

ART IN SOUL INFOSHEET

Crown Chakra Attunement Meditation

Gently close your eyes and begin to focus on your breathing, slowing down your inhalation and slowing down your exhalation. Allow your body to relax. Allow your mind to clear.

Bring your attention down through your body all the way down to your feet. Intend now to open the lower heart chakras in the soles of your feet and send your roots – like the roots of an ancient tree, down to fiery molten lava at the centre of Mother Earth.



Tie your roots around a large boulder or crystal and begin to allow the subtle, nurturing earth energy to rise up through your root systems with every inhalation.

Drawing the earth energy all the way up to the soles of your feet, feel the soles of your feet tingling as you begin to breathe the earth energy into your body. Feel it beginning to fill your feet with earth energy, every toe, every bone – feel it flowing into your ankles and rising up into your calves and shins. Feel it rising up through your knees and filling your thighs with grounded earth energy.

Feel earth energy rising now all the way to the base of your spine and command your root chakra to open. With every inhalation, draw more earth energy into your body, feeling it gently bathing every muscle, every bone, every vein, every organ with earth energy.

Inhale, drawing the golden earth energy up to your sacral chakra and command your sacral chakra to open. Inhale, feel the earth energy continuing to rise, bathing your hips, every vertebra with nurturing energy.

Draw the energy up to behind your belly button and command your soul star to open, inhale, feel the earth energy rising up through your torso and command your solar plexus chakra to open. Draw the energy up through your diaphragm and feel the earth energy bathing every vertebra and every rib.

Feel it cleansing your lungs, expanding your chest and command your heart centre to open. Feel the supportive energy bathing your heart and continuing to rise up into your upper chest and your upper back.

Feel it rising all the way up to your shoulders. Allow it to flow down your arms, through your elbows, into your forearms and wrists – filling your arms with subtle earth energy. Feel the energy flowing into your hands, into every finger and then command your palm chakras to open. Inhaling, drawing the earth energy up into your body, exhaling and allowing the energy to flow down your arms and out of the palms of your hands.



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Focus your attention now in your neck and command your throat chakra to open. Bring your attention up to your third eye and command your third eye to open. Bring your attention to your crown chakra and command your crown chakra to open.

Breathe deeply and allow yourself to be in the moment – fully connected to earth. Safely grounded. Feeling relaxed and centred – aware of your connection to spirit, as a beautiful purple colour begins to flood down into your crown. Bringing you clarity and a sense of timelessness. Immerse yourself in the glorious sensation of purple and allow yourself to see, to sense, to feel the golden door in your crown, leading you to the sacred spiral of healing for any blocks or fears that may be inhibiting you from receiving and acting upon divine guidance and inspiration.

The sacred spiral is marked out in deep purple flowers. Begin now to gently, slowly, make your way round the spiral. You may encounter blocks and fears distracting your path. Just observe them – they are there for healing.

You may encounter fears of being judged crazy or weird, you may stumble over bibles or other religious books which maintain you need a go between – a priest, rabbi or special holy person to intercede between you and the divine.

You may encounter old grudges you held against the divine for challenging times in your life that you have yet to integrate the blessings for.

You may encounter or find fears of misinterpreting divine guidance you may receive or may find concerns about life changes you might be asked to make if you received guidance. You may find yourself afraid your relationship would change if you received divine wisdom. You may be concerned you might become ungrounded and unable to function in the world. There may be all sorts of obstructions on your path way – as you acknowledge them, they follow you to the centre of the spiral for healing. For transmutation to light. It is your divine right to maintain your connection whilst walking your earthly life and anything that is in the way, may be surrendered to the light.

Gently, make your way around and round the spiral acknowledging every obstruction, every fear – knowing this is a time of healing and re-connection.

You may encounter fears of the dark side, stimulated by childhood stories and fears. By movies you have seen in the past. Simply acknowledge them as fears and allow yourself to step forward into beautiful purple light, into the wisdom of your higher self and the divine feminine and find yourself now in the centre of the sacred spiral.



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Sit down on the amethyst seat. You may find you can hear or feel a high frequency humming. Allow the vibration to be and focus your attention on the large violet blanket before you – as all the blocks and fears you encountered on your journey, take their place on the blanket in front of you.

The divine mother steps forward – you may see, feel or simply know she is with you and as she does so, her energy dissolves the blocks and fears accumulated on the violet blanket in front of you.

Breathe slowly and deeply and allow the healing to take place. Until even the violet blanket is gone and there is no distance between you. Be still now. Breathe deeply and receive her grace. You are very safe and you are loved beyond measure.

Allow the energy to flood into you and flow through all of you. Energy is intelligent – it knows where to go. Simply allow the energy to flow.

It is time now for the divine mother to step back and allow your energy to settle down. Focus on your breathing, taking long, slow inhalations – long, slow exhalations. It is time now for you to make your way back to the golden door, so begin your journey once more round the sacred spiral - enjoying the feeling of expansion, as you make your way back.

The peace of mind you experience is palpable, as you find yourself once more in front of the golden door. Inhale slowly and deeply. Step back into the here and now and close the door behind you allowing yourself once more to be present with external reality. Wiggle your fingers and your toes, stroke down your arms and legs with your eyes still closed.

Rub your hands together briskly, cup your hands over your eyes and open your eyes into your hands signalling the return to your third dimensional vision. Drop your hands away when you are ready.

Get a hot drink and something to eat to help you feel more present.

Take a little time before returning to your day.



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