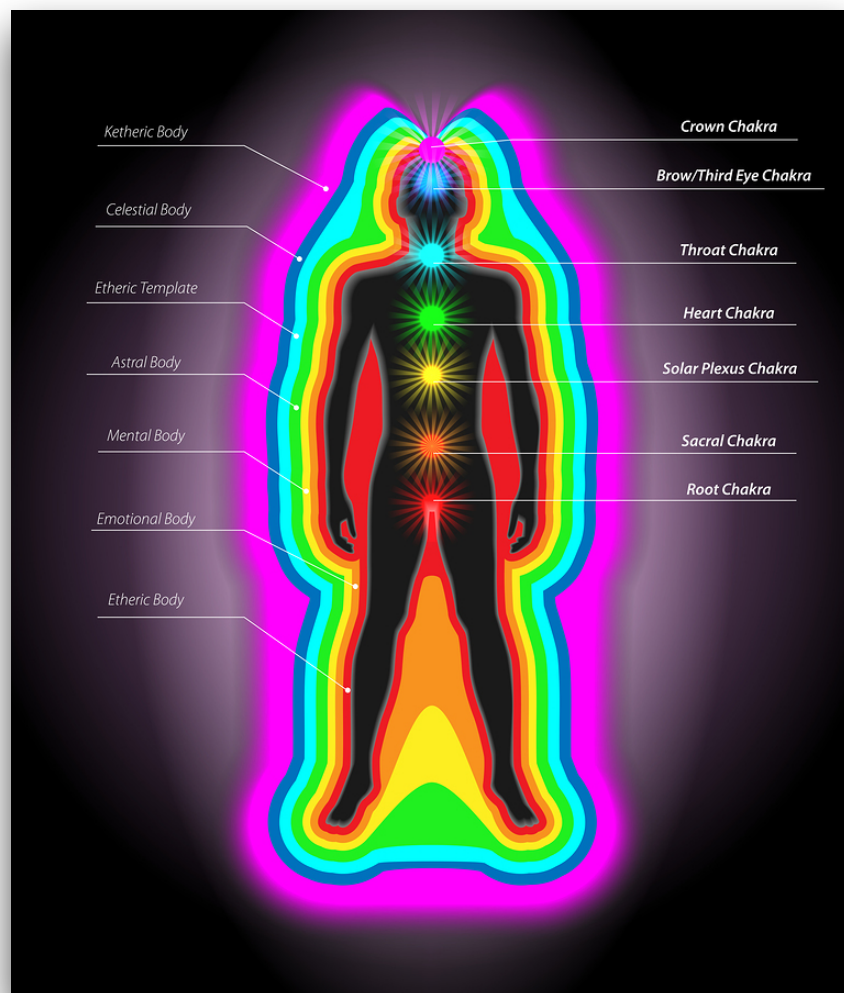
- Color: White
- Location: Crown of the head
- Emotional Health: Your capacity to connect to spirit.
- Mantra: *Spirit and I are one.*
- About receiving spiritual information

Individuation

- The seventh chakra is our connection to the universal energy, to source, to God, to nature, whatever you want to call it.
- The seventh chakra is the place of individuation, the place where you form your own personal connection with the universe.
- **Individuation** is the process by which an individual becomes distinct. ... The word individual is a good clue to the meaning of individuation, which is how a being becomes an independent, separate entity.
- What does that look like to you? What does it feel like? Look for the place of knowing inside of yourself, even when it doesn't make any sense. The place of faith.



7th layer of the aura



- Structured with beams of light
- Gold
- Individuation
- The more conscious you are the more you become unique and form your own connection with the Universal Energy.
- You make decisions based in inspiration, which is unique to you.

Expand the 7th Chakra

- The vortex can be as big as possible. The bigger the vortex the stronger the connection to spirit.
- The root chakra is big when there is fear. When fear is reduced than the crown chakra can expand.
- Imagine light coming into your head. The more light the stronger the seeing and knowing.
- When you are taking in energy you are not listening to what mainstream is saying. You are more individual, you follow your inner guidance because you are absorbing information from the universe.
- As light comes in it sends energy down to the 6th, 5th, 4th, 3rd, 2nd, and 1st chakra. It is like watering a plant to help it grow.



Communicating with your guides and loved ones

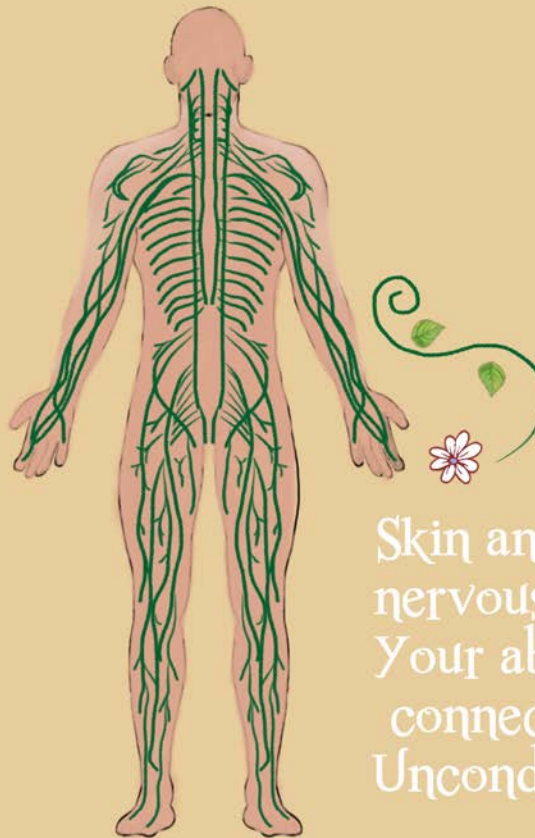


- 7th Chakra helps us to communicate with guides and loved ones.
- Get happy to raise your vibration.
- Imagine energy coming into the 7th.
- Expand the 6th chakra.
- Ask questions that are more general so that you will accept the answers better.
- Please communicate whatever is in my highest good about...
- What is in my highest good about...
- Please give me a sign in the next 20 minutes.
- Then notice what you notice; feelings, sensations, thoughts, a knowing.
- The third eye will get stronger as it matures, just like a baby.

Body parts associated with the 7th chakra

- Nervous system-your ability to connect to spirit
- Skin-receiving unconditional love

Seventh Chakra: Connecting to Spirit, Individuation



Skin and peripheral
nervous system:
Your ability to
connect to Spirit,
Unconditional Love

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Reframing

- What if I trusted my connection to spirit?
- Spirit and I are one.
- Every day I grow my connection to the Universe.
- What if I trusted the information I was receiving from my guides?





You did it!!

I am so proud of you for taking this journey through the energy system which is really the journey of you.

Keep using the reframing statements. Practice feeling what is in your body and act on any intuitive information you receive.

Keep using whatever tools worked for you. The more you interact with your intuition the stronger it will be.

Much love to you! xo